



CAPE & ISLANDS
COGNITIVE BEHAVIORAL INSTITUTE

FREE WEEKLY TEEN LGBTQIA+ SUPPORT GROUP



COURTNEY LAWLOR - SUPPORT GROUP LEADER

Courtney is a member of the American Counseling Association and SAIGE (Society for Sexual, Affectional, Intersex, and Gender Expansive Identities). She is also a volunteer for The Trevor Project, the world's largest suicide prevention organization for LGBTQ youth.

MONDAYS AT 7PM STARTING 11/7
COMMUNITY ROOM AT 704 MAIN STREET, FALMOUTH

The LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual) Teen group is for any teen 14-18 years old who identifies as having a non-hetero and/or non-cisgender identity. Any and all sexual orientations and gender identities are welcome to this group.

This is a safe space to discuss concerns, seek support, process issues around exploring identity, and discuss issues in daily life (family support, bullying, transitioning, pronouns, school, self-esteem, etc).

Discussion topics may include navigating school and social spaces, reflection on how other identities inform one's experience of being LGBTQIA+ (intersectionality), exploring relationships with family of origin and chosen family, and using self-care and coping strategies to improve mental health.

**For information email Info@capecbi.com
or call (508) 457-3160. Visit us at capecbi.com.**