

LGBTQ Support Group

West Bergen Mental Healthcare is pleased to announce a support group for the LGBTQ+ community, which is the brainchild of Rainbow Resources, an innovative and exciting new service being offered to both the public and community organizations in response to their enormous outreach to us regarding mental health questions and requests related to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) issues.

Individuals between the ages of 16-20 are welcome to join the group.

The LGBTQ+ Support Group meets every Monday at 6:45pm at 120 Chestnut Street, Ridgewood and discussions include the process of realizing “*who we are as well as how it affects ourselves, our families, and everyone in our lives*”. Attendees also discuss expectations as well as coping skills and share resources and support.

To sign up for the group please contact Michela Tripodi at 201-444-3550 ext. 7204.

Visit westbergen.org/rainbow-resource-group/ to learn more about Rainbow Resources, and please visit our website at www.westbergen.org for information on **all** our programs and services.