

SERVING ALL WHO SERVED:

A Drop-In Support Group for LGBTQIA Veterans



1 Million +
LGBTQIA Veterans
You are not alone.

Group Topics

- 03/24**-Coming Out to Yourself
- 03/31**-Coming Out to Others
- 04/07**-VA Services for Trans Folx
- 04/14**-Minority Stress Model
- 04/21**-Coping Skills for Dealing with Stress
- 04/28**-Bisexuality
- 05/05**-Attraction, Identity, Expression, & Behaviors
- 05/12**-Changing Minds, Labels, & Bodies
- 05/19**-Values-Based Decision Making
- 05/26**-North County Community Resources

Tuesdays 1300-1430 | VA Oceanside CBOC | 1300 Rancho Del Oro Drive
Facilitators: Pollyanna Casmar, Ph.D. (she/her), Amanda Ortiz, Ph.D. (she/her)
Contact: 858-642-3391

Serving all who identify as sexually and gender diverse
Groups will be on a 10-week rotating basis