



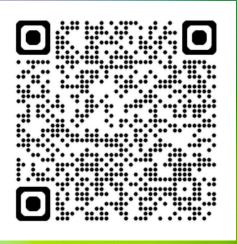




To register for **AFFIRM if you are 18** to 29 scan the QR code to connect with **Queen Square FHT** 

To be connected with peer support contact peelon@pflagcanada.ca if you are 18+

To register for **AFFIRM** if you are 15-17 <u>contact</u> **AYSP** ybb@aysp.ca



SCAN THE QR CODE TO REGISTER WITH **QSFHT** 

**SEPT 29 - NOV 24 2025** 5PM-7PM (VIRTUAL AND IN-PERSON)





2SLGBTQIA+ GROUP THERAPY PROGRAM FOR 15-29 YRS OF AGE



FIRM SUPPORTS AND ACKNOWLEDGES THE UNIQUE LIVED **EXPERIENCE OF THOSE PART OF THE 2SLGBTQIA+ COMMUNITY AND** CREATES A SAFE PLACE TO SUPPORT MENTAL HEALTH.

AFFIRM ENHANCES COPING SKILLS USING COGNITIVE BEHAVIOURAL THERAPY AND VALIDATES THE STRENGTHS OF PARTICIPANTS

