



West Bergen Mental Healthcare Rainbow Resources Presents:

LGBTQ+ Community Support Group

The group aims to help individuals embrace their unique selves and explore challenges related to being LGBTQ+ including:

- ◇ Relationships
- ◇ Family Dynamics
- ◇ Discrimination
- ◇ Friendships
- ◇ Self-advocacy
- ◇ Internal Conflict
- ◇ Increased mental and physical well-being
- ◇ And more

Teens and young
adults ages 16-20
welcome!

WHEN: Mondays, 6:45 pm
WHERE: 120 Chestnut Street, Ridgewood

Registration Required, some insurances accepted

For more information or to make a referral, contact Michela Tripodi, Staff Therapist, at (201) 444-3550, ext. 7204.

Rainbow Resources is an innovative program available to in response to a wide range of mental health questions and requests related to lesbian, gay, bisexual, transgender, and questioning issues. For more information on the range of programs offered, visit <https://westbergen.org/rainbow-resource/>.