



AFFIRM

LGBTQ+ Groups (ages 12-21)

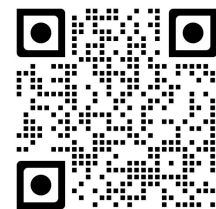
Group sessions using CBT based interventions

- Understand relationship between thoughts, feelings, and behaviors
- Understand the role of homo/bi/transphobia and minority stress on thoughts and feelings
- Learn strategies to decrease negative feelings and increase positive feelings
- Learn ways to manage stress better by changing thoughts and actions

Mondays 4:30pm – 5:30pm

Zoom link:

<https://uclahs.zoom.us/j/92285504752>



**For information call Jennifer Amaya Gonzalez
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