

LGBTQ+

& Neurodivergence

FREE

Group Therapy



LIFE PRACTICE COUNSELING GROUP



3820 Auburn Blvd.
Suite 100
Sacramento, CA
95821

BEGINS FEBRUARY 1ST, 2024



Runs 8-weeks
Every Thursday
6 - 730pm
Closed Group

WHAT IS A PROCESS GROUP?

Together, we will explore and talk about various aspects of our identities, relationships, and experiences.

WHAT WILL I LEARN?

Topics include navigating intersectionality, managing mental health, fostering self-acceptance, building supportive connections, and addressing unique challenges that arise from the intersection of being both LGBTQ+ and neurodivergent.

IS THIS GROUP FOR ME?

This group aims to provide a platform for open dialogue, understanding, and empowerment as we navigate the complexities of our shared identities.



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Text or Call!

Supervised by,
Carisa Sherwood