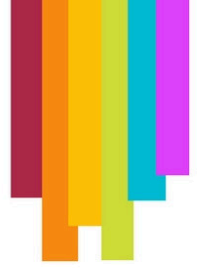


# AFFIRM

@White Pine Psychology



## ARE YOU LGBTQ+ OR QUESTIONING? ARE YOU 18 +?



Connect. Cope. Thrive

### OVERVIEW

Project AFFIRM offers FREE sessions of coping skills training for LGBTQ+ and questioning adults and youth

### WHAT DO YOU GET

- Coping skills training
- An opportunity to meet other LGBTQ+ people
- Compensation\*, transit fare and refreshments will be provided

### HOW TO REGISTER

- Step 1: Visit [www.projectyouthaffirm.org](http://www.projectyouthaffirm.org)
- Step 2: Fill out the online registration form
- Step 3: Choose your preferred location
- Step 4: The AFFIRM team will contact you with confirmation

### GOALS OF AFFIRM

- Decrease unhelpful thoughts
- Feel better about selves and lives
- Make healthy choices for your sexual and mental health

### WHO CAN JOIN?

- Adults 18+ who identify as lesbian, gay, bisexual, pansexual, two-spirit, trans, queer, non-binary, and/or questioning your sexuality or gender

### WHERE & WHEN?

Starting Oct. 11 – Nov. 1, 2018, 2–4:30pm  
White Pine Psychology  
5195 Harvester Rd. Unit 4B Burlington, ON



The AFFIRM project is a partnership between Dr. Shelley Craig at University of Toronto and Planned Parenthood Toronto. This project has been made possible through a financial contribution by the Public Health Agency of Canada. This project has been approved by the University of Toronto Research Ethics Board.

 CONTACT US

[YOUTHAFIRM@GMAIL.COM](mailto:YOUTHAFIRM@GMAIL.COM)



Facilitated by queer-identified facilitators: Leah Keating & Gio lacono