



SPECTRA LGBTQ+ YOUTH GROUP ONLINE

JOIN TODAY

ABOUT US

Spectra's youth group will now be running online. Spectra's youth service is for 13-18-year olds who identify as LGBTQ+ and who want a space to socialise with other LGBTQ+ young people and to find support with their mental health, identity and personal development. Our services are open to young people in London. Sessions run during term-time only.

REFERRAL

To refer yourself to be part of our group please email javid@spectra-london.org.uk.

Once referred you will be emailed a form to collect basic information and emergency contact details.

After this Javid will invite you for a quick chat on Zoom to find out more about you and if there are any ways Spectra can best support you.

Finally, you will be ready to join!

SESSIONS

Sessions will take place through Zoom on:

Monday's 7pm-8pm (chat and chill)

These sessions are designed to be a space for young people to talk about their week and anything that is on their mind. The youth worker and sessional worker will be available to talk to, and can sign-post you to mental health support, other LGBTQ+ services and sexual health services.

Friday's 5pm-6pm (activity session)

These sessions are structured around themes to help young people with their self-development, with a focus on emotional wellbeing, relationships and queer identity. Keep an eye on our Instagram page where we will be giving regular updates on what sessions are coming. Follow us [@student_spectra](https://www.instagram.com/student_spectra).