Queer And Questioning Support Group

Presented by CSUEB Counseling Services
Introductions

- Share your name, pronouns, year @ CSUEB, & major
- Icebreaker Question
Agenda for Today

- Group Guidelines
- Grounding Activity
- Quote
- Topic Discussion
- Closing Question
- Resources
Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs
Grounding Activity
ONE DAY
WE WON'T HAVE TO
'COME OUT OF
THE CLOSET'
WE'LL JUST SAY
WE ARE IN LOVE
AND THAT WILL BE
ALL THAT MATTERS
Issues Impacting Us

- Topic

-
Deeper Dive: Dating

- What’s your experience with (online) dating?
- What do your boundaries look like in dating?
- How has your identity impacted your dating experience?
- What messages have you gotten about dating in general and in this community?
Closing Question

- What was the conversation like for you today?
- Any feedback you want to share?
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful minutes now twice a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Thank you for joining us!

Resources:

Check out the Wellness Resource Tab on the CSUEB Student Health and Counseling Services Web Page!

For an Appointment:
Call (510) 885-3735 or https://health.csueastbay.edu