

Q How long will I be able to attend Chrysalis meetings?

A As long as you need to, however the aim of Chrysalis is to enable you to transition safely and integrate into society. Transitioning and moving on is not dependent on Gender Reassignment Surgery. It is more about your own personal journey than any pre-defined criteria. Are you still benefiting from the workshops? Are you still actively involved with your peer group? Has your counselling come to a natural end?

Q What happens when I have reached my goals?

A Chrysalis will still be available to you as a resource. If you need reassurance or require help enabling you to reach a goal, or to move on to another stage in your personal development you may contact the office or your Group Facilitator who will arrange Support. This may be with a one off 'one to one' meeting with the appropriate specialist, or a short return to the group.

Q How can I give back to Chrysalis?

A There may be the chance that you could return to your group as a guest to give a talk about your personal achievements. Do you have a skill that you could use to help future beneficiaries? Have you thought about volunteering for Chrysalis?

Q What if I miss the social aspect of the group meetings?

A Hopefully you will have formed friendships that may continue after moving on from Chrysalis. Apart from the Meeting Centres, Chrysalis has other outreach projects which change from time to time. Support is always welcome either by participating or by volunteering your time. This will further enable the self-help principles of Chrysalis to develop.

Q Who will I be when I leave Chrysalis?

A You will be yourself. The aim of Chrysalis is that you will be enabled by your time with us to transition and become a confident person, a valued and respected member of society.

**For more information**  
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