

# GAY MEN & VALIDATION

An 8-week program designed to challenge internalized stigma  
and the need for external validation



Join us to discuss self-esteem, self-love, body image, relationships, vulnerability and healing your relationship with yourself. This group is open to gay, bi, or queer cis and trans men of any race, ability or HIV status.

Tuesday nights starting April 23, 2019 - 6:30 to 8:30 pm

Contact and registration: Vincent Francoeur  
416.340.8484 ext. 229 - [vfrancoeur@actoronto.org](mailto:vfrancoeur@actoronto.org)



ACT  
543 Yonge Street, 4th Floor, Toronto, ON M4Y 1Y5  
T 416-340-2437 F 416-340-8224 W [actoronto.org](http://actoronto.org)  
facebook.com/ACToronto @ACToronto [aidscommitteetoronto](https://www.aidscommitteetoronto.org)