



# Rising in Resiliency

## LGBTQ+ Resilience Group

*Resilience is the capacity to recover quickly from adversities.* In this group, we will explore and deepen personal and community resilience in the context of LGBTQ+ identities. This eight week group consists of interactive and psychoeducational sessions with the aim of encouraging constructive behaviors and healthy ways of coping. We'll work to build resilience skills in a therapeutic and supportive environment.

Open to teens  
aged 14-18

Wednesdays  
7-8:30pm

8 week group  
cost: \$300

For more information, email group facilitator  
Gail Hiestand, LPC at [gchiestand@gmail.com](mailto:gchiestand@gmail.com)

This group will be held at:

*Graystone*  
Mental Health and  
Wellness Group, LLC

303 S 32nd St, Camp Hill, PA 17011

