

Some concerns of women coming out!

Do any of these describe how you feel or think at the moment? It's OK. All these are normal responses and questions we as women, coming to terms with our sexuality are asking. The Coming Out Group deals with these and many other topics which may be on your mind. The group provides a supportive environment and encourages participants to look at these and other issues:

- Why am I like this?
- What does being lesbian or bisexual mean?
- Who do I tell? How will I tell them?
- Can I live a 'normal' life being lesbian?
- Do I have to tell people at work?
- Is it a phase? Am I sick? Is this normal?
- What are the stages of coming out?
- What do I do when a girl tells me she likes me?
- What do I do when a guy tells me he likes me?
- What will my parents say or do?
- I don't even want to be like this!
- I don't fit in with the "lesbian lifestyle".
- What about religion?
- Will I lose my friends?
- I don't have any lesbian friends.
- It's not accepted in my culture.
- I'm in a relationship with a man and he doesn't know about me.

Where is it?

The Women's Coming Out Group meets every 2nd and 4th Thursday evenings at 43 Bedford Street, Newtown.

We start at 7.00pm until around 9.00pm

Women of all ages who want to come out or are in the process of coming out and need a little support are all welcome.

For more information on the group contact:

Gay, Lesbian, Bisexual & Transgender (GLBT) Telephone Counselling & Information Line
Staffed by GLBT volunteer counsellors and operates from: **5.30pm to 10.30pm 7 days a week.**
Call **02 8594 9596** from Sydney Metro
Or **1800 18 GLCS (4527)** from NSW outside Sydney and the ACT

Lesbian Telephone Counselling & Information Line
Staffed by women, for women callers only, and operates from: **6.30pm - 9.30pm on Mondays.**
Call **02 8594 9595** from Sydney Metro
Or **1800 14 GLCS (4527)** from NSW outside Sydney and the ACT

There is lots of information on our website:

www.glccs.org.au

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**Lesbian?
Bisexual?
Unsure?**

**The Women's
Coming Out Group
can help!**

There are lots of women who think they might be lesbian or bisexual.

The Women's Coming Out Group offers support, an opportunity to talk about your feelings and a great way to meet other women like you.

If these are some of the questions and issues you face - this group is for you.

Coming Out a difficult time made easier

It's not always easy to admit for the first time that 'I'm a lesbian' or 'I'm bisexual'. It can be confusing ('I don't look/act lesbian'), sometimes there is a sense of anguish and loneliness, and there can be feelings of isolation and alienation ('I don't belong anywhere'). You may feel it is unfair, ('Why me?'). After a while you may try and come to terms with it yourself. Then the big, sometimes scary, question lurks - 'Should I tell anyone else?'

These thoughts and feelings are natural, and we all go through a stage where we feel that to continue like this is dishonest to ourselves and others.

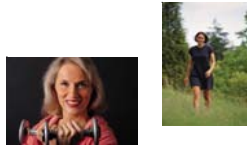
The good news is that you are not alone!

Right now there are many thousands of women - younger, older, single, married or whatever - who are questioning themselves in the same way. There is also plenty of evidence that Coming Out as a lesbian is made easier when you face it with the support of other lesbians.

The GLCS's Women's Coming Out Group is a group that can help you with coming to terms with your sexuality. There is no pressure to come out. We provide a safe, secure environment to talk about the type of issues women are interested in such as relationships, self-esteem, safe sex and meeting other women.

The GLCS

GLCS stands for the Gay and Lesbian Counselling Service of NSW. It has been operating primarily as a voluntary telephone counselling service for lesbian, gay, bisexual and transgender women and men since 1970. GLCS operates two Coming Out groups - one for women and one for men. Telephone Counselling is offered 5.30pm to 10.30pm daily on (02) 8594 9596.



The Format

The group is broken into two halves. The first half starts at 7.00pm and is spent discussing feelings and issues around coming out. At around 8.00pm the second half focuses on just about any issue that affects lesbian and bisexual people. Recent topics have included relationships, sex, venues, self esteem, family, friends, even flirting!.



The Coming Out Group

The Women's Coming Out Group (or COG) has been running for over 10 years and has provided a safe environment for thousands of women of all ages to come out. We talk about issues surrounding our sexuality that affects us in our lives. There is no pressure to come out, and the issues discussed remain confidential. There is no start or finish to the group (its not like a course), so people come to the group for as long as they like. We meet at the GLCS on almost every 2nd and 4th Thursday evenings of each month.



The facilitators

There are a number of facilitators running COG, rostered on two per week. Some of the facilitators have used the group to themselves come out. All are women who have had extensive training with the GLCS in personal development, counselling and group processes. They have first hand experience in coming out and are there to support group members through this important time.

**It costs nothing to join and nothing to attend.
Just turn up at 43 Bedford Street, Newtown
7.00pm on a 2nd or 4th Thursday (phone to check if holiday period).**
