

Gender Affirming Voice & Communication Training

**Sexual
Health
Quarters**

“ Discover and explore voice & communication techniques that support you to express yourself confidently and authentically, aligned with your identity. ”

L Maras (she/they)



As a Speech Pathologist with lived experience as a transfemme individual I am passionate about supporting the LGBTQIA+ community.

I strive to help clients fully participate in all aspects of their life, and bring empathy, warmth and genuine interest to every session.

What we can offer

- Professional guidance in voice care and maintenance;
- Understanding of voice characteristics (e.g., pitch, resonance, intonation);
- Safe and supportive practice techniques;
- An affirming space to learn and practice;
- Neurodiversity affirming approaches;
- Consideration of external variables that affect your communication;
- Non-verbal, body language & presentation skills

**Appointments Available Fridays
at SHQ Northbridge**

☎ 1800 573 116

☎ SMS: 0450 828 603

✉ l.maras@ascendhealthgroup.com.au

 **Ascend**Health

