Queer and Trans Youth Spring Grief Groups

**When**  Tuesdays & Thursdays at 2 PM
**Where**  Virtual Space on Zoom through laptop, tablet, computer, or phone
**Who**  Sam Middleton (she/her/hers) & CJ Roseberry (they/them/theirs)

Join us once a week for a six-week group series where we share, reflect, and grow with other Queer and Trans people. Each week we will cover a different theme as it relates to grief and loss, and what it means to be grieving in the LGBTQIA+ community. We will create art, share experiences, and learn about ambiguous loss and community grief. Learn new ways to cope and take care of yourself during these times. Sign up for group meetings on either Tuesday or Thursday by reaching out to your counselor or Sam and CJ at Uplift.

**Tuesday Group Dates**
- April 6th
- April 13th
- April 20th
- April 27th
- May 4th
- May 11th

**Thursday Group Dates**
- April 8th
- April 15th
- April 22nd
- April 29th
- May 6th
- May 13th

**Contact Information**

**CJ Roseberry**  
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They/them/theirs & he/him/his  
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**Sam Middleton**  
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[www.UpliftPhilly.org](http://www.UpliftPhilly.org)