

*Psycho-educational support group for women who are "coming out"
as bisexual or queer or lesbian or as a woman attracted to women*

Coming Out Group for Women Who Are Coming Out Later in Life

Meeting Time: Tuesday or Friday late afternoons or Saturday mornings: Feb-April 2019 (TBD)



Coming Out later in life often has its own unique set of transitional factors related to having lived a "heterosexual life" (e.g., husband, children, years of inter-twined life, friends, family, money, identity).

This is a non-judgmental, confidential, sex-positive group to share your coming out journey and to receive support and insight from others in similar situations.

Everyone's process is respected and supported

~An anti-racist, socially-conscious, queer-affirming and poly-friendly space~

- Share your "coming out" stories and journey with others who are on a similar path
- Decrease isolation, shame, fear, anxiety and guilt
- Increase a sense of self-compassion and self-understanding
- Explore what it means for you to accept and express more fully and authentically who you are
- Share your process and concerns in "coming out" to yourself and others (i.e. family, spouse, children, partners, friends, workplace, spiritual community, neighbors, schools, mental health & medical professionals, etc.)
- Share insight and tips on "coming out", getting clarity, sorting out your needs, and being direct about your truth
- Share wisdom regarding decisions and problem-solving in moving forward with your life
- Talk about meeting women, dating, and having sex
- Common factors that may mix with your coming out process (e.g., financial, identity changes, class, race, physical ability, aging, affair, divorce, co-parenting)
- Share resources (e.g., books, web sites, classes, resources for family members)

Meeting time: Group will start February or March 2019 | Tuesdays late afternoon OR Friday late afternoon OR Saturday mornings

Format: Groups include a mix of topic discussion, sharing, handouts, worksheets and resources.

Structure: The group will meet 4 times for 3 hours each. This is not a drop-in group.

Fee: The 30-minute intake appointment is free. These meetings will cost \$120 each for 180 minutes (3 hours) x 4 meetings = \$480. Members are asked to make a financial and attendance commitment to all 4 meetings. (This is the same rate as the 14-week format of \$50 / 75-minute session.)

Up to 6 members | Confidential

If you are interested, next steps: A phone or in-person intake appointment is required to ensure that the group will meet the needs of the prospective group member and visa-versa. Email irene@irenegreene.com to schedule the free 30-minute phone or in-person intake appointment.

Facilitator: Irene has 29+ years as a therapist, wellness and relationship coach, activist, and educator. She has designed and facilitated dozens of support and therapy groups. She has offered this group several times over the past 25 years. Irene is the chair of the MN LGBTQ+ Therapists Network, a member of MN Women in Psychology, and has certification training in compassion fatigue and trauma. She also offers conflict resolution and transition coaching to families and relationships in transition due to "coming out", separation, co-parenting, and unresolved family of origin issues related to trauma and conflict. Irene has been "out" for over 30 years and is the single parent of two children.

Irene adheres to a fundamental consciousness for how the layers of cultural and systematic oppression and trauma influence our personal and inter-personal wellness and wellbeing. All of the groups that Irene facilitates are anti-racist, intersectional feminist spaces that are affirming and inclusive of the fluidity and variety of sexuality, sexual and gender expressions and relationships.

Irene Greene MSED - Greene Growth & Training LLC / *Enhancing Personal, Relationship, Professional and Community Change for the Socially Conscious*
The Well: Healing Arts Center / Suites 202-204 / 2100 1st Avenue South Minneapolis, MN / 55404 / www.irenegreene.com/ / [612.874.6442](tel:6128746442)