

*Coaching support group for women who are “coming out”
as bisexual or queer or lesbian or as a woman attracted to women*

Group for Women Who Are Coming Out Later in Life



Coming Out later in life has its own unique set of transitional factors related to having lived a “heterosexual” life as a single person or married

This is a non-judgmental, confidential, sex-positive group to share your coming out journey and to receive support, coaching and insight.

Everyone’s process is respected and supported

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

- Share your process and concerns in “coming out” to yourself
- Explore what it means for you to accept, be, and express more fully and authentically who you are
- Decrease isolation, shame, fear, anxiety, and guilt
- Identify issues related to having lived a single or married “heterosexual life” (e.g., identity, friends, family, years of inter-twined life with a spouse, children, money, workplace, spiritual community, neighbors, schools, mental health & medical professionals, etc.)
- Explore how the decisions you may need/want to make may put you in conflict with the needs of your children, spouse, family, friends, religious community, etc.
- “Coming out” to your children – do’s and don’ts
- Explore the intersectional issues of age, race, class, and sexual identity.

- Creative problem-solving strategies if you are coming out of a “straight” marriage (e.g., getting a divorce or staying together, polyamory, co-parenting, housing, money-management, telling family and friends, affair)
- Explore stereotypes vs. facts about the LGBTQ+ communities and LGBTQ+ culture
- Explore the concepts of heterosexism, heteronormativity, heterosexual privilege, and internalized homophobia
- Discuss the decrease in privilege and safety that comes from being LGBTQ+ vs. “straight.”
- Explore sex and sexuality, sexual and gender identity
- Talk about meeting women, dating, and having sex
- Share resources (e.g., books, websites, movies, resources for yourself and your family members)
- Manage your self-care throughout the process

Format: The groups will include a mix of sharing stories, supporting each other, strategizing, problem-solving, learning, goal-setting, coaching, and resource-sharing. The group is not a “drop-in group.” Attendance is expected for each session. The group is confidential. The group will meet on Zoom for 14 weeks. Because the group is meeting on Zoom, it is open to members who live anywhere. (Since March 2020, I have successfully facilitated several group meetings and trainings over Zoom. There have been participants from many states in the USA, Canada, and the UK.)

Structure & Fee: For the group to happen, there will need to be a minimum of 5 people. With 5-6 people, the group will meet for 75-minutes. With 7 to 8 people, the group will meet for 90-minutes. The group meetings are \$60 each. There is a 5% discount for payments made by check or money order and an additional 5% discount if the full payment is made up-front. Some scholarships / discounted rates are available.

Meeting Day and Time: The next group will start in mid-February 2021. The group will meet on Thursdays and start either at 4:30 or 5 pm CST. (I will determine the start-time after I connect with the people on the waitlist. I am taking into account what will work best for most people.)

If you are interested, here are the next steps: A Zoom 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 intake appointment.

Facilitator: Irene has 29+ years as a therapist, positive psychology and relationship coach, and educator. She has designed and facilitated dozens of support and therapy groups. Irene has offered this Coming Out group several times over the past 25 years. She also provides LGBTQ+ and “coming out” consultation and training to other mental health providers. Irene is the Chair and a co-founder of the MN LGBTQ+ Therapist Network and has certification trainings 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 adult children – who she co-parents with her female ex-partner.

Irene Greene MSED - Greene Growth & Training | 30+ Years of Enhancing Personal, Relational, Professional, and Community Change for the Socially Conscious | The Well: Healing Arts Center | Minneapolis, MN | 55404 | [@www.irenegreene.com](https://www.irenegreene.com) | irene@irenegreene.com | [612.874.6442](tel:612.874.6442)