Are you struggling with issues related to gender identity, sexuality, or sexual orientation?

Looking to get some support and connect with others in a safe environment?

CUMC Mental Health Service is starting a new weekly confidential supportive group for students to discuss issues connected to LGBTQIA+ identities. This is an open-ended group led by a trained facilitator. Group members will have opportunities to safely explore topics such as:

- coming out issues
- transitioning concerns
- navigating relationships with family
- intersections with religious, racial, cultural, ethnic, and other identities
- managing professional issues, colleagues and supervisors, and work/life balance
- relationship issues, developing and maintaining healthy relationships
- sexual health and empowerment
- experiences with privilege and oppression

This group will meet weekly throughout the spring semester. Interested students can contact Dr. Sam Klugman at sk4144@cumc.columbia.edu or (212) 305-6830 to learn more and to schedule an initial confidential screening, which is required prior to joining the group.