

YOUNG ADULT

LGBTQ+

SUPPORT GROUP

✓ What: "Navigating Life as an LGBTQ+ Adolescent"- an LGBTQ+ support group for teens that will focus on psychoeducation, coping skills, and processing the challenges and triumphs of the LGBTQ+ experience

📅 When: Thursdays 5:00-6:30 pm, March 12-April 30

📍 Where: The Pennock Center, 211 S. 21st Avenue, Brighton, CO 80601

🏳️ Who: Members of the LGBTQ+ community, ages 14-18

📌 Topics covered:

- Self-expression, identity development, and the "coming out" process
- Grief and loss within the LGBTQ+ experience
- Mental health as a member of the LGBTQ+ community
- Coping and resilience
- Social support and resources

💰 Cost: \$20 for the 8-week group with sliding scale options available for affordability.

➔ Register: Contact Gillian Bruce, UCD Counseling Intern
✉ gillian@pennockcounseling.org ☎ 303-655-9065, ext. 19

📘 facebook.com/pennockcenter

📷 instagram.com/pennockcenter

Pennock
center for counseling

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