



LESBIAN
DISCUSSION
GROUP

Topics

22/23

August '22 - June '23

10th August: 'Catching a Rope' - who or what has thrown you a lifeline?
17th August: Fear, Joy, Anger and Sadness - what's the point of feelings?
24th August: Knowing what we don't know - our relationship to uncertainty and chaos
31st August: Challenges reframed - what obstacles made you who you are and why?

7th September: Political Correctness
14th September: Hair
21st September: Our past mistakes and history - how do they impact our relationships?
28th September: Sex and Eroticism

5th October: Being Home
12th October: Financial security, stability and independence (in life and relationships)
19th October: My family and I - how did they help or hinder the process of coming out?
26th October: **Open Letter Evening Special***

2nd November: Beauty - its importance in your life; is it different in the straight world?
9th November: Intuition
16th November: Let's talk about stillness and silence in our lives **23rd November: Women in business**
30th November: **An evening with Andreena Leeanne - Lived Experience Speaker and Poet**

7th December: **Bring Someone Special***
14th December: **LDG Christmas Party***

4th January: Let's talk about values
11th January: Resources for your inner peace and wellbeing - what are your go-to's?
18th January: Attraction
25th January: The experience of rejection

1st February: Community - does it matter / are you part of it?
8th February: Life goals - what drives us?
15th February: Grief - how do we process losses and support each other through hard times?
22nd February: Friendship - what makes it work?

1st March: Women, health, and the NHS
8th March: Becoming me - the joys and challenges along the way
15th March: What does lesbian culture consist of?
22nd March: Shame and embarrassment and how to overcome both
29th March: How to keep your love life alive

4th April: Mental health - what's your journey?
12th April: The dilution of our community spaces - do they need protecting?
26th April: The role of conflict in a relationship

3rd May: Do you live by science or faith? What role does spirituality play in your life?
10th May: The joys and challenges of intimate relationships
17th May: The power of habits
24th May: The affair of having affairs - what constitutes cheating?
31st May: The glass ceiling for women - let's talk about it

7th June: Travelling the world as a lesbian
14th June: Freedom - what does it mean to you?

*These sessions do not follow our usual discussion group format - check our website for more details on the day.

