

## Healthy Relationships in the LGBTQ+ Community

In today's age it can be difficult to maintain a healthy relationship given all the challenges faced by couples, from the impact of technology on relationships, the demands of work and family, the struggles maintaining social supports, varying definitions of monogamy and expectations of partners to financial struggles.

These issues are often more pronounced for LGBTQ+ individuals who often may have less support for their relationships from their families or communities and who have to battle against ongoing prejudice and discrimination.

This talk will focus on factors that can help LGBTQ+ individuals maintain healthy relationships in spite of the challenges faced by the community.



**Who:** Melanie Ricaurte, Psy.D.,  
M.Ed, Director Harmony Holistic  
**When:** Tuesday, October 22nd 2:30-3:30 p.m.  
**Where:** Rockville Campus Science Center 459



Follow us on social media for more updates:



@mcshawcenter



@centershaw



@mcshawcenter

**MC** MONTGOMERY  
COLLEGE