



**Opening Doors:  
supporting older  
LGBT communities  
in central London**

## **No to Homophobia!**

**Are you over 50?**

**FREE weekly counselling groups to support Lesbian, Gay and Bisexual people over 50 years old.  
(There will be separate women's and men's groups running from January to April 2010 in Central London)**

**Have you experienced:**

- Harassment
- Discrimination
- Abuse *because of your sexuality?*

**We can support you to:**

- Come to terms with your experience
- Develop personal skills
- Develop coping strategies
- Find out useful information

Contact:

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**For LGBT People who identify as Lesbian,  
Gay or Bisexual**



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