

AFFIRM

A NEW GROUP STARTING JULY 30!

Using an Evidence-Based Approach to Help
LGBTQIA+ Adults Manage Stress

Developed with LGBTQIA+ youth and adults, this
in-person and virtual group helps affirm:

- Gender minority identities
- Individualized needs
- Experiences of discrimination
- Positive thinking, as well as
personal goals and coping skills

Learn More About
The Approach



Tuesdays at 1 PM (ten-week group)

Please talk to your clinician if interested.

