



Anchor Psychotherapy, Inc.



Trans Ally Support Group

**1st and 3rd
Wednesdays
Hosted Virtually
6pm - 7:30pm
\$60 per session**

Family, friends, and loved ones of transgender Individuals, coming together in an effort to share resources, experiences, and create a community of support.

To register, E-mail: TBlake@AnchorPsychotherapy.com

**Thomas Blake, AMFT125666
Associate Marriage & Family Therapist
Supervised by Bren M. Chasse, LMFT94662**

FACILITATOR: THOMAS BLAKE, MA, AMFT125666

Thomas specializes in LGBTQ+ affirmative care therapy and has extensive experience working with the LGBTQ+ community at the LGBTQ Center and The Trevor Project, a national suicide prevention service which aides LGBTQ+ youth in crisis. Thomas integrates narrative therapy and trauma-informed somatic based therapies in his work with individuals of all ages in addition to couples and families.



Group Format -

1st Wednesday Presentation/Q&A
3rd Wednesday: Open Discussion

Presentation Topics -

- Differences between sex, secuality, gender identity, gender expression
- Understanding gender dysphoria
- Social transition
- Medical Interventions
- Processing grief throughout the transition process
- Navigating legal, medical/insurance, and school challenges
- Contextual issues; Anti-Trans bills, Trans youth and sports, etc