



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

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Clinician
They/them/theirs & he/him/his
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