



**THURSDAYS | MAY 5 - JUNE 30 | 5:00 pm**  
**'Spilling the Tea' Web Group**

Spilling the Tea is a 9-week LGBTQ group for high school-aged individuals who are dealing with the pleasures and challenges of life as it relates to exploring gender identity, gender expression, and sexual orientation. Spilling the Tea focuses on giving teens a safe outlet to explore living unapologetically out loud and processing the feelings that come with standing in your truth. All groups are hosted virtually, except a final in-person session on June 30th.

To sign up, email [clinicalservices@SMYAL.org](mailto:clinicalservices@SMYAL.org) with your full name & grade, and contact number.

To learn more about SMYAL's affirming mental health counseling, visit [SMYAL.org/ClinicalServices](https://SMYAL.org/ClinicalServices)

If you are a School Counselor or other service provider making a referral, email the youth's full name, email address, contact number, and grade level.

Are you...

High-school  
aged?

Looking for a  
safe space?

LGBTQ or  
questioning  
your identity?

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Ages 14-18

For questions,  
please call  
(703) 848-5763

**smyal**

  
empowering LGBTQ youth