



Wellness & Learning Initiatives

2SLGBT*QA+ Community Connection

The **2SLGBT*QA+ Community Connection** group is a peer-to-peer virtual support group for people who self-identify under the 2SLGBT*QA+ umbrella. In this space, participants will have opportunities to slow-down, share and explore their experiences, and how they may be impacted by the world in a safe, supportive, and non-judgmental environment. It is through education, awareness, and adopting an open and non-judgmental stance - that we can make a difference by holding the conversation around the full-expression of all identities, while ultimately lessening the stigma that surrounds it. Participants will connect and share this virtual space for lively discussions, opportunities to network, and ultimately build community, while cultivating a sense of belonging and mental wellness.

In this space, participants will learn to:

- Increase knowledge and awareness around the 2SLGBT*QA+ community.
- Identify resiliency and resources for support.
- Create space for reflection and exploration of our sexual identities.
- Gain skills and strategies to cope with daily stressors.
- Build community while cultivating a sense of belonging and mental wellness.

Join us as we endeavour to **Connect, Create, and Cultivate** healthier and more equitable communities for all.



When do I need to register for a support group?

Community Connection Group Dates:

Mondays from 6:00 p.m. to 7:00 p.m. EST
Check our monthly calendar for the start date,

Registration Dates

There is no registration required.

What is needed: A device with internet access is required to participate in the exchanges and discussions. Microphone and camera accessibility is encouraged, although use during group sessions is optional.

Email our Wellness and Learning Initiatives team at wellness@guard.me for more information.