

**Queer Perimenopause/Menopause Therapy Group**  
**Jen Rivers, ASW 103007**  
**She/her/hers/We/us/ours**  
**Supervised by Christina Dixon, LCSW 87870**

**For Clinicians:**

- Every person is born, raised, and socialized in a group, which is our family
- Family is our first connection with others, where we learn about ourselves and experience relationships with others
- Groups offer a unique opportunity to connect, feel supported, allow clients to learn about themselves and how they relate to others, identify and delve into their roles in their family systems, and work through relational conflict
- Group therapy is meant to work in tandem with individual therapy. It often compliments the work you're doing with your clients
- It also provides a safe space to try the skills that you're teaching your clients in individual therapy
- I am happy to consult with you (of course with an ROI) about your client's progress and/or any issues that I may be seeing that could be helpful in your work

**Logistics:**

- Weekly, virtual process group for California residents
- Meets on Wednesdays from 6:00pm-7:30pm
- Small group size: 4 folks minimum, 6 maximum
- Open to adults, who are struggling with symptoms of perimenopause/menopause, (including those in active menopause due to medical procedures/medical menopause)
- Led by a queer clinician with lived experience around perimenopause/menopause symptoms
- Group to start in April or May 2025
- 12 week commitment, also requires a one month notice before leaving (16 week commitment total)

If you have any clients who may be interested in this group, you can have them contact me directly. Additionally, if you'd like more information or would like to chat with me further, please reach out.

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