

# *Alternatives:*

## *An LGBTQ Therapy Group*



*Alternatives* provides confidential therapy in a group context to LGBTQ students at VCU. Group is interactive and will explore issues related to sexual orientation and gender identity, including:

- questioning
- coming out
- transitioning
- internalized homophobia
- connecting with family, friends, & the community
- creating & maintaining healthy relationships
- integrating one's sexual or gender identity into an overall identity

**Wednesdays 2:00pm - 3:30pm**

**University Counseling Services**

**Student Commons Room 238**

**(804) 828-6200**

**<http://www.students.vcu.edu/counseling/>**

**To join, interested students should come by University Counseling Services to complete initial paperwork**

### **Questions?**

Contact Erica Lennon, Psy.D.

(804) 828-6200

Virginia Commonwealth University  
**VCU** University Counseling Services

Division of Student Affairs & Enrollment Services