

Coaching support group for women and non-binary folx who are “coming out”
as lesbian, bisexual, queer, gay, or questioning

A Group for Women Who Are Coming Out Later in Life



This group is for women recently “coming out” and those who have been “living in the closet.”
Coming Out later in life has its own unique set of transitional factors related to living 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 acceptance.

Everyone’s process is respected and supported

~ This group is intended as an anti-racist, socially conscious, queer-affirming, and sex-positive space. ~

- Share your process, joys, and concerns in “coming out” to yourself.
- Identify how your values will help to guide your process and decisions.
- Identify 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).
- “Coming out” to your children – dos and don’ts.
- Explore what it means 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.
- Explore the intersectional issues of age, race, class, and sexual 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 decrease in privilege and safety from being LGBTQ+ vs. “straight.”
- Explore sex and sexuality, sexual and gender identity.
- Talk about dating and having sex.
- Share resources (e.g., books, websites, movies, dating sites).
- Manage your self-care throughout the process.

A Support Group for Women Who Are Coming Out Later in Life (for ages ~35+)

Format: The groups will include 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, and the group is confidential. The group will meet on Zoom for 14 weeks. Because the group is meeting on Zoom (vs. in-person), it is open to people living anywhere.

Structure & Fee: The group will have a maximum of twelve members. The group will meet for 90 minutes. These 14 coaching support group meetings are \$60 each, totaling \$840. Members are asked to make a time and financial commitment to all 14 group meetings. *Payment options:* A. Full payment is due before the first meeting and includes a 5% (\$42) reduction. B. Installment option: Pay for the first seven meetings before the first group starts and the next seven meetings by group #7. C. Weekly payment is also an option, with the first two payments paid before the first group. [This coaching group is not covered by insurance but may be reimbursed by an HSA (pre-tax health savings account). One discounted rate is available. Irene will send invoices through QuickBooks. Checks and credit card, HSA, and debit card payments are accepted. Contact Irene to discuss any payment arrangements.]

Meeting Day and Time: The next group will start in Spring 2024. The group meets Thursdays 430 – 6 pm CST.

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

Facilitator: Irene has over 29 years of experience 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 and three times over Zoom. She also provides LGBTQ+ and “coming out” one-on-one coaching, 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. Irene has been “out” for over 30 years and is the single parent of two adult children – whom she co-parents with her female ex-partner. (Since March 2020, I have facilitated several group meetings and trainings over Zoom. Participants have been from many states in the USA, Canada, and the UK.)