

# GLOW Pride

This group is to serve as a resource for folks living in the San Luis Valley who identify as Lesbian, Gay, Bisexual, Transgender and everything in between. Group members will have the opportunity to learn coping skills and other resources available to manage stress and trauma relating to LGBTQ+ issues.

This is an opened group for folks to come as they can.

The group will begin July 11<sup>th</sup> and run from 4-5 pm each Thursday at the SLVBHG Alamosa Office.



Group Leader: Chelsea Henderson MA, LPCC, TIPC

Referrals or questions can be sent to [chelseah@slvbhg.org](mailto:chelseah@slvbhg.org).

Referrals must have an assessment completed prior to attending the group.



Each session is \$12, unless client has Medicaid.