

It Gets better

Skills/Psychoeducation/Support Group

Date | Time

Virtual group room, flexible start date/time

It Gets Better is a group dedicated to the LGBTQ+ community. We are filling seats for two groups, an adult, and an adolescent group for ages 12-17.

This group will run for 8 weeks and will focus on:

* Building peer connections
* Learn coping skills
* Psychoeducation

Other groups to follow completion of this one. Please call 218.731.8896 or email [contact@peacefulmindmh.com](mailto:contact@peacefulmindmh.com) to sign up. Once we have 8 members per group we will get started!

![Logo, company name

Description automatically generated]()

It Gets Better curriculum courtesy of Catherine Griffith, PhD