

## *Changing Keys*

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*A speech and voice feminization training program for adults who are transitioning, have transitioned, or are living at least part-time as their felt gender*

Changing Keys is an intensive speech and voice training program, which is offered in a group format, for adults age 18 and up. It consists of a private speech/voice evaluation before and after the course, and the group therapy program itself. Some of the speech and voice parameters we work with include speaking pitch, vocal inflections, voice quality, vocal resonance and speech sound articulation. We discuss but do not work directly with other aspects of communication such as gestures, facial expressions, word choice, laughing, listening behaviours and turn taking in conversation.

The Changing Keys' sessions run for 7 weeks and may be held in various locations. Please check website for current information.

Please look carefully at the following requirements before committing to participate. If you'd like to be considered for a future group but can't commit right now, please feel free to sign up. We will keep your name on the list and contact you for the next group.

If you are under 18 years of age, please do still submit an application form as we will keep your application on file for when you are eligible for the program. We are currently exploring the options of piloting a youth focused Changing Keys program in the future.

### *Criteria:*

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You must commit to attending all classes and doing intensive practice. The voice training usually involves 2 - 15 min practice sessions per day in addition to utilizing your voice in everyday circumstances. It's a big commitment, so make sure this is the right time in your life to do this. You can always defer your acceptance into the next program offering, if the current timeframe does not work for you. There is a high demand for the Changing Keys program. If you miss sessions, except for illness or sudden emergency, you will not be allowed to repeat the program.



# Transgender Health Information Program

303 - 1290 Hornby Street,  
Vancouver, BC V6Z 1W2  
**Tel:** 604-734-1514 or 1-866-999-1514  
(toll-free)  
**Email:** [transhealth@vch.ca](mailto:transhealth@vch.ca)  
**Web:** <http://transhealth.vch.ca>

## APPLICATION

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

*Submit your application to the Transgender Health Information Program via email, snail mail, or by dropping it off at the address stated in the header above.*

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### Contact preferences:

1. Please check how you prefer we contact you.    Email                      Phone†                      Cell
2. Can we contact you by your unselected choice(s) if we cannot reach you by your preferred choice(s)?    Yes                      No
3. May we leave you a voicemail?    Yes                      No

### Location:

### Comments (not required):

**NOTE:** People are put on the Changing Keys’ waitlist when a completed application is received. This means people are listed in chronological order based on when we receive your completed application. In other words, people are served on a “first come first served” basis. It is always a good idea to confirm that we have received your application.

**Please be sure to keep your contact information current- we don’t want to miss you!**