



"I Have a Queer-y"

New Mental Wellness Counseling Group

What does it mean to be queer? Are you looking for a space to explore this topic or to evolve your own definition of what being queer means for you?

Nourishing Hope is offering a free virtual therapy group focused on connecting with others looking to explore queer identity!

- For any Chicago resident who identifies as LGBTQIA+
- Expected start for this group is August 2022
- Group will run for 10 weeks, with 60-minute sessions weekly
- Prioritizing Black, Indigenous, and folks of color in admittance
- Participants must be able to use Zoom for virtual sessions
- Group will be facilitated by queer counselors at various identity intersections

Additional topics include:

Building queer community
Sexual orientation, gender identity, queer identity
When do I use labels, no labels or some labels?
Compulsory heterosexuality
Value of your own choice
LGBTQIA+ joy and liberation
Other participant-selected topics

If interested, please email mentalhealth@nourishinghopechi.org
or call 773-525-1777 x244 to leave a message.