

LGBT and Q Group for Young People

A Safe Place to Talk and Be Yourself

- ▽ Are you freaked out about your feelings & wonder what they mean
- ▽ Not sure what to call yourself or if you need to call yourself anything
- ▽ Worried about what will happen at home or school if people found out
- ▽ Trying to figure out how to come out to family & friends & what to do about dating
- ▽ Having questions about how being LGBT may or may not change things for you
- ▽ Want to be able to talk where no one's judging you or making you feel weird about how you think or feel
- ▽ Are you needing to see that you're not alone & that you might be okay

Then Come Hang Out with Us - This Group May be Helpful to You!

The Details:

Location: TBD

Cost: \$175 total (\$30/meeting for 4 meetings & \$55 for 20 minute initial individual meeting)

When: Every other Saturday afternoon

For More Info & Schedule Initial Meeting:

Michelle Topal, MSW, LCSW
919/360-1929

ChangeForLiving@yahoo.com

What to Expect:

- The group will meet the first and third Saturdays of the month (day TBD) beginning in summer 2011.
- Meetings will be 75 minutes to make time for everyone to be able to talk, if they want to.
- You are encouraged to talk, but you don't have to. It's just cool that you are coming to the group.
- The group will decide how meetings should go.
- Some topics may be planned in advance, but we'll also just see what's up with the group.

How Do I Join?

- ▶ You'll need to call me to get paperwork
- ▶ & schedule to meet
- ▶ There will be some paperwork for you & your parents' to complete.
- ▶ I'll meet briefly (20 minutes) with you & your parent(s) or guardian before coming to group.
- ▶ At this meeting we'll talk about if the group will work
- ▶ The \$175 payment for this meeting & 4 group meetings will be due when we meet individually.

Call or email me with any questions and/or to schedule your initial meeting with me at **919/360-1929** or changeforalliving@yahoo.com

I look forward to hearing from you.

Michelle Topal, MSW, LCSW

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