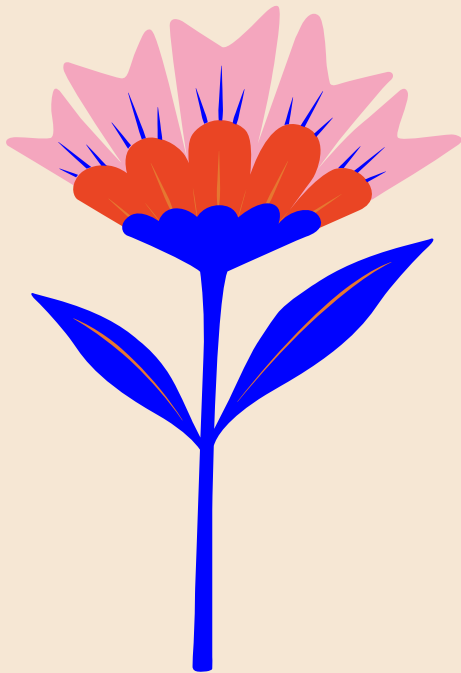




COALITION
FOR FAMILY HARMONY

**Mondays 10-11:30 am
on Zoom**

**Contact Nathan for
details (712-624-4446)**



ADULT TRANSGENDER SUPPORT AND THERAPY GROUP

Topics we frequently discuss:

- overcoming challenges with transitioning
 - coming out safely
 - peer support and activities
- therapy techniques (grounding, emotional resilience, etc.)
 - sharing resources

**Open to any
trans/non-binary
person ages 18-88**