

# AFFIRM



**DO YOU IDENTIFY AS 2SLGBTQIA+?  
ARE YOU BETWEEN 13 AND 18 YEARS OLD AND IN GRADE 9-12?**



Facilitated by members of DDSB Social Work and Psychological Services Teams, Project **AFFIRM** offers 8 sessions of evidence-based coping skills training for 2SLGBTQIA+ and questioning youth across Ontario.

## WHAT DO YOU GET?

- Evidence based coping skills training
- An opportunity to meet other 2SLGBTQIA+ youth

## WHO CAN JOIN?

Anyone **13-18** and in grade 9-12 who identifies as lesbian, gay, bisexual, pansexual, two-spirit, trans, non-binary, queer and/or questioning their sexual orientation or gender.

**OFFERING 8 SESSIONS  
BEGINNING THE WEEK OF  
APRIL 4, 2023**



For more information and to register please visit  
[forms.ddsb.ca/ISS-Support-Groups/AFFIRM](https://forms.ddsb.ca/ISS-Support-Groups/AFFIRM)

## AFFIRM GOALS

### Why participate?

- **DECREASE UNHELPFUL THOUGHTS**
- **IMPROVE WELL-BEING**
- **GAIN SKILLS**
- **UNDERSTAND STRESS**
- **FEEL BETTER ABOUT SELVES AND LIVES**
- **FOSTER HOPE!**