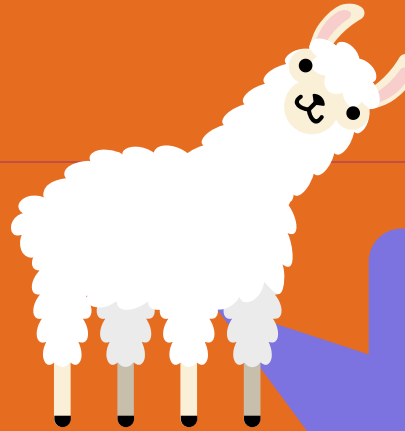


Mondays Midday 12 noon
Surrey Building - Multifaith Centre



Wellbeing-facilitated : Student-led



Therapeutic Groups provide an opportunity to talk about experiences; to share strategies, to build relationships and to develop skills of being supportive and supported.

Would you like to develop your self awareness while making connections with others?

Many students find that the connections made with others who are facing relatable challenges and managing their own situations, can positively affect their well-being.

For LGBT students



Healing - especially for those in marginalised groups - takes place in community.

In our LGBT WELLBEING GROUP you should be able to relax any hyper-vigilance regarding homophobia / transphobia and feel encouraged to be yourself.

It will be a small group of participants who can come to all 6 sessions, to build up trust, understanding and support.

We offer

- A regular facilitated safe space
- To manage the group guidelines, privacy and respect.
- To demonstrate supportive and non-judgmental listening.



This is not specifically about LGBT issues. It is about **YOU.**

We want to provide space and support for whatever YOU want to talk about: relationship problems; complex families; depression; anxiety; bereavement and / or health issues for you as an LGBT person.



Your Facilitators



Miriam Grace she/her

Miriam is a Psychotherapist at SHU Wellbeing. She has over 30 years experience of providing psychotherapy , training counsellors and running groups. Her professional and personal interests overlap in her research and writing about the importance of providing suitable therapy for diverse clients. (See ***Queering Gestalt Therapy*** for example).

Andi Phillips she/they

Andi is the Unitarian Faith Adviser in the SHU Chaplaincy and was previously a University lecturer (with an engineering/maths focus). Andi is currently transitioning gender and has conducted several legal same sex weddings. Andi also has a Diploma in Counselling.

Groups will run for 6 weeks

STARTS

Monday November 6th 2023

*Groups sessions will last
for 90 minutes.
plus a short break for
refreshments*

RUNS UNTIL

Monday December 11th 2023



**At the Multi-Faith Centre
Surrey Building
City Campus
12 - 1.45pm
Mondays**

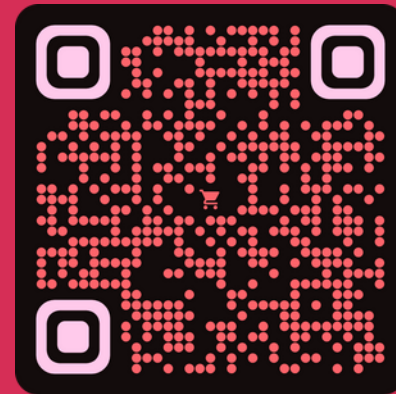
LGBT Therapeutic Group

A project by the counselling team at SHU Wellbeing 2023



Healthy Hallam, Healthy Future

*Ask at Wellbeing
for registration
info. Or scan the
QR code*



LGBT

**Wellbeing
Support
Group**

**Mondays Midday 12 noon
Surrey Building - Multifaith Centre**

