



AFFIRM

LGBTQ+ Drop in support groups

In this group you will:

- Discuss different topics related to sexual orientation, gender identity and self-expression
- Receive support in exploring different identities and developing affirming self-talk
- Enhance understanding of the role of homo/bi/transphobia and minority stress on thoughts and feelings
- Learn strategies to better manage stress and other mental health symptoms (i.e. gender dysphoria)

Who can join?

Adults 18 and over – Patients of Venice Family Clinic and non-patients

When?

Tuesdays 4-5PM via Zoom

Where?

<https://uclahs.zoom.us/j/97747790203>



**For information call Jennifer Amaya Gonzalez, LCSW
(310) 664-7745**