



# IDENTITY & GENDER AFFIRMATION

## A SUPPORT GROUP FOR LGBTQ+ ADULTS

**Facilitated by Chandini Sujatha, RP (Qualifying)**

**September 2025**

This 8-week therapeutic support group is a safer, affirming space for LGBTQ+ adults (18+) exploring identity, belonging, and self-acceptance. Through open conversation and structured resources, this group offers community, support, and tools to navigate the personal and societal challenges faced by 2SLGBTQIA+ individuals.

**Start Date: Monday Sept 22<sup>nd</sup> at 7pm (EST)**

**Recurrence: Weekly for 8 weeks**

**Cost: \$60/session**

**Who is it for?** LGBTQ+ identifying adults (18+)

Clients seeking an inclusive space to explore gender identity, sexual orientation, or self-expression. Ideal for those looking for both peer connection and therapist-facilitated support

### **Format:**

- Online (secure video platform) - Weekly 90-minute sessions
- 4-8 participants
- Emailed handouts and reflection prompts provided each week

### **Topics Covered:**

- Identity exploration and affirmation
- Managing internalized stigma and shame
- Building self-compassion and confidence
- Navigating relationships and boundaries
- Coping with discrimination and societal pressures
- Cultivating pride, joy, and belonging

### **Getting Started:**

Participants are required to meet individually with our facilitators prior to joining the group to ensure fit and readiness.

### **Interested in joining or referring a client?**

Contact us: ✉ [info@onlinetherapycentre.com](mailto:info@onlinetherapycentre.com) 📞 416-275-3139 🌐 [www.onlinetherapycentre.com](http://www.onlinetherapycentre.com)

