

*14-week 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 Love Women

Optional times: Monday late afternoon OR Tuesday morning



Share, discuss and question anything about coming out, sexuality, sexual identity, and your own journey

Everyone’s process is respected and supported

Non-judgmental, confidential, sex-positive supportive group

An anti-racist, socially-conscious, intersectional feminist, 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, be 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.)
- Tips on “coming out”, getting clarity, sorting out your needs, and being direct about your truth
- Common factors that may mix with your coming out process (e.g., financial, identity changes, class, race, physical ability, aging, affair, divorce, parenting)
- Discuss the continuums of sexual and gender identity
- Explore sex and sexuality
- Explore stereotypes vs. facts about the LGBTQ+ communities and LGBTQ+ culture
- Explore the concepts of heterosexism, heteronormativity, heterosexual privilege and internalized homophobia
- Talk about meeting women, dating, and having sex
- Share resources (e.g., books, web sites, classes, resources for family members)

**Meeting time:** Group will start February 2019 | Meeting time: Tuesdays late afternoon OR Tuesday mornings

**Format:** Groups include a mix of discussion, mini-lecture, sharing, skill-building, handouts, worksheets, resources, and homework.

**Structure:** Meet weekly for 75 minutes and for 14 consecutive weeks (except holidays). This is not a drop-in group.

Up to 8 members | Confidential | At the conclusion of the first 14 weeks, members have the option of re-upping for another 14 weeks.

**Fee:** The intake appointment is free. The meetings are \$50/a session. Some sliding fee slots are available.

**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](mailto: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 20 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 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/](http://www.irenegreene.com/) / [612.874.6442](tel:6128746442)