

About Us

LesMigraS groups for 2018

Under the motto **With Heart and Vision against Violence and Discrimination** we are offering a free of charge series of empowerment-workshops, groups events and film nights led by experienced facilitators. The events are for lesbians, gays, bisexuals, trans*, inter* and queers with different social and cultural backgrounds. The program offers spaces for creative experiences of violence and discrimination, as well as ways to deal with them. Creating a space for Empowerment and growth. Some events are offered in English as well.

LesMigraS is the antidiscrimination and antiviolence area of the Lesbenberatung Berlin e.V.

All events are free.

**Location: LesMigraS /
Lesbenberatung Berlin e.V**

Kulmerstr. 20a. 10783 Berlin



The venue is wheelchair accessible/
accessible via elevator

**S-Bhf Yorckstr - U-Bhf Kleistpark /
Yorckstr**

If you have any questions regarding
the group s please contact us via:



Telephone: 030 21 91 50 90 or



Email: info@lesmigras.de

and current info can be found on:



www.lesmigras.de
fb/Lesmigas

Location: Alia

Wrangelstraße 84a 10997 Berlin



The venue is wheelchair accessible/
accessible via elevator

U-Bhf Schlesisches Tor

**LSBT*I*Q GROUP
PROGRAMME
PART 1 2018**

Senatsverwaltung
für Justiz, Verbraucherschutz
und Antidiskriminierung

berlin Berlin

BERLIN TRITTEIN FÜR
SELBSTBESTIMMUNG
AKZEPTANZ
SEXUELLER VIELFALT



Landesstelle
für Gleichbehandlung -
gegen Diskriminierung
Fachbereich LSBTI





Selfdefence group

When: Every Last Sunday of the Month
from April: 3pm - 6pm

For: Trans* and Non_Binary

Where: **Alia, Wranglestraße 84a 10997**

in English and German Spoken languages

Everyone who defines themselves Trans*, non-binary or inter* is welcome to join this self defense workshops. This will be a basic introduction where I will show you techniques inspired by different martial arts. As the workshops will build on each other it is recommended to join all of them but it is not a must.

Self defense is not about strength or fitness. It's about trusting ourselves to recognize our personal limits and reclaiming our rights to enforce them. Using our body and our voice to keep our personal space and safety or get out of situations.

You don't need any previous knowledge or skills. If you feel uncomfortable with any exercise you can always take a break or just watch.

Come in your everyday clothes and bring water if you need.

Poly Adventures Exchange Group

When: Every Last Wednesday of the Month
from April: 6.30 -9.30pm

For: all LSBT*I*Q

Where: LesMigraS / Lesbenberatung Berlin e.V

in English and German Spoken languages

Once a month we're going to meet and talk about polyamory. The idea is to create a flexible and open space to talk about the subjects that concern us. Each and every time there will be a key focus. Themes could include, agreements, grieving as a part of jealousy or New Relationship Energy (NRE). I will prepare some input and methods for each meeting that can serve as our basis for discussion. During the exchange we can share experiences and empower each other. The combination of input, method and discussion allows everyone to participate without feeling pressured to always share.

The exact procedure can be adapted to the participants, there is no fixed plan you can bring in suggestions and ideas for the following meetings.

Let's be our own role models over a cup of tea and yummi cookies, while we daydream about polyamorous utopias.

Broken Hearts Club

Erster Termin: 25.04.2018

17.30 – 20.30 Uhr

Für: alle LBT*I*

Ort: LesMigraS / Lesbenberatung Berlin e.V

Sprache: Deutsche Lautsprache und Deutsche Gebärdensprache auf Anfrage (info@lesmigras.de), Englische Lautsprache

Weitere Termine und Infos findet ihr unter www.lesmigras.de

Where do broken hearts go... To LesMigraS!

Hast Du grade eine Trennung hinter Dir? Weißt Du nicht, wie Du Deine aktuelle_n Beziehung_en, in der_denen Du nicht mehr glücklich bist, beenden kannst? Bist Du traurig, wütend und/oder verletzt und suchst nach neuen Perspektiven? Ist emotionale und/oder physische Gewalt in Deiner Beziehung immer wieder ein Thema?

Komm vorbei!

Es soll um alle Themen rund um Trennung (Freund_innenschaften, Liebesbeziehungen, andere intime Beziehungen...) und gebrochene Herzen gehen.