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## Peer Support Group for Individuals with Disabilities that are part of the LGBTQ Community Sharing Challenges and Experiences

The Center for Independent Living Options, Inc. (CILO) is providing a friendly, supportive environment to discuss the issues facing individuals in the LGBTQ community. If you are being affected by these issues listed below and would like to share your experiences or need ideas to address the challenges you are facing, please consider joining us for this empowering four-week session. All sessions will be facilitated in a confidential manner and a comfortable space online via Zoom

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### Discussion Topics:

- **Identify Healthy Coping Skills to Help Improve Self-Esteem and Not Feeling Isolated After a Hate Crime, Bigotry, and Microaggressions**  
Wednesday, November 17<sup>th</sup> at 1pm to 2pm
- **Share Strategies to Help Improve Communication with Family Members that Have Different Family Views Toward your Disability and Self-Identity**  
Wednesday, November 24<sup>th</sup> at 1pm to 2pm
- **Sharing Strategies for Advocating for Access to HealthCare for Everyone**  
Wednesday, December 1<sup>st</sup> at 1pm to 2pm
- **Discussing the Challenges and Rewards of Being Part of the LGBTQ and Disabled Community.**  
Wednesday, December 8<sup>th</sup> at 1pm to 2pm

To register and receive a zoom link please contact:

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