



SUPPORT SERVICES



VIRTUAL & IN PERSON SUPPORT GROUPS

JANUARY - JUNE 2025

Grounded in the Jewish prophetic value of Pikuach Nefesh, JQ offers free, monthly, drop-in support groups for LGBTQ+ Jews and allies. Led by skilled and passionate facilitators, these groups are psycho-educational and provide guidance, education, and support on various issues. Participation in these support groups is not based on a mental health diagnosis. Health insurance will not be billed, and there is no charge for these groups. RSVP is required to attend.

Please direct questions to JQ's Director of Support and Wellness, Laura Ticho, Registered Associate CSW, Lticho@jqinternational.org



CURRENT GROUPS

LGBTQ+ Coming Out

SELECT WEDNESDAYS
6:00 - 7:00PM PT ON ZOOM

Transgender & Gender Diverse Adults

FIRST & THIRD TUESDAYS OF THE MONTH
7:00 - 8:00PM PT ON ZOOM

Supporting Transgender & Gender Diverse Family Members

FIRST MONDAY OF THE MONTH
6:00 - 7:00PM PT ON ZOOM

Exploring Healthy Relationships Across the Gender Spectrum

SELECT TUESDAYS
6:00 - 7:00PM PT ON ZOOM

Iranian LGBTQ+ Adults

SELECT WEDNESDAYS
6:00 - 7:00PM PT ON ZOOM

Grief & Loss

SELECT MONDAYS
7:00 - 8:00PM PT ON ZOOM

Nourish and Nurture

SELECT TUESDAYS
12:00 - 1:00PM PT ON ZOOM

Queer Women and Femmes

WEEKLY ON TUESDAYS STARTING IN MARCH
MARCH 4, 11, 18, 25, APRIL 1, 8
6:00 - 7:00PM PT OVER ZOOM

SIGN UP TODAY: [JQINTERNATIONAL.ORG/SUPPORTGROUPS](https://www.jqinternational.org/supportgroups)