

## Gay, Lesbian, Bi-sexual and Transgender Counseling

You deserve to be happy!

AAR offers counseling services as it relates to your identity as a gay, lesbian, transgender or bi-sexual person. The intent of the group is to provide a safe, supportive atmosphere where persons can begin to heal conflicts and issues dealing with their sexual nature.

In group, we address the childhood and societal wounds that can contribute to suppressing vital parts of your true sexuality.

Our confidential counseling or our anonymity counseling can help you if you:

- Feel frustrated by problems with intimacy and relationships.
- Is depressed and anxious because of sexual shame.
- Has experienced overt or covert sexual abuse.
- Wants to increase self-esteem and confidence.