



Queer and Trans Youth Fall Grief and Loss Groups

When Mondays, 4:00 - 5:00 p.m.

Where Virtual Space on Zoom through laptop, tablet, phone, or computer. Links will be provided prior to group.

Who Sam Middleton (she/her/hers) and
CJ Roseberry (they/them/theirs)

Join Sam and CJ on Zoom for 5 weeks starting **Monday, September 27** to talk about grief, loss, and all the other things happening right now. There will be mindfulness and movement, as well as other fun activities that will cover topics like Feelings, Coping, and Memories.

How To Sign Up: If you are **14 or older**, you can sign up for groups by talking with your counselor at school or by **reaching out directly to Sam or CJ** at Uplift using the contact info below.

Uplift and your counselor **will not share** that this is a group for people in the LGBTQIA+ community; we will only share that it is a grief group to talk about all types of loss and grief. We understand it is important to keep everyone's identities to ourselves and will not share with others unless you ask us to. We will only share that this is a group for students in the LGBTQIA+ community if you tell us it's okay to share.

Group Dates	September 27 October 4 October 18	October 25 November 1
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Contact Information

CJ Roseberry
Family Services Clinician
They/them/theirs & he/him/his
cj@upliftphilly.org
T: 267-437-3123 ext. 1002
F: 267-437-3206
C: 267-320-7116 (Text is best)

Sam Middleton
Uplift Clinician
She/her/hers
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