

# PARENTS AND CAREGIVERS OF LGBTQIA+ CHILDREN OF ALL AGES GROUP

*Weekly in-person meetings will be offered on a Thursday series from 5:30 - 7:30 pm, and a Saturday series from 10:00 - 12:00 pm. The group series are capped at 8 members.*

## **SIX WEEK SCHEDULE (Weekly in-person group meetings held during evening hours or Saturday afternoons)**

Week 1: Agreements, Guidelines, What to Expect, Hopes and Goals.

Week 2: All About Gender and All About Sexuality, Learning and Understanding.

Week 3: Statistics About LGBTQIA+ Youth and Adults, Why Does this Matter?

Week 4: Relationship with Your Child: Grief, Loss and Healing. Processing Emotion.

Week 5: Acceptance, Allyship, Advocating and Affirming. How and Why?

Week 6: Resiliency. Review Hopes and Goals. Review Resources. Close the Group

## **PACKAGE HIGHLIGHTS**

- A 30-minute screening appointment, which includes time to discuss goals, needs and wants of the member.
- Focused research-based content, support and information.
- Extensive resource list to support you and your child.

ALL ARE WELCOME HERE ♥

Courage & Grace  
COUNSELING

*Contact Sarah for package cost, scheduling and payment options.*

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