

### **I'm Beautiful Dammit!**

F1; 10:30 - 11:45                      General Audience

A guided discussion of issues of self-image and the impact of the people around us. *Barbara Curry*

### **Leather 101**

F2; 1:15 - 2:30                      General Audience

The ideal course for those interested or curious about the leather community and leather lifestyle. An open judgement-free discussion where no question is too personal. Not a protocol class but a discussion on the relationship between a SIR and a boy and a Master and his slave. *Thomas F Matt boy Trell Walters*

### **Hidden Biases and How They Affect the LGBTQIA+ Community**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Hidden Biases is a concept that is getting tossed around a lot lately, but what does it really mean? How do Hidden Biases affect individuals and the LGBTQIA+ community? What can we do to counter negative Hidden Biases? These questions will be answered as we first explore Hidden Bias and the cognitive theory of why they occur. Next, we will examine how hidden biases directly and indirectly affect the LGBTQIA+ community. Last, we will examine our own hidden biases and how we can change our own hidden biases and the community's hidden biases at-large. *Julie Alexandrin*

### **Queerwater: LGBTQ Youth Empowerment Aboard a Tall Ship**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Ever dream of running off to sea? Come hear about the experience some people have had doing just that aboard the Clearwater, a 106' sailboat, during an overnight program for LGBTQ+ youth and how you could follow in their footsteps. *Keene Morrow Maija Niemisto*

### **Navigating Polyamory**

F1; 10:30 - 11:45                      General Audience (youth and adults)

This workshop will introduce general information about polyamory and ethical non-monogamy for those who have just started to claim the identity, or those that are questioning. This focus of the workshop will be a general overview of terms, some tips and tricks, and an open discussion where participants can ask questions about polyamory. This workshop provides a safe space for those who are interested in learning more about polyamory or ethical non-monogamy. *Hailey B. Greenhalgh*

### **Hey it's cool, i'm confused too**

F1; 10:30 - 11:45                      General Audience (youth and adults)

A discussion group where children of divorce, adoption, "unconventional" family situations, etc. can bond over experiences and know that they are not alone. This is also open to family members. *Autumn Strachan*

### **There's no manual for this! Figuring It Out Together**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Fourteen year old Hailey shares the good and the bad about her life since transitioning at five years old: school, family, friends and fashion. Her mom Barb talks about what it's like to support Hailey as she grows into a young

woman: watching, learning, laughing and crying. We'll provide an intimate look into what's worked and what hasn't, what it's been like for our family, and how we continue to figure out our next steps. Our family's journey may not be the same as yours, but we can all learn from each other as we build our own instruction manuals! We encourage questions and story sharing. *Barbara Gurr Hailey Nims*

### **Ice, Ice Breakers**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Ice, Ice Breakers will teach basic leadership skills to anyone hoping to lead a group. It will also demonstrate how ice breakers help to develop familiarity with others and bond a group together. Will will be introducing and teaching a variety of fun group icebreakers. Be prepared to participate and have a lot of fun!! *Shannon Andros Nancy Jones Hadley Milano*

### **Creating and Enhancing Safe Spaces in Our Schools and Communities**

F1; 10:30 - 11:45                      General Audience (youth and adults)

All of us deserve to feel safe to be ourselves. When our families, schools, and communities are open and inclusive, there are positive outcomes for everyone. Unfortunately, there are many spaces in which GLBTQ youth and adults do not feel safe. In this workshop we will be reflecting on how safe spaces have been used historically by GLBTQ communities to gain strength, both political and personal. We will be sharing strategies for creating and enhancing safe spaces (physical and otherwise) that are meaningful and supportive for GLBTQ-identified people. *Cara Bergstrom-Lynch*

### **Grayson Riser Transitioning as a Non-Binary Person**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Transition isn't limited to trans women and men; non-binary people may want to bind, pack, tuck, wear breast forms, take hormones, or get surgery- or not! Come discuss the possibilities for nb transition with mods Lee and Devon of the Tumblr blog @transgenderteensurvivalguide. Lee is an 18 year-old genderqueer person who has personal experience with binding, packing, legal name changes, low-dose testosterone gel, and top surgery. Devon is an 18 year-old genderfluid person who has legally changed their name and socially transitioned but chosen not to pursue medical transition. We will go over the basics of transition options, and discuss the hurdles of medical gatekeeping and unaccepting parents. All audiences are welcome. *Lee Devon Shafer*

### **LGBT ASL**

F1; 10:30 - 11:45                      General Audience (youth and adults)

At LGBTASL we will teach participants the basics of American Sign Language (ASL), as well as the signs for a variety of LGBT identities. Join us in bringing the deaf & hearing LGBT community together! *Parker Levensaler Ian Hughes*

### **Misogyny and Me!**

F1; 10:30 - 11:45                      General Audience (youth and adults)

How does sexism impact non-binary people? Isn't sexism just about women and men? What is the role of non-binary people in the feminist movement? Join us to learn the answers to these questions and more. *Steph Pixley Devon Shafer Frank Williams*

### **Wake up! Stand up! Speak up!**

F1; 10:30 - 11:45                      General Audience (youth and adults)

This workshop explores political activism in the LGBT+ community through sharing stories, poems, raps, etc. By attending this workshop you will gain self-awareness, courage, and ideas on how to speak up. Participants will be encouraged to share their own stories of when they realized they needed to speak out against injustice and discrimination. *Beth Serra Alex Wicken Marina Britos-Swain*

### **The 411 on 211 (Youth homelessness & what to do if it happens to you!)**

F1; 10:30 - 11:45                      General Audience (youth and adults)

What do you do when you run away because you don't feel safe at home? What if your parents kick you out for being LGBTQ, or not following their rules? What is couch surfing? Triangle Community Center has answers for you! 40% of homeless youth identify as LGBT – come learn about what to do if you find yourself in a situation where you have no place to go. *Claude Louis*

### **Courageous Conversations in the Current Political Climate**

F1; 10:30 - 11:45                      General Audience (youth and adults)

Participants within this session will participate in a Courageous Conversation that explores the current political climate and the effect it has had on their lives. The goal of this workshop is to provide a safe space where participants will have the ability to examine their personal stories and learn from the experiences of others. *Erika Lynn Dawson Head, M.S. Amy Lynn Taylor*

### **Youth OPEN MIC!**

F2 & F3; 1:15 - 4:00                      General Audience (youth and adults)

Last year's open mic was so well-attended that we are offering it as a DOUBLE session this year! Come share your standup, drag, dance, song, poetry, and more! Some performers will be invited to be part of our closing performance later this afternoon! *Melissa Corder Mirasia Cassese*

### **Families of Trans Youth in Activism and Public Storytelling**

F2; 1:15 - 2:30                              General Audience (youth and adults)

All parents of trans youth advocate for our children. Some advocate privately with the local school or the pediatrician's office, while others advocate on a regional or national stage. Messaging strategies will help if you choose to become more vocal: to take a stand against anti-trans legislative initiatives or tell your story in the media. These strategies will also help protect you and your family from possible pitfalls of speaking out publicly. In this workshop, we will cover different situations such as writing blogs, giving interviews to reporters, lobbying efforts through letters and phone calls, or giving testimony in front of school boards or legislators. We will also discuss how to decide if going public is the right choice for your family, and how to protect yourself and your family from any negative backlash. *DeShanna Neal*

### **Mindfulness of Identity: Finding Strength in Nature**

F2; 1:15 - 2:30                              General Audience (youth and adults)

Are you looking to better connect with your true self? Are you interested in mindfulness as a practice? Do you enjoy being in nature? In this workshop we will be turning inward, drawing on elements from the natural world

to foster mindfulness of our identities. We will use discussion, visual art, and meditation to guide participants in examining thought patterns, and practice using natural elements to encourage a positive self image. Join us for a relaxed exploration of self, community, and the great outdoors. *Danella Demary Alexandra Schouten*

### **Stonewall Speakers: Who We Are**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Participants will learn about the history of Stonewall Speakers, a Connecticut-based speakers' bureau comprised of LGBTI+ activists and their allies. Participants will not only have the opportunity to hear speakers tell their stories, but also have the opportunity to engage in a Q&A session with speakers. *Toni Cartisano*

### **Crash Course on LGBTQ+ History: What Young Activists Should Know**

F2; 1:15 - 2:30                      General Audience (youth and adults)

To shape the future, it is imperative that we reflect on the past. Unfortunately, the stories and history of LGBTQ+ people is seldom taught in classrooms. STARS, Planned Parenthood of Southern New England's peer educators, will share the important events that have shaped the LGBTQ+ community today, plus equip young activists with information on their rights. We hope this workshop can inspire future activists and leaders who want to build a brighter future for LGBTQ+ folks, especially in our current day! CONTENT WARNING: Some of the events covered may involve topics that can be trigger-inducing, so please practice self-care. *Brittany Huffman*

### **Transgender Activist History: From World War II to the Present**

F2; 1:15 - 2:30                      General Audience (youth and adults)

This workshop will discuss transgender activism from World War II until the present. It will cover the history of the movement and notable transgender activists such as Sylvia Rivera, Dallas Denny, Virginia Prince and Christine Jorgensen. In addition, the workshop will look at the Stonewall Uprising from a trans-perspective and will cover legislative victories, defeats, and betrayals, both locally and nationally. *Diana Lombardi*

### **The "Others" of the LGBTQ Community**

F2; 1:15 - 2:30                      General Audience (youth and adults)

This workshop will focus on the stigma and misunderstanding within the LGBTQ community regarding members who may be pansexual, bisexual, asexual, gender nonbinary, gender fluid, etc. This will be an open discussion about this issue and a brainstorming session over how to change these opinions. *Stephanie Miranda Serena Mchugh Lawson Amanda Miller*

### **Looking In Theatre**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Looking In Theatre uses high school aged actors to do short scenes about important social topics, followed by a discussion in which the actors answer questions as their characters. Audience members participate actively. *Jonathan Gillman*

### **Out of the Lab: HIV Research in LGBT Communities**

F2; 1:15 - 2:30                      General Audience (youth and adults)

You may be familiar with the ways research has led to medical breakthroughs in treating and preventing HIV/AIDS, but research is more than scientists developing drugs in a lab. Research is also about people and communities, stigma, discrimination, and resiliency. In this interactive session, affiliates of the Center for Interdisciplinary Research on AIDS (CIRA) at Yale will introduce participants to various types of research and explain their current youth-focused projects. Participants will have the opportunity to share their ideas for future HIV research projects that address areas of importance to them and their communities. *Daniel Davidson Dini Harsono Brian Forsyth*

### **What's a girl to do when she's LGBTQ?**

F2; 1:15 - 2:30                      General Audience (youth and adults)

This workshop will focus on what it means to grow up in the United States while possessing both an LGB identity and a female identity. We will discuss socialization, internalization, media representation, stereotypes, and more! *Steph Pixley Kimoy Lamey*

### **It's a Funny Thing: Humor and Social Change**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Humor has played a greater role in politics and activism over the years. Why is it so effective? What is the best way to utilize it, and who are the best messengers? Whether it's using humor to launch a campaign, to fundraise, or to jazz up media appearances, comedian, activist and Daily Show co-creator Lizz Winstead will talk about her experience using humor to raise awareness and money and why she believes everyone should do the same. Lizz—also the founder and creative director of comedy & reproductive rights nonprofit Lady Parts Justice League—will share her road-tested lessons on using humor and creativity as a fun and effective method for nonprofits to communicate, organize, and activate progressive communities, and she will lead you through a fun brainstorming exercise so you can see what the pitfalls are and which questions need to be asked before attempting to use humor in your activism. *Lizz Winstead Anna Bean*

### **Cross-Living: Out Among the Civilians**

F2; 1:15 - 2:30                      General Audience (youth and adults)

The purpose of this workshop is to teach and encourage male-to-female crossdressers to escape from 'fantasy-land' and experience the real world as females. *Stana Horzepa*

### **Guys, Gals and Flower Crown Pals**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Come on down to flower crown power town! Guys, Gals, and Flower Crown Pals is a workshop where you can create your own flower crown -- with pride flags available for reference. Afterwards, we will have a discussion about the colors we chose and what they mean to us, as well as the meaning pride flags can have and learning about different sexualities/genders. *Ally LaPrad Carson May Jay Rose*

### **Discrimination Self-Care: How, When & If to Respond**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Were you ever in situations that left you feeling icky or unheard? Or wondered if what left you feeling miserable was actually discrimination? This workshop provides tools to identify when discrimination has occurred, along with exploring the different ways someone can respond to it (within themselves and in their community). Recognizing that every person and situation is unique, our discussion presumes that everyone has the right to set their own boundaries in the activist work of discrimination response. Our goal is to offer tools, conversation, and space to help you decide which ways of responding to discrimination will empower you. *Ari Leigh*

### **Werk.....History of the House and Ballroom Community!**

F2; 1:15 - 2:30                      General Audience (youth and adults)

The House and Ballroom community is a sub group of the gay scene where staged competitions occur. Walking Categories such as face and real ness, participants battle for notoriety, cash and a sense of belonging. This workshop will take a look at the House and Ballroom community, exploring its history and deep acceptance of chosen families. We will discuss its origins, some of the pioneers that were instrumental in creating what has become known as the Ballroom Scene and how it has become a social network for change! *Sean Coleman*

### **Ask A Real Live Trans Adult**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Ask a panel of trans and gender non-conforming adults your burning questions. We hope to cover topics ranging from work to religion to relationships to whether humans will travel to Mars in any of our lifetimes! *Keene Morrow*

### **More Than: Crash Course In Intersectionality**

F2; 1:15 - 2:30                      General Audience (youth and adults)

This workshop will inform you about varying parts of identity, some of which we may be aware of, some of which we may not be. Intersectionality refers to different aspects of someone's identity (including, but not limited to: race, gender, sexuality, ethnicity, and socioeconomic status) which overlap to shape who they are as a person. These categories, known as "Identity markers," are used to oppress groups of people, but, as you will see today, can also be empowering! *Ren Amayia Cordova*

### **You Ask, We SPEAK**

F2; 1:15 - 2:30                      General Audience (youth and adults)

Middlesex Community College's student club, Students Promoting Equality, Acceptance, and Knowledge (SPEAK), will host an open forum for a general audience discussion. Student panelists and advisor facilitators will field questions regarding the LGBT+ experience, starting college for the first time, being a non-traditional student, and/or going back to college. *Cody Walston Gilianne Oyola Dr. Frank Stellabotte*

### **Binding 101**

F2; 1:15 - 2:30                      General Audience (youth and adults)

How to bind safely, binding scenarios, where to obtain binders, what to do if you experience a binding related injury. *Kathleen Waggoner Rhiannon Hoffman*

### **Walk & Talk - Gender Clear Voice & Movement**

F2; 1:15 - 2:30                      General Audience (youth and adults)

A participatory workshop guided by a communication specialist and a bi-gendered teen. You will warm up your voice, and body, use your tools to express yourself fully. Understand what gender “expectations may be.” Practice safe ways to shift your voice and your body to accurately express yourself in a gender-consistent, or a more fluid communication style that fits YOU and gets your message HEARD. Explore; voice, body language, gesture, & movement. *Lezli Whitehouse Dontano / Amber*

### **PFLAG Hartford Teens Speak Out**

F2; 1:15 - 2:30                      General Audience (youth and adults)

In this workshop there will be a panel of transgender and non-binary teens speaking about their journey through transition and the challenges that society presents to them. Each teen will give a brief introduction of themselves and their story which will then be followed by a question and answer session with the audience. This is a great opportunity to learn how to be an advocate and ally to the transgender youth of today. *Tracy Martinez*

### **Youth and Gender Media Project, a Film Screening**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Four award winning short films about transgender and gender nonconforming youth, highlighting their lives, their families, and their schools. *Jonathan Skurnik*

### **Feminist Pedagogy in the Classroom**

F3; 2:45 - 4:00                      General Audience (youth and adults)

This workshop will begin by defining what feminist pedagogy is as a practice. Then, we will explore how feminist pedagogy can work in the classroom, alongside discussing the benefits and challenges of taking this approach from both an educator and student perspective. We will cover topics including: physical classroom set-up, how to combat student resistance, and how to re-inspire both students and teachers throughout the learning process. Come prepared to learn about how we can better learn and practice some new skills that can be used inside and outside of the classroom. *Danella Demary*

### **How to Start You Own Community LGBTQ Task Force!**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Learn to develop a community coalition to support LGBTQ young people. Interactive discussion/ brainstorming on how to foster new community programs and safe spaces. Workshop Outline (agenda & time schedule):

1. Introduction to Workshop (5 minutes)
2. Introductions/Icebreaker (10 minutes)
3. Historical information about Waterbury LGBTQ Task Force (Powerpoint Presentation) (10 minutes)
4. Activity/Breakout Groups/Brainstorming (25 minutes)
5. Report out from Breakout Groups (10 minutes)
6. Question/Answer Session (10 minutes)
7. Closing Summary Activity (5 minutes)

*Jill Schoenfuss  
Joel Gonzalez*

### **Telling Our Stories**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Working with student actors from Looking In Theatre, participants will create short scenes about topics of their concern, and then present these to each other. *Jonathan Gillman*

### **QT Pies: Life While Queer & Trans**

F3; 2:45 - 4:00                      General Audience (youth and adults)

In this workshop we will be discussing the meaning of many LGBTQ+ identities, the misconceptions behind certain identities, and the intersectionality between different identities. *Aiden Ciaffaglione*

### **LGBTQ and you! Find out what it means to you!**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Learn the basics of different LGBTQ+ identities and the community. Learn what to do and what not to do; what to say, and what not to say. Super-smart made super-simple; here's where you can feel free to ask anything about everything, getting answers from someone your own age. *Kris Varholak Lexi Busca*

### **POZitively Fighting!**

F3; 2:45 - 4:00                      General Audience (youth and adults)

The fight against HIV/AIDS isn't over, and in larger numbers it is impacting LGBTx individuals of color! Come learn the truth and what you can do to help fight back! *Nelson Rafael Roman*

### **Improv Comedy for Confidence, Community, and Self-Care**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Sea Tea Improv is a Hartford-based comedy troupe that performs all over Connecticut. Improv is an accessible, interactive, and highly collaborative comedic art form. Making up comedy on the spot takes teamwork, flexibility, and a lot of courage. In this combination live comedy show and workshop, you'll learn how improv can help you trust and celebrate your own ideas, create supportive and compassionate communities, and find joy and empowerment in imaginative play. Whether you want to sit back and laugh or get up and take center stage yourself, come learn strategies to help you de-stress, build confidence, and improve relationships. *Brenna Harvey Lacey Byrne Caitlin Reese*

### **Seeing Yourself in Books**

F3; 2:45 - 4:00                      General Audience (youth and adults)

In this interactive discussion/presentation, talk with the author of *Los tres amigos* about how she created came up with the characters for the short novel, but more importantly, why. *Jennifer Degenhardt*

### **Gay Games X - Paris 2018 - 'Inclusion, Participation, and Personal Best'**

F3; 2:45 - 4:00                      General Audience (youth and adults)

What is the largest sporting event you probably have never heard of? Chances are it's the Gay Games, and this August 4-12 the Gay Games will take place in Paris, France, with more than 15,000 expected participants and tens of thousands more as spectators and supporters. Founded in 1982 by former Olympian Dr. Tom Waddell, these games have been held every four years at venues around the world, including Sydney, Australia, and



Amsterdam, Netherlands. With more than 36 sports, 14 cultural events conferences, and a plethora of other activities, GG X promises to be the premier event of 2018, and you're invited to join. That is the beauty of 'Inclusion, Participation, and Personal Best' - there are no qualifying criteria in most activities. Just be there, participate, and revel in the camaraderie of this special week! *Steve Harrington*

### **From Versace to Ford: A History of Queer Fashion**

F3; 2:45 - 4:00                      General Audience (youth and adults)

LGBTQ+ fashion has always come out of the closet and onto the catwalk. Here, we will discover how LGBTQ+ icons and designers have influenced fashion. We will look at everything from "camp" to drag, pre- and post-Stonewall. We will also look into how transgender people have learned to navigate the fashion world to express their individuality while expressing their gender and battling dysphoria. *Emerson Mason Cheney*

### **Tellin' the Whole Story: Queer Black History**

F3; 2:45 - 4:00                      General Audience (youth and adults)

"The Journey Writers" present their tributes to LGBTQ+ figures who have been omitted or only partially included in traditional Black History Month. Audience welcome to bring work for an open mic portion. *Regina Dyton  
Andre Keitt Mel Thomas*

### **Not Just Straight or Gay**

F3; 2:45 - 4:00                      General Audience (youth and adults)

This workshop is intended for anyone who wants to learn more about different sexualities. The common perception/stereotype is that there are two main sexualities: gay and straight. The reality is that there's a much wider spectrum that too few are aware of. We will explore these different sexualities, talk about stereotypes associated with them, and explain the differences and uniqueness of each one. *Nea'Shawn Warren Dante Rivera Aaliyah Shabazz*

### **Remix My Relationship**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Using the words of music to open discussions about our relationships. *Michael Pastore*

### **Communication and Intersectionality: Deafness, ASL, and Being LGBT**

F3; 2:45 - 4:00                      General Audience (youth and adults)

How are Deaf and Queer communities similar and different? How do they intersect? How can we as LGBT people make sure that our spaces are accessible to Deaf people? Come to this workshop to find out, and to learn some American Sign Language words and phrases to be prepared and welcoming next time you meet someone deaf at your local rainbow center. *Lee Prunier Franklin Jones Jr.*

### **#relationshipgoals: Queer Long Distance Relationships**

F3; 2:45 - 4:00                      General Audience (youth and adults)

This workshop seeks to begin a discussion on how queer long distance relationships (LDRs) are different from straight/cisgender LDRs, as well as how they are different from queer relationships that are not long distance. This discussion will include: what is a LDR, what is different in queer LDRs, tips and tricks to having a successful

queer LDR, and how to ensure your queer LDR is healthy. It is encouraged for participants to ask questions, as well as offer insight if comfortable with their own queer LDR experiences. *Hailey B. Greenhalgh*

### **Together, in our own time: when both parent and child transition**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Though transitioning is deeply personal and introspective, it doesn't occur in a vacuum. It is as distinct an experience to transition as it is to be the parent or child of someone who is. My mother, Sibil, and I are fortunate because she began taking estrogen less than two years after I started testosterone. As we transition together, we have a unique opportunity to learn about ourselves, each other, and the differing challenges we face in our family, community, and beyond. Most importantly, even when you are trans, you can still learn something about being an ally. *Nick Greiner Sibil Mae Greiner*

### **De-Stress for Success: Building Resilience through Wellness**

F3; 2:45 - 4:00                      General Audience (youth and adults)

Life is stressful, and many of us experience what is called "minority stress" on top of homework (doing it or grading it!), going to work, and whatever other "regular stress" we have. In this workshop, you will learn about and try several ways to build yourself up so that stress doesn't wear you down and learn how to develop your own personalized wellness plan, as well as how to keep it flexible. *Diane Verrochi*

### **Beyond Binaries: Identity & Sexuality**

F3; 2:45 - 4:00                      General Audience (youth and adults)

How do we assign labels to our complicated and unique experiences of sexuality? In this interactive program we will explore the landscape of sexuality, conduct a thought-provoking anonymous survey of those present, and look together at the data. Where do we fall on various sexuality continua? How do we label? How old were we when we came to our identities and to our sexualities? How asexual/sexual are we? How well do our friends/family members understand our sexuality? This program will expand your perspective and change the way you think about labels. *Robyn Ochs*

### **The Bible: Voice of Hope or Word of Death for Us?**

F3; 2:45 - 4:00                      General Audience (youth and adults)

LGBTQI people are still being wounded by people who want to use biblical texts to shame or diminish. We will look at relevant texts, speak more broadly about biblical themes, and equip participants with skills and attitudes to resist the harm intended by others. *Rev. Alice O'Donovan*

### **Mindfulness Tools for Managing Stress**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

Mindfulness is a simple but powerful tool for awakening the calm place inside you. It can help you handle stressful situations and transform difficult relationships. With mindfulness, you can decrease troublesome thoughts about the past or the future, becoming more present in the "here and now." Mindfulness also fosters the sort of kindness and compassion that can help you become your own best friend, as well as a better friend to others. This workshop will be experiential. We will use drumming, music, yoga, and breath work. Please wear clothing that is comfortable to move in. *Julissa Perez*

### **Autism and the Queer Identity**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

Autism is a disorder that affects millions of people, and autistic people struggle everyday battling the misconceptions and stereotypes associated with Autism. This makes being LGBTQ and Autistic much more difficult. In this workshop we will discuss in depth the lack of representation and stereotyping faced by the autistic community, and how that connects to being both LGBTQ and autistic. *Mitchell McKittrick*

### **Puerto Rico Libre!**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

Come learn about the crisis in Puerto Rico before and afternoon Hurricane Maria, and what you can personally do to help and fight for Puerto Rico. *Nelson Roman*

### **GaySL: A Crash Course in LGBTQ American Sign Language**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

This highly interactive, variable, and hilarious workshop teaches its participants LGBTQ-related American Sign Language signs while fostering a group discussion about Deaf culture, intersectionality, accessibility and more. During the presentation participants will be encouraged to sign along as we learn the signs for GAY, LESBIAN, BISEXUAL, TRANSGENDER, QUEER, GENDER, ALLY, COMING-OUT, PARTNER, BINARY, DRAG KING/QUEEN, IDENTITY, RAINBOW, PRIDE, etc., as well as requested signs. The signs serve as jumping off points for discussion about the intersection of Deafness and Queerness. *Hayden Kristal*

### **Bisexuality 101 & Beyond**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

What does it mean to identify as bi+ (bisexual, pansexual, fluid, etc.)? What are some of the challenges to recognizing and understanding the middle sexualities – an often overlooked segment of the LGBTQ+ community? However you identify, come to this engaging and interactive program if you could use some tools for increasing understanding and challenging ignorance, biphobia and bi erasure. *Robyn Ochs*

### **I Know Who I Am: Preteens/Teens Share Their Stories**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

When it comes to gender, sometimes grownups will say, "They are too young to know who they are!" This panel of transgender and gender creative kids (all of whom came out in elementary school) will challenge that perspective. Join them as they share their unique gender journeys. *Tracey Devlin Armaos*

### **Mostly Straight, Sexually Fluid**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

More youth identify as "mostly straight, sexually fluid" than identify as gay/lesbian/bisexual combined. As many as 20% of young women and 10% of young men say that they are straight with a "little bit" of gayness, reflected in their sexual attractions, fantasies, behavior, and crushes/romances. We will consider several stories of media stars and youth who are mostly straight. This is an opportunity to come together with like-minded youth to explore this new sexual frontier. *Ritch Savin-Williams*

### **Voice & Movement - Gender Clear Communication**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

This workshop includes slides and conversation about clear communication. Understanding what the “expectations may be” can add to your ability to offer consistent expression, that is true to who you are and helps carry the message you want to convey. Vocal differences, body language and communication style are shaped by biology, as well as social training. Come and learn about expressing yourself in a gender-consistent communication style, or a more fluid style. Explore the topics of voice, body language, gesture, & movement.  
*Lezli Whitehouse Lisa Poore'*

### **Whats your aesthetic?**

S1; 10: 30 - 11:45                      General Audience (youth and adults)

We will discuss and evaluate how QPOC are presented in mainstream media today and throughout history. The main topic we are going to discuss is allowing QPOC to be presented as soft in media. Some topics being covered include emotional intelligence in QPOC characters, symbolic annihilation, "ethnic struggle touch", and the "bury your gays" trope in film. We want to address the media we consume and to what extent it truly represents what is going on today. *Andrea Blair Kimoy*

### **Stonewall Speakers: Speakers' Training Session**

S2 & S3; 1:15 - 4:00                      General Audience (youth and adults)

Stonewall Speakers, a Connecticut-based speakers' bureau comprised of LGBTI+ activists and their allies, is always looking for new speakers to tell their personal stories and experiences. All new speakers must complete a New Speaker Training Session, and this workshop will offer that training. *Brian Hentz*

### **Identity and Expression: A Transgender Workshop**

S2: 1:15 - 2:30                              General Audience (youth and adults)

In this workshop, we will be going over ways to express your gender identity and/or alleviate gender dysphoria as safely as possible. This will go over safe binding techniques, as well as an overview and explanation of packers, stand-to-pee devices, and breast forms. We will also be suggesting subtle ways to alleviate gender dysphoria for people who are not currently (or entirely) “out” as transgender. Towards the end, we will be opening the floor to participants and ask them if they have any tips, tricks, or suggestions, for their peers about expressing their identities safely. *C. Josh Carbajal Gab Brassell Sophia Weber*

### **Wow! You're Queer and/or Trans AND a Person of Color?!: A Conversation**

S2: 1:15 - 2:30                              General Audience (youth and adults)

Let's talk about our lived experiences at the Intersections of race, gender, sexuality and whatever other identities we bring into the room. Being a queer or/and trans person of color can be a struggle, let's support each other, vent, laugh, yell, heal and most importantly be whole and present together. This space is only for people of color who identify as transgender, lesbian, gay, bisexual, queer, intersex or/and asexual. Please respect the boundaries of the space. *Dominique Courts*

### **Exploring Polyamory with Real Live Polyamorous Adults(tm)**

S2; 1:15 - 2:30                      General Audience (youth and adults)

Have you ever wondered what would happen if the hapless individuals in Hollywood's infamous 'love triangles' were to have an honest and respectful conversation? Curious about what polyamory actually involves? Exploring Polyamory with Real Live Polyamorous Adults (tm) opens a conversation about ethical non-monogamy by focusing on the skills needed to nurture healthy relationships of all types. From friends and family to lovers and flings, we'll be trading tools to identify the relationships we want, how to set (and respect) boundaries, along with ways to communicate with our partner(s) and ourselves. *Ari Leigh Brian Hanechak Kate Fractal*

### **Disability & Sexuality: Sexual Pleasure Isn't Only For Able Bodied People!**

S2; 1:15 - 2:30                      General Audience (youth and adults)

According to the World Health Organization: "Sexuality is an integral part of the personality of everyone: man, woman, and child; it is a basic need and aspect of being human that cannot be separated from other aspects of life." Sexuality is a vital aspect of LGBT and disabled people's lives. Through interactive discussion, this workshop will explore some of the myths about disability and sex for LGBT people and their allies. Discussion will center on open ended questions such as: What are disabled people's concerns about sex and sexuality? How do i talk to my partner about sexuality if I'm disabled? Discussion will include how ableism prevents us from seeing disabled people as sexual beings and prevents disabled people from seeing themselves as sexually desirable. *Rev. Moonhawk River Stone, M.S., LMHC*

### **Telling impactful stories**

S3; 2:45 - 4:00                      General Audience (youth and adults)

Ever wonder how to land your potentially viral essay on the internet? Want to turn your illustrious fanfiction career into writing using your name? Trying to reach an audience beyond your tumblr blog? Want to be a writer, but never told anyone? This workshop is for you! Join Join espnW writer Katie Barnes for a fun workshop to hone your storytelling skills and learn how to navigate the writing scene. *Katie Barnes*

### **Gay Games X - Paris 2018 - 'Inclusion, Participation, and Personal Best'**

S3; 2:45 - 4:00                      General Audience (youth and adults)

What is the largest sporting event you probably have never heard of? Chances are it's the Gay Games, and this August 4-12 the Gay Games will take place in Paris, France, with more than 15,000 expected participants and tens of thousands more as spectators and supporters. Founded in 1982 by former Olympian Dr. Tom Waddell, these games have been held every four years at venues around the world, including Sydney, Australia, and Amsterdam, Netherlands. With more than 36 sports, 14 cultural events conferences, and a plethora of other activities, GG X promises to be the premier event of 2018, and you're invited to join. That is the beauty of 'Inclusion, Participation, and Personal Best' - there are no qualifying criteria in most activities. Just be there, participate, and revel in the camaraderie of this special week! *Steve Harrington*

### **The Spectrum of Relationship Orientation**

S3; 2:45 - 4:00                      General Audience (youth and adults)

How do you define love? What exists beyond monogamy? Relationship orientation is the concept that the ways we build our relationships exist on a spectrum, including monogamy, non- monogamy, polyamory and many

more. Come learn, discuss, and explore the many ways we can understand love and build our relationships, going beyond monogamy to examine the many ways to love and to be. *Nichol McCarter*

### **How to Take Care of Each Other: Community Care in Times of Crisis**

S3; 2:45 - 4:00                      General Audience (youth and adults)

This workshop acknowledges that mainstream rhetoric around self-care is often ableist and alienating for marginalized folks (such as LGBTQI, disabled, and immigrant communities, who often don't have money for or access to the kinds of things self-care listicles usually suggest). It also recognizes the political need for marginalized folks to build support networks within our own communities, as the State (police, health care systems, immigration, schools, welfare systems, etc) has never genuinely cared for or protected us and cannot be relied on. The workshop is based on this article I wrote for Autostraddle ([goo.gl/qRsmi5](http://goo.gl/qRsmi5)) and seeks to provide practical tools and strategies for building interpersonal communities of care. *Abeni Jones*

### **Empathy & Listening**

S3; 2:45 - 4:00                      General Audience (youth and adults)

In our daily lives, we are constantly distracted by everything around us and it impacts our relationships. In this workshop, you will learn how to further develop close bonds with friends, loved ones, and strangers by developing empathy through listening. *Sachi Patel*

### **QTPOC Collective Healing Space: A Rap Session – Youth Only**

S3; 2:45 - 4:00                      General Audience (youth and adults)

Let's explore what being a QTPOC (Queer and/or Trans Person of Color) means to you. How does this impact you in various areas of your life like family (Oh geeze), friends, school and other places? Let's take some time to pause, reflect and get down to the nitty-gritty of being QTPOC! Oh and there will be various self-care activities available as we talk, such as play-doh, coloring pages, music (we'll make a quick playlist) and breathing exercises in this space. This space is only for people of color who identify as transgender, lesbian, gay, bisexual, queer, intersex or/and asexual. Please respect the boundaries of the space. *Dominique Courts*

### **Gender Consent: Negotiating Gender Play with Romantic/Sexual Partners**

S3; 2:45 - 4:00                      General Audience (youth and adults)

Non-binary genders and sexualities offer unique opportunities. Simultaneously, negotiating gender roles outside a cultural framework can be terrifying. If you've ever wondered if gender play has a space in your relationship, then this workshop is for you. We'll begin with a quick breakdown of gender complexities before digging into the how and why people may wish to play (or not play) with gender within their relationships. This workshop will explore how and when we share information about our bodies, build an expansive vocabulary to talk about our parts, and emphasize ways of obtaining active, enthusiastic, consent for all activities. *Ari Leigh*