

“ People say I was born with this natural confidence, but it wouldn't have been discovered without my family's love and support and without their reassurance of telling me that I have to love myself and embrace who I am.

~ Jazz Jennings

## family saturdays

If you or someone in your family has come out as transgender and things seem overwhelming, we're here to help.

### You are not alone.

Meet other gender-creative kids and their families, friends, and allies. Learn more about gender identity and expression in a safe, supportive environment.

While adult family members and allies meet for peer-facilitated conversation, we offer breakout groups led by trans-identified adults for teens, tweens and littles.

TFF also participates in regional Pride events, and holds an annual family picnic and fundraiser to celebrate the Day of the Transgender Child.



Our partner organization TIGERRS (<http://tigerr.org>) offers weekly social meet ups for teens and monthly playgroups for young kids.

## our meetings

**Everyone is welcome!** There is a place for you at Transforming Families. We believe that life is a journey, not a destination, and that we are all learning.

### St Paul: *First Saturdays*

11:30am–2:00pm

Unity Unitarian Church

733 Portland Ave St. Paul, MN 55104

*Note: We begin the St. Paul gathering with a potluck at 11:30 (homemade items are welcome)*

### Minneapolis: *Second Saturdays*

1:00pm–3:00pm

Walker Community Church

3104 16th Ave S Minneapolis MN 55407

### Eagan/Burnsville: *Fourth Saturdays*

1:00pm–3:00pm

Wescott Library

1340 Wescott Road, Eagan, MN 55123-1029

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## donations

**We need your help.** The work we do is only possible with the generous support of our friends, families, allies and community partners. Proceeds go towards paying trans facilitators for the valuable knowledge, expertise and positive role-modeling they bring to our young people.

**Suggested meeting donation:  
\$10/family or \$5/individual**

**DONATE**

Please consider a monthly (or one-time) contribution (<http://tffmn.org>, click on the “DONATE” link).

CREATING  
A BETTER  
WORLD FOR  
TRANSGENDER  
YOUTH AND  
THEIR FAMILIES

**transforming  
families**



## about us

Transforming Families (TFF) is a unique peer-led support group where transgender, gender non-conforming, and questioning youth and their families and allies come together to support each other in a safe, welcoming space where we share our stories, victories, challenges, and resources.

We have been working for more than 10 years to make the world a better place for trans youth and their families through community-building, advocacy, education and outreach.

TFF community members are dedicated to building an inclusive and safe world:

- We help create safe schools through education and outreach
- We show up at school board meetings
- We testify at the Capitol
- We connect with the medical and mental health communities
- We support families and youth as they experience challenges and celebrate their triumphs.

We are proud to represent and affirm all people, of all genders, in all kinds of families as we provide the opportunity to meet and learn from other people traveling a similar path.

“ I believe that when we love someone, we respect them, and we listen to them; we feel that their voice matters. And we let them dictate the terms of who they are and what their story is.

~ Laverne Cox

## our ground rules

**We agree to create a safe & brave space.**

*We agree to be open and share our truths*

*We agree to speak from our own experience*

*We agree to own our impact as much as our intent*

*We agree to assume positive intent*

*We agree to respect chosen names and pronouns*

*We agree to respect everyone's privacy*

*We agree to give people space to talk (or to be quiet)*

*We agree to ask for support when needed*

*We agree to ask for permission to touch*


*Transforming Families strives to create a supportive, safe environment. We acknowledge that discomfort might come up. It's okay to feel uncomfortable as long as we remain respectful.*




## find us

 [info@tffmn.org](mailto:info@tffmn.org)

 [www.tffmn.org](http://www.tffmn.org)

 [@transformingfamiliesmn](https://www.facebook.com/transformingfamiliesmn)

 [@TransformFamMN](https://twitter.com/TransformFamMN)

Last update: 2/20

## crisis resources

**The Bridge for Youth**

(crisis intervention/shelter for youth):  
612-377-8800/txt 612-400-SAFE(7233)

**Trans Lifeline**

(hotline staffed by transgender people for transgender people): 877-565-8860

**The Trevor Project**

(crisis line/counseling for LGBTQ youth):  
866-488-7386/txt "Trevor" to 202-304-1200  
or chat online



We are grateful for the support and guidance of our Fiscal Sponsor, **OutFront MN** Community Services!

