



LGBTQIA+ Living Well

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, non-binary, and/or transgender identity. We provide space for those of us in the community and allies to work together for improved mental health.

Featuring Michelle Call, Executive Director, The Gala Pride & Diversity Center

Special Information Sessions:

- What do we know about the mental health of LGBTQ+ folks nationally, statewide and locally? (California Healthy Kids Survey, Trevor Project, QueerCares Survey, Out4MentalHealth Report)
- #Out4MentalHealth Project
- SLO ACCEPTance Project
- LGBTQ+ affirming therapists and doctors in SLO County

Time

4th Mondays, 3-4pm

Special Presentation

is on 9/28

Location

Virtual Group

Questions? Contact Hope House for more info at (805) 541-6813
New to Hope House? Please call for information to attend this special online presentation.



WELLNESS • RECOVERY • RESILIENCE