

## Definitions:

### Gender dysphoria or Gender Identity Disorder (GID):

is the dysphoria (distress) a person experiences as a result of the sex and gender they were assigned at birth.

### 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:

The gender that a person claims for oneself, which may not align with the gender assigned at birth.

### 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:

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An outdated term often considered pejorative used to refer to people who cross-dress.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

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

### Female to Male Transsexual:

(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: 781-878-1065

Cell Phone: 617-608-8823

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

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

## A VA diagnoses of a "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.



**Veterans  
Crisis Line**

**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)

### Jamaica Plain VAMC

Jillian Shipherd, Ph.D. : [jillianshipherd@va.gov](mailto:jillianshipherd@va.gov)

## LGBT VETERAN CARE COORDINATORS

### BROCKTON VAMC

Claire Burgess Ph.D. - LGBT Fellow

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### JAMAICA PLAIN VAMC

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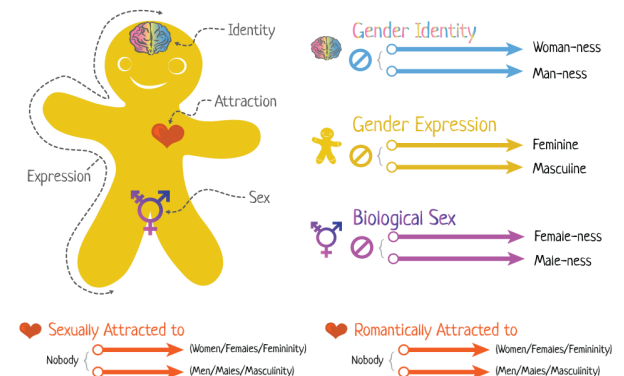
# VET2VET.LGBT 2018 Schedule



"Each one, Reach one, Teach one."

"Gladly Teach...Gladly Learn"

## The Genderbread Person v3.2 by its pronoun METROsexual



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 of 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 Womens 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 B-147** from **11:00am to 12:00pm**.

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#**



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



**TRANS  
LIFELINE**

**1-877-565-8860**

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** INC.

Where Veterans  
Rebuild With Honor

Project New Hope holds retreats for Veterans and there family's.

We have been able to attend 2 of there LGBT retreats in the past and have enjoyed ourselves.

For more information on there 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 of the transgender pride flag as follows: "The stripes at the top and bottom are light blue, the traditional color for baby boys. The stripes next to them are pink, the traditional color for 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 there **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**, Cell Phone: **617-608-8823**, Rebecca Jeen [rebeccajeen@aol.com](mailto:rebeccajeen@aol.com) Rebeca Lynn [hearn197489@gmail.com](mailto:hearn197489@gmail.com)