



Cognitive Behavioral Therapy Group for LGBTQ+ Adolescents

Westside Psychological
Services

A safe and affirmative environment for
LGBTQ+ adolescents to explore the
nuances of belonging to the LGBTQ+
community and develop coping skills
to improve mental health.

- This group is for:
 - Adolescents ages 14-17 who identify as LGBTQ+
 - AND are experiencing depression and/or anxiety
- Length:
 - 8-12 weeks
 - Meetings held once a week for 1 hour
- Where is it located?
 - Westside Psychological Services
- Date/Time:
 - TBD
- Cost?
 - FREE

Interested or need more
information? Contact: Emma
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