



AFFIRM

LGBTQ+ Teen Group

Group sessions using CBT based interventions

- Understand the relationship between thoughts, feelings, and behaviors
- Understand the role of homo/bi/transphobia and minority stress on thoughts and feelings
- Learn strategies to decrease negative feelings and increase positive feelings
- Learn ways to manage stress better by changing thoughts and actions

Who can join?

Ages 12 - 17 – Patients of Venice Family Clinic and non-patients

When?

Wednesdays at 4PM via Zoom



**For information call Jennifer Amaya Gonzalez, LCSW
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