



online & broader activities

What	Who	How	When
WIO Gender Group (18+) (online)	Peer support and discussion for anyone wanting to connect with others who are trans and gender diverse or questioning their gender identity.	Contact WIO to RSVP for link: info@workingitout.org.au or 6231 1200 *Your RSVP MUST be received and responded to before you can attend.*	3rd Tuesday of the Month 5:30-7pm
Women's Health Tasmania Gentle exercise & mindfulness classes.	Usually, Women's Health Tasmania is focused on women however their streamed online classes are available to all.	Classes are streamed through the WHT Facebook group page: facebook.com/groups/3045877678969259	Classes are streamed through the WHT Facebook group page
WIO Support Group for Partners of Trans & Gender Diverse Folk	A safe space for supporting and connecting partners of trans and gender diverse folk.	Please get in touch with WIO via Messenger or call 6231 1200 or email info@workingitout.org.au for the online link or for more information.	1st Wed of the month, every 2 months 5:30-6:30pm

What	Who	How	When
WIO's Parents Group (of LGBTQIA+ Children any age)	Do you have questions about your child's gender, sexuality or innate variations of sex characteristics? Would you like to meet other parents of LGBTQIA+ children? Monthly group online to support, learn and grow together.	This group is hosted a WIO LGBTQIA+ Support Worker Email info@workingitout.org.au for more information, or to get the online link.	3rd Monday of the month 5:30pm-6:30pm
WIO's Carers Support group	A safe and supportive space for any LGBTQIA+ person in a caring role.	Burnie: garry@workingitout.org.au Launceston: joseph@workingitout.org.au Hobart/online: ani@workingitout.org.au	2nd Tuesday each month across Tas: 5-6pm
Better Lives Intersex Support Group	Support Group offering community and support for people who are Intersex or have innate variations of sex characteristics	RSVP via online form here or contact WIO on info@workingitout.org.au or phone 03 6231 1200	2nd Wed of every month both online and in person at 278 Argyle Street Nth Hobart
Working It Out Together	Volunteer buddy program for anyone over 18.	For more details: workingitout.org.au/wiot/ or contact Ceilidh at WIOT@workingitout.org.au or call 03 6231 1200.	This program is ongoing
ACVVS: Aged Care Volunteer Visitors Scheme	Volunteer visitors for socially isolated LGBTI elders receiving aged care residential or home care packages Currently South based but will be going state-wide in the future	Contact Worthy at Worthy@workingitout.org.au or call 6231 1200	This program is ongoing.

What	Who	How	When
Australian & New Zealand Tongzhi Rainbow Alliance 澳纽华语同志彩虹联盟	Support for Mandarin and Cantonese speaking LGBTIQ+ people in Australia	antra.org.au/ facebook.com/antra.org.au weibo.com/u/6866260391?is_all=1	Check online for more details
Intersex Peer Support Australia	Support organisation for people with variations of sex characteristics	Go to https://isupport.org.au or email info@isupport.org.au to join their support network.	Anytime
ILGA World #inthistogether	Anyone - Online campaign to spread positive messages for our communities	ilga.org/covid-19/	Anytime
Digital Dance Club - All the Queens Men	All people, of all ages! The dance is considered a safe and inclusive space for LGBTIQ+ older people.	Digital Dance Club works through Zoom. for more information: allthequeensmen.net/projects/digital-dance-club/	Check the website for the next event.
This Girl Can Home Bollywood lesson	Join our This Girl Can - Victoria ambassador Jagriti for 30 minutes of movement you can do from your living room, kitchen...even balcony. It's fun and perfect for beginners.	youtu.be/XsDdvydnDq0	Anytime
Grumble Boogie Twenty10	live dance sessions	Tune in to @bettygrumble live on Instagram	10am Wednesdays
FindHelpTas	Connecting you with local community services	www.findhelptas.org.au	online database