



Stock Photos, Posed by Models

# LGBTQIA+ TEEN PROCESSING GROUP

Open to anyone ages 13 to 18 who identifies as LGBTQIA+ and could use a safe space to talk and explore their identity.

**Group topics include:**

- Coming out process
- Coping skills
- Psychoeducation
- Intersectionality
- Mindfulness
- Gender identity
- Body positivity
- Distress tolerance
- Strengths and resilience

**What:** 10 weekly group sessions

**Where:** Group sessions are held virtually and in person at:

100 N. Bellefield Ave.  
Sixth Floor  
Pittsburgh, PA 15213

**When:** Thursdays starting June 30 from 2:30 to 4 p.m.

**Advance registration is required.**

For more information and to register, contact Mary Lou Wetzel at 412-246-5218 or email [wetzelm@upmc.edu](mailto:wetzelm@upmc.edu).

WPIC526194 GD/TM 06/22 © 2022 UPMC