



HOW TO BE YOU

You're invited to be part of HOW TO BE YOU, an LGBTQ+ therapy group focused on connection and support.

HOW TO BE YOU is a safe space to ask questions and talk about many different aspects of life.

DETAILS

- Meets twice monthly on Mondays from 4-6 p.m.
- New members accepted at any time.
- Open to current foster youth, former foster youth, and youth from outside the foster system.
- All sessions will be virtual and hosted through Zoom.

For more information, contact Molly at MMcPike-Copenhaver@depaulcr.org.

