

LGBTQIA Adult Support Group

This is an 8-week closed group for adults age 18+ who identify as being on the spectrum of LGBTQIA+. The group follows a curriculum that explores identity, coming out, mental health, coping skills, relationships, navigating discrimination and resilience, and pride and self-acceptance. The focus is on developing a supportive, safe community that promotes connection and a strong sense of self and identity.

Meets: Wednesdays 5:00–6:00PM

Next group begins June 24, 2026

Via Epic Video

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