



SAFE HARBOR HEALING MINDS

Providing a safe and healing space for the
LGBTQ+ Community to foster resilience,
self-acceptance, and overall well-being!



- ARE YOU PART OF THE LGBTQ+ COMMUNITY AND BETWEEN THE AGES OF 18 AND 30?
- INTERESTED IN MENTAL HEALTH OR OVERALL WELLNESS SUPPORT?
- SEEKING A SAFE SPACE TO CONNECT WITH OTHERS WHO SHARE YOUR EXPERIENCES AND CONCERNS?
- OPEN TO PARTICIPATING IN WORKSHOPS, SUPPORT GROUPS, OR DISCUSSIONS FOCUSED ON MENTAL HEALTH AND WELLNESS FOR LGBTQ+ INDIVIDUALS?

COME CHECK OUT SAFE HARBOR HEALING MINDS!

 Join us! NO-COST Therapy, Wellness & Support Groups for Ages 18-30! 
Proudly serving LGBTQ+ community. Expand your support network, find safe spaces, and access individual therapy.

Emergency shelter available for ages 18-26.

Call or email to schedule your intake now! Let's build a safer, inclusive community together!

**FREE
SUPPLEMENTAL
SERVICES**

168 PARK STREET
EAST ORANGE, NJ 07017

973-675-4225

SAFEHARBORHEALINGMINDS@GMAIL.COM

ESSEXLGBTHOUSING.ORG