



TeamBuilders
Counseling Services,
Inc

Counseling Services

Transgender Support Group

Wednesdays 6:00 – 8:00 pm

Beginning February 1, 2012

12 Week commitment

Join a Safe Place Where You Can

- Reveal your true self
- Express thoughts and feelings
- Heal old wounds
- Increase insight and understanding
- Validate and support each other
- Address conflict in relationships
- Practice new behaviors and roles
- Share information and resources

In an atmosphere of safety and support, this group is designed to generate creative energy and spontaneity that can greatly enhance a person's ability to manage or bring about desired change. We explore these issues through talk and through Action Techniques, such as warm-up games, role plays and psychodramatic enactments.

Facilitated by Sue Shaffer, LPCC. Sue is a "cis woman," as they say (meaning she was born a woman and she's okay with it) who has experience with transgender individuals in her private and professional life.

Contact Sue for more information at 505-471-5006 x111.
Cost: \$25/session. We also bill insurance. A personal
interview is required for this group.