

## SUPPORTING FAMILIES IN THEIR LGBTQ+ JOURNEY

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The structure of the family has become more diverse. The 21st century has seen a rise in LGBTQ+ families due to increased acceptance. As adults, we understand the evolution that has taken place as our society learns to embrace families of all make ups. However, children often have questions that on the surface seem daunting. How do parents raise children that are accepting of all families and people? How do LGBTQ+ parents raise children that are confident when faced with ignorance? How do parents help LGBTQ+ children to be resilient and accepting of themselves? How can we be supportive allies to work colleagues, family and friends?

### SESSION OUTLINE

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- Redefining the family
- Teaching children respect for all people
- How to answer "embarrassing" questions
- How to support LGBTQ children and LGBTQ parents
- How to respectfully question
- How to be a supportive ally

### SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions

### GWEN JONES (SPEAKER)

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Gwen recently finished an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and parent coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.