



Transcending ADOLESCENCE

A SUMMER CAMP EXPERIENCE BEYOND THE BINARY

We know that gender diversity isn't the same for everyone. That's why we created Resilience Retreats. It's so cool to be surrounded by people [1] with similar (but not the same) experiences. You'll connect with other trans teens, young adults and allies. You'll all talk about real life stuff that bugs you and learn things to help you deal

WHAT IS A



Resilience Retreats

are outdoor spaces for trans and non-binary teens to grow together. You'll spend at least a week developing new habits and learning new things that will give you pride, strength, confidence and hope.

It's basically a summer camp where you can be unapologetically you!

Unapologetically me? But everywhere else I do that I get laughed at or told it's not allowed. I heard we can barely say "gay" in schools.

This is WAY different. This is a brave space where you are safe to express who you are and what you're feeling.

Welcome to your
Resilience Retreat
#ExperienceSPEAR



THE DIFFERENCE IS

S.P.E.A.R.

S.P.E.A.R. is the outline of our curriculum

S.P.E.A.R. was developed by our founder, Christina, when reflecting on what increased her resilience throughout her transition.

Support

Supportive peers, family & mentors are essential for finding an outlet & receiving help when it's most needed.

Physical Recreation

Recreation provides an outlet for stress & a source of independence.

Empowerment

Empowering you is the goal. We're creating a strengths-based program that celebrates achievement in a supportive community.

Advocacy

Advocacy is supporting a cause - any cause. You'll find your voice, become the change & exercise agency to overcome feelings of defeat.

Reflection

Whether alone, with friends or with staff, Reflection unlocks the knowledge-of-self to find calm in the storms of life.



How will I experience S.P.E.A.R?

Activities

- Rock climbing
- Archery
- Canoeing
- Arts & crafts
- Yoga
- Self-defense
- Swimming
- Backpacking
- Ropes courses
- Dancing

What else? 😊

- Friendship
- Campfires
- Games
- Education
- Nightly "real talk"
- Community
- Glowstick party
- S'mores
- Empowerment
- Powerful group discussion



OUR HOPE

WHO?

Will be at these Resilience Retreats

You'll be in a bunk/ cabin with other teenagers of similar gender identities.

Trans, non-binary and cis counselors volunteer their time to support you in having a great experience.

Board members take care of the boring stuff so YOU get to have a good time.

Each individual respects who you are. We are here to support each other in...

What happens when we leave?

Don't worry! We hope to see you back next year. Until then you get to keep in touch with all of your friends on a completely virtual social platform. The Trans Mentor Project has created a space just for us to connect. You can even register to receive a trans-identifying young adult to support you in your journey! Follow them @samdevorah



Growth

You'll learn and grow from you. retreat experience.

Support

Find the support you need through friends, family and resources.

Feeling

You'll leave feeling strong, confident and hopeful for yourself and the future of trans people.

Connect

You'll connect with your new friends on the virtual platform, connect with us again at our next retreat and connect with us on social media:

- 📷 @transcending_adolescence
- 📘 /TranscendingAdolescence
- 🌐 transcendingadolescence.org
- ✉ info@transcendingadolescence.org