

Women's Support Group

**Be Well
Be Yourself**

**HARTFORD GAY
& LESBIAN
HEALTH
COLLECTIVE**

Phone: 860 278 4163 ext 21

E-mail: lizy@hglhc.org

www.hglhc.org

We invite you to join this on-going women's group that fosters connection to self and to others. Designed to bring women together to get support for common mental health, daily living and relationship issues, this professionally facilitated group provides an affirming, non-judgmental environment for women. Whether you identify as lesbian, bisexual or questioning, here is a chance to talk openly about your life issues, sexuality issues, concerns about self-esteem, relationships, sadness, worry, anger, forgiveness, relaxation, meditation, coping skills and more.

Meetings: commencing October 22, 2007

Every 2nd and 4th Monday

Time: 7.30—9.00pm

Donation: a basket is passed around at each meeting to support HGLHC's continued operation. No-one is turned away because of an inability to pay. (Suggested donation \$10 per session.)

Location:
HGLHC
1841 Broad Street
Hartford, CT 06114

Facilitator:
Jennifer Sanford M.S., MFT

To register:
Contact HGLHC at 278-4163 ext 21 or email lizy@hglhc.org to schedule an individual meeting with Liz Yorke, Director of Counseling and Support Services.

Jennifer Sanford M.S., MFT Jennifer currently has a private practice in the West Hartford area. She offers spiritual, compassionate and collaborative therapy with the goal of helping people awaken that profound place inside where they can heal, grow and transform their life.

Proudly Serving the LGBT Community Since 1983.