

COMING OUT SUPPORT GROUP

Friday nights: 7:00 PM – 9:00 PM
in the Darryl Fine Room

For more information contact Denise at (626) 221-6686

Join a safe, welcoming, and support environment. Open to anyone in any stage of the coming out process.

Topics include

- Emotional support
- Building self-esteem
- Recognizing internalized homophobia
- Escaping the “double life”
- Coming out to loved ones
- Exploring cultural taboos, morality, and religion
- Forming meaningful relationships
- Developing your “gaydar”
- Celebrating intimacy
- Understanding community diversity

Find courage. Live honestly. Shatter stereotypes. Come out at The Center.

the
center
long beach
2017 E. 4TH STREET
LONG BEACH, CA 90814
WWW.CENTERLB.ORG
562.434.4455