



In Connection

A therapeutic support group for cisgender spouses & partners of trans and GNC people.

The eight week next cycle starts March 2019

Each of us adjusts to change differently. In Connection is a space for cisgender spouses or partners of trans and gender nonconforming people. Our goals for the group include finding support and developing community.

Whether you are newly adjusting to information about your partner or if you have been in a relationship long term with a trans or GNC person, topics for discussion may include:

- Adjusting to changes in your relationship.
- Does my partner's transition affect my identity?
- Sex and intimacy.
- How do I take care of myself as I manage my own feelings?
- Are there other people out there like me?
- Coming out...at work, with friends, with family, with strangers?
- Surgery(ies): preparations, caregiving, reaching out for help.
- Effects of other medical interventions including hormones on your relationship.
- Finding affirming medical & mental health providers (for yourself as well as for your partner).

Groups meet Wednesday evenings in Andersonville/Edgewater at a location accessible by public transportation. Each group is \$50 per session. An intake is required, to discuss which group is the right fit for you. The fee is \$75 for 30-45 minute intake.

Please contact Arryn by email arryn@hawthornetreepsychotherapy.com
or call (773) 688-4499 for more information



Hawthorne Tree Psychotherapy LLC

In Connection is a program of Hawthorne Tree Psychotherapy LLC. Our practice is located in the Edgewater neighborhood of Chicago. We have a range of specialties including anxiety, depression, OCD, grief/loss and chronic illness. Hawthorne Tree is an LGBTQ affirming practice www.hawthornetreepsychotherapy.com