

PARENTS AND CAREGIVERS OF LGBTQIA+ CHILDREN OF ALL AGES GROUP

SIX WEEK SCHEDULE

Weekly in-person group meetings for 6 weeks. Groups are capped at 8 parents/caregivers.

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 pre-group 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.

Sarah Harry (she/her), MA, LPCC | 612-812-4347 | sarah@courageandgracecounseling.com