The GeMS Program is now offering an innovative, day-long mindfulness group for transgender and gender diverse youth who are already involved with GeMS. Groups are available to children, adolescents, and young adults. Group participants will learn everyday mindfulness techniques to manage stress and cope with anxiety related to navigating the many stages of gender transition. Additionally, members will have opportunities to benefit from mutual aid, to meet peers with similar experiences, and to feel connected to the GeMS community.

If you are interested in being part of one of our monthly groups, please be in touch with a mental health or medical clinician on your GeMS team.