

## **Parents of LGBTQ+ Youth Community Connection Session**

As the holidays approach, many parents of LGBTQ+ kids wonder how they can keep their connections with their kids strong and reflective of their love and care. This season can be stressful, especially for families facing adversity, but it doesn't have to be this way. We invite you to join us for a deep dive into introspection and reflection designed to help you cultivate the kind of relationship you want most with your child, and protect your child from distancing attitudes and beliefs that may be present in your family, culture, and community.

During our community connection sessions, you will be invited to set clear intentions for yourself as a parent of an LGBTQ+ child. The program will include an initial intention-setting session in November, with follow-up support in January. Please join us to experience:

- Meaningful connections with other parents who are walking the same path as you;
- Weekly, self-paced journal prompts designed to welcome curiosity and introspection in service of your connection with your child;
- A caring, confidential space where mistakes are met with compassion and encouragement;
- Practical, nonjudgmental, empathic developmental guidance from seasoned professionals; and
- A personal roadmap for your own strengths and growing edges as a parent of an LGBTQ child.

**Meg Woodruff, LMFT (she/her)** is a grandmother, mom, and family therapist. Meg is passionate about helping parents and children connect in meaningful and practical ways. Families can be a place of unmerited acceptance. This acceptance, love and enjoyment spurs people on to experience confidence, ability to give and receive care, and be empathetic toward others.

**Caitlyn Dunham, LICSW (they/them or she/her)** is a parent, a therapist, and a proud member of the queer community. Caitlyn helps parents integrate the lessons from their past with the here-and-now needs of their children. When contexts change – and they always do – Caitlyn wants to help you get to know the places inside of you that remain steadily resourced with care, compassion, confidence, presence, and persistence, and help you use those qualities to adapt.

**Scott Larson (he/him) and Hanne Larson (she/her)** are the founders and directors of Straight Ahead Ministries, which works with justice involved youth. They are the parents of 25-year old Scottie, who came out seven years ago as a trans non-binary queer person. Scott and Hanne are passionate about walking this journey with other parents and caregivers of LGBTQ+ children.

When: Saturday, November 13<sup>th</sup>, 10am-12pm in Worcester, MA or via Zoom  
Saturday January 8th, 10am-12pm in Worcester, MA or via Zoom

Where: Worcester, MA or Zoom (location details provided upon registration and payment)

Cost: \$100 per person for attendance to 2, 2-hour support sessions and weekly journal prompts. If this event is cost-prohibitive for you, please reach out to the organizers.

**Register now: [caitlyn@caitlyndunham.sprucecare.com](mailto:caitlyn@caitlyndunham.sprucecare.com)**