



A Journey to Parental Support

A remarkable email led to my recent conversation with Paula*, a parent who has relied on Gender Spectrum for resources, referrals and other support over the past 18 months. In response to our announcement of an upcoming daylong workshop for parents in Houston, Paula wrote that she and her husband would attend. "We are VERY interested in this workshop," she said.

What made this remarkable is that Paula and her family live several states away from Texas. I was intrigued: I called Paula to hear about her family and find out why she was so eager to travel across four states to our workshop for parents. It turned out it wasn't just the low post-holiday airfares - Paula had a very important motive for attending our parents workshop.

[Read more](#)

A parent recently told us:

"I just wanted to take this time to thank you so much for all of your support. When we first spoke I was not in communication with my trans daughter at all. You were there for me. As communication opened between my daughter and I - you were there for me. Now my daughter and I are speaking, she is home, and we are re-building. You were a prominent facilitator of this progress. I thank you from the bottom of my heart."

Coming This July: Our Annual Conference

The [Gender Spectrum Conference and Professionals' Symposium](#) is scheduled for July 6-8. This year, both events will be held at St. Mary's College of California in Moraga, CA. We are excited for many new workshops and activities around the theme "Claiming My Gender."

We are accepting workshop proposals

through Tuesday, February 20, so please share this email with all of the great presenters you know. Details on workshops and how to submit a proposal are on [our website](#).

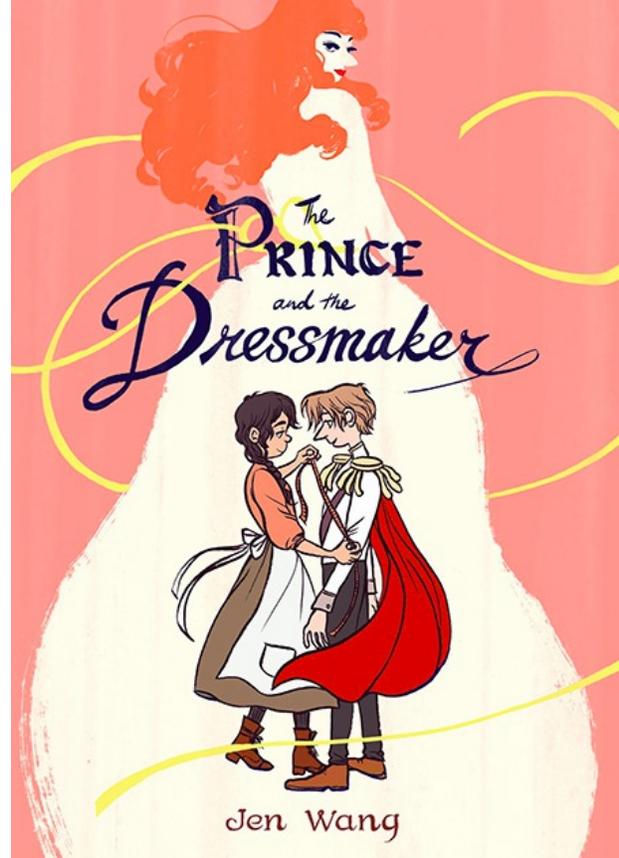
Also, don't forget the Art Contest! We are especially looking for art from children and teens. The winning artwork will represent the Conference in our posters and other promotional materials, which will be seen by thousands. The winner will also receive a \$250 prize. Find more details and the submission form on [our blog](#).

Recent and Upcoming Gender Spectrum Programs

In January, Gender Spectrum featured [a host of new programs](#) on *Gender, Culture and History*. From images depicting "Gender Around the World," to young people's reactions to the web series "We've Been Around," to an exploration of the history and status of Title IX, and a series of audio interviews by young people talking to their elders about gender, the programs span many facets of gender and its intersections with other aspects of our identities.

Later this spring we will look more deeply into intersections between gender and faith, and we would love to include your stories! We have tools and resources that can make sharing your story easy and fun -- our staff are happy to work with you to craft your story. Whether you would like to record an interview for an audio series, develop a video, write a blog post or use any other media, we can help. You don't need any expertise or special skills, only a desire to share your story around faith and gender.

Contact us at info@genderspectrum.org with your story idea - we're excited to hear from you!



The Prince and the Dressmaker

As his parents will tell you, Prince Sebastian is the most eligible bachelor in Paris. But the prince has a secret: at night he puts on daring dresses and takes the city by storm as the fabulous Lady Crystallia—the hottest fashion icon in the world capital of fashion! When Sebastian engages a young talented dressmaker named Frances to create his fabulous outfits, she agrees to keep his secret. But ultimately maintaining his confidence means putting her career aside, and Frances begins to wonder how long she can defer her dreams to protect a friend.

Author Jen Wang's graphic novel *The Prince and the Dressmaker* charmingly explores issues around gender expression, parental support, friendship and romance, and conflicts between family loyalty and being true to oneself. It's a lovely book to read with your pre-teen or teenager. Available [now](#), just in time for Valentine's Day! We're looking forward to hosting an online Gender Spectrum Story Time with Jen Wang later this spring - keep checking our [Story Time video playlist](#) for updates.



An educator recently told us:

"This is a new and challenging topic, but after Gender Spectrum equipped us with the facts and conversation strategies, I felt ready and even eager to be the person on my team who dives into these discussions with parents and the community."

Online Groups and Volunteer Opportunity

Gender Spectrum offers online discussion and support groups for parents and caregivers, Spanish-speaking parents, Dads, pre-teens, and teenagers. Most groups meet weekly on 4-6 week cycles throughout the year. Many people say that our online groups are the only place where they can find a community where they can share their stories, find common concerns, and discover other perspectives to help them through challenging times. [Check our website](#) for current group dates and times.

We also recently held a one-day parent workshop in Houston, and we are planning another full-day workshop for Dallas on Saturday, April 21. Please share [our Dallas flyer](#) with anyone who may be interested. You can also check the [calendar on The Lounge](#) for upcoming online parent workshops and other events from Gender Spectrum and other groups.

We are also now looking for volunteer facilitators for our Online Youth Groups for pre-teens and teenagers. Our discussion groups for young people are focused around sharing stories and providing support. They are not therapy groups, and facilitators do not need to be mental health providers. No experience is necessary -we will provide training and guidance and work with you to make the experience positive for you and the group's members. All you need is a desire to support young people in their gender journeys! To learn more and tell us about your interest, please fill out this [Google form](#).

