

*Coming out and being comfortable in your own skin is a difficult journey to go on especially when you are doing it alone. This group will provide room for those just beginning their journey and for those who want to give back and help others. It is also a space to explore new challenges related to the effects of gender and sexuality on school, career, family, and social life.*

Y O U N G   A D U L T

# LGBTQ

SUPPORT GROUP

S T .   P A U L ,   M N

**FOR YOUNG ADULTS**, ages 18-25, who identify as LGBTQ (lesbian, gay, bisexual, transgender, queer, questioning, genderqueer, non-binary, pansexual, and other identities along the spectrums of gender identity and sexual orientation).

This group will **CREATE A SAFE SPACE** to **EXPLORE IDENTITIES, BUILD COMMUNITY,** and become more authentic. Relevant discussion topics will be agreed upon by members throughout the course of the group.

*New groups* **START QUARTERLY.** See website for dates:  
**W W W . S E N T I E R T H E R A P Y . C O M**

**FACILITATED BY** Ashley Groshek, LMFT, and facilities dog, Jenga. Please contact her with questions:  
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HUMAN