

AFFIRMING NEWS

October 2021

EMHC

The EMHC is a grassroots health organization run by and for queer and trans community members. Their vision is for the Edmonton queer and trans community to have equitable opportunity to experience positive health and wellbeing. Their mission is to provide community education, support, and capacity-building; provider training and professional development; and community-based research and advisory. Historically, the EMHC's programs and services have focused specifically on queer and trans men in the Edmonton area. Recently, however, the organization has begun to explore opportunities to expand its programs and services to better serve other members of Edmonton's queer and trans community and to those across Alberta. It can be hard to find accurate, up-to-date, and culturally sensitive sexual, mental, and physical health information for queer and trans folks. At the EMHC, they make it easier to find. They also provide a "Peer N Peer (PNP) Substance Use Program" where they meet folks where they're at on their substance use journey. This program provides safer substance use education, one-on-one counselling & support, as well as access to harm reduction supplies.

Question

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How do you talk to unaffirming parents??

Answer:

The best way to communicate with unaffirming parents is to remain calm & remind yourself that their stance is typically based on lack of knowledge. Provide them with info, resources & give them time to understand & ask questions. Make sure to enforce boundaries to protect your physical & mental health. Seek counselling & support to assist you in this process.