

While our Bay Area and remote staff are all affected by local “social isolation” restrictions due to Covid-19 (coronavirus), we want to assure you that we are committed to maintaining our schedule for Gender Spectrum’s online groups and programs. For four years our online groups have provided safe spaces for teens, pre-teens and adults. We know that many of you and your children and teens are home from school or work, and more than ever need connection and community. We understand that our online resources are now more vital than ever.

Use the links below to find the schedules and registration forms for our upcoming groups for adults and youth, our upcoming webinar on gender understanding for parents, family and friends, and more resources from health organizations on LGBT youth, gender, mental health and more.

[**Online Pre-Teen Group**](#)

[**Online Teen Group**](#)

[**Instagram Live: Gender Q&A:**](#)

Diverse Children and Teens

Online Grandparents Group

Online National Parents Group

Grupo de padres en Español (Spanish Language Parent Support Group): Si desea unirse al grupo de apoyo mediante llamada mensual, o si tiene alguna pregunta, por favor contáctenos a espanol@genderspectrum.org

Online Facilitator Support Group

Webinar: Understanding Gender for Parents, Families, and Friends (June 1)

We also have a wealth of online programs on our [YouTube channel](#), and we post regular updates on [Instagram](#), [Facebook](#) and [Twitter](#).

We have also posted [a page on our website](#) with a list of resources including the CDC and WHO coronavirus information pages, links for information specific to the health