



Queer and Trans Youth Grief and Loss Groups

Uplift's Queer and Trans Youth Services provides education, support, and resources for youth, young adults, and families who identify as part of the LGBTQIA+ community after the death of someone close to them. Queer & Trans Youth Services offers space for individual grief, community grief, and ambiguous loss experiences while acknowledging how our collective history is tied to our grief.

Join us this Fall and Winter for weekly grief groups and drop-in programs on Zoom.

- **Lunch and Learn for providers, partners, and caregivers:**
Wednesday, October 12, 12-1 p.m.
- **Weekly Grief and Loss Group for older teens (ages 14-18)**
Held on the following Wednesdays from 5:30 - 6:30 PM:
November 9
November 16 December 7
November 30 December 14
- ★ **Free To Be Me With You for younger teens (ages 11-13) with a trusted adult (must have parental permission) on the following Thursdays from 6 - 7 PM:**
January 19 February 2
January 26 February 9
 February 16
- ★ **Free To Be Me With You drop-in group:**
Tuesday, April 11, 6-7 p.m.

How To Sign Up:

Call Uplift's **Philly HopeLine** at **1-833-PHL-HOPE (1-833-745-4673)** to sign up for an upcoming group cycle. The Philly HopeLine is open on weekdays, with regular hours from 10 a.m.-8 p.m. Monday through Thursday and 1-4 p.m. on Friday. The PHL is closed during federal holidays and Uplift office closure dates.

The Philly HopeLine is also a warmline offering specific hours for Queer & Trans youth to speak with a clinician who is in the LGBTQIA+ community to get support, resources, and referrals that are specific to the community. Allies are welcome to call to receive information on how to best support their Queer & Trans persons. LGBTQIA+ Philly HopeLine hours take place every Tuesday and Thursday from 4-8 p.m.

www.UpliftPhilly.org

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