

# TG Innerseives

The name reflects that our gender identity is a unique and core part of what makes each of us who we are. We need to accept our inner selves and live out our unique expression of who we are inside with grace, dignity, pride, and respect; unashamed of why we are the way we are.

## Vision Statement

We will strive to become beacons of our communities and attempt to set a good example so that those who struggle with gender identity issues may come out and know there is support. TGINNERSSELVES will also strive to become the foremost support group in Northern Ontario to assist those who are struggling with gender identity issues.

## Mission Statement

Our goal is to provide a safe oasis of mutual support for those who struggle with gender identity and all its encompassing issues. The group will also aid in the self acceptance, education, and development of the person in a healthy, productive, and positive environment. We will attempt to locate and lobby for resources for persons and their allies who are affected by gender identity issues, as well as provide information and assistance in educating its members, as well as the public, in matters of enhancing the understanding and acceptance of gender variant people.

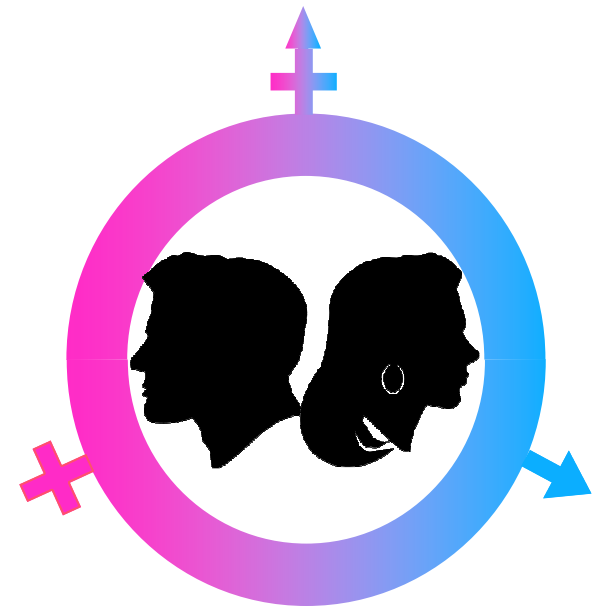
# Definitions

- Transgender:  
Of, relating to, or designating a person whose identity does not conform unambiguously to conventional notions of male or female gender roles, but combines or moves between these.
- Cisgender:  
An individual's self-perception of their gender matches the sex they were assigned at birth
- Transsexual  
A person who emotionally and psychologically feels that they belong to the opposite sex.
- Crossdresser  
A person who wears clothing and other accoutrements commonly associated with the opposite sex within a particular society
- Intersexed  
One having both male and female sexual characteristics and organs; at birth an unambiguous assignment of male or female cannot be made. Replaces the pervious term *hermaphrodite* which is no longer used and considered derogatory.
- Drag King / Queen  
Someone who dresses, and often acts, like a person of the opposite sex, often for the purpose of entertaining.
- Gender Queer  
Denoting or relating to a person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders.
- Androgynous  
Partly male and partly female in appearance; of indeterminate sex.
- 2 Spirited  
A person who simultaneously houses both a masculine spirit and a feminine spirit. Typically used in reference to First Nations People.

# TG Innerseives



## Northern Ontario's Transgender Social Support Group



[www.tginnerselves.com](http://www.tginnerselves.com)

[info@tginnerselves.com](mailto:info@tginnerselves.com)

## Support Organizations and Partners

### Sudbury Action Centre for Youth (LGBTQ2 Youth Support)

105 Elm Street, Unit C  
Sudbury, ON. P3C 1T8 (705) 673-4396

### Reseau Access Network (Transformations)

111 Elm Street, Suite 203  
Sudbury, ON P3C 1T3 (705) 688-0500

### Greater Sudbury Police Services

190 Brady Street  
Greater Sudbury, ON P3E 1C7 (705) 675-9171

### Sudbury & Area Victim's Services

190 Brady Street  
Greater Sudbury, ON P3E 1C7 (705) 675-9171

### Ontario Aboriginal HIV/AIDS Strategy

96 Larch Street, Suite 401  
Sudbury, ON P3E 1B9 (705) 674-9449

### Voices for Women Sexual Assault Centre

96 Larch Street, Suite 305  
Sudbury, ON P3E 1C1 (705) 671-5495

### YWCA Sudbury

370 Raphael Street  
Greater Sudbury, ON P3B 4K7 (705) 688-1727

### NOAH's SPACE

450 Morin Avenue  
Sudbury, ON P3C 5H8 (705) 671-1941 ext: 233

Sudbury Pride [sudburypride@gmail.com](mailto:sudburypride@gmail.com)

*"A wise person once told me it's not about how passable you are, but it's about being presentable".*

**Dar.**

## Our Services

### TG Innerseives Consulting Services

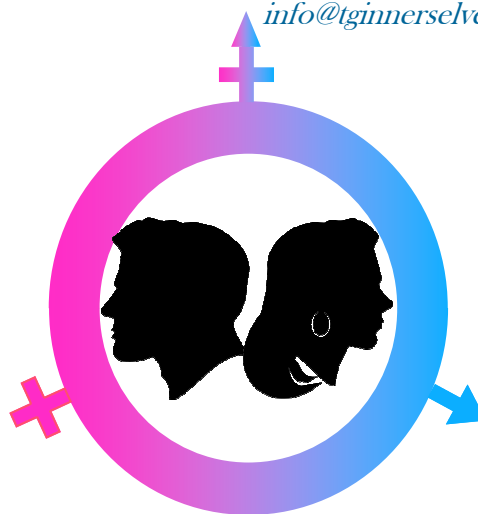
We provide workshops for organizations and businesses that are seeking to develop Trans Inclusive policies for their organizations.

### TG Innerseives Community Support Services

We provide community support for individuals facing issues within the community in regards to awareness an understanding of Transgender issues.

For more information, or to schedule a workshop or training session for your organization, please contact:

[info@tginnerselves.com](mailto:info@tginnerselves.com)



*"He who has a why to live can bear almost any how."*

**Friedrich Nietzsche**

*"When we give up our privilege to be different, we give up our right to be free."*

**Unknown**

Are you looking for a safe environment to explore your gender identity, or just want to ask questions? Are you looking for help in supporting, or possibly understanding, someone who has identified as Transgender to you?

**We are here to help**, whether it is through peer support, informal discussion, or assistance in finding you professional services. All communications are held to the strictest of confidence.

### TG Innerseives Social Support Group

Dates: Bi-weekly (Fridays)

Time: 7pm-9pm

Location: 105 Elm Street (in the boardroom)

Contact: 705-673-4396 ext: 210

### LGBTQ2 Youth Support Group

Dates: Wednesday

Time: 4.00pm-5.30pm

Location: 105 Elm Street (in the boardroom)

Services: Group Counseling and Workshops

Contact: 705-673-4396 ext: 210

*"You can't have change without hope, because the alternative is stagnation due to resignation."*

*"Live your life with dignity, grace, and pride, because those are things no one can take away from you."*

**Chantelle**