



# Empowering through care, support and education



## Counseling Services

Our professional and compassionate counselors are here to support you. We offer:

- Individual Therapy
- Couples Counseling
- Youth Counseling

Whether you're dealing with identity exploration, mental health, relationships, or just need someone to talk to, we're here to help you navigate life's challenges.

## Gender affirming Letters

We provide letters for gender-affirming medical procedures such as HRT and surgeries. Our process is affirming and supportive, helping you with the documentation you need to live authentically.

## How to connect with us

Reaching out is easy! Whether you have questions, need to schedule an appointment, or what to learn more about our services and events, we are here for you!

[www.lgbtcenterofreading.com](http://www.lgbtcenterofreading.com)

**Email:**  
Counseling Director, Angela Keller  
[counseling@lgbtcenterofreading.com](mailto:counseling@lgbtcenterofreading.com)

**Executive Director, Laura Biancone**  
[programs@lgbtcenterofreading.com](mailto:programs@lgbtcenterofreading.com)



## LGBTQ+ Training & Education

We offer educational programs tailored for schools, workplaces, and organizations on:

- LGBTQ+ 101
- LGBTQ+ 101 expansive
- ....and more!

**Support Groups**

Connect with others in a safe and welcoming environment. Our support groups include:

- Gender Expansive Group
- VOICES Youth Group
- 50+ Group
- Gay Mens Group
- ... and more

You are not alone - our groups foster community and connection.