Dr. Charles Best Secondary Newsletter

Issue #6– November 19, 2026

2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 604-461-5581

Website: Charles Best Secondary

Principal – David Cyr

Vice-Principals – Jennifer Nelson, Tara Sutherland, and Michael Viveiros

Our school goal is to develop a culture of connectedness and belonging within the school, among school staff, students, and our parent community, in order to enhance opportunities for collaborative partnerships.

UPCOMING EVENTS

Friday, November 20
Grad buddy photos by GradsBC
Monday, November 23
Last day on site Grad photos
Wednesday, November 25
Winter Ball for Gr 11|12 students 7:00-9:00pm
Thursday, November 27
Last day to recycle electronics @ Best
Sign up for Ski and Snowboard begins
Me 'N Eds Pizza Night
Saturday, November 28
Winter Market at Best 11:00am-4:00pm
Monday, November 30
Common Secondary Pro D Day (School not in session)
Thursday, December 3-Saturday, December 5
School Play "Poetic Revery"
Saturday, December 5
Winter Clothing Drive 9:30am-1:30am
Tuesday, December 8
Community Caroling @ RJ Kent Care Home
Friday, December 9
Holiday Plant sale & Purdy's sale pick ups
Thursday, December 10
Grad Photo Retakes
Community Caroling @ Lakeshore Care Home
Thursday, December 10 – Saturday, December 12
School Play "Poetic Revery"
Tuesday, December 15
Core Competency Student Reporting – Assembly Bell Schedule
Wednesday, December 16
Club and Fall/Winter Athletic Team Photos
Winter Music Concert 7:00pm
Friday, December 18
Last day of classes before Winter Break

ELECTRONIC WASTE RECYCLING AT CHARLES BEST NOVEMBER 16-27

The DSL (District Sustainable Leaders) has developed an Electronics Waste recycling project, and our school is participating. We have partnered with the Electronics Recycling Association, who safely and responsibly recycles used electronics. We will be collecting old electronics between **November 16-27**
Accepted Items: Laptops, desktop computers, phones, tablets and more. Why Participate?
Protect your data with secure recycling|Keep electronics out of landfills |Support community and sustainability efforts
Collection locations include Dr. Charles Best Secondary (front lobby), Port Moody Secondary, Centennial Secondary, Pinetree Secondary, Riverside Secondary and Heritage Woods Secondary. Thank you for safely recycling your old electronics with us! **Please see the brochure at the end of this newsletter for more information.**

WINTER BALL NOVEMBER 25

This year's Winter Ball will have a Winter Wonderland theme and is open to all Grade 11 and 12 students.
Below are the event details:

- Date: **Wednesday, November 25, 2026**
- Time: 7:00 PM – 9:00 PM
- Location: School Small Gym
- Ticket Price: $16 per student
- Activities: DJ, dancing, hot chocolate, pop, and chips
- Dress Code: Semi-formal
- Ticket Sales Begin: November 2
- Ticket Purchase: School Cash Online https://sd43.schoolcashonline.com/
- **Ticket Deadline: November 24**

WINTER MARKET SATURDAY, NOVEMBER 28TH

Don't miss out on our annual Winter Market happening **Saturday, November 28th from 11am-4pm right** here at the school! There will be over 100 local vendors and a Tex-Mex/BBQ/Poutine truck on-site. Entrance by donation. Please check out the advertisement on page 7 of this newsletter. Tip: It may be a good idea to bring cash!

A few parent volunteer positions remain if you can donate your time, you can sign-up here:
https://www.signupgenius.com/go/10C0E4EAFAC23A4FCCE9-67451866-best#/
Students, if you're looking for volunteer hours November 27th or November 28th, please contact Ms. Megan Meredith! Hours will count towards graduation credit.

PHOTO RETAKE – FINAL OPPORTUNITY

Grade 9-11 students, if you missed both our school photo day and photo retake day, there is still an opportunity to have your photo taken! Our school photographer, **GradsBC**, offers a Community Photo Day at the studio in Port Moody in December for students who were unable to attend either of the scheduled school photo sessions.If you would like to have your photo taken on the December Community Day, please email nicole@gradsbc.com to have your name added to the list. You will be contacted once the date and details for the December session have been confirmed.
Don't miss out on being included in our yearbook! No purchase necessary.

CHARLES BEST PLAYERS PRESENT "POETIC REVERY"



Our double feature consists of two one act play running approximately 1.5 hours including a short intermission.

December 3-5 and December 10-12

Act One: Shuddersome: Tales of Poe
This special presentation of two tales inspired by the famous Edgar Allen Poe stories are STUDENT DIRECTED!
Directors Jaya Jagpal and Aramesh Pardisan are both grade 12 students.

Act Two: **Mmmbeth**
NEVER say the actual name of the Scottish Play!
Or bad things might happen... Come watch this comedic take on Shakespeare's famous work and enjoy some jelly doughnuts while you're at it!

SKI AND SNOWBOARD INFO

We are pleased to offer 3, one day trips to Whistler Blackcomb this school year. Students may register for **one trip only** during the season. Information including registration link/costing/what is included will be sent home in a separate email to parents/guardians soon. Registration will go live on **Friday, November 27th @ 3:30pm** via School CashOnline Accts. Registration will be on a first come, first served basis. https://sd43.schoolcashonline.com/
These trips sell out fast so don't delay if you plan on participating.

1. **January 27, 2027** – Grade 9 and 10 students only
2. **January 29, 2027** – Grade 11 and 12 students only
3. **March 12, 2027** – Open to all grades

WINTER CLOTHING DRIVE

We are collecting the following items in a drop off format at the front of the school on **Saturday, December 5th from 9:30am-1:30pm**. **WE ARE COLLECTING:**
***NEW* dog and cat (dry, wet) food, treats, beds**
Blankets, coats, tarps, tents, air mattresses/pump, winter socks, boots, clothing but we are also collecting good clothes and shoes (men and women) for individuals who need to go to interviews.
Any questions please call Heather B (Youth worker) 778-840-6091

COMMUNITY CAROLING

We are going to the care homes to hand out Christmas cookies, candy canes and sing some Christmas Carols on the following dates. Students are more than welcome to join us at one or both dates below:
Tuesday December 8 @ RJ Kent (beside Legion on Shaughnessy St. PoCo). Park behind the Legion or park at our school and go down and back in the school bus. This is right after school.
Thursday December 10- Lakeshore Care Home on Gatensbury Avenue, same as above school bus or meet us there at 3:30pm. PoetPlease sign up with Ms. Heather B. our Youth Worker if you would like to go on the school bus.

WINTER WEATHER AHEAD

In the event of inclement weather conditions, please use the following link to assist with the most up to date district information. https://www.sd43.bc.ca/weather

BEST CAREER NEWS

Follow the Career Centre on Instagram @bestcareercentre | View the Career Centre Website Career Centre website

EDUCATION PLANNER OUTAGE UPDATE

As you may know, on November 3, EducationPlannerBC identified a cybersecurity incident affecting its application system and has taken its website and application services offline. No timeline to restore services has been provided. In response, various B.C. post-secondary institutions have created alternative application options for grade 12 students. Please see attached document for an overview. If "your" PSI is missing from the list or you have further questions about the alternate process, please contact the university/ college directly.

SCHOLARSHIP OPPORTUNITES

FRENCH FOR THE FUTURE ESSAY CONTEST

If you are a student in grades 10, 11, or 12, you could win one of 108 scholarships. Enter the National Essay Contest for a chance to win a scholarship between $1,000 and $28,000 to study (completely or partially in French) at one of the 16 partnering post-secondary institutions all over the country. Invest in your future, en français!
Deadline: December 18. More info.

OPPORTUNITIES FOR ALL STUDENTS

KPMG SPARK EVENT

High School students from across Canada can join this virtual experience about AI designed to help explore the future of work, build in-demand skills, and discover how they can make an impact in the years ahead. **Sat, November 28,** 1-3 pm EST. Register **by November 24.**

SFU SCIENCE AL!VE COMPUTER SECURITY DAY

Enjoy 3 **free** coding workshops and a Cybersecurity talk!
Nov 28: Intro to Python workshop | Password Cracker workshop | Encryption/Decryption workshop.
Nov 30: a Q&A session with a Master of Cybersecurity student.
Learn more here. Students that attend at least 2/4 sessions will receive a certificate!

MORE SPORTS YOUTH LEADERSHIP & VOLUNTEER PROGRAM

Through their school, parks and community partnerships they are able to offer a variety of training experiences with recognized credentials at low or no cost, i.e. Canucks Autism Training, coaching credentials, High 5 certificate. Programs usually run at local elementary schools or in community parks. Learn more/ sign up here.

JR FIRE ACADEMY SPRING 2027

Applications for the SD43 Jr. Fire Academy are now being accepted. **PART 1** is an online portion that needs to be completed and **submitted by December 4, 2026 by 5pm. PART 2** will need to printed out and signed by the required signees. Part 2 must be handed into Ms Kaufmann at the Career Office **by December 4, 3 pm.** Sessions will run March 12-19 (Spring Break) with Coquitlam Fire Rescue, and April 21-24 with Port Moody Fire Rescue. learn how to apply.

POCO UGLY CHRISTMAS SWEATER DASH

Student volunteers are wanted for event setup and teardown, late registration and package pickup, course marshaling, refreshments, and more. The event takes places at Gates Park in Port Coquitlam,
on **Sat, December 5,** 7 am – 3 pm. All proceeds will support KidSports Tri-City. More info/ sign up.

S.U.C.C.E.S.S. HOMEWORK CLUB VOLUNTEERS

Enthusiastic and responsible volunteers wanted to support children and youth with homework, reading, writing, basic math, learning activities, and positive study habits in a welcoming and encouraging environment.
Must be 16+, good communicator, and comfortable working with newcomers. Flexible schedule but shifts are Mon-Fri, 3/3:30 pm-5 pm at the S.U.C.C.E.S.S. Tri-Cities Service Centre, Coquitlam. More here.

POST SECONDARY EVENTS

UBC SAUDER BCOM PERSONAL PROFILE AND VIDEO INTERVIEW TIPS

Preparing your UBC Sauder BCom application? Join this virtual session designed for prospective Sauder students to learn more about the application process. Hear directly from current UBC Sauder BCom students about their application experiences, get practical tips on how to prepare, and have your questions answered during a live Q&A.
Friday, November 20, 2026 | 5-6 pm. Register.

UBC WEBINARS FOR POTENTIAL TRANSFER STUDENTS

Are you hoping to transfer into UBC's Business School or Engineering programs after maybe a year or two at college? Sauder School of Business transfer session: **Mon, November 23** |4-5 pm. Register.

TWU - FROM AI TO OPPORTUNITY: EXPLORING CAREERS IN COMPUTING

As AI continues to transform the world, we are wondering what this means for our future. This special event will feature AI-related projects, demonstrations, opportunities to connect with university faculty, and insights into exciting careers in computing and technology. **Wed, November 25, 6-7.30** pm, Trinity Western University, Langley.
Open to grade 10-12 students, their families and teachers. Sign up.

CAPILANO UNIVERSITY OPEN HOUSE

Visit the CapU North Shore campus, tour world-class labs and studios and discover over 100 diverse programs on **Saturday, November 28.** Faculty staff will be available for portfolio reviews (where applicable). See website for more info and to register.

UNIVERSITY OF VICTORIA OPEN HOUSE

Experience the campus, meet the people, ask questions and get a personal sense of what student life is like. It's a full-day event, but you can tailor how much you attend. Plan your schedule and bring questions. **Saturday, November 28.** Register.

WESTERN IVEY AEO ESSAY WORKSHOP

This session will provide guidance on what Ivey is looking for in the essay section and how to write structured, authentic responses. Register to attend Tue, Dec 1, 7-8 pm **EST**.

SFU EXETER ACCELERATED LAW WEBINAR

Learn more about the new dual degree program at SFU that can fast-track your path to becoming a lawyer. Tailored for high school students and their parents/supporters, this online info session will provide a comprehensive overview of the program, explain the admission requirements for high school applicants, and leave room for questions at the end.
Tue, December 1, 6-7.30 pm. Register.

UBC DENTAL HYGIENE WEBINAR

Learn more about this Entry-to-Practice program. **Thursday, December 3,** 6-7 pm. Register.

ATHLETICS

Dr. Charles Best Secondary Athletics
Home of the Blue Devils
@charlesbestscho
charlesbestathletics.weebly.com

CSSAA
Coquitlam Secondary School Athletic Association

For secondary sport updates and information…

@cssaasd43

[Follow Charles Best Athletics on Instagram here]

[Follow Charles Best Team Schedules here]

TOPS IN FIGURE SKATING

Congratulations to Annika Pobran for placing FIRST and being named the Pre-Novice Champion at Sectionals (Provincials for Figure Skating) in Kelowna over the Nov. 6-8 weekend. Annika earned a spot on Team BC for a second year and will be travelling to Dartmouth, Nova Scotia, in early February for Trophy (Nationals for her level).
In addition to placing first in the final competition of the season, she also placed first in each competition for the entire season. Good luck at Nationals!

SPORTS SENIORS NIGHT

We celebrated our Grade 12s from our Swimming, Cross Country and Volleyball teams on Thursday, November 5th. Congratulations to everyone on your seasons and best of luck in your future endeavors!



Photo credit Chase Takai

FIELD HOCKEY

Field Hockey placed FIRST in School District 43 and went on to win the banner at the Fraser North Championships!
The Charles Best Field Hockey team achieved a 2-2-1 record at Provincials in Cowichan and a 9th place finish overall.



This is the highest provincial achievement for the CBSS Field Hockey Team on record. Thank you to Coach Dana D'Abreo for her time, dedication, and expertise. Congratulations to all players for a hard-fought tournament! Special recognition to our six graduating players: we wish you all the very best as you take your next steps!



CROSS COUNTRY

Our cross-country team competed at the BC High School Championships on **Saturday, November 7th** at Clearbrook Park in Abbotsford. This capped off a pretty successful season for our team.



Junior Girls

This team has been running well all season, steadily improving and showing they have the potential to make some serious noise in the coming years. They rode that moment into the meet and managed to finish **5th overall.** A top 5 finish is a great result for a group that is largely new to competitive running. The individuals who ran at Provincials were **Charlotte Waller, Aria Qu, Apple Chow, Raya Payment, Keira Mahal, Jessica Tempel, and Yuzu Lake.**

I can only bring 7 athletes to provincials; the rest of the team who contributed all season consisted of **Morgan Griffin, Sienna Pizzolato, Emily Saranchuk, Claire Sun, Chelsea Espadero, Hailey Seward, and Audrey Leung.**

Season Highlights: Coquitlam District Champions, Fraser North Zone Champions, 5th at Provincials.



Junior Boys

This group headed into Provincials a little short-handed, as I moved their top runner (Dylan Marchant Esparza) to the Senior Boys team, and our #3 runner (Stanley Xin) missed Zones due to illness and couldn't race.

The six boys who toed the line ran hard, but it was a tough go, and they **placed 31st.**

Still, just qualifying was a success for this group.

The racers were **Seth Jacob, Chase Takai, Caleb Stafford, Damon Fan, Ting Hei Chung, and Daniel Liu.**



Senior Girls (AAA)

The core of this group has been running together for the last 3-4 years, and they have shown that perseverance and dedication lead to success. Despite missing some key runners due to illness and other commitments, the girls ran tough and **placed 9th in the province.**

This is the second straight year they've cracked the top 10 (many of these girls got us to 10th place last year).

The runners who competed were

Amy Mohlmann, Talia Raabe, Charlotte Lau, Sophie Jiang, Kaitlyn McNichol, Michelle Lee, and Brighton Myers.

The rest of the team who contributed to a very successful year are **Ava Ziefflie, Rylie D'Abreo, Tara Lattey, Lauren Jamieson, and Nika Suzuki.**

Season Highlights: Triple C Invitational winners; Big Valley Clash Invite - 3rd place; Coquitlam District Champions; Fraser North Zone Champions; 9th at Provincials.



Senior Boys (AAA)

This group had huge goals going into this race. After finishing 4th last year and with our entire "core" returning - and noticeably improving - we were dreaming big. A top 3 team result and even winning the meet were definite possibilities if we had an A+ day. Unfortunately, we weren't quite at that level, and despite battling hard and scoring fewer points than last year, we finished **5th in the province.** The boys were very disappointed, which shows the standards to which they hold themselves. The boys who ran were **Jay Jung, Sasha Guyduy, Isaiah Burke, Dylan Marchant Esparza, Rhys Savage, and Kota Cranston.**

The rest of the team consisted of **Jayden Addah, Tyler Sam (couldn't run Provincials due to concussion), Ryan Gibb, Charlie Englund, Grayson Budnick, Sanchit Soppa, Isaac Ng, Nicholas Mande, Owen Fang, Nathan Zeng, and Dylan Lim.**

Senior Boys Season Highlights: Triple C Invitational winners; Coquitlam District Champions; Fraser North Zone Champions; 5th place at Provincials.
You can look at all the results here: https://live.athletic.net/meets/80290/events/xc/2943924
Special thanks to **Sam Willet, Julia Hamilton, Shannon Joba, and Dina Howell (who was with us in spirit all season)** for everything they do to help make this XC program what it is. There is no way I could do this alone, and I am very grateful for their support. -Coach Dylan Gant

UNIFIED SOCCER



Our Unified Soccer team placed 3rd at the district championships at Terry Fox on **Friday, November 13th.**
They are heading to the first Special Olympics Unified Soccer Provincials **TODAY** at the Langley Events Centre.
Congratulations on a great season!

JR. BOYS SOCCER



We finished in third place at the Fraser North Championships on Tuesday, November 10th! The team played 3 games in 4 days and won against Burnaby Mountain, Terry Fox and Burnaby North.
Congratulations to all players and coaches!

SR GIRLS VOLLEYBALL – COME SUPPORT THE GIRLS TONIGHT
Last night, the girls fought hard in their first game against Moscrop. There were some looooooong rallies and throughout many of the sets, we were going point for point. The girls managed to secure the win in four sets so they could rest up (a bit) for the second game of the night.We played Riverside second, and although the girls had just come off playing four sets and Riverside was fresh, our girls secured their spot at Provincials with a win in just three sets! Once again, there were many long rallies and some amazing plays by both teams. The energy in the Riverside gym was electric!

Last year, our Senior Girls came second at Fraser Norths and 9th at Provincials.

This year we are going for the banner and a top spot at Provincials!!!!
Come out **tonight** for the final Fraser North game vs. Heritage Woods **at 8pm** at Riverside to help cheer our girls on!
GO DEVILS!





SR. BOYS VOLLEYBALL
The Sr. Boys Volleyball Team finished 4th in the Fraser North Zone Championships on November 18 after competing against Byrne Creek Secondary School.
The team enjoyed a phenomenal season, showcasing perseverance, teamwork, and a strong commitment to improvement. Their success is a testament to the effort they put in throughout the year.

AFTER GRAD VOLUNTEER MEETING FOR PARENTS

Tuesday, Dec 1st, 2026 @ 7pm in the school Library for parents of Grade 12 students.
After Grad planning and fundraising for the student's year end event is well underway but there are still many opportunities to get involved. Help us make After Grad 2027 an amazing experience!

FUNDRAISERS/EVENTS FOR ALL FAMILIES









Donate: Not seeing a fundraiser (yet!) that suits your needs? You can always donate directly to the After Grad via our Zeffy account: https://www.zeffy.com/en-CA/donation-form/donate-to-after-grad-aka-dry-grad

PAC CORNER

Next PAC General Meeting **Tuesday, January 12, 2027** · 7:00 pm · Charles Best Secondary (Library)

Stay Connected: for the latest updates follow us through our social media:
NEW Website: https://charlesbestpac.ca
Instagram: https://www.instagram.com/charlesbestpac/
Facebook: https://www.facebook.com/CharlesBestPAC

Questions about PAC or our PAC website? Please contact us at northcoteconsulting@gmail.com for assistance.

LED Video Wall Fundraising. Look for several new fundraising events in January. If you would like to help support this project, you can donate through our website at charlesbestpac.ca/donate/

COMMUNITY BULLETIN BOARD FOR FAMILIES

Click on the links below for more information:

[Dr Charles Best Winter Market]
[Over the Board with Chesscolastics!]
[Coquitlam Fall Registration Guide]

COQUITLAM MINOR SOFTBALL ISLOOKING FOR FEMALE PLAYERS







ACCEPTED ITEMS

LAPTOPS & COMPUTERS
LAPTOPS/COMPUTERS *(MAC AND PC)*
DOCKING STATIONS
PARTS *(MOTHERBOARDS, HARD DRIVES, ETC.)*
KEYBOARDS, MICE, WIRES/CABLES

CONSUMER ELECTRONICS
GAMING CONSOLES
IPODS/IPADS/MP3 PLAYERS
STEREO EQUIPMENT

PRINTERS
PRINTERS *(INKJET AND LASERJET)*
FAX MACHINES
SCANNERS & COPIERS

HANDHELD DEVICES
MOBILE PHONES/IPHONES/
SMARTPHONES / TABLETS

MISC DEVICES
PHONE SYSTEMS
CD/DVD & CARDS
SERVERS *(RACKS, STANDS, ALL BRANDS)*
SOFTWARE *(OPERATING/EDITING/DESIGN)*
SWITCHES AND ROUTERS
LAB EQUIPMENT
DISK ARRAYS

*No personal or household appliances. Please remove sensitive data before donating.

FREE SECURE ELECTRONICS RECYCLING EVENT

era.ca
electronic.recycling.association

NOVEMBER 16TH-27TH, 2026

School District 43 Coquitlam and the **Electronic Recycling Association (ERA)** have partnered to host an Electronics Collection Event.

Businesses and community members are invited to safely and responsibly recycle decommissioned or unused electronics.

Accepted Items:
Laptops • Desktop Computers • Phones • Tablets +more

Why Participate?
✔ Protect your data with secure recycling
✔ Keep electronics out of landfills
✔ Support local community and sustainability efforts

Drop-Off Details:
Port Moody Secondary - 300 Albert St Port Moody
Dr Charles Best Secondary - 2525 Como Lake Ave Coquitlam
Centennial Secondary - 570 Porier St Coquitlam
Pinetree Secondary - 3000 Pinewood Ave Coquitlam
Riverside Secondary - 2215 Reeve St Port Coquitlam
Heritage Woods Secondary - 1300 David Ave Port Moody
8:00 a.m. - 4:00 p.m..

For more information visit **www.era.ca**

*****NO PERSONAL OR HOUSEHOLD APPLICANCES PLEASE****

Connect

TRANSFORMING CONNECTIONS

A 10-week Attachment-Based Parenting Program for Caregivers of **Transgender & Gender-Diverse Youth**

WEDNESDAYS, 6 - 7:30 PM PCT

ONLINE VIA TEAMS

JAN. 6 - MAR. 10, 2027

SCAN TO JOIN:

EMAIL:
connectattachmentprogram@gov.bc.ca

LEARN MORE:
https://www.connectattachmentprograms.org/transforming-connections

MAPLES SERVICES

BRITISH COLUMBIA
www.gov.bc.ca

Transforming Connections

nova scotia health
Mental Health and Addictions Program

An attachment-based program to support caregivers of trans and gender diverse teens.

Transgender and gender diverse teens may experience bullying or other challenges as a result of living in a predominately gender binary society, placing them at risk for serious mental health challenges. Caregiver support is one of the most significant protective factors for these teens.

Caregivers also often worry about their teen's safety and their future, and this can be a source of immense distress and family conflict. Caregivers who are looking to understand these stresses, to learn from one another and to build a caregiving 'tool-kit' to support their child, themselves, and their relationship may benefit from this group.

What is Transforming Connections Parent Group?

Transforming Connections is a 10-week program that helps caregivers of trans and gender diverse teens (aged 12-18) understand their teens better and strengthen the caregiver-teen relationship. Caregivers meet in small groups with two trained group leaders for 1.5 hours each week.

What happens in a Transforming Connections Group?

Each session provides caregivers with an attachment perspective on caregiver-teen relationships and teen development. Common themes in group discussions related to gender include: coming out, connecting with peers, affirming pronouns/names, medical transition, caregiver reactions (e.g., confusion, isolation, grief, acceptance), and concerns about safety and mental health.

Transforming Connections Parent Group is supportive, but it is different than a support group. Caregivers watch role plays, do exercises and learn new strategies to better support their teens. Role plays and exercises were adapted to highlight specific challenges caregivers and teens experience in connection with their gender journey.

After each session, caregivers receive handouts with key points to remember when applying the principles in their own caregiver-teen relationships.

Does this program work?

- Transforming Connections is an adaptation of the Connect Program. Connect is a strong evidence-based program for caregivers that improves teen mental health and family wellbeing, strengthens relationships, and reduces caregiver stress and feelings of depression.
- Caregivers who have completed Connect report that they are better able to understand their teens and have seen positive changes in their relationship with their teen. Caregivers who participated in previous Transforming Connections groups provided overwhelmingly positive feedback. They found the group safe and supportive, reporting decreased feelings of isolation and increased acceptance and understanding of their teens.

Transforming Connections by the numbers...

90% of caregivers felt the group was **helpful in increasing their understanding** of their teen's gender identity and transition.

85% of caregivers saw **positive changes** in their relationship with their child as a result of applying what they learned during the program.