## Manta PAL?

Are you a trans, nonbinary, or gender expansive youth (ages 5-18)?

Get connected with a PAL today!
PALS are Possibility Adult Leaders
who volunteer as mentors for youth!

PALs center your interests and joy in a confidential, easy-going setting that you co-create together!

Maybe you'll write poetry; play music; learn a new dance; play sports; visit a museum or gallery; shop for gender affirming clothes; or something else!

Sessions are in person in Western MA. Virtual sessions are available is needed.

If you'd like a PAL, sign up here: <a href="https://tinyurl.com/transPAL">https://tinyurl.com/transPAL</a>



For more info: www.translategender.org one2one@translategender.org

