

LGBTQIA+

QUALITY OF LIFE IN CENTRAL TEXAS

April 14 at 10am via [Facebook Live](#)



Sarah Kapostasy (she/her) is the Clinical and Social Services Director of Out Youth and Transgender Wellness. She provides oversight, supervision, and direct services at a community-based nonprofit that promotes mental health, wellness, and social connection for individuals of all sexual orientations and gender identities as well as their family members, partners, and allies. Sarah is a founding board member and the professional development workgroup chair for the Central Texas Transgender Health Coalition, which seeks to provide education to mental health and medical professionals to improve care for the trans and non-binary community. Sarah is proud to be a native of the rust belt and to have settled down with a native Texan. She is raising a spunky 8-year-old kiddo named Hadley, a sweet and dopey dog, and two cantankerous cats with her partner, Mel.