



# Adolescent Gender Exploration Group

**WHO:** This group is for LGBTQ teens by LGBTQ therapists

**WHAT:** Our group is about three things:

- Social influence - how peers, friends, culture, social media tells us who to be and how to act. We talk about what it's like when that doesn't fit.
- Core safety networks - how we can stand tall in the face of messages that hurt us.
- Strengthening relationships and being resilient - sharing the ways life is hard and getting ideas of how to survive it. Understanding why we feel alone, let down, hurt, or rejected.

**HOW:** We learn a little, we listen a little, we share a little, we play a little, we eat a little, we practice a little.

**WHY:** Get support and practice things that help us feel like we are valued and belong.

**WHEN:** 13 session course - 90 minutes each. The in-person cohort meets weekly on Thursdays from 4:00 to 5:45pm. The virtual/online cohort meets weekly on Wednesdays from 4:15 to 6:00pm.

**For caregivers, parents, teachers, and other grown ups:** Our Gender groups are psychotherapeutic groups to support identity development, community connection, and improved well being. Group focuses on the influence socialization has on identity, an exploration of each person's core self, and generating healthy relationships. In-person and virtual group offerings for middle and high school youth ages 12-18.

**Interested?** Complete the form at [www.reclaim.care/therapy](http://www.reclaim.care/therapy), call 612-235-6743 x4, or email [services@reclaim.care](mailto:services@reclaim.care).