

# LGBTQIA+ Community and Allies



Hope House offers a safe space to get peer support with mental health issues.

In this one hour group, we explore the experience of being part of the LGBTQIA+ community in SLO County and discuss ways to navigate a queer and/or transgender identity. We provide space for those of us in the community and allies to work together for improved mental health.

**Fridays**

**12:30-1:30 PM**

(please check calendar for dates)

[t-mha.org/Resources/Wellness Calendars](http://t-mha.org/Resources/Wellness%20Calendars)

**Hope House**

**1306 Nipomo St**

**(805) 541-6813**

Questions? Contact Hope House for more info at (805) 541-6813



WELLNESS • RECOVERY • RESILIENCE