



MOP 27 Parent and Professionals Institute Workshops

Draft Updated 09/18/2019

Advocacy 101: Change through Storytelling

This workshop is designed to prepare participants to move policy forward, connect with elected officials, and help empower others to become advocates. We'll focus on how to use our personal stories to influence decision-makers, and practice turning the resources we have into the power to make the changes we want. Participants will leave with a learning guide to help remind them of the skills they learn in the workshop.

Jessica Parral (she/her)
Los Angeles LGBT Center, Policy & Community Building Dept.

Affirming Conversations: A Practical Guide to Communicating with Your LGBTQ+ Teen

Talking to any teen can be difficult; learning how to communicate with your LGBTQ+ teen and understanding their world presents an entirely new set of challenges. In this highly interactive workshop, we'll explore how the influences of a hetero-centric communication style can affect your conversations with your teen, learn tools to bridge the gap, and build awareness of the unique needs of your LGBTQ+ teen.

John Sovec, MA, LMFT (he/him)
John Sovec Therapy/Coaching/Counseling

Asexuality 101 for Parents and Professionals

This presentation will provide an in-depth introduction to asexuality and aromanticism, and will cover common issues that the asexual community faces, including: misconceptions/stigma, coming out, difficult treatment from healthcare professionals and more. We will offer terminology, technical assistance, and suggestions for fostering a safe space for asexual youth.

Izzy Lee (she/her)

Ask Me Anything: Queer and Trans Office Hours

Have you ever wanted to ask questions in a safe space to someone who's lived the queer, trans, non-binary, racial minority, immigrant, entrepreneurship experience? This is your chance to ask any questions that you might want to know to help you be a better ally or parent to LGBTQ+ youth.

NiK Kacy (they/them/their)

Equality Fashion Week and NiK Kacy Footware

Away from the Why and Towards the How: Providing Best Practice Affirming Interventions for Gender Non-Conforming Youth with Autism Spectrum Disorder, ADHD, & Other Social and Learning Differences

Studies have shown that youth with Autism Spectrum Disorder are 4 to 8 times more likely to identify as transgender or experience gender dysphoria than the general population. There is currently no well-researched understanding of this relationship, though neuro-biological theories and theories based upon common characteristics of those with ASD and ADHD have been described. This presentation will showcase the importance of moving away from the “Why” and toward the “How” by presenting how to provide best practice affirming interventions for LGBTQ+ youth and young adults who are not only experiencing gender variance but are also diagnosed with Autism, ADHD, and other social and learning differences.

Jason Bolton, Psy.D. (he/him/his) and Bryan Scheihing, LMFT (he/him/his)

The Help Group

Beyond Safe Spaces: Building Support for Families and Caregivers of LGBTQI2-S Youth

The biggest barrier LGBTQI2-S youth face is the impact of rejection by family and caregivers. LGBTQI2-S youth are especially vulnerable due to their age and often rely on the adults in their life; however, if youth are living in unsafe environments, they risk having to remain in the closet or be pushed out of their homes. Health disparities that arise from these situations include higher rates of depression, homelessness, substance abuse, suicide attempts, and susceptibility to HIV/STIs. This workshop will focus on helping families and caregivers learn how to support their youth who are in the process of coming out and/or have identified as LGBTQI2-S.

Gustavo Velez (he/him/his) and Kathryn Aguenza (she/her/hers)

The Wall Las Memorias Project

Beyond "Trans": Hear the Voices of Trans Youth

This session will provide an opportunity to understand the journeys, challenges, and victories that transgender and gender nonconforming youth and young adults experience. A panel of youth along the gender spectrum will share stories, experiences, and answer your questions!

Al Johnson (they/them)

TransFamily Support Services

Bi and Beyond: Understanding the Bisexual, Pansexual, and Fluid Community

This workshop will give a brief overview of non-monosexual identities under the Bi+ umbrella as well as provide data on Bi+ wellness and Bi+-phobia. We will discuss ways to combat stereotypes and how to be more affirming to the Bi+ community in order to be a better family member, friend, service provider, and ally.

Sara Stanizai, LMFT (she/her), Lauren Sleator (she/her), and Justin Hanenberg (he/him)
Los Angeles Bisexual Task Force

Body and Mind: Providing Gender Affirming Health & Mental Health Care – Perspectives from a Doctor and Therapist

When it comes to health and wellbeing, the trans community faces greater health and mental disparities than their LGBQIA+ counterparts. This workshop will help examine what is needed to create a foundation for improving the physical and mental health of trans folks. From health disparities, to identity processes, gender affirmation and the steps in between, this space will explore what trans-competent mental and physical health care can look like.

Dr. Tracey Samko (she/her) and Robin Sax, JD and MSW (she/her)
LAC USC HUB – Violence Intervention Program: Alexis Project

Camino Hacia la Aceptación y Celebración de Nuestras/os/xs Familiares LGBTQ

Ven a participar con padres y madres de hijas/os/xs LGBTQ. Compartiremos nuestras inquietudes, preguntas e historias. Exploraremos juntas/os/xs el camino hacia el orgullo y la celebración de nuestras/os/xs hijos/as/xs y familiares LGBTQ+. Conoceremos nuevas formas para demostrar a nuestras/os/xs hijxs que estamos orgullosas/xs de ellas/os/xs y hacer de su hogar un espacio seguro para ellas/os/xs donde pueden prosperar.

Mónica Rodas (ella/she/her) and Laurin Mayeno (she/her/hers/ella)
Somos Familia

Clap Back: Shutting Down Religious Hatred

For many people in the LGBTQ+ community, religious hatred is one of the first places we encounter resistance to our queer selves. Out-gay Lutheran Pastor Caleb Crainer will explore the scriptures often used against LGBTQ+ people and explain instead, how scripture can help build us up. This workshop will offer and explore strategies on how to react when faced with hateful commentary.

Rev. Caleb Crainer (he/him/his)
St. Andrew's Lutheran Church

Developing Critically Engaged Student Leaders

In this workshop, we will provide tools and skills to help advisors sustain their school's GSA and teach students how to become leaders who are critically engaged in the LGBTQ+ community. We will also cover how advisors can overcome challenges with their club and make it more self-sustaining.

Lalo Moreno (they/them/theirs) & Tasha Colin (they/them or she/her)
Expanding Identities Development

El Canto del Colibrí: Hombres Latinos que Aman a sus Hijxs LBGTQ

The Song of the Hummingbird: Latino Men Who Love their LBGTQ Children

El Canto del Colibrí es un documental tan íntimo y profundamente humano, donde padres Latinx inmigrantes en los Estados Unidos, nos cuentan el proceso de salir del closet de sus hijos/as/xs y el impacto que este evento, tuvo en sus vidas. Ven a ver el video y participar en un diálogo sobre las experiencias crecimiento y las dificultades de las familias con hijxs LBGTQ y como apoyarles.

El Canto del Colibrí – is such an intimate and deeply human documentary, where immigrant Latinx parents in the United States tell us about the process of their children coming out and the impact that this event had on their lives. Come watch the video and participate in a dialogue about the growth experiences and difficulties of families with LBGTQ children and how to support them. The film and conversation are in Spanish, with English subtitles.

Mónica Rodas (ella)
Somos Familia

Embracing Our Scars: Self-Harm 101

Self-harm is a topic not discussed enough, especially with growing concerns for the safety of LGBTQ+ youth. As professionals, it is important to know and understand the types of self-harm, average age range when it happens, risk factors, and common causes of self-harm, all which will be covered in this workshop. It is also important to support protective factors for LGBTQ+ youth by helping to replace self-harming behaviors with positive behaviors/coping strategies. This workshop will be interactive, with multiple short activities and will also entail an informative presentation to educate professionals on the basics of self-harm.

Bree Van Dyke, ACSW (she/her/hers)
The Village Family Services

Faith, Spirituality & Our Community

This session will provide the audience with an understanding of the complexities of faith and spirituality in the LGBTQAI2-S community. This panel will include LGBTQI2-S folks who observe or engage in different faith traditions, spiritual practices, and healing. We will also provide recommendations for dealing with mental health needs through spirituality and discuss the negative impact that faith and spirituality has had on the community as well.

Richard Zaldivar, The Wall Las Memorias Project (he/him/his)

Joselito Laudencia, Abundant Good Coaching & Training (he/him/his)

Rev Tom Carey, Church of Epiphany (he/him/his)

Familias LGBTQ+: Discussion Group for Parents, Friends and Families of LGBTQ+ Latinx Youth

In this session, Latinx parents, friends, and families will be invited to share their stories of coming out to support their LGBTQ+ youth in a welcoming safe space guided by a parent facilitator. No matter where your family is on their journey, you can learn from someone else's story while helping others to learn from your experiences. Telling our stories also prepares us to speak with relatives, friends and even colleagues at work. Participants will leave feeling supported, connected and prepared to be strong advocates for our children.

Gizella Czene (she/her/hers)

PFLAG Los Angeles Board Member

Fat and Happy: Empowering Youth of Any Size

We want the people we love to be healthy, happy, and loved, but too often well-meaning parents and advocates create an environment that is actually hostile to good body image and at odds with sexual and emotional empowerment. This workshop is a guided conversation about the issues involved in parenting and/or supporting a young LGBTQ+ person who's dealing with dating, body image, and/or sexuality. In a safe and conversational environment, we'll take on issues of sexual identity, self-esteem, body image, objectification, and explore new possibilities for love and relationships. The workshop is designed to help participants have effective conversations with young people and set them up for success and happiness in life - no matter what their size.

Dan Oliverio (he/him)

Author & Public Speaker

Forcing Gender: A Roundtable Discussion on Gender Fluidity

This session will feature a moderated discussion between a trans masculine, non-binary individual, a lesbian-identified individual, a parent-identified individual, and the audience. We'll explore topics centered on the themes of gender fluidity, the history of forcing gender binaries, and what individuals can do today to break that cycle.

NiK Kacy (they/them/their)

Amy Palmer (she/her)

Debin Smith (they/them/their)

Dylan Flores (he/him/his)

Jazzmun (gender fierce!)

Vonyse Reeder (she/her)

GSAs: Best Practices

This workshop will consist of a question and answer session with a panel of local, successful GSA Advisors. The panel will answer your questions about how to start, run, and maintain a successful GSA/LGBTQ+ student club over many years, focusing on practical responses to problems that advisors face.

Douglas Pollock (he/him/his/himself)

Lewis Chappellear, Monroe High School (he/him/his)

Nicole Mohr, Vaughn Next Century Learning Center (she/her/hers)

Cynthia Ramirez, STEM Academy of Hollywood (she/her/hers)

Vern Reinhart, Romero-Cruz Academy K-8 (she/her/hers)

Harnessing the Power of Neuroscience to Enhance Allyship as Parents and Professionals

What is the most important skill that a parent or professional can have to support those who we care about? During this interactive workshop, Dr. Mansfield and Dr. Martinez answer this question and teach you how to harness the latest advances in neuroscience to help you reach your maximum potential as an effective youth ally!

Dr. Megan Mansfield (she/her)

Dr. Kate Truitt & Associates

Highly Sensitive & Queer: Taking Better Care of Highly Sensitive LGBTQ Youth

Highly Sensitive Persons (HSPs) make up 20% of the population. They are easily over-aroused, deeply empathic, and profoundly affected by troubled childhoods. This workshop explores what it means to be highly sensitive and LGBTQ+ in today's world. Parents and professionals will learn to identify HSP LGBTQ+ youth and provide them with better support and care.

Brian Torres, M.A., AMFT (he/him, they/them)

Narrative Counseling Center

Housing is a Basic Human Right: Host Homes as a Creative Answer to Youth Homelessness

The National Network of Runaway and Youth Services estimates that between 20-40% of homeless youth are LGBTQ+. By pairing transition-aged youth (18-24) with community members who have underutilized spaces in their homes, youth not only obtain access to short-term shelter but are also able to build meaningful connections to caring adults in their community. Providing short-term host homes are a cost effective and successful model for preventing youth homelessness in a wide range of cases. By opening doors for young people our community has the opportunity to take care of one another. This workshop will explore The Host Homes Program, as an innovative, grassroots approach to addressing our community's homelessness crisis.

Angela Pacheco (she/her/hers)
Los Angeles LGBT Center, Host Homes Program

How to Support Local High School GSA Clubs

This workshop will present detailed plans for supporting local school GSA clubs and helping them to plan and conduct activities together. The cooperation and communication among GSA officers will be the focus. The information is based on experiences gained through experience coordinating Marmonte GSA (an 8-club coalition) since 2010.

Douglas Pollock (he, him, his, himself)
Marmonte GSA, Coalition of 8 GSA Clubs

Immigration Basics and Know Your Rights

Regardless of your immigration status, you have rights! Join us as we empower participants with knowledge to protect themselves, a family member, or a friend against unlawful actions by authorities. Learn how the Los Angeles LGBT Center provides representation and support for people fighting for their immigration cases before the Immigration Court and during a variety of different steps during immigration cases.

Tess Feldman (she/her/hers/ella)
Los Angeles LGBT Center, Staff Attorney & Immigration Law Project Manager

Inclusive Curricula for Safer Schools: Implementing California's Inclusive Curricula Laws and Protecting LGBTQ+ Youth

California has a number of inclusive laws on the books, including CHYA and the FAIR Education Act. What does it take to put these acts into action? This workshop is intended for adults interested in ensuring students receive inclusive and comprehensive sex education and inclusive history/social science instruction pursuant to California law. We'll also talk about response strategies when schools are not fulfilling these requirements or are encountering significant backlash against LGBTQ students as a result of implementation. Participants will be

able to share success stories and challenges from their local communities, as well as access ACLU advocacy resources and know your rights materials.

Ariana Rodriguez (she/her)
ACLU of Southern California

Invisible Men: Uplifting the Narratives of Trans Men and Transmasculine People of Color

This workshop is designed to explore transmasculine visibility and examine how transmasculine individuals are seen or not seen in their communities and by the world at large. Transmasc folks lack resources such as emotional, medical, and mental health support due to their lack of visibility. This workshop will explore what we as parents, caregivers, and professional supports can do to create spaces where transmasculine youth can discuss issues, needs, and ideas.

Luckie Alexander (he/him)
Invisible Men

Let's Talk HIV Prevention and Sexually Transmitted Infections

This session will aim to “de-myth” HIV and STIs and explore strategies to keep young folx safe and educated about their health. We’ll discuss transmission, exposure strategies, stigma and treatment options. We’ll define and discuss pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). Overall, this session will prepare individuals on how to approach pediatricians, mental health professionals, and other clinicians regarding the well-being of their LGBTQI and nonbinary young family members and community.

Kerin “KB” Berger, MHS, PA-C (she/her/hers)
Queer MEDucation

LGBTQ+ Me and You: Space for LGBTQ+ Professionals Supporting LGBTQ+ Youth

LGBTQ+ professionals face unique challenges and triumphs when serving youth in systems of care. Supporting LGBTQ+ youth as providers first and members of the community second can be a sometimes lonely balancing act as the weight of representation and advocacy can loom large. This workshop will provide a space where LGBTQ+ professionals can come together to discuss challenges, share insights, support one another, and collectively cultivate strategies to continue the essential work of supporting youth in systems of care.

Ash Nichols (they/them/theirs)
Los Angeles LGBT Center, Cultural Arts Dept.

LGBTQ+ Cultural Competency: Supporting and Understanding LGBTQ+ Youth

This workshop will review the basics of LGBTQ+ cultural competency, including the stages of coming out and how to recognize and overcome internalized homophobia and transphobia. We'll familiarize ourselves with the concept of LGBTQ+ identities existing on spectrums, and explore the idea that coming out is not a discrete and linear revelation but rather a daily and lifelong process. This workshop will provide participants with practical resources to support LGBTQ+ youth in a variety of ways, including mental health resources, legal services, and even scholarships to support academic achievement.

Dr. Has Arakelyan (she/her/hers)
Los Angeles Valley College

Living with One Foot in The Closet: The Coming Out Process

In this interactive workshop, we will provide an in-depth look into the life of LGBTQ+ individuals through self-disclosure and an experiential activity to understand coming out to family and friends. We will explore mental health impacts on youth coming-out and their families, and provide resources and strategies to create a safe place for individuals to be their authentic selves.

Robert Aerts, LMFT (he/him)
Desert Mountain Children's Center

Multicultural Storytelling for Healing, Resistance, & Resilience

In this workshop, led by the mixed-race mother of a queer, gender non-conforming son, participants will join in a process of story sharing. We will explore how our stories can help us remove stigma, heal from difficult experiences, and move towards celebrating our families and feeling proud of our loved ones.

Laurin Mayeno (she/her/hers/ella)
Mayeno Consulting

Opportunities and Obstacles: The Impact of Technology for LGBTQ+ Young People

The internet has been a blessing and a curse for LGBTQ+ young people. They have found courage, community, and people that love them unconditionally when the world around them may say different, especially those in rural communities. However, all the benefits the internet has to offer these young people, there is a dark side. The internet has caused disruption of self-image, vulnerability to bullying, and new avenues to encourage things like sexual violence and substance misuse. This workshop will look at the pros and cons for LGBTQ+ young people on the internet, address ways to establish connection offline, and recommend healthy online behaviors for the LGBTQ+ community.

Beck Gee-Cohen (he/him)
Visions Adolescent Treatment Center

OUT for Safe Schools®: How to Be An Ally to LGBTQ+ Youth In K-8th Grade

Are you an elementary or middle school teacher looking to expand your LGBTQ+ knowledge? Did you ever ponder your impact as a role model on young LGBTQ+ students and children of LGBTQ+ parents? Have you noticed how cis and heteronormativity in children's literature causes confusion and bias against young LGBTQ+ people? In this workshop, we will explore best practices that you can start using TOMORROW to honor the diverse identities of all the people in your classroom and community.

Valentina D'Alessandro (she/her/hers)
Los Angeles LGBT Center, OUT for Safe Schools® Program

Parenting the Trans Teen: After Coming Out

So, what's next? After your youth has come out, how can you continue to support them? Parenting any teen can be challenging, and the addition of the transgender experience can be overwhelming for parents. This workshop will offer parents insight into the experiences of transgender/gender non-conforming teens and provide a variety of tools to guide youth into adulthood. We will be working to understand the unique needs of each youth, finding common ground between youth & parents/caregivers, and exploring communication skills to best convey our message as parents and caregivers of love and hope for their future.

Kathie Moehlig (she/her)
TransFamily Support Services

Parents and Caregivers Discussion Group: Raising LGBTQ+ Youth

Parenting, caregiving and supporting young people who have more expansive understandings sexual orientation, gender identity and gender expression than we grew up with can present unique challenges. It's important to find spaces to ask questions, process reactions and reflect on the experience of raising LGBTQ+ youth. Join us in a discussion-based space to share experiences and meet other adults who are caring for LGBTQ+ young people in their lives.

Sudi "Rick" Karatas, Rainbow Relatives (he/him/his)
Karen O'Dougherty, Body Basics and Beyond (she/her/hers)
Addie Villalobos, The Village Family Services (she/her/hers)

Parents in Transition, Too

When your child comes out as transgender or non-binary, it can lead to a flood of emotions that may be painful to experience and confusing to confront. This workshop is an opportunity for parents to explore, understand, and learn how to make peace with the difficult emotions they experience as they traverse the uncharted emotional territory of their own transition from parenting the child they expected to parent, to parenting the child who exists before them.

Linda K. Reeves, LMFT (she/her/hers)
Prism Institute/Beach Cities LGBT Therapy

Practicing Purposeful Allyship through Motivational Interviewing

This collaborative session engages participants to learn more about social justice as it relates to allyship when working with LGBTQ+ students. The session will explore the counseling framework of motivational interviewing as a resilience tool to assist LGBTQ+ students during times of change or hardship. With activities that will promote reflective listening, participants will have the opportunity to understand and implement motivational interviewing as a practice that decentralizes power dynamics and establishes equity.

Kevin Franco (he//they) and Cynthia Cortez (she/her/hers)
Collective Action

Queer Church: Creating Queer-Centric Sacred Spaces

This workshop will explore a brief history of the relationship between the Western institutional Christian church and the LGBTQ+ community, through the lens of creating more queer-focused faith spaces. Drew Stever, a transgender, queer ELCA Lutheran candidate for ordination, will share his process of creating "Queer Church" and move into brainstorming ideas of how others can create their own Queer Church. All are welcome.

Drew Stever (they/he)
Luther Seminary

Sound Bath Meditation

In today's busy world, it's incredibly difficult to find time for mindfulness and meditation. And for most people, it's can be a challenge to even know HOW to start! In this workshop, we'll use crystal sound bowls, gongs, and other instruments that help us get into the state of meditation that has powerful benefits on our minds and bodies. We'll also learn easy and quick breathing techniques you can share. We'll laugh, get to know each other and end with a restorative sound bath.

Shanila Sattar (she/her)
AlwaysPlay

Spiritual Trauma and Mental Health Among LGBTQ+ Youth

This workshop explores two emerging concepts in psychology--spiritual abuse and spiritual trauma, examining common anti-LGBTQ theological messages and their mental health effects on LGBTQ people. Special attention will be paid to how these damaging messages relate to systemic harm including bullying, homelessness, and substance abuse. Attendees will learn about research related to the effects (negative and positive) of religious and spiritual experiences on LGBTQ youth's health, explore the clinical and logistical resources available to assist clients and their families, collaborate on a case study, and leave with resources for further exploration.

Kelsey Pacha (he/him/his)
Kelsey Pacha Consulting

Stuck in the Middle? Faith, Family, and Your LGBTQ+ Child

When your child comes out, you may be pulled in different directions. Can you support your child? What does this mean for your faith? Can you protect your child from harmful religious voices while encouraging their spiritual journey? What about your Catholic grandmother or your Evangelical sister? The panelists in this session have all encountered religious crossroads and have found creative ways through. They will share these experiences and create a brave space for you to share your journey.

Mariette Sawchuk (she/her/hers)
PFLAG Los Angeles

The Constellation of You: A New Model for Understanding Gender and Sexuality

In the spring of 2019, the Pride Center Educators at San Diego State University developed a new guide for understanding gender and sexuality after finding that current models did not accurately represent their identities. From their efforts a new model emerged that offers a comprehensive constellation that centers queer, trans, and nonbinary experiences. In this interactive workshop, participants will be guided through an introspective experience of understanding gender and sexuality in an open and educational environment.

Anne Guanciale (she/her, they/them), Lauren Gideon (they/them) & Wesley Palau (they/them)
San Diego State University

The State of LGBTQ+: Where are We Now and Where are We Going?

This workshop will provide a summary of the current state of LGBTQ+ laws, legislative actions, and rollbacks in California. Using case studies of challenges LGBTQ+ individuals face as they move beyond the educational environment, we'll examine potential gaps in LGBTQ+ inclusion. Attendees will learn about resources available to them and will be invited to look forward to identify future generational needs.

Bill Sive (he/him/his)
PFLAG Long Beach

Theater of the Oppressed: Rehearsal for the (R)Evolution

Using Theatre of the Oppressed techniques, this interactive workshop will help parents navigate through the sometimes challenging conversations and concepts that come with the territory of supporting a youth who is coming out.

Cynthia Ruffin (she/her)
COLORS LGBTQ Youth Counseling

They're Here and They're Queer! Teaching LGBTQ+ Specific Sex Ed

Want to learn how to be more inclusive in your professional interactions with LGBTQ+ youth? Come find out what it means to deliver LGBTQ+ specific sex education that meets the real needs of youth. We will address current research, lessons learned, and provide you with tools to take back to your communities.

Laura Gardiner (she/her/hers) and Kayla Potts (she/her/hers)
Planned Parenthood of the Great Northwest and the Hawaiian Islands

Tightrope v. Eggshells: Navigating Faith and LGBTQ+ Allyship

The interfaith community in Los Angeles is on the progressive edge of many issues, but many leaders still walk a tightrope regarding gender and sexual identity, and support. A moderated panel of interfaith leaders will have candid conversation about LGBTQ allyship, the ways that working on other social justice issues can open the door for people's faith-rooted beliefs on LGBTQ+ issues to evolve, and how to work well together despite differences.

Dr. Lo Sprague, PhD
President, The Guibord Center – Religious Inside Out

TRANScending Medical Myths: An Interactive Workshop by Healthcare Professionals for Parents and Professionals Caring for Transgender and Gender-Expansive Youth

This workshop aims to engage parents and professionals in a rich discussion about common medical and mental health-related concerns that come up regarding the care of transgender and gender-expansive children and youth. We hope the session will allow attendees to feel more informed about gender-affirming care and more knowledgeable about the resources available for ongoing support. Note: This workshop will be video recorded.

Nupur Agrawal, MD, MPH (she/her/hers). Amy Weimer, MD and Jessica Bernacki, PhD
University of California, Los Angeles (UCLA) Gender Health Program

TRANScending Patriarchy in Today's World

In today's world, where there is so much emphasis on diversity and inclusion, the patriarchal mindset still lingers in the core of every organization and community around the world. Though individuals who identify as transgender or gender non-conforming have always existed since the dawn of human civilization, they have been misunderstood, alienated, mocked and ridiculed even today. In our era, we have enough knowledge, science, and intelligence to transcend beyond patriarchal leadership, and pave the way for a younger generation to move towards an equitable world.

Celia Sandhya Daniels (she/her)

International Ambassador for Sahodari Foundation, India and Indivisible: Conejo LGBTQ+ Lead

Trauma-Informed Care for Trans & Non-Binary Communities

This workshop delves into the principles, assumptions, and reasons for a trauma-informed care approach when serving or working with the LGBTQ+ community. Trauma-Informed Care shifts the question from "What's wrong with you?" to "What happened to you?" allowing us to be more open-minded, compassionate, patient, and understanding of how people show up in our spaces. This workshop is essential for organizations, schools, and businesses seeking terminology, tools, and techniques to support, empower, and retain transgender and non-binary clients, customers, patients, students, and employees.

Addison Rose Vincent (they/them/theirs)

Breaking The Binary LLC

Want to Connect w/ LGBTQ+ Youth? Try Youtube.

Of U.S. Internet users ages 10 to 17, 91% use YouTube. It's a great place for makeup and video game tips, but it's also a great place to connect LGBTQ+ youth to a larger community. The It Gets Better Project helps build that bridge. Come to our session, and walk away with new skills and ideas for how you can use YouTube to support LGBTQ+ youth.

Justin Tindall (they/them and he/him)

It Gets Better Project

What You Don't Know About Your Child's Identity

This workshop offers an opportunity for family members to gain a deeper understanding of their LGBTQ+ child's inner world by invoking research that shows the benefits of replacing confusion and rejection with compassion and affirmation for youth. By examining the unique challenges of growing up LGBTQ+, participants will be invited to recognize the critical nature of their role in the life of their youth and will emerge feeling empowered and equipped with strategies to better support their child.

Linda K. Reeves, LMFT (she/her/hers)
Prism Insitute/Beach Cities LGBT Therapy

Working with LGBTQIA+ Survivors of Sexual Assault and Domestic Violence

This workshop will shed light on the prevalence of intimate partner violence, dating violence, and sexual assault in the LGBTQIA+ community. We will also highlight the elements of domestic and sexual abuse that are unique in the community, and explore strategies to mitigate and prevent those harms for youth. In addition, we will examine barriers to accessing services and the gaps in services the community needs.

Lunx Girgado (they/them/theirs)
Strength United