

# LGBTQIA+ SUPPORT GROUP



## About the Group

This group offers a compassionate and affirming space for LGBTQIA+ adults to share, reflect, and grow. Together we create a circle where every voice is heard and valued. Whether you are navigating relationships and family dynamics, exploring your gender identity, or simply seeking community, this group provides a safe and supportive environment.

In our sessions we honor the diverse paths and lived experiences that shape each participant's journey. Conversations may include:

- Personal stories
- Identity exploration
- Coping with discrimination or stress
- Celebrating milestones
- Cultivating self-acceptance.

Mindfulness and creative practices are gently woven in to foster resilience, deepen self-understanding, and nurture a sense of belonging. Our aim is to create not just dialogue but connection, where shared understanding and mutual support can spark healing and personal growth.

## Facilitator

Led by a licensed marriage and family therapist experienced in supporting diverse sexual orientations and gender identities.

## What We Offer

- A supportive circle to share life experiences, challenges, and celebrations
- Mindfulness and self-care practices to nurture emotional well-being
- Creative and therapeutic activities to deepen connection and healing
- Opportunities to build lasting friendships and community

## Group Details

**When:** Biweekly Wednesdays 70-minute sessions from 10:30am - 11:40am

**Where:** In Person at the JFS Silicon Valley offices in Los Gatos

**Size:** Small group (6–8 participants) to encourage meaningful conversation

**Cost:** Sliding Scale- \$5-\$20 per session

**Commitment:** Participants are encouraged to attend regularly to build trust, continuity, and a supportive group culture

**Confidentiality:** All discussions remain private and confidential within the group



**To Learn More or Schedule:**

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