

# TRANSFORMING



## families

A comprehensive Group Program to support and guide Teens aged 13-17 and their Families in the LGBTIQ+ community.

### FOR teens

Teens will engage in a **7 week** program.

#### INCLUDES TOPICS SUCH AS:

- The ABC's Of LGBTIQ+
- What It Means?
- The Different Types Of Labels, The Fluidity Of Gender And Sexual Identification Etc
- Your Identity
- Self -Care & Survival
- Supports & Ally's
- Your Rights At School And Beyond
- Finding Your Voice And Difficult Conversations
- Mapping Out Your Future As Your Authentic Self

### FOR parents

Parents will engage in a **4 + 1 week** program.

- 4 Week Individual Program • Parents will then join their Teen, Week 7 of the Teens Program.

#### INCLUDES TOPICS SUCH AS:

- The ABC's Of LGBTIQ+
- Is This Just A Phase?
- What Now? Implications And Considerations
- How to Support Your Child
- Difficult Conversations
- How To Advocate For Your Child
- Your Child's Rights
- Mapping Out Your Future As A Family

Next Practice Allied Health

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