

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

Group for Women Who Are Coming Out Later in Life



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

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
- Creative problem-solving strategies specific to being in 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 decreased 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, classes, resources for family members)
- Manage your self-care throughout the process

Meeting time: Next group starts June 2020. This group is offered one to two times each year. Times/day vary.

Format: Telehealth on Zoom | Groups include a mix of sharing, strategizing, discussion, goal-setting, coaching, handouts, and resources. This is not a drop-in group. Up to 9 members | Confidential

Structure & Fee: The group meets weekly 14 times for 1.50 hours each @ \$60/meeting (A 5% discount if the total is paid up front.) Out-of-pocket pay. Adjusted rate possible. The 20-minute intake appointment is free.

If you are interested, next steps: 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. She has offered this Coming Out group several times over the past 25 years.

Irene is the chair of the MN LGBTQ+ Therapist’s 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 – who she co-parents with her female ex-partner.

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 of sexuality, and varieties of sexual and gender expressions and relationships.