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**You are invited to join a new support group for trans women and men and gender queer people who experience work stress. Work life can create stress and anxiety for everybody and being trans can come with its own challenges when it comes to finding employment and dealing with the pressures of work life. In this group you will find emotional support, tips and information as well as a mindfulness based approach to dealing with stress and anxiety.**

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*The group is hosted by "The Full Story Therapy" and it meets Saturdays at 5 pm at 582 Market Street Suite 801. Before coming the first time please call Ursula Steck, LCSW (LCSW61849) at **415-744-4614**. Please also check out this web site: [www.thefullstorytherapy.com](http://www.thefullstorytherapy.com).*