



WE ARE NOW OFFERING

AFFIRM
— YOUTH —

FOR LGBTQ+ YOUTH AGES 12-17!

AFFIRM is an 8-session group program designed to help LGBTQ+ youth manage stress.

AFFIRM supports mental health, enhances healthy decision-making and coping skills, and validates strengths of its participants. To learn more, check out our [infographic!](#)

Next group for ages 14-17

October 15, 2024—December 10, 2024

Tuesdays, 4:30 PM—6:00 PM, via Zoom

For more information, please contact

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