Some information from LGBT Youth Scotland on specific LGBT Youth Services and Counselling.

Our Glasgow youth groups all take place at **30 Bell Street in Glasgow City Centre**.  Our goal is to create a safe, friendly and confidential environment for young people, where they can meet new friends, get involved in projects, get support and advice, but most importantly have a laugh.

If you would like to come along or get more information please **click here**

Monday

**TYG: Trans\* Youth Glasgow** - Every Monday night 7 - 9pm

TYG is a group for young people aged 13 - 25 who identify as transgender..

The group aims to support and empower young people as they take part in workshops on transgender issues - including coming out, health and legal issues - sharing their own knowledge, skills and experience and learning from each other.

The next dates are:

         **Monday 9th January:** Happy New Year!/ 3 Month Plan

         **Monday 16th January:** Mental Health

         **Monday 23rd January:** TYG’s 5th Birthday Extravaganza! Cake Off! Badge Making! Party Hats! Haircuts with Barber Gabriel!

         **Saturday 28th January:** Trip to Edinburgh

         **Monday 30th January:** Arts ‘n’ Crafts

         **Monday 6th February**: LGBT History Month: Trans Role Models

         **Monday 13th February**: LGBT History Month: BSL/Deaf culture

         **Monday 20th February:** LGBT History Month: Queer Quiz

         **Monday 27th February**: LGBT History Month: #reallifetransadult

         **Monday 6th March**: Fear of Hate Crime

         **Monday 13th March:** Gaming Night

         **Monday 20th March:** Creative Writing

         **Monday 27th March:** Body Positivity

TUEsday

**shhOUT 13-18 Youth Group** - Every Tuesday night 7 - 9pm

Shout works with young people under the age of 18 who identify as Lesbian, Gay, Bisexual or Transgender. The group brings young people together and provides opportunity to take part in workshops,  learn new skills and develop knowledge about loads of different topics like sexual health, confidence building, job skills and much more.

But most importantly the groups give young LGBT people the opportunity to meet like minded young people, make new friends and generally have fun.

WEDNESDAY **StandOUT 18-25 Youth Group** - Every Wednesday night 7 - 9pm

StandOut works with young people aged 18-25 who identify as Lesbian, Gay, Bisexual or Transgender. The group brings young people together and provides opportunity to take part in workshops,  learn new skills and develop knowledge about loads of different topics like sexual health, confidence building, job skills and much more.

Twice a month StandOut becomes StandUp! which is a place for young people to get involved in their community, find their voice on topics that matter to them and learn from one another. A little bit of activism and a lot of fun!

But most importantly the groups give young LGBT people the opportunity to meet like minded young people, make new friends and generally have a good evening.

For more information about any of our Glasgow groups, all you need to do is e-mail us by **clicking here**

THURSDAY

**Chatterbox Mental Health Drop-In Service** - every Thursday night 7 - 9pm

Chatterbox is a friendly drop in which gives young people aged 13-25 to pop into the service without appointments and access information and support with regards to maintaining positive health and wellbeing. This could be through healthy workshops which are planned with the young people, or just by having a one to one chat with the staff team.

For more information about the drop-in **click here** or call 0141 552 7425

Counselling Service

Free Confidential Counselling Service which is available weekly on the following dates/times:

         Wednesday afternoons

         Thursday evenings

All appointments are subject to availability and by appointment.

You can self-refer to the service or be referred from another service.

*What you can expect from the Counselling sessions:*

         An opportunity to explore your feelings and emotions

         The opportunity to reflect on your experiences

         The chance to consider alternative ways of doing things

The aim of the counselling service is to reduce feelings of confusion, and to empower you with the skills to make changes in your life (if you choose to do so).  In these sessions, the counsellor will listen attentively and provide you with the time, empathy and respect you need to express your feelings.  Doing so in this safe space may allow you to understand yourself from a different perspective.  The counsellor will not give advice, but they will help you to make your own informed choices about your life.

We promise this service will be confidential.

For more information or to book an appointment **click here** or call 0141 552 7425.