

If you don't feel respected,
included or heard; if someone
bullies you or makes derogatory
comments about you ...

If you're questioning how you feel
(your beliefs, your gender identity,
your attractions, etc.) ...

If you just want to talk to an
adult you trust ...

We want you to know that you can talk to us
about anything that's bothering you. We'll be
there to listen and refer you if you need it.

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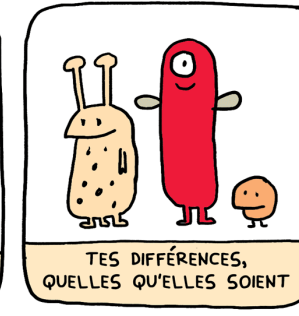
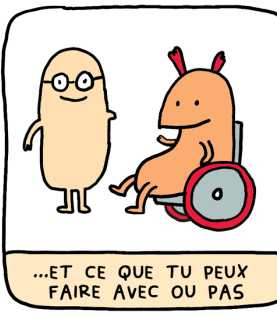
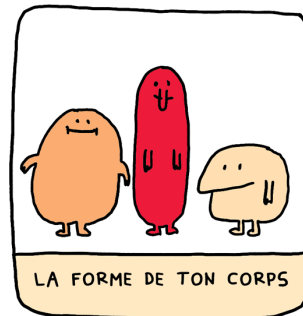
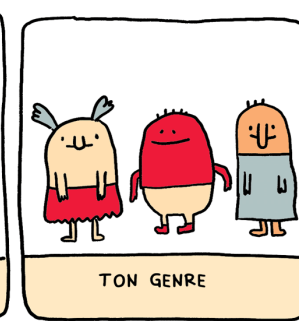
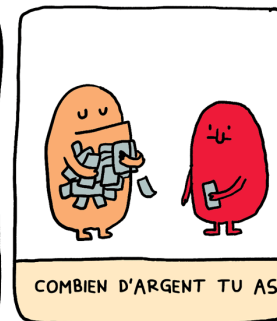
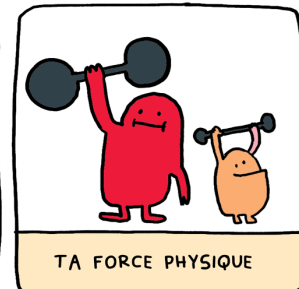
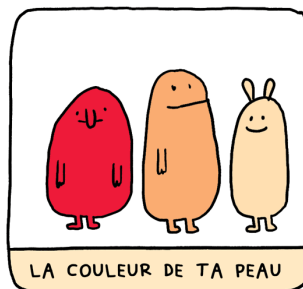
Centre intégré
universitaire de santé
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du Centre-Sud-
de-l'île-de-Montréal

Québec



Here, we accept you the way you are ...

PEU importe...

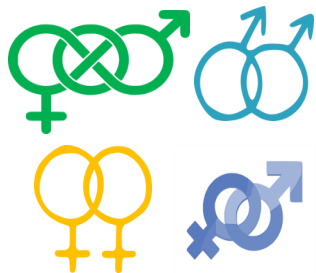
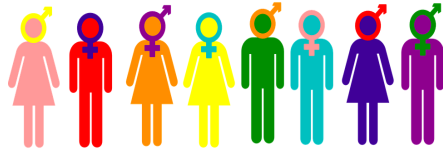


TU MÉRITES D'ÊTRE

AIMÉ(E) ET RESPECTÉ(E).

In concrete terms, this means
that we encourage you to:

Affirm who you are,
regardless of your
gender identity



Express your attraction as you
feel it, regardless of your
sexual orientation



Dress the way you like,
regardless of your **gender
expression** or **style of
dress**



Have your beliefs, practise
your **religion** and live
according to **your culture**

Be proud of yourself, regardless of your
**body image, disability, neurodiversity,
limitations or special needs**



Welcome to your new environment!

We are aware that it can be difficult to arrive in a new environment, where you don't know the people or customs. That's why we want to reassure you that here, you'll be welcomed as you are, without judgment.

**Respect, listening, openness and inclusion are
values to which we subscribe.**

What is respect?

Every person with whom we interact has the right to receive consideration, regardless of their strengths, differences or limitations.

Respect dictates the right rules for everyone to feel comfortable so that we can all live together.

What is openness?

Openness means that we're welcoming, curious and kind toward others, regardless of their identity, choices or situation.

What is inclusion?

Each person is a unique combination of values, beliefs and talents.

We value each person's unique strengths and strive to ensure that each person can thrive in an authentic way.