

# Counseling • Therapy Education • Community Services

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### **Find Support, Empowerment and Community**



## **Adult Transgender Therapy Group**





At Heart & Soul Counseling Center, we offer a safe, supportive space for transgender individuals to come together, share experiences, and receive guidance. Whether you're navigating transition, exploring identity, or seeking connection with others, our group is here to provide a compassionate environment.



### **What We Offer:**



Group therapy led by licensed professionals experienced in gender identity and LGBTQ+ issues.



A space to express your feelings, share experiences, and receive support from others who understand.



Tools for coping with challenges, building resilience, and strengthening your mental health.



A safe, judgment-free zone for all participants regardless of where you are in your journey.





WHEN: Saturdays, 6:00 p.m. to 7:30 p.m.



WHERE. Heart & Soul Counseling Center

609 NY-109 #1c, West Babylon, NY 11704



**COST:** \$25

### Interested?

Call us at: (631) 321-7011 or Email us at: heartandsoulcounseling@gmail.com

**Your Journey To Healing and Empowerment Starts Here!**