



AFFIRM -CAREGIVER-

FOR ALL PARENTS & CAREGIVERS OF TRANS & GENDER DIVERSE YOUTH!

A weekly 7-session group program designed to help parents & caregivers build the confidence & skills they need to best support their Trans and Gender Diverse+ youth. All who support Trans and Gender Diverse+ young people are welcome including adoptive parents, kinship, chosen & foster family.

📍 CMHA Office - 15150 Yonge Street, Aurora, ON

🕒 Session Dates, each session will begin at 6pm to 8pm

- January 28th, 2026
- February 4th, 2026
- February 11th, 2026
- February 18th, 2026
- February 25th, 2026
- March 4th, 2026
- March 11th, 2026

Registration is required by January 23rd, 2026



Canadian Mental
Health Association
York and South Simcoe

Please Scan QR Code for Registration
(<https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/AffirmCaregiverRegistrationForm>)

