

So, who can join Affirm?

Anyone between 14 and 21 years old who identifies as lesbian, gay, bisexual, pansexual, two-spirit, trans, non-binary, queer and/or questioning your sexuality or gender

What do I get from doing Affirm?

- Meeting other cool LGBTQ+ people
- Coping skills training
- Awesome care packages (if virtual)
- Support from an LGBTQ+ identified adult
- A safe space to be yourself

Youth AFFIRM



Group Support for
LGBTQ+ and Questioning
youth 14-21 years old

presented by



What is Affirm?

Affirm is a judgment free, safe space for young people to talk with other peers and supportive adults to gain tools to help their wellbeing. Affirm supports young LGBTQ+ and questioning across Western Pennsylvania for FREE.

Affirm will give you the tools to:

- Reduce unhelpful thoughts
- Feel better about yourself
- Make healthy choices for your sexual and mental health
- Learn how to better handle difficult conversations



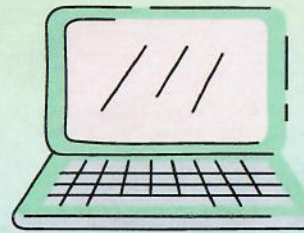
Want to join Affirm?

Visit

hughlane.org

to see upcoming AFFIRM series

**If technology is a barrier,
please let us know!**



**Technology may be
available upon request, to
help you complete Affirm**

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social media for the
latest Affirm updates,
plus more!

Instagram:

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Facebook:

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We hope to hear from you
soon!

info@hughlane.org
for any general questions