



## *How to find us*

Q. *How do I find out where my nearest Chrysalis Meeting Centre is?*

A. Contact Chrysalis by telephoning or texting **02380 397900**. If you prefer you can contact Chrysalis through our website; [www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)

Q. *What happens next?*

A. Once you have made contact, a Gender Advisor or a Counsellor will communicate with you by your chosen method of communication to establish which group would be most suitable for you.

Q. *How long will it take?*

A. There is no set time; it will take as long as you need to feel comfortable and secure. Once you are sure you want to proceed, the Chrysalis Gender Advisor or Counsellor you have been communicating with will contact your nearest group.

Next you will be invited to meet with your Chrysalis contact and a staff member from the group you will be attending. In the event your contact cannot travel to the meeting, a staff member will contact you and make arrangements to meet with you.

At the meeting you can ask questions about the group. You will then be given the group location and a dedicated mobile telephone number, along with a copy of the group contract.

All Chrysalis meetings are on the first and third Fridays of each month. You will be invited to the next meeting. You will have already met one of the staff; they will ensure that you are introduced to everyone.

Q. *Can I bring someone with me?*

A. Yes, providing you have let the group know.

CHRYsalIS  
Now has  
MEETING CENTRES  
in the  
Southampton, Portsmouth  
and  
New Forest areas  
which are open  
on the First and Third  
FRIDAYS  
of each month

A small charge will be made.

There is also a Support Group  
on the second Tuesday of each month

For more information

Telephone:

02380 397900 (Office)

Or e-mail [info@chrysalis-gii.co.uk](mailto:info@chrysalis-gii.co.uk)

or through our Website at

[www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)