



COUNSELLING CENTRE
PRESENTS

OK2BU - LGBTQ+ Youth Process and Support Group

Tuesdays, starting January 7th | 4:00-5:30pm

The OK2BU – LGBTQ+ Youth Process and Support Group provides an opportunity for youth to come together in a safe meeting place to discuss and process the impact of life experiences associated with being members of the LGBTQ+ community. Topics that may be discussed include the following:

- What it means to be a member of the LGBTQ+ community
- Identifying and working through feelings of shame and internalized homophobia and/or gender-phobia
- Navigating the fear and struggle of coming out
- What do healthy friendships and intimate relationships look like
- How to talk about safe sex
- What it means to develop a positive sense of self-worth and identity
- How did we get to where we are today – exploring LGBTQ+ history
- What community supports are available

Ages 13-17 years old, parental consent required
Cost: Free! This group is funded through a grant by the St. Albert Community Foundation.

FOR MORE INFORMATION

Please call River's Edge Counselling Centre at **780-460-0022** or email info@riversedgecounselling.com

**SPECIAL THANKS
TO OUR SUPPORTERS**



ST. ALBERT COMMUNITY
FOUNDATION
for generations to come

