

Oakland LGBTQ Center Spirituality Group

Saturday, February 17th, 3-5 PM Common Ground Room



Mental Health, Religion, and Spirituality

We will be discussing the connections between mental health, religion, and spirituality for LGBTQ folks, considering questions like: How do childhood experiences with religion affect our mental health? Our coming out processes? How do meditation and prayer affect our brains? Can religion be a source of trauma? Join us to learn about current research in these areas and share your own experiences. Snacks provided. Please contact kelsey.pacha@gmail.com with any questions!



About the Group: The Oakland LGBTQ Center Spirituality Group is for people who are interested in exploring spirituality from a lesbian, gay, bisexual, transgender, queer, two-spirit, and same gender loving perspective. It is open to all spiritual belief systems and backgrounds. Visit <https://www.oaklandlgbtqcenter.org/> for more information about the Center.