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

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

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

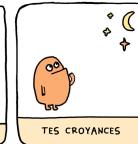
If you just want to talk to an adult you trust ...

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.



Centre intégré universitaire de santé et de services sociaux du Centre-Sudde-l'Île-de-Montréal QUÉDEC * *



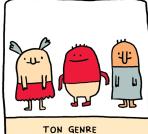


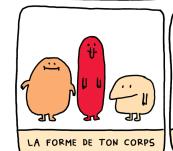
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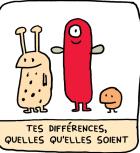












TU MÉRITES D'ETRE IMÉ(E) ET RESPECTÉ(E). ©elisegravel.com In concrete terms, this means that we encourage you to:

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.