

Social Support Groups

Explore The Center's social support groups to find a unique opportunity to connect with others.

To join, please scan the code or visit gaycenter.org/social-groups to start your registration.

Para unirse a cualquiera de nuestros Grupos Sociales, por favor escanee el código QR o visite la pagina gaycenter.org/social-groups para comenzar su inscripcion.



**THE
CENTER**
THE LESBIAN, GAY, BISEXUAL &
TRANSGENDER COMMUNITY CENTER





Find your people at one of our Social Groups!

APIDA QUEER

Second & Fourth Tuesday of every month, 6:30-8 p.m. ET (In-Person)

This social support group is a space for LGBTQIA+ community members on the APIDA umbrella, including East Asian, South Asian, Southeast Asian, and Pacific Islanders to come together and share their diverse LGBTQIA+ experiences and lives while building visibility among the community.

B PLUS

Second & Fourth Tuesday of every month, 5-6:30 p.m. ET (In-Person)

This support group is a space for members who identify under the Bi+ umbrella, including those who identify as bisexual, pansexual, queer, sexually fluid, or are questioning their sexuality supporting members' explorations of their sexuality and identity in a peer environment.

GOOD GRIEF

First & Third Wednesday of every month, 7-8:30 p.m. ET (In-Person)

This open discussion group is for LGBTQIA+ members who are grieving, mourning, and/or navigating loss and life transitions where members can connect with others, share memories and experiences, and discuss coping strategies.

ENGLISH AS A SECOND LANGUAGE (ESL) CONVERSATIONAL PROGRAM

**Monday, 5-6:30 p.m. ET
Wednesday, 6:30-8 p.m. ET (In-person)**

This interactive program is focused on spontaneous conversational, writing, reading, and listening activities designed to deliver ESL classes to the immigrant LGBTQIA+ communities where community members can connect and be themselves.

HARMONIES

**Thursday, 7:30-9 p.m. ET
(Hybrid)**

This support group allows members to seek community and social support, to openly discuss their experiences as trans, gender nonconforming, nonbinary, and gender-expansive individuals providing an opportunity to share their ideas on various topics related to the self and the environments queer people find themselves in.

LGBTQIA+ IMMIGRANTS UNITED

**Second and Fourth Monday of every month, 6:30-8 p.m. ET
(In-Person)**

This support group is a safe space for LGBTQIA+ immigrants from different ethnicities and cultures to create self-awareness and develop positive educational networks, and a sense of unity.

LGBTQIA+ & DISABILITY PRIDE

Monday, 11 a.m. - 12:30 p.m. ET (Hybrid)

This support group focuses on those who identify with LGBTQIA+ and disability communities to create an uplifting and joyful environment, instill pride and a sense of belonging within disability, celebrate disability, and learn about disability history and culture.

RHYTHMS

First and Third Wednesday of every month, 7:30-9 p.m. ET (In-Person)

This support group is for trans and gender nonconforming Black, Indigenous, and People of Color allowing TGNC BIPOC members to create a mutual support environment for explorations and engagement around identity, gender, race, and life experiences.



STORIES

**Monday, 6:30-8 p.m. ET
(In-Person)**

A peer-support group for transfeminine binary and non-binary members from all backgrounds in which they can share information on subjects relevant to their gender identity, medical care, and survival strategies- a space to make social connections and build a deeper understanding of the community.

THRIVING TOGETHER

**Second and Fourth
Thursday of every month,
7-8:30 p.m. ET (In-Person)**

This support group seeks to improve the quality of life of LGBTQIA+ people living with HIV by offering an opportunity to meet and connect with others who are going through similar life experiences.

VOICES

**Monday, 6:30-8 p.m. ET
(Virtual) except last Monday
of every month**

This support group is a peer-facilitated space for transmasculine members. This group will provide a space to listen and support each other through their lives, form community, and share their experiences, challenges, questions, and vent.

TRANSMASC SHOW & TELL

**Last Monday of every
month, 6:30-8 p.m. ET
(In-Person)**

This educational-based workshop will provide an opportunity for transmasculine, nonbinary, and binary members to learn about products and navigate services that can be complex to access and understand such as surgeries, HRT processes, dating, and social connections.





**También
puede crear
conexiones
en Español!**

INMIGRANTES LGBTQIA+

**Primer y tercer Martes de
cada mes, 6-7:30 p.m. ET
(En Persona)**

Este grupo de apoyo es un espacio de reunión, información y solidaridad para personas LGBTQ+ migrantes en Español, donde se podrán intercambiar experiencias, estrechar lazos de solidaridad y conocer recursos que les permitan responder a los retos propios del proceso migratorio.

CONEXIÓN POSITIVA

**Segundo y Cuarto Martes de
cada mes, 6-7:30 p.m. ET
(En Persona)**

Este grupo de apoyo entre pares en Español, contribuye a mejorar la calidad de vida de las personas LGBTQIA+ que viven con VIH a través de experiencias personales y el aprendizaje.


EXPRESIÓN LATINX LGBTQIA+

**Jueves, 6-7:30 p.m. ET
(Híbrido)**

Este grupo de discusión en Español está dirigido para todas las personas LGBTQIA+ Latinx en el que podrán compartir diferentes puntos de vista sobre los diversos temas que se viven en nuestra comunidad a través del debate, la reflexión y la motivación.

THE CENTER

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 gaycenter.org

 212.620.7310

 208 W 13 St, New York, NY 10011

   [lgbtcenternyc](https://www.instagram.com/lgbtcenternyc)