

# Coming Out Group

Tuesdays 3:30 - 5 PM via Zoom (Winter 2022: 1/4 - 3/8)

The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out, or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/cultural issues, excitement and celebration with regard to coming out. The group is open to new members the first 3 meetings of each quarter and then closes to maintain safe space.



**Zoom Link:** <https://uchealth.zoom.us/j/83690658171>  
**Contact(s):** Taylor McCavanagh at [tmccavanaghehealth.ucsd.edu](mailto:tmccavanaghehealth.ucsd.edu) or  
Luis Legaspi at [llegaspi@ucsd.edu](mailto:llegaspi@ucsd.edu)

*This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.*