

FREE

Q Connect LGBTQIA2+ Support Group

**Tuesdays, 7-8:30 p.m.
Westside, Colorado Springs**

LGBTQIA2+ Connection Support Group is a peer-led gathering open to any adult living with a mental health condition. Per the Connection model, peer facilitators - others who identify as LGBTQIA2+ - will guide the group on how to come together, share experiences and provide emotional and social support for one another in a confidential setting.

For exact location, please call 719.473.8477 or email Sarah Banta at sarahbanta@namicos.org.



Learn and share new strategies to navigate the ups & downs of mental health



Find community and gain strength from knowing that you're not alone



Talk openly about your experiences, fears & frustrations as a LGBTQIA2+ individual



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

719.473.8477 • namicoloradosprings.org

1615 S. Murray Blvd. on the Silver Key campus (office hours M-F, 9-5)