



ONLINE

via Hamilton-Wentworth District School Board



DO YOU IDENTIFY AS LGBTQ+ OR QUESTIONING



Connect. Cope. Thrive

OVERVIEW

Project Youth AFFIRM is offering 8 FREE ONLINE sessions of coping skills training for LGBTQ+ and questioning youth. To learn more, visit www.projectyouthaffirm.org

WHAT DO YOU GET

- An opportunity to build community and meet other LGBTQ+ youth
- Learn stress coping skills to navigate mental health and the COVID-19 pandemic
- Compensation for survey completion will be provided

HOW TO REGISTER

- Step 1: Visit www.projectyouthaffirm.org
- Step 2: Click "participate" to fill out the online registration form
- Step 3: Choose "**Online (Zoom)**"
- Step 4: The AFFIRM team will contact you with confirmation

GOALS OF AFFIRM

- Decrease unhelpful thoughts
- Feel better about selves and lives
- Make healthy choices for your sexual and mental health

WHO CAN JOIN?

Anyone who identifies as lesbian, gay, bisexual, pansexual, two-spirit, trans, non-binary, queer and/or questioning their sexual orientation or gender.

Age Range for Online Groups: 12-14

WHERE & WHEN?

AFFIRM Online groups

Dates: Week of July 26th- August 30th (exact dates will be confirmed ASAP)

Time: TBD

Where: Online using Zoom

HWDSB

The AFFIRM project is a partnership between Dr. Shelley Craig at University of Toronto and Planned Parenthood Toronto. This project has been made possible through a financial contribution by the Public Health Agency of Canada. This project has been approved by the University of Toronto Research Ethics Board.



CONTACT US

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FOR MORE INFORMATION ABOUT AFFIRM!



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