Trans on My Timeline: Transition Support

Mondays 10-11:30 a.m.

Trans On My Timeline: Transition Support is a group developed through understanding there are many ways to explore, embrace, and authenticate our gender. It will be a weekly topic group, where students can choose if they want to attend 1 or more sessions. Each week will be a new gender transition-related topic, which may include guest speakers from other departments at Boynton Health and/or UMN. The group is built on increasing knowledge, outlining steps or procedures, and giving UMN-specific and Twin Cities metro resources for all participants.

Topics and Dates

Life Changes and Transition Options
2/15/2021 10:00 AM-11:30 AM
Transition means something different for each person. This week we’ll speak about social transition, briefly about medical transition options, tips to transition in a workplace, and how to navigate transition when you are already established in a career field.

Legal Name and Gender Marker Changes
2/22/2021 10:00 AM-11:30 AM
Co-facilitator: Karmen McQuitty, J.D. she/her/hers
Our names can be an important part of being fully seen in any space. This week we’ll start off speaking about legal name change details. After that, we’ll look at how to find an affirming name, trying out names and determining what words and names do and don’t fit for us. Karmen McQuitty J.D. from UMN Student Legal Services will be a guest co-facilitator this week to outline the legal steps of changing our names and speak about how to connect with Student Legal Services for support.

Exploring Feminizing Options
3/1/2021 10:00 AM-11:30 AM
Co-facilitator: Coach Jamie, from Whole You Health
For individuals who want to feel and be seen as feminine, or have greater feminine expressions, we often look at hair, makeup, and other tools to express femininity. This week we’ll work with a
community health coach to speak about and see ways we can more authentically express our femininity and our core sense of self.

Coach Jamie is an Integrative Health and Wellbeing Coach and founder of Whole You Health. Using her training from the University of Minnesota, Coach Jamie speak with us about how to create optimal health and well-being while being curious about our feminine expressions.

Exploring Masculinizing Options
3/8/2021 10:00 AM-11:30 AM
For individuals who want to feel and be seen as masculine, or have greater masculine expressions, we often consider flatter chests, packing, and other tools to express masculinity. This week we'll look at ways to see and feel more masculine in our bodies.

Hormones: Access, Questions, and Things to Consider
3/15/2021 10:00 AM-11:30 AM
With Dr. Gina Groshek from Smiley's Clinic
Hormones are sometimes a necessary part of being able to express our gender and be fully seen in our gender. This week, we'll review hormone options, possible changes for both feminizing and masculinizing hormones, and how to access hormones at Boynton Health or in the community.
Dr. Gina Groshek is a Family Medicine resident in the 2nd year of training at Smiley's Clinic. She grew up in a small town in Central Wisconsin, attended Hamline University for an undergraduate degree in Biology, and completed medical school at the Medical College of Wisconsin - Central Wisconsin. Her clinical interests include sexual health, substance use disorder treatment, LGBTQ+ care, and prenatal care, all in addition to general medicine. She is hoping to someday practice in a more rural area of Minnesota.

My Voice Doesn’t Match My Gender
3/22/2021 10:00 AM-11:30 AM
With Marilyn Fairchild, UMN speech-language pathologist supervisor
Our voice is one of the many ways we can express our gender, and is often one of the first things other folks notice about us. This week, we'll look at resources and tools, both self-driven and working with professionals, to help us consider ways to adapt our voice to fit how we see ourselves.
Marilyn Fairchild is a faculty and clinical supervisor at the University of Minnesota, Speech Language and Hearing Services program, where she specializes in gender affirming voice and communication services for transgender and gender non-conforming individuals.
I’m Considering Surgery, What Now? Navigating Options
3/29/2021 10:00 AM-11:30 AM
With Ejay Jack, LGSW, MPA
For some folks, having our bodies look certain ways, and having or not having certain body parts or organs, is an important part of feeling whole. This week we'll look at different surgical options and outline what medical contacts you need to access the options. We will also speak about some gatekeeping that can occur during the steps of accessing surgery.
Ejay Jack, LGSW, MPA is the care coordinator for the Comprehensive Gender Care services at M Health Fairview, specializing in compassionate and coordinated care for transgender and gender non-binary patients.

Living in a Binary World: When M or F don’t fit or aren’t enough
Tentative: 4/12/2021 10:00 AM-11:30 AM
Gender identities that don’t fit binary notions of expression can make understanding and exploring ourselves both challenging and exciting. This week, we’ll explore the realms of gender, labels, expressions, pronouns, and more ways to feel fully you!

Living your inside on the outside: Coming out to family and friends
Tentative: 4/19/2021 10:00 AM-11:30 AM
As transgender, non-binary, gender nonconforming and gender expansive folks, we often think about gender for a while before letting others know the ways our outsides haven’t matched our inside sense of self. This week we’ll explore options to let others in, how to speak about you, why or when you might want to speak with others, and ways of living with both supportive and not supportive friends and family.

Intimate Relationships: Communication, Sex, and Safety with Chandler
Daily from Smitten Kitten
Tentative: 4/26/2021 10:00 AM-11:30 AM
For many folks, creating emotional or physical intimacy, and dating in general can bring up uncomfortable conversations about bodies, wants, needs, and desires. This week we will speak about dating, communication, how to identify wants and needs, and identify safer sex options when we want to be sexually intimate.