



'SAFE HANDS SAFE HEARTS' COVID-19 COUNSELLING SESSIONS

This research project is offering a free online 3-session counselling series to support and address racialized LGBTQIA+ experiences during the pandemic.

THIS PROJECT IS FOR YOU IF:

You identify as a LGBTQIA+ person who is Black, Caribbean, African, Latin American, Middle Eastern or Southeast Asian.

You are 18 or older.

You would like support in navigating your experiences during the pandemic.

WHAT YOU CAN EXPECT:

Compensation of \$30 per session.

Support using COVID-19 preventative practices with a trained peer counsellor.

Exploring wellness and mental health during the pandemic.

Register here: www.safehandssafehearts.com/ca

**If you have questions, please contact:
shshstudy@whiwh.com**