AFFIRM is an affirmative CBT-based group designed to help LGBTQ+ youth and adults manage stress. As an evidence-based intervention, AFFIRM supports mental and sexual health, enhances coping skills and validates strengths of its participants.

**AFFIRMATIVE RESULTS**

70% reported increased hope pathway thinking. Hope pathway thinking is the ability to generate multiple routes from the present to the desired future.

63% reported reduced depression.

72% reported increased cognitive stress appraisal as challenges (vs. threats).

**AFFIRM IMPACT ON MENTAL HEALTH**

- Depression -63%
- Reflective coping +57%
- Hope agency -70%
- Hope pathway +70%
- Stress appraisal: Challenge +72%
- Stress appraisal: Threat -70%
- Stress appraisal: Resources +65%

**PARTICIPANT REFLECTIONS**

"I appreciate a program like AFFIRM. It’s especially helpful for LGBTQ+ people in terms of dealing with ‘minority stress’. I really enjoyed my time participating in AFFIRM!"

"I have benefited immensely from AFFIRM. This program has had a profound impact on the way that I think and has given me hope that I thought I’d never find."

**LEARN MORE & PARTICIPATE AT WWW.PROJECTYOUTHAFFIRM.ORG**

The AFFIRM project in Ontario is a partnership between Dr. Shelley Craig at the Factor-Inwentash Faculty of Social Work, University of Toronto and Planned Parenthood Toronto.