

Ready?



March E-News

Scholarships you should know about!

LGBTQI Health

New Mentor Training

Rainbow Room



olarships

1

Helen and Bob Brill Scholarship from True Colors and PFLAG

Eligibility: LGBTIA Youth 16-24, must be used toward post high school education

Info: At least 2,000.00 will be awarded Contact your guidance counselor or True Colors for more info. 860.649.7386

Due: April 15th 2009

2

Hartford Gay and Lesbian Health Collective Scholarship

Eligibility: Resident of CT. Accepted to 2 or 4 year institution. Identify as LGB or T or from an LGBT family.

Info: One \$1,000.00 Scholarship will be awarded for use in the 09/10 academic year. Contact Jamie Bassell 860.278.4163 x17 jamieb@hglhc.org for an application.

Due: April 15, 2009

3

Fern Berman Scholarship Developing young leaders through experience.

Info: This scholarship is specifically designed to offer young leaders the opportunity to participate in conferences, trainings, and learning events that provide them with new advocacy or personal growth skill, networks and connections.

Contact True Colors 860.649.7386 for an application.

Due: Ongoing.

4

LIVE OUT LOUD YOUNG TRAILBLAZERS SCHOLARSHIP FOR LGBTQ YOUTH

Each year, LIVE OUT LOUD, a non-profit organization in New York City that connects LGBTQ youth with role models in the community, offers four scholarships of \$2,500 each to graduating high school seniors who are pursuing higher education and have exhibited their own commitment to "living out loud." If you know any potential candidates, please encourage them to apply. All application materials are available on the LIVE OUT LOUD website. (www.liveoutloud.info) This year's deadline is March 16th, 2009.

Ways being LGBT or Ally

can get you an education.

LGBTQI Health

According to a 1999 study, 59% of gay/lesbian/bi teens reported using tobacco.

What is it about cigarette advertisements that appeals specifically to queer youth?



Queer Quit Tips

Set a Quit Date. Make sure it is within the next 30 days.

Call your friends. Tell them you are going to quit and ask for their support.

Make it hard to get and smoke a cigarette. Wrap your pack in rubber bands. Don't buy tobacco. Throw your cigarettes away.

Switch hands. If you smoke with your right hand, try smoking with your left.

Switch brands.

Smoke fewer cigarettes per day or take smaller puffs.

If you break down and have a cigarette, don't worry! It takes several attempts for most people to successfully quit! The average is 7 attempts.

www.gaysmokeout.net

1.

New Mentor Training

At the True Colors Conference

On **Saturday March 14th** come to Registration and ask for the New Mentor Training, you'll be directed to the appropriate registration and building.

After seeing what our conference can do, you'll want to get involved, and our LGBT youth most need mentors. Thank you for volunteering!!



Mentoring Events

True Colors Youth have just worked together on a **Mardi Gras Mask Making** project.

They also attended **Queers Without Borders** screening of **Fenced Out** —>
www.queerswithoutborders.com

And made a friendship quilt at the **Rainbow Room!**



Dance-Fest & Queer Prom Planning

at the next **RainbowRoom**

March 15th

From 3:00 to 6:00 pm

at the Hartford Gay and Lesbian Health Collective

1841 Broad Street, Hartford, CT 06114

(860) 278-4163

Bring your dancing shoes, creative talents, friends, and your enthusiasm because this month's Rainbow Room is sure to be another fabulous event!! Join us for an afternoon of DANCING, hanging out and sharing ideas for making this year's Queer Prom the best ever!!!

Dancing and planning not your thing? We'll have other fun activities on hand as well, like:

Nintendo Wii

Air Hockey

And Board Games

On MySpace: <http://www.myspace.com/hartfordrainbowroom>

On Facebook: Search Groups for "RainbowRoom"

CELEBRATING 25 YEARS
HGLHC
Hartford Gay & Lesbian
Health Collective
Be Well. Be Yourself.

Binding & Passing & Packing Oh My

In Our Own Voices: LGBT Youth in Care Speak



Bisexuality 101: Myths and Realities

Hip Hop and Homophobia



Does HIV Look Like Me?

See you in

Make-Your-Own Gender-Defying Coloring Book

2 weeks!

I'm Beautiful, Dammit! Exploring Body Image



For GSA Advisors ONLY: Let's REALLY Talk

Men's Sexual Health: What's normal and what's not.

Born or Made Gay: What do Scientific Theory and Research Say

Fagbug: From Vandalized to Idolized

LGBTQ Youth: Meet Your Lawyers!

Gay and God: Reconciling your Sexual Orientation with your Childhood Religion