

LWSD Middle School

BGLAD

A social support group for LGBTQ+ identifying Middle Schoolers in the Lake Washington School District, led by two Mental Health Professionals. In group, we will share and learn about identities, develop self-understanding, and learn skills to navigate situations faced by the LGBTQ+ community. We will develop group activities and topics based on the group's interests!

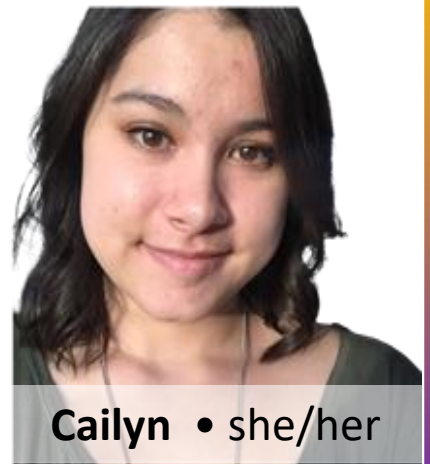
- Meet the Group Leaders -



Rowan • she/her

Hi there! I am so excited to meet all of you and help run our group! Working with the LGBTQ+ community is something I love doing, especially with middle school students. Things can be a little confusing in middle school and this is a great time to explore your identity, to explore and understand identities different from your own, and to build a safe space for everyone to be themselves! I am from the east coast but have been living in Washington for a little over a year now with my wife, our dog, two cats, and gecko! I enjoy playing video games and hanging out with my pets, who might make appearances during our group time.

Hello! I have lived in the Pacific Northwest my whole life, love nights when I get to stay home watching sitcoms, and I am very obsessed with my recently adopted four-legged friend. While I have not yet had the opportunity to work specifically with the LGBTQ+ community, wanting to work with LGBTQ+ identifying youth is one of the reasons I became a counselor! Exploring your identity can be difficult and confusing at *any* age, and Middle School has a reputation for making this even more frustrating and weird – My goal is to help hold space for folks who want to explore and share their identity, and those who are interested in learning from folks who are different from them. I am very much looking forward to working and learning from you!



Cailyn • she/her



Meets online every Tuesday from 5pm-6pm
TO JOIN: Contact your school counselor or your school's YES Behavioral Health Support Specialist