



Dear friends,

Though the evolving health situation is unpredictable, we wanted to reach out to let you know that Gender Spectrum is here for you. Staying connected and providing spaces for you to connect with others is our foundation, and has never been more important than now. Whatever it takes, we will get through this together.

While our Bay Area and remote staff are all affected by local “social isolation” restrictions due to Covid-19 (coronavirus), we want to assure you that we are committed to maintaining our schedule for Gender Spectrum’s online groups and programs. For four years our online groups have provided safe spaces for teens, pre-teens and adults. We know that many of you and your children and teens are home from school or work, and more than ever need connection and community. We

understand that our online resources are now more vital than ever.

Use the links below to find the schedules and registration forms for our upcoming groups for adults and youth, our upcoming webinar on gender understanding for parents, family and friends, and more resources from health organizations on LGBT youth, gender, mental health and more.

[**Online Pre-Teen Group**](#)

[**Online Teen Group**](#)

[**Instagram Live: Gender Q&A:**](#)

Tuesday, March 24, 4pm PT

[**Online Group for Asian-Pacific Islander \(API\) Parents, Relatives and Caregivers Raising Gender**](#)

[**Diverse Children and Teens**](#)

[**Online Grandparents Group**](#)

[**Online National Parents Group**](#)

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)

[**Online Facilitator Support Group**](#)

[**Webinar: Understanding Gender for**](#)

[Parents, Families, and Friends](#) (June 1)

We also have a wealth of online programs on our [YouTube channel](#), and we post regular updates on [Instagram](#), [Facebook](#) and [Twitter](#).

We have also posted [a page on our website](#) with a list of resources including the CDC and WHO coronavirus information pages, links for information specific to the health needs of families with gender expansive children and teens, parenting and Covid-19 information and more.

Please contact us at info@genderspectrum.org if we can help you through these challenging times. Be healthy and be safe.

The Gender Spectrum Team

Gender Spectrum creates gender sensitive and inclusive environment for all children and teens.

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