

## Counseling & Consultation Services: LGBTQ Groups

Ohio State's Counseling and Consultation Services (CCS) provide comprehensive individual and group mental health services, psychoeducational prevention and outreach programming to currently enrolled undergraduate, graduate and professional students. CCS boasts a broad range of therapists and services, which include 5 different support groups for LGBTQ-identified students listed below in alphabetical order. Please call 614-292-5766, speak with your counselor, or email the group facilitators listed below for more information on each of these groups.

### **Lambda Men's Group** (click on the link for a video on this group)

Wednesdays, 4:00 p.m.

Facilitated by [Harry Warner](#)

Location: Younkin Success Center, 4th Floor

This group is for men who are oriented towards other men, regardless of identities or labels. Gay, bisexual, queer, or questioning men are welcome. It is designed as a safe place to discuss identity, community, coming out, self-esteem, relationships, homophobia/bi-phobia, and other issues of relevance.

### **Lavender Connection**

Tuesdays, 2:30 p.m.

Facilitated by [Jennifer Smith](#) & [Ashlee Wolfgang](#)

Location: Younkin Success Center, 4th Floor

This group is for women whose sexual orientation includes attraction toward others of the same gender. Women who identify as lesbian, bisexual, queer, or questioning are welcome to join. The group offers a safe place to talk about issues that may be affecting their lives including coming out, intimate relationships, identity, homophobia/biphobia and sexism, community issues, building support systems, family issues, etc.

### **International Exploration - iExplore** (click on the link for a video on this group)

Tuesdays, 6:00 p.m.

Facilitated by [Chiaothong Yong](#)

Location: Younkin Success Center, 4th Floor

This group is for international students who are interested in the exploration or questioning of personal issues related to LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, intersex, asexual, or any other gender or sexual orientation identities). This group offers a safe and supportive space to talk about topics that may be affecting their lives including self-identities, family/community/cultural issues, building social support in the U.S. or home countries, coming out, intimate relationships, homophobia/biphobia and sexism, immigration status, etc.

### **True Selves: A Gender Spectrum Group**

Wednesdays, 3:00 p.m.

Facilitated by [Jamie Bourn](#)

Location: Lincoln Tower, 10th Floor

This is a group for students who are questioning or exploring their gender identity, and students who identify as gender variant, transgender, gender queer or who use other identity labels. The goal of the group is to provide a safe, supportive and confidential forum to talk about identity, coming out, relationships with family and friends, dating, academics, transitioning, transphobia/sexism, and other issues of interest to members.

### **Queer Grad Group**

Thursdays, 4:30 p.m.

Facilitators: [Harry Warner](#) & [Andrew Shelton](#)

Location: Younkin Success Center, 4th Floor

This group will focus on the social and emotional needs of graduate students of any gender expression, identity, or cultural background who identify as queer and/or LGBTQ+. This is a co-created space where members are invited to come as who they are while focusing on issues of personal relevance. Consequently, topics in this group will be member generated and likely to capture interpersonal effectiveness, identity development and integration, resilience, and cognitive dissonance. Within this process, cis and heteronormative narratives will be deconstructed while stories are told and re-written for the purpose of individual and collective enrichment.