

**always be you.**



## LGBTQ+Support Group

Need some space? Come and connect with others navigating their identities in a safe and affirming environment. This telehealth group has been specifically designed to join like-minded folks who identify as a part of the LGBTQ+ community. Our weekly support group will focus on gender and sexual orientation identity development, inclusive of finding affirmation and meaning in one's identities. This group aims to provide the mental healthcare and affirmative space that is often lacking for LGBTQ+ individuals.

All identities are welcome. Group is open to young and emerging adults, including those in college.

Our virtual group will meet Thursdays at 4:00pm and will be ongoing based on member interest.

Please call us at 201-564-7331 for details and fees.



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