

## Building Esteem Together





BET Group is a 4-session training for Yong Men who have sex with Men (12-29 years old) of color to:

Increase awareness on minority stress

Understand its impact on mental, sexual, and overall health

Gain coping tools to better navigate stress

Build a supportive community among peers

Receive a certificate of completion (+ incentives)

Grant access to co-facilitation/facilitation opportunities in future BET and peer trainings

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