

## 2019 Schedule

### Definitions:

#### **Gender dysphoria**

Distress experienced by some individuals whose gender identity does not correspond with their assigned birth sex. Manifests itself as clinically significant distress or impairment in social, occupational, or other important areas of functioning. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes gender dysphoria as a diagnosis.

#### **Trans\*:**

Trans\* is one word for a variety of identities that are incredibly diverse, but share one simple, common denominator: a Trans\* person is not your traditional cisgender man or woman. Beyond that there is a lot of variations.

#### **Transgender:**

An umbrella term that applies to a broad range of people who experience and/or express their gender differently from what most people expect.

#### **GLBTQ / LGBT:**

Acronyms for "Gay, Lesbian, Bisexual, Transgender and Questioning" or "Lesbian, Gay, Bisexual and Transgender"

#### **Gender Identity:**

A person's internal sense of being a man/male, woman/female, both, neither, or another gender.

#### **Transsexual:**

A person who with or without medical treatment identifies and lives his or hers life as a member of the other gender, other than the one assigned at birth.

**Cross-Dressers:** People who wear clothing and/or makeup and accessories that are considered by society to correspond to a gender other than the one assigned at birth.

#### **Transvestite:**

An outdated term often considered pejorative used to refer to people who cross-dress.

#### **Male to Female Transgender:**

(MTF) or Trans Woman, someone who was born male and transitions to female gender identity.

#### **Female to Male Transgender:**

(FTM) or Trans Man, someone who was born female and transitions to male gender identity.

#### **Transition:**

A process through which some Trans\* people begin to live as the gender with which they identify. Rather than the one assigned at birth. This may or may not include hormone therapy, Sexual reassignment surgery and other medical components.

### **Any questions or concerns email:**

Message Phone: 857-753-4254

Rebecca Jeen: [rebeccajeen@vet2vet.lgbt](mailto:rebeccajeen@vet2vet.lgbt)

Rebeca Lynn: [rebecalynn@vet2vet.lgbt](mailto:rebecalynn@vet2vet.lgbt)

### "Gender Dysphoria" is not requirement for this group.

Our group mission is to provide, a safe place to discuss Gender Identity and Transition. As the group facilitators, we are not VA EMPLOYEES. We are just fellow Transgender Veterans. This is our group, for us to help support each other, families and friends.

**What is said in this group is for our ears only.**

**We do not report to the VA.**



**1-800-273-8255 PRESS 1**

VA faculty / group consultants

Brockton VAMC

Heather M. Walton Flynn, Ph.D. : [heather.waltonflynn@va.gov](mailto:heather.waltonflynn@va.gov)

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### LGBT Veteran care coordinators

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"Each one, Reach one, Teach one."  
"Gladly Teach. Gladly Learn"  
"We have been there. We can help"



Vet2Vet.Lgbt is part of Vet2Vet Boston  
A non-profit organization run by Veterans for Veterans.

# Vet2Vet.lgbt Trans\* Peer Support Group

**Trans\*** is one word for a variety of identities that are incredibly diverse, but share one simple, common denominator: a **Trans\*** person is not your traditional cisgender man or woman. Beyond that there is a lot of variation.

**Trans\*** is an umbrella term that refers to all the identities within the **gender identity spectrum**.

(This definition was taken from itspronouncedmetrosex.com)

## OUR 2018 GROUPS

**1st and 3rd Thursdays** of the month will be at **Jamaica Plain VAMC**.

Meeting are held on the **4th floor** by the Women's MH Clinic in **Room 4C-12** from **12:00pm to 1:00pm**.

**2nd and 4th Thursdays** of the month will be at **Brockton VAMC**.

Meeting are held in **Building 5** the Mental Health Clinic in **Room 8-147** from **11:00am to 12:00pm**.

**During the month of August, we will not be holding any meeting, but we will be covering the call line during normal meeting times.**

A conference call line is available for those that wish to call during the meeting times. **1-800-767-1750** follow the prompts and enter code **82120#**



If you need someone to talk.  
Here are two choices for you.  
You can also contact us in a none emergency.



We are a part of the National Vet2Vet program.  
Along with being a part of  
Boston Vet2Vet, which is a 501(C)(3) non-profit.  
[vet2vet-boston.homestead.com/](http://vet2vet-boston.homestead.com/)



Project New Hope holds retreats for Veterans and their families.  
We have been able to attend 2 of these LGBT retreats in the past  
and have enjoyed ourselves.  
For more information on their retreats  
[projectnewhopema.org](http://projectnewhopema.org)

The Transgender Pride flag was created by American trans woman Monica Helms in 1999 and was first shown at a pride parade in Phoenix, Arizona, United States in 2000.  
The flag represents the transgender community and consists of five horizontal stripes: two light blue, two pink, and one white in the center.

Helms describes the meaning other transgender pride flag as follows: "The stripes at the top and bottom are light blue, the traditional color of baby boys. The stripes next to them are pink, the traditional color of baby girls. The stripe in the middle is white, for those who are intersex, transitioning or consider themselves having a neutral or undefined gender. The pattern is such that no matter which way you fly it, it is always correct, signifying us finding correctness in our lives."

Any **Veteran** who for whatever reason has felt that expressing their **gender** has been conflicting issue is welcome. We provide a **safe, welcoming** environment to share our **experiences** and **needs**. any questions or concerns email or call: Message Phone: **781-878-1065**, , **Rebecca Jeen** [rebeccajeen@vet2vet.lgbt](mailto:rebeccajeen@vet2vet.lgbt) **Rebeca Lynn** [rebecalynn@vet2vet.lgbt](mailto:rebecalynn@vet2vet.lgbt)

For more information about Vet2Vet/Boston programs at VA Boston contact [Rebeccajeen@vet2vet.lgbt](mailto:Rebeccajeen@vet2vet.lgbt)