



**LGBT Youth Scotland offer youth groups and 1:1 support for LGBTI young people aged 13 to 25. All our services in Dumfries and Galloway are currently available digitally.**

### **Phoenix**

**13 to 17 years  
LGBTI young people  
& allies  
Tuesdays 6pm to 8pm**

### **Up n Oot**

**18 to 25 years  
LGBTI young people  
& allies  
Thursdays 7pm to 9pm**

### **Spectrum**

**13 to 25 years  
Trans young people  
and people exploring  
gender identity  
Monthly Saturday  
groups**

### **1:1 support**

**13 to 25 years  
Available for young  
people across D&G  
Visit our website for  
more information**

**Find out more through our website [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)**