

# LGBT Veterans' Group



Thursdays (5-6pm), Menlo Park VA

Begins August 25, 2011

**All lesbian, gay, bisexual, transgender and questioning veterans and military personnel are welcome regardless of age, war era, military branch and discharge type. People of color, women and people with disabilities are strongly encouraged to attend- diversity is our strength!**

Group Topics Include:

- I. Getting Your Needs Met in the VA (knowing when and with whom to come out, requesting privacy in your medical chart)*
- II. Stress Management Skills Building (how to handle homophobia, sexism etc.)*
- III. Safe, Sexy and Satisfying Life (for Body, Spirit, Mind and Heart)*
- IV. Getting Connected (building bonds in civilian LGBT and straight society, while healing through connections with LGBT veterans)*

For location and questions, contact Heliana Ramirez, LISW  
at (650) 444-8586 or email [Heliana.Ramirez@va.gov](mailto:Heliana.Ramirez@va.gov).