Dear Schools/ Parents/ Carers,

We here in Midlands LGBT+ Project and Youth Work Ireland Laois are delighted to announce our two upcoming workshops for parents/ carers of LGBT+ young people. These workshops aim to give resources, support and answer questions of parents and carers or LGBT+ young people and an opportunity to see and meet other parents of young LGBT+ people.

**Tuesday June 1**<sup>st</sup> **at 7pm**- Parents and Carers of <u>lesbian</u>, <u>gay</u>, <u>bisexual or questioning</u> young people are invited to our group led by an experienced LGBT+ facilitator. The workshop will discuss what it means to be an LGB+ young person and what that means for parents or care givers and how you can support the young person.

**Wednesday June 2<sup>nd</sup> at 7pm-** Parents and Carers of <u>Transgender</u>, <u>non binary or questioning</u> young people are invited to our group led by an experienced LGBT+ facilitator. The workshop will focus on what it means to be a trans or non binary young person, what that means for parents or care givers and how you can support the young person.

This event is free and places are limited. It will take place over zoom and you are welcome to have your camera on or off during the event. There will be an opportunity to ask questions however this is not a requirement.

To register or to enquire about the workshops, please email <a href="mailto:help@midlandslgbtproject.com">help@midlandslgbtproject.com</a> or call 086-0757985

Kindest Regards,

Christina Fitzharris

**LGBT+ Community Development Outreach Worker** 

**Midlands LGBT+ Project**