

⊗ therapy with *durva*

THE ROOTS WE CHOOSE

A **Queer** Support Group Centering
Chosen Family

Online; Every Alternate Thursday
Starting Oct 8, 2026; 6:00pm - 7:30pm



What Is “The Roots We Choose”?

This support group is a space for queer folks to sit with all the complicated emotions that arise at the thought of our families of origin and the families we choose in our communities.

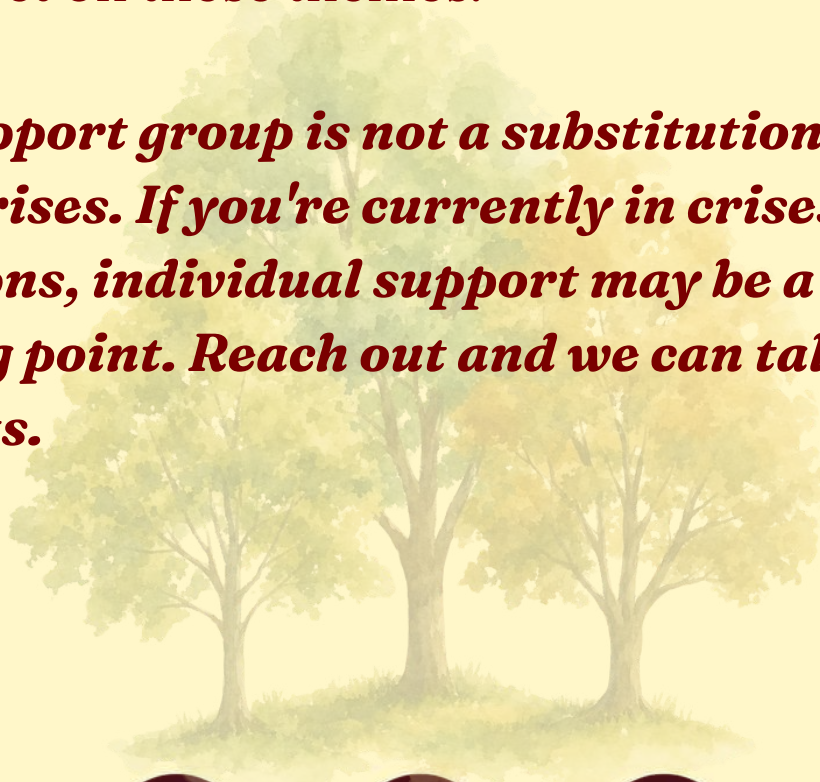
Across our sessions together, we'll explore:

- What "family" means on our own terms.
- What we inherited from our biological families.
- How to build & nurture a sense of belongingness.
- Setting boundaries with love.
- Naming grief and joy side by side.
- Creating our own rituals, rhythms, and ways of showing up for each other.

This group may be a fit for you if you:

- Identify as LGBTQIA+ and are looking for community support.
- Have experienced distance, estrangement, or complexity with your family of origin.
- Are building or want to build a chosen family, and want support doing it intentionally.
- Want a slower, relational space to explore and reflect on these themes.

This support group is not a substitution for acute crises. If you're currently in crises situations, individual support may be a better starting point. Reach out and we can talk about what fits.



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Practical Details

Format: 8 sessions, online, in English

Dates & Times: Alternate Thursdays, starting October 8th; 6:00pm-7:30pm

Fees: ₹4,800 for all 8 sessions / 2 slots available on a sliding scale basis for trans &/or DBA folks.

Style: A reflective trauma-informed & queer-affirmative space, grounded in parts-work

Between sessions: Reflection and homework prompts, plus a **resource booklet**.

How to join:

1. Fill the form [here](#).
2. Have a short intake conversation to see if the group is a fit.
3. Confirm your spot with payment.

Contact therapywithdurva@gmail.com for any further queries

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Durva
Facilitator

I am a therapist with 5 years of experience. I work from a trauma-informed and anti-oppressive lens. My work centers queer-affirming, intersectional care for people navigating identity, relationships, and belonging. Our space is rooted in parts-work and somatic awareness.



Neeli
Facilitator-in-training

I'm currently doing my MA in psychology.

I'm interested in learning more about accessible, neurodiverse, anti-oppressive approaches of care. I work from the lens of queer-affirmative care and narrative practices.