

*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 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 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~

- Identify issues related to having lived a single or married “heterosexual life” (e.g., identity, years of inter-twined life with a spouse, friends, family, money, home)
- Explore the common factors that may mix with your coming out process (e.g., financial, identity changes, class, aging, affair, divorce, parenting, moving)
- Share your process and concerns in “coming out” to yourself and others (e.g., family, spouse, children, partners, friends, 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 around ending a marriage (or not), getting a divorce, co-parenting, housing,

*money-management, “coming out”, telling family and friends*

- 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
- Explore sex and sexuality, sexual and gender identity
- Explore stereotypes vs. facts about the LGBTQ+ communities and LGBTQ+ culture
- Explore the concepts of heterosexism, heteronormativity, heterosexual privilege and internalized homophobia
- Discuss the changes in privilege that come from being LGBTQ+ vs. “straight”
- 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:** This group is offered two to three times each year. Times/day vary.

**Format:** Groups include a mix of sharing, strategizing, discussion, goal-setting, coaching, handouts and resources. This is not a drop-in group. Up to 6 members | Confidential

**Structure & Fee:** Two group types offered in rotation: #1: group meets bi-weekly 5 times for 120-minutes each @ \$100/meeting (\$500 total. 5% discount if total is paid up front) OR #2: group meets weekly 10 times for 1.25 hours each @ \$52/meeting (\$520 total. 5% discount if total is paid up front.) Out-of-pocket pay. Adjusted rate possible. The 30-minute intake appointment is free.

**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@irengreene.com](mailto:irene@irengreene.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 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 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.

Irene Greene MSED - Greene Growth & Training LLC | 30+ Years of Enhancing Personal, Relational, Professional and Community Change for the Socially Conscious | The Well: Healing Arts Center / Suites 202-204 / 2100 1st Avenue South Minneapolis, MN / 55404 / [www.irengreene.com](http://www.irengreene.com) / [612.874.6442](tel:6128746442)