



IT GETS BETTER: TOGETHER

Skills/Psychoeducation/Support Group

BEGINNING MARCH 8TH, 2022 OR WHEN GROUP IS FULL

VIRTUAL GROUP ROOM, TUESDAYS, 7:30-8:45 PM

It Gets Better Together is an adult group for parents of LGBTQIA+ identified youth who are looking for expansive and validating education, skills, and support in their journey of parenting and commitment to being an ally to LGBTQIA+ youth. This group will run for 8 weeks and topics will include:

- Building connections with your youth and peers in a non-judgmental learning environment to support you in practicing your allyship
- Giving and receiving support
- Psychoeducation and resources for continued growth
- An option to continue in future groups, and engage in continued community and support.

Please call 218.731.8896 or email contact@peacefulmindmh.com with any questions and to sign up!



Created by Brooke Kolstad and Kate Monson at Peaceful Mind Mental Health.