



## **HK4T Core Series** **(Physical Transition)**

**Your Wellness** — Group wellness works  
**Your Healthcare** — Get what you pay for  
**Your Hormones**—The minimum effective dose  
**Your Maintenance**— Exercise and Rest  
**Your Gender** — Dissonance vs Dysphoria  
**Your Mind** — Choice and consequence  
**Your Security** — Food, housing, safety  
**Your Body** — Surgical choices and care  
**Your Clan** — Solid groups, lasting communities



## **FirstCircle Share** **(Social Transition)**

**Adjusting Futures** — 1 is good, 2 is better  
**Adjusting Styles** — Present as you intend  
**Adjusting Weight** — Healthy loss or gain  
**Adjusting Voices** — Long term, healthy voices  
**Adjusting Mindscapes** — Sometimes it's physical  
**Adjusting Minds**—Where to go if you hear NO  
**Adjusting Sexuality**— Longing, Libido and Liberation  
**Adjusting Families** — Families of origin and choice  
**Adjusting Spaces**— Co-existing with Cis-sexism  
**Adjusting IDs** — At least get my name right  
**Adjusting Banks**—Fiscal planning and transition  
**Adjusting Souls** —Transition, spirit and tradition  
**Adjusting Junk** — Design your own genitals  
**Adjusting Partners** — Not everyone makes it  
**Adjusting Moods** — Hormone Alternates  
**Adjusting Work** — Adjusting all expectations

The Rainbow Health Co-operative is the largest community owned—trans centric health and wellness organization in BC.

We support existing groups and establish new ones to assist transgender people and their families through our Hans Kai 4 Trans Gender Wellness Program.

We provide information on trans competent services thorough XQQ—our resource magazine

We advocate for our community in networks, organizations and programs that affect our well-being .

We connect people within and across regions through the TransVine Network.

Our practices conform to the Standards of Care published by the World Professional Association for Transgender Health.

## **RAINBOW HEALTH** **CO-OPERATIVE**

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## **GENDER** **WELLNESS** **PROGRAMS**

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[rainbowhealth.coop](http://rainbowhealth.coop)

# We support existing groups and help new ones happen



**HANS KAI 4 TRANS (HK4T)** (literally: small learning group) sprang up in the rural areas of Japan where people traditionally take care of themselves with limited help from doctors.

**HK4T** is a wellness program that integrates bodies, gender, minds, selves and communities in a program that provides feedback on each participant's self-care efforts. Socialization is a key element.

**Our focus** is helping people in transition. The trans condition is a range that requires a variety of social and physical solutions to cope with it. When these exceed social norms, require medical services or are pursued for long term change, people need help from people like themselves. We help make that happen.



## We are a not for-profit co-op

We conform to the  
*Seven International Principles of Co-operatives*

- 1 Voluntary and open membership
- 2 Democratic member control
- 3 Member economic participation
- 4 Autonomy and independence
- 5 Education, training and information
- 6 Cooperation amongst co-operatives
- 7 Concern for community

We provide community service and advocacy in programs that affect our wellbeing through an anti-oppressive framework of robust inclusion.

Our membership is open to all. Lifetime membership is \$5.00. We make joining accessible and easy to complete—you can join at any of our meetings or online at:



**XQQ – Cross Queer Quarterly** magazine is how we tell our story and promote our programs.

**XQQ's heart and soul are** the Rainbow Resources pages—a region by region guide of trans-informed services across BC and the Salish Sea, including mentors, support meetings, mental and medical health care services.

**XQQ** is published eight times a year in a mix of digital and print.

**XQQ** is distributed across BC.

**XQQ** is how we pay for our community service—consider advertising in our next issue.

**XQQ** is looking for contributors—please contact the editor at:

[xqq.ca/hanskai](http://xqq.ca/hanskai)

[xqq.ca/membership](http://xqq.ca/membership)

[editor@xqq.ca](mailto:editor@xqq.ca)