



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 contact
AYSP
ybb@aysp.ca



SCAN THE QR CODE
TO REGISTER WITH
QSFHT

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

AFFIRM



2SLGBTQIA+ GROUP THERAPY PROGRAM



FOR 15-29 YRS OF AGE



AFFIRM 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

