



# TRANSCENDENCE: MOVING BEYOND THE BINARY

ONGOING GROUP

## Facilitators:

### Katie Borofka, CSWA

Katie is a cis queer woman committed to helping promote safer spaces for her trans community and loved ones, and brings experience in group dialogue and community building.

### Sunny Lithman, CSWA

Sunny is a transgender woman who comes from a background of activism, advocacy, and mental health work within the queer and trans communities. Sunny is passionate about holding safe spaces for individuals to share their narratives and lived experiences as a way of building community and exploring their evolving identities.

## Fee:

This Group can be billed to OHP plans, or insurance. For Ryan White funding options please contact Nico Judd. Self-pay options are also available.

## To Register:

Call us (503-238-5203) or ask Quest Staff at the Front Desk for assistance.

Tuesdays 4:00 pm - 5:30 pm

Held at Quest East group room

**Looking to connect with other folks who identify as trans\*, transgender, gender variant, genderqueer or questioning?**

This is a support group for those who identify outside of the gender binary or within the binary but of trans experience. We will define and explore important and relevant issues affecting trans-identified/genderqueer folks. While facilitated by mental health therapists, the group will be collaborative, interactive, and resource rich. Group members will participate in generating topics to be explored.

We intend to promote a safe environment to:

- Gather information and resources
- Share stories and build empowering narratives
- Explore tough questions
- Process experiences of oppression and transphobia
- Process identity experiences
- Build social support
- Build resilience against trauma, oppression, and systematized violence
- Learn and practice empowering self-care techniques
- Increase self-acceptance, compassion and confidence

This group is open and ongoing to new participants on a rolling basis.

**You must be engaged in Mental Health Services to enroll in MH groups. To become a client of MH Services, please call our intake team at 503-238-5203.**

**BE WELL - BE YOU**

**QUEST**  
CENTER  
FOR INTEGRATIVE HEALTH



[www.quest-center.org](http://www.quest-center.org)

2720 NE Flanders St, Portland Oregon 97213

503-238-5203