

LGBT and Q Group for Adults

This Group: A Safe Place to Talk and Be Yourself in a Group Facilitated by LGBT-Affirming Counselors

- ▽Are you wondering what your feelings mean & if they are okay
- ▽Not sure what to call yourself or if the labels matter
- ▽Trying to figure out how to come out to family, friends, co-workers
- ▽Concerned about issues of faith & how to bring all aspects of your life together
- ▽Having questions about how being LGBT may or may not change your life & relationships
- ▽Want to be able to talk in an environment that is accepting & supportive
- ▽Are you needing to feel less alone & help others feel supported

Then This Group May be Helpful to You!

The Details:

Location: TBD

Cost: \$200 - includes 6 meetings & initial individual meeting with Michelle Topal

When: 2nd/4th Mondays of month 7-8:30pm
September 27th to December 13th

For More Info & Schedule Initial Meeting:

Michelle Topal, MSW, LCSW
919/360-1929
ChangeForLiving@yahoo.com

-Contact Now to Join Us-

What to Expect:

- The group will meet the second and fourth Mondays of the month beginning September 27th.
- Meetings will be 90 minutes to provide time for all participants to share.
- Meetings are facilitated by experienced counselors
- Group format and guidelines that will be decided upon by the participants and facilitators.
- Some topics may be planned in advance, but discussion will be driven by concerns and needs of the group.

"Tell me, what is it you plan to do with your one wild and precious life?" - Mary Oliver

Michelle Topal, MSW, LCSW

I am a psychotherapist in private practice, & owner of Change for Living Counseling, PLLC. I specialize in working with kids and families & the LGBT community. I have been studying issues of human sexuality & sexual identity for well over 25 years & have applied this knowledge & sensitivity to my work in the LGBT community. As a member of TCW at its inception, I helped develop & manage ASPYN, the LGBTQ youth program in Raleigh. It is my desire to help people explore who they are, feel supported & accepted, & find a sense of community. To find out more about me & my practice go to my website ChangeForLiving.com

Jack McKinney, M.Div., Ph.D.

I have a private pastoral counseling practice in Raleigh, McKinney Counseling & Consulting, where I do therapy with individuals and couples. Pastoral counseling is a specific form of therapy that requires the counselor to have both psychological and theological/spiritual training. Many of my clients come from the LGBTQ community. Prior to this, I was pastor of Pullen Memorial Baptist Church in Raleigh. Pullen has been a welcoming and affirming congregation to the LGBTQ community for many years. I currently serve on the board of Equality North Carolina & am one of the founders of the North Carolina Religious Coalition for Marriage Equality. For more information about me visit mckinneycounseling.org.