

# MEN'S PROGRAMS\*

## **Men's Coming Out Discussion Group**

1st and 3rd Thursday of every month, from 7:15pm – 8:45pm

This group provides a space for straight, gay, bi, trans, and questioning men of all ages to share their experiences with any stage of the life-long coming out and being out process. We provide a safe, welcoming, and inclusive place to meet others who may be going through a similar transition, or who have already come out. To request the Zoom link, please contact Daniel Cordero at [dcordero@thecentersd.org](mailto:dcordero@thecentersd.org)

## **Heal Thy Soul**

Every Wednesday, from 12:00pm (noon) – 1:30pm

An empowerment group for Black men, Heal Thy Soul covers a variety of topics, including: healthy relationships, self-esteem, living with HIV, spiritual awareness, community mobilizing and more. To request the Zoom link, please contact Carolina Ramos at [cramos@thecentersd.org](mailto:cramos@thecentersd.org).

## **Prostate Cancer Survivor's Support Group**

2nd and 4th Tuesday of every month, from 6:30pm - 8pm

Whether you are currently dealing with a prostate cancer diagnosis, have completed treatment, or are a long-term survivor, this group is here for you. Join us for discussion and encouragement from folx who understand where you've been and what you're going through. To request the Zoom link, please contact Elisa Barnett at [seniors@thecentersd.org](mailto:seniors@thecentersd.org).



\*ALL MEETINGS TAKE PLACE ONLINE