



WEEKLY NEWSLETTER



LGBTQIA and BULLYING

by Ashley Dement

Did you know that 9 out of 10 LGBTQIA students reported being bullied or harassed at their school. “Gay teens are 8.4 times more likely to report having attempted suicide and 5.9 times more likely to report high levels of depression compared with peers from families that reported no or low levels of family rejection” (LGBTQ Bullying, 2022).

As therapists, parents, teachers, and others who are human rights advocates ensure that there is social justice, equality, and dignity for all and including LGBTQIA. So what are some ways that we can help promote and ensure basic human rights.

- Psychoeducation by learning about what LGBTQIA stands for and why it is such

an important matter to discuss.

- Communication is very important because it plays a huge role in ALL of our lives.

Learning how to appropriately communicate to students and children and directing them to use the correct and appropriate terms is crucial for the LGBTQIA community.

- Creating a safe environment: It is important as educators, counselors, parents,

etc. that we create a safe learning environment for all students.

- Knowing what resources are available.

One of the resources that our practice provides is an LGBTQIA group for teens from ages 14-18 starting April 28. It will be held out of our main Cary office on Monday evenings from 3:30-4:30pm. If you are interested you can checkout our website at <https://ncpsychologist.com/>. Or you can call our office at [\(919\)-894-9444](tel:9198949444).

LGBTQ+ bullying. LGBTQ Bullying | STOMP Out Bullying. (2022.). Retrieved March 23, 2022, from <https://www.stompoutbullying.o...>

- Krippa Family Psychological & Wellness Services is excited to announce that we will be opening a Teen LGBTQIA group starting April 28, on Monday evenings from 3:30-4:30 pm.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
 - Anxiety & Depression Group for tweens (11-13)
 - Teen Anxiety & Depression Group (14-15)
 - Teen Anxiety & Depression Group (16-18)
 - Teen Social Club
 - Parenting Teens Support Group
 - Intensive Outpatient Program (11-18)

Krippa Family Psychological & Wellness Services

SOCIAL SKILLS GROUP

\$50 per meeting
Alyssa Decker, Graduate Intern

Individuals who are 8-12 years old

Saturdays from 2-3pm, March 19-June 4

539 Keisler Dr., Suite 102, Cary, NC

- Has the pandemic and virtual learning interrupted your child's ability to communicate their needs, wants and feelings?
- Does your child struggle with making and keeping friends?

What our group will focus on:

1. Listening actively
2. Reading and interpreting body language
3. Finding common interests
4. Practicing two-way conversations
5. Expressing boundaries
6. Recognizing feelings and communicating them
7. Using social media safely and appropriately

Contact Alyssa via email at alyssa@ncpsychologist.com or by phone at 919-893-9444 (ext. 522)

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

LGBTQ+ GROUP

LGBTQ+ teens are more likely to experience bullying and mental health challenges. Our education & processing group provides them with support, acceptance and a safe space to work through their unique life challenges.

Thursdays 3:30 - 4:30
457 Keisler Drive, Suite 202

Contact Audrey:
(919) 893-9444 x 532
audrey@ncpsychologist.com

DEPRESSION & ANXIETY GROUP (14-15)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

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