

LGBTQ+ YOUNG ADULTS GROUP

Support and Empowerment

This LGBTQ+ therapy group empowers individuals to explore their identities, share coping strategies, and build resilience for everyday life.

What is this group about?

- Self-Exploration
- Validation and Belonging
- Improving Relationships
- Affirmation of Identity
- Supportive Environments
- Building Resilience
- Education and Advocacy
- Mental Health Support
- Coping Strategies
- Skill Development

This is a 10-week program with 90-minute sessions per week.



Meeting Information

When do sessions start?

October 18th 2023

What time are group sessions?

Wednesday's at 5:00 PM

What is the cost per session?

**Sliding scale
\$10 - \$20 per session**

Please contact CLU Community Counseling Center for an initial assessment.

(805) 493-3390

31416 Agoura Road #115
Westlake Village, CA 91361

Facilitated by:

Tanya Trenshinsky, MFT Trainee
Erin Schroeder, MFT Trainee

Supervised by:

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