




Parents and Caregivers of LGBTQIA+ Children of All Ages Group



Facilitated by: Gender and Sexual Orientation Specialist Sarah Harry, (she/her), MA, LPCC



This 6-week long group meets in person on Thursdays from 5:30 pm – 7:30 pm at the office of Courage & Grace Counseling in Rogers, MN. Each group series is capped at 8 members.

WEEK 1:

Agreements, Guidelines, What to Expect, Hopes & Goals.

WEEK 2

All About Gender and All About Sexuality. Learning and Understanding.

WEEK 3:

Statistics About LGBTQIA+ Youth and Adults. Why Does This Matter?

WEEK 4:

Relationship with Your Child: Grief, Loss, and Healing. Processing Emotion.

WEEK 5:

Acceptance, Allyship, Advocating, and Affirming. How and Why?

WEEK 6:

Resiliency. Review Hopes and Goals. Review Resources. Close the Group.

The package includes:

- A 30-minute screening appointment with Sarah to begin a professional relationship between the member and Sarah. This includes time to discuss goals, needs, and wants of the member.
- Focused content, support and information from Sarah
- A 30-minute closing appointment with Sarah to provide direction, recommendations, or any additional resources that a member may want.
- Extensive resource list to support yourself and your child.
- Cost of Group Series: \$85 per weekly group per member
- Private pay with possible discount based on needs.

If you are the parent or caregiver of a child who is LGBTQIA+ you may be confused, lost, feeling alone and/or unsure of how to support your child. This group is designed to be a safe place to learn, process, explore grief and healing, and be supported by a professional while connecting with other parents.

The series is running, contact Sarah for the next available start date information.