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
“Family isn’t defined only by last names or by blood; it’s defined by commitment and by love.”

–Dave Willis
Issues Impacting Us

- Topic

-
Deeper Dive: Navigating Family

- On a scale of 1-10, how accepting is your family of your identity?
- Tolerating v. Accepting v. Affirming
- How seen do you feel? What are some fears or challenges around being out/seen?
- Do you have folks that you would consider “chosen family”? How can we build this?
- 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