

Feeling Stressed? Queer, and Looking for Real, Confidential Support?

**AFFIRM - A COPING SKILLS PROGRAM FOR
LGBTQIA+ YOUNG ADULTS (AGES 16-19)
- IS AVAILABLE WITH LOOKING UPWARDS!**



Come find out about this opportunity for support and have some fun!

Date: May 18, 2026

Time: 4:30 PM

Place: 2974 East Main Rd. Portsmouth, RI

WHY JOIN?

Affirms your identity
- *No judgment, just support*

Reduces stress + anxiety
- *Learn ways to deal with today's anti-LGBTQIA+ stressors*

Safe & Confidential
- *What's said in group stays in group*

Made by + for queer people
- *We get what you're going through*

WHAT YOU GET

8 FUN, Interactive Sessions led by trained affirmative facilitators
- *Not boring, we promise*

A safe space to meet new people + opportunity to build community
- *Supportive + REAL connection*

Welcome kit
- *Pride style of course - stickers and more goodies!*

Amazon gift card
- *When you finish*

THIS ISN'T THERAPY THAT TALKS AT YOU.

It's a space made for you where you can get support & feel seen.
For more info contact Carolyn Souza at csouza@lookingupwards.org



"AFFIRM has had a profound impact on the way I think and has given me hope that I thought I'd never find."