



For more on groups and upcoming events, check our [Events Page](#).

Gender Spectrum hosts online groups for pre-teens, teens, parents, caregivers, and other family members. These groups provide participants the opportunity to connect with others, share their experience, and feel the comfort of a supportive community. All groups are hosted online, unless noted otherwise. Please view the information to learn more and sign up for these groups.

### *Pre-Teens and Teens*

[Teen Groups \(Ages 13-19\) \(Learn More\)](#)

[Pre-Teen Group \(Ages 11 and 12\) \(Learn More\)](#)

### *Parents and Family*

[\(Learn More\)](#)

[National Parent Support Group](#)

[Topic-based Discussion Groups for Parents and Other Adult Family Members](#)

Upcoming groups:

- Navigating Gender and Race: A Discussion Group for Parents of Color Raising Gender Diverse Kids

[Learn more](#)

- Comunicar a miembros de la familia y amigxs acerca de la identidad de género de su hijx: una discusión grupal para padres y otros adultos miembros de la familia (Discussion Group for Spanish-speaking Parents)

[\*\*Learn more\*\*](#)

- Neurodivergence and Gender: an online discussion group for parents raising neurodivergent gender-diverse children and teens

[\*\*Learn more\*\*](#)

Past groups have included:

- Grandparents Group
- Finding/Creating Gender Inclusive Camps for Your Child
- Creating Trust with Your Teen
- Adoption and Your Gender Diverse Child
- Masculinity and Femininity
- Self Care for Parents and Caregivers
- Navigating Your Child’s Gender and Your Christian Faith
- Preparing for the Holidays

[\*\*Dads Group\*\*](#)

[\*\*Grupo de padres en Español \(Spanish Language Parent Support Group\)\*\*](#)

[\*\*Bay Area Parent Support Group\*\*](#)

*Group Facilitators*

[\*\*Monthly Facilitator Support Group\*\*](#)

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## **Teens 13-19 Discussion Groups**

Our teen discussion groups are brought to you by Gender Spectrum and The Happy Hippie Foundation for youth ages 13-19. Are you looking to meet other youth navigating gender and have a space to hangout? Once a week for four weeks, we focus on the intersection of gender and specific topics like: the holidays, school, family, friendship and much more. These groups are a great way to meet other young people, share experiences, ask questions and just hangout together. You can join with video, audio, or even just call in!

[Click here to find out more and receive information to join this group](#)

Upcoming Groups:



Monday 6/24 5:00 PST / 8:00 EST

Monday 7/1 5:00 PST / 8:00 EST

Monday 7/8 5:00 PST / 8:00 EST

Monday 7/15 5:00 PST / 8:00 EST

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## **Pre-Teen Group 11-12 Discussion Group**

[Click here to find out more and receive information to join this group](#)

This group is facilitated by Gender Spectrum staff and is open to all youth ages 11-12. Youth from all across the country (and globally!) can come together in a safe space to share experiences around gender.

“This is a great way to give a child community while still in the low-pressure environment of their own home, and they can choose to be as verbal or as quiet as they feel comfortable with. We can’t wait for the next series.” (Parent of youth participant)

Our previous groups were a blast! We had discussions about tv shows, ways people express their gender, experiences at school, and more. A couple of people introduced us to their pets on the video chat! If you’re looking for a way to talk with other kids your age about your life and things you like- this is the group for you.

This group will take place online and you can join through video or audio only, based on your preference. It’s a really fun way to share and meet others. We look forward to hanging out with you!

Upcoming Groups:

Wednesday 6/12 4:30 PST/7:30 EST

Wednesday 6/19 4:30 PST/7:30 EST

Wednesday 6/26 4:30 PST/7:30 EST

Wednesday 7/3 4:30 PST/7:30 EST

## **Groups for Parents and Family**

## National Parent Support Group

[Click here to find out more and receive information to join this group](#)

The National Parent Support Group is a live online/call-in peer group where parents can support each other and find helpful information on their journey of raising Transgender, Non-binary or otherwise Gender-expansive children and teens. It is facilitated by Gender Spectrum. You can join occasionally, or regularly, as you desire. There are options for you to participate either by phone or by video online.

Between the monthly support group meetings, parents can continue the conversation on the Parents and Primary Caregivers Group on the Lounge, Gender Spectrum's online community. If you are a parent joining the Lounge, you will automatically become a member of this Lounge group. If you have any questions or need help joining the group, you can email Pam Wool at [pwool@genderspectrum.org](mailto:pwool@genderspectrum.org).

## Topic-based Discussion Groups for Parents and Other Adult Family Members

- **Navigating Gender and Race: An Online Discussion Group for Parents of Color Raising Gender Diverse Children and Teens**  
This group will meet four Sundays in August at 5:00pm to 6:00pm PT/8:00pm to 9:00pm ET on 8/4/19, 8/11/19, 8/18/19 and 8/25/19.  
[Sign up for the Parents of Color group here](#)
- **Comunicar a miembros de la familia y amigxs acerca de la identidad de género de su hijx: una discusión grupal para padres y otros adultos miembros de la familia** (Discussion Group for Spanish-speaking Parents)  
[Regístrate ahora](#)
- **Neurodivergence and Gender: An Online Discussion Group for Parents Raising Neurodivergent Gender Diverse Children and Teens**  
This group will meet four Fridays in September at 10:00am to 11:00am PT/1:00pm to 2:00pm ET on 9/6/19, 9/13/19, 9/20/19 and 9/27/19.  
[Sign up for the Neurodivergence group here.](#)

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## Dads Group

[Click here to find out more and receive information to join this group](#)

If you are a father to a transgender, non-binary, or otherwise gender-expansive child, this group is for you. The Dads Group is an online/call-in monthly group, facilitated by a Gender Spectrum Board Member Enrique Perez Grovas, where dads can share questions and experiences. There is also an affiliated Dads Group in [the Lounge](#), where you can connect with other dads in writing. If you have any questions or need help joining the group, you can email Pam Wool at [pwool@genderspectrum.org](mailto:pwool@genderspectrum.org).

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## Grupo de padres en Español (Spanish Language Parent Support Group)

**Si desea unirse al grupo de apoyo mediante llamada mensual, o si tiene alguna pregunta, por favor contáctenos a [espanol@genderspectrum.org](mailto:espanol@genderspectrum.org).**

Este grupo en el “Lounge”, de la comunidad en línea de Gender Spectrum, será de gran ayuda para adultos de habla hispana y que se encuentran lidiando con el constante desarrollo de la identidad de género de un menor o adolescente en sus vidas.

Adicionalmente al grupo del Lounge, en el cual los padres pueden conocer a otros padres por medio de mensajes que escriban en línea, este grupo también cuenta con la posibilidad de unirse al grupo de apoyo vía telefónica de Gender Spectrum el cual, se lleva a cabo mediante una conferencia telefónica en español una vez al mes. Las instrucciones de cómo unirse a las llamadas podrán encontrarlas en el Grupo Lounge para padres en español.

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## Bay Area Parent Support Group

[Click here to find out more and receive information to join this group](#)

This in-person peer support group is a place where parents can support each other and find helpful information on their journey of raising transgender, non-binary or other gender-expansive children and teens. The group meets one evening a month in Emeryville, CA. There is also a corresponding group on the Lounge for the Bay Area Parent Support Group to continue the conversation between in-person meetings.

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# Groups for Facilitators

## Facilitators Support Group

Please [register here](#) to join

Meets on the first Thursday of every month from 11:00 am to 12:00 pm PT/2:00 pm to 3:00 pm ET. The discussion is for anyone who runs a group that serves youth and/or families that wants to learn about issues related to gender and youth. Understandings of gender are changing rapidly which naturally leads to lots of questions! This support group for facilitators is a space where you can ask any and all questions about gender that you have, or that arise in your group, in a confidential setting. You can submit questions anonymously ahead of time, or raise your question during the group meeting. This facilitator support group is a free monthly online/call-in group where we will discuss gender-related issues, answer questions, and provide support to each other in our role as facilitators. It's a great opportunity to connect with other group leaders to share ideas and experiences. We also have a group for facilitators in the Lounge (our online community) which you can join [here](#).