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**Wednesday Registration: 8:00 – 9:00 AM (Jorgensen)**

**Opening Session: 9:00 – 10: AM (Jorgensen) Lots of surprises in store!**

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**Wednesday Closing Session: 3:45 – 4:30 (Jorgensen)**

**Drag show! Youth town hall featuring Jade Estaban Estrada**

## Workshop Session 1: 10:30 – 11:30 AM

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**Audience:** Middle School

**Workshop Time:** F1

### True Colors Adventure Lab

True Colors Adventure Lab is an energetic, creativity-driven workshop designed to help middle school students explore identity, expression, and allyship in a fun, welcoming environment. Rooted in SOGIE (Sexual Orientation, Gender Identity, and Gender Expression) principles and inspired by the True Colors framework, this session invites students to celebrate what makes them unique while learning how to support others in doing the same. The workshop blends movement, art, storytelling, and teamwork to keep students engaged from start to finish. Instead of lectures, we use interactive visuals and examples that connect to our world. True Colors Adventure Lab is joyful and inclusive. It empowers young people to understand themselves, appreciate differences, and practice empathy, all while having a genuinely great time.

**Presenter(s):** Charisma Farrington

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**Audience:** Middle School

**Workshop Time:** F1

### Middle School Meet Up

Come meet students from other schools, make new friends, play some games, and learn about what the rest of the day will be like.

**Presenter(s):** TBD

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**Audience:** Middle School

**Workshop Time:** F1

### Out Loud: A Queer-Affirming Voice Masterclass

OUT LOUD is a queer-affirming voice masterclass hosted by Rebecca Degnan of Prism Counseling & Miss Constitution State 2026, Christa Steiner. Selected participants will receive individualized coaching on musical theatre repertoire, focusing on vocal technique, storytelling, and authentic expression in a supportive, inclusive space. Please come prepared with a provided song selection or bring sheet music for a song of your choice. Please prepare a song that best aligns with your gender identity. Provided Songs: "Popular"-Wicked; "Corner of the Sky"-Pippin; "On My Own"-Les Miserables; "Alone In the Universe"-Seussical; "Unruly Heart"- The Prom

**Presenter(s):** Christa Steiner & Rachel Deneger

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T3 = Thursday, 2:45 – 4:15

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**Audience:** Middle/High School

**Workshop Time:** F1

**The Unsung Hero: How Exercise Can Function as a Powerful Tool for Gender-Affirming Care**

When you hear the phrase, 'exercise is gender affirming care', what do you think of? How can exercise be a form of gender affirming care? Why is it important? Learn how to get started with fitness, about major muscle groups and exercise types, masculine vs. feminine workouts, basics of creating a workout plan, getting over gym anxiety, and strategies to make a habit that will stick.

**Presenter(s): Aleia Hayes**

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**Audience:** High School

**Workshop Time:** F1

**Rubber Wear**

Rubberwear, a nationally recognized program, is an interactive workshop that addresses safer sex techniques in an inclusive, fun way. Students will be engaged in numerous activities by choice, including a lubrication tasting and dental dam and condom demonstrations. Students will also have an opportunity to practice techniques to reduce STIs and pregnancies. All students are welcome in this space as we respect student choices and identities. Free give-a-ways will be provided!!

**Presenter(s): Joleen M Nevers, Vu Tran**

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**Audience:** High School

**Workshop Time:** F1

**GSA Student Meetup**

Join us for a high school student meetup focused on Gender & Sexuality Alliances (previously called Gay-Straight Alliances)! This discussion space is open to anyone interested in what high school GSAs are all about, including student leaders, club members, and anyone who's never attended a GSA meeting but is interested in learning more. We'll start with a couple simple ice breakers (which you can bring back to use in your groups!) and briefly discuss the history and function of GSAs before getting to the REALLY important part– you! Bring your questions, successes, lessons, hopes, dreams, and everything else– we'll create a discussion based on what the group decides is most important, whether that's increasing membership, pitching a project to school administration, or something else entirely.

**Presenter(s): Mel Cordner**

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**Audience:** High School

**Workshop Time:** F1

**Name It To Tame It: Identifying Bi+ Microaggressions; Self-Love In A World That Tries To Erase Us**

Bi+ refers to anyone who identifies as having the potential to experience attraction to more than one gender, including bisexual, pansexual, omnisexual, and polysexual people. Living in a world where sexuality is often thought of as a binary poses distinct challenges for bi+ populations (Yoshino, 2000). Others often assume bi+ folks are lying about who they are or are still figuring out their “true” straight or gay/lesbian identity. But bi+ people have always existed—and always will. In this session, we will learn about how the sexuality binary shapes our culture in obvious and subtle ways. We will discuss microaggression theory, which provides tools for identifying the impacts of the sexuality binary on our mental health, behavior, and thoughts, and we will explore the power of “naming it to tame it”. We will spend time exploring what this means in our everyday lives and will learn how to decide whether you should respond, how to respond, and how to take care of yourself in the aftermath of microaggressions. This session will include multiple modalities so that you can learn in whatever ways feel best: there will be a verbal and visual presentation of information, reflective writing exercises, artistic self-expression activities, and group discussion. All of the information we will discuss comes from research and a rich history of bi+ activism.

**Presenter(s): Sara Townsend**

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**Audience:** High School

**Workshop Time:** F1

**Queer Landmines: Recognize Danger, Celebrate Safety, Lead Boldly**

In a society increasingly polarized, queer leaders and community members face challenges that often feel like navigating a field of invisible landmines. Some spaces are safe, nurturing, and empowering, while others can be unpredictable, hostile, or even dangerous. The ability to discern the difference, act strategically, and maintain personal safety without compromising one’s values is not just useful - it’s essential. This workshop offers practical tools, insights, and strategies for navigating these complex environments while staying true to oneself and their community. “Queer Landmines” is designed for queer leaders, organizers, and allies who want to lead with confidence, clarity, and courage. In this interactive session, participants will learn how to recognize signals of safety versus risk, assess when to speak up or step back, and develop a long-term strategy for influence and impact. The workshop approaches leadership as both an art and a tactical skill, acknowledging that sometimes the wisest move is not to fight every battle but to preserve strength for the moments that truly matter. This session is both fun and intellectually engaging, combining hands-on learning with lively discussion. Participants will leave with practical strategies for navigating polarized societies, a stronger understanding of their own boundaries, and a renewed sense of courage and creativity in leading queer communities.

**Presenter(s): Jade Esteban Estrada**

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**Audience:** High School

**Workshop Time:** F1

**Strong Voices, Safe Futures: Strategies to resist ICE**

This workshop is for high school students and is focused on learning ways to uplift themselves and their communities despite ICE aggression. Students will be part of a teach-in about the impact of ICE in Chicago, will practice mindfulness exercises to build emotional resilience, and will co-create a zine based on what they have learned from the workshop and from their peers.

**Presenter(s):** Spider Ze

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**Audience:** General

**Workshop Time:** F1

**Being with the Backlash: Facing the Losses, Facing the Grief**

From 1970-2020, The LGBTQ+ movement had fifty years of extraordinary success, well beyond what many of us could imagine. Then, the past five years, many of these gains have been dismantled one by one, to the point where some things are worse – especially for trans youth -- than they were before Stonewall. It's a surreal situation for anyone in the community, but for those of us who fought for decades for those gains, only to see them dissolve seemingly overnight, these losses feel both demoralizing and personal. It's hard to think clearly on what to do next when we're so off-balance. We need a space to process our shock, rage, fear, and grief. What better place to do this than together? In this workshop, we'll gather, share our feelings, and find the resolve to take action on the world the way it is right now, in hopes of building the world we'd like to see.

**Presenter(s):** Alice Leibowitz

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**Audience:** General

**Workshop Time:** F1

**Reproductive Justice & Queer Bodies**

The mainstream media often focuses on reproductive rights (legal access to reproductive healthcare, particularly for cisgender women), and not reproductive justice: an inclusive framework that addresses the social and systemic barriers that prevent all people from having the ability to make decisions about their own bodies. Because of the focus on the laws, queer people and queer bodies are often left out of the conversation. This workshop will equip participants with the language and tools of reproductive justice to better inform our activism, and also to empower us in conversations about our own healthcare. Participants will be able to define reproductive justice and other related terms, including understanding the most common forms of reproductive healthcare. Participants will understand how reproductive justice is a queer issue, impacting everything from access to gender-affirming care to information about healthy non-

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heteronormative relationships Participants will brainstorm and practice ways to use this information in their advocacy, both personally and in their communities.

**Presenter(s): Cadence Pentheny**

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**Audience:** General

**Workshop Time:** F1

### **Building Your Rainbow Toolkit**

In this political moment many of us are organizing to protect the LGBTQIA+ community, and especially youth. In this interactive workshop we will share successful strategies to defeat oppressive systems and work to strategize ways to move forward. Bring your challenges and your wins and we'll build a toolkit together.

**Presenter(s): Rachel Simon**

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**Audience:** General

**Workshop Time:** F1

### **Footprints from the 1950s to 2025**

Walk in the shoes of a gay boy/man through the decades of being gay and confronting challenges

**Presenter(s): Cliff Oliver**

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**Audience:** General

**Workshop Time:** F1

### **Queer Poetry Is Magic: A Writing Workshop**

Come and get inspired by some queer poetry and write and share some of your own work! Emma will share a short model for writing, then we'll read, write, and workshop together. Beginner to experienced writers are all welcomed.

**Presenter(s): Emma Wynn**

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**Audience:** General

**Workshop Time:** F1

### **Organizing to Win: The Art & Science of Running for Office**

Using his recent book as an example, Jimmy will discuss how to get involved in one's community, advocate, use best practices for activism to change policy locally, in the state, at the federal level, and ultimately have people think about running for office. (Free copies of the book will be available for the first 10 participants)

**Presenter(s): Jimmy Tickey**

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**Audience:** General

**Workshop Time:** F1

**LGBT & ME: An inclusive dive into our history**

The workshop will encompass a journey through LGBTQ+ history and where we are now. We will touch briefly on the rights movement, black and brown history, history on both the imperial court and also ballroom culture, and summing it up with a drag lesson and perhaps a finale performance for those who stick through it all. There will be a light moment on sexual health and the importance of knowing your local resources. We will tie it in with the ballroom culture as well.

**Presenter(s): Jovanni Cabanas (AKA Xiomarie LaBeija)**

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**Audience:** General

**Workshop Time:** F1

**What are Hate Crimes?**

Our presentation will cover what are hate crimes and what are not, as well as the importance of reporting incidents, what to do if you have been a victim/witness to a hate incident.

**Presenter(s): Michael Bloom    Detective Michael Dargan**

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**Audience:** General

**Workshop Time:** F1

**Honoring Your Lived Experience Through Mindfulness and Yoga**

In this inclusive workshop for LGBTQ+ youth and adults, as well as their family members and allies, folks will learn to incorporate mindfulness as a tool as they navigate the negative impacts the current social and political climate may have on their nervous systems. Guided by Nikki Adams, a trauma-informed mindfulness and yoga facilitator and prevention educator, participants will engage in being present to honor the lived experience of each person. Trauma-informed yoga's foundation is based on six core principles: collaboration, choice, empowerment, trust, safety and cultural competence. This workshop will include a short presentation on the eight principles of mindfulness, tips for including these evidence-based practices in a cost-effective and resourceful way, a short yoga session for all abilities, and an opportunity to reflect with others and build community.

**Presenter(s): Nikki Adams    Lindsey Jones**

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**Audience:** General

**Workshop Time:** F1

**Organizing Essentials for Change**

This workshop will provide participants with an overview of the basic tenants of community organizing; Share history of LGBTQIA+ organizers over the past century; Identify practical ways young people can take action on issues that matter in at home and throughout Connecticut.

**Presenter(s): Kay Munez**

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**Audience:** General

**Workshop Time:** F1

**Having the Important Conversations in Our Communities & Online**

This workshop is aimed at having a collective dialogue about the challenges that we face in our families, social spaces and online and how we can create approaches to implement more effective ways to communicate and build bridges despite racial, political and social differences.

**Presenter(s): Sampson McCormick**

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**Audience:** General

**Workshop Time:** F1

**Our place, our space. Let's talk. Queer Folks who identify as Black or African American**

We all have multiple social identities - race, ethnicity, gender, orientation, religion, ability, etc. These identities impact our experiences in the world, especially for those of us with multiple marginalized, othered or oppressed identities assigned to us by the larger society. This facilitated dialogue is designed to offer a space for LGBTQ+ folks with shared identities to create community and connection, to share their similarities and differences, their joys and challenges, and whatever else comes up in the discussion. We ask that these spaces be respected and respectfully ask that those who don't share the same combination of identities find other workshops to attend.

**Presenter(s): Serginho Walker**

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**Audience:** General

**Workshop Time:** F1

**Out Film CT Presents: Making Queer Movies!**

Join Out Film CT as we show a short film made by local filmmakers and host a discussion with the team behind the movie. Audience members will be able to ask the team questions about the field as well as learn about local organizations that aim to entertain, educate and promote community through the exhibition of LGBTQ+ film.

**Presenter(s):** Stefanie Dominguez      Shane Engstrom

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**Audience:** General

**Workshop Time:** F1

**Voices for Equality: Moving Hearts and Changing Minds Through Storytelling**

This session introduces Story Circles, a storytelling practice created by grassroots theater makers—including Junebug Productions and the Appalachian Roadside Theater—to help communities share lived experiences and find common ground. Story Circles emphasize personal narrative and deep listening, focusing on the essence of each story rather than its delivery. Participants will explore storytelling tools and activities that strengthen inclusive outreach and engagement while practicing this method to build trust, deepen connection, and support our shared progress toward full equality for LGBTQ+ people. All are welcome!

**Presenter(s):** Nia Clark

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**Audience:** Clinicians

**Workshop Time:** F1

**Supporting Families of LGBTQ+ Youth**

This content provides helpful tips on working with families and other caregivers of LGBTQ+ youth. Some families may struggle to understand their child or youth's sexual orientation or gender identity. Some may fear rejection from their own communities or fear what the future may hold for their family. During this hour, attendees will hear about the importance of family support, strategies for helping families process their feelings, and promising programs that are making strides towards creating evidence-based programs for families of LGBTQ+ youth. This content is best suited for those who work with families.

**Presenter(s):** Angela Weeks

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**Audience:** Clinicians

**Workshop Time:** F1

**Promoting Inclusivity: A Comprehensive Toolkit for Muslim LGBTQIA+ Affirmative Counseling**

Muslims for Progressive Values has been advocating for human rights and justice centered policies since 2007 and too often in our advocacy work and community engagement we have heard stories from LGBTQIA+ Muslims about the stigma they face and how they feel the need to hide one or both of their identities from their mental health providers because they are Muslim. The Mental Health Counseling of LGBTQIA+ Muslims Toolkit is a culturally competent toolkit training program consisting of 8 modules that can be used to train individuals in the formal and informal mental health sectors to compassionately and appropriately work with LGBTQ+ Muslims.

**Presenter(s):** Afnan Elmaghrabi

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**Audience:** Clinicians

**Workshop Time:** F1

**Standing in Wise Solidarity w/ Trans Folks**

This workshop will review the current and active concerns that many clinicians face when working to provide gender-affirming safe spaces for minors and young adults. Propaganda against trans people and the ethical need for access to care will be reviewed with talking points and evidence that corrects misconceptions about: social contagion, the effects of non-medical transitioning, the permanence of different medical transitioning steps, de-transitioners & fertility risks. Recommendations for parents of trans folks will be provided as well as recommendations for clinicians about best practices for documentation and code submissions for clients concerned with confidentiality limits.

**Presenter(s):** Jeremy Darling

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**Audience:** Educators

**Workshop Time:** F1

**Bringing LGBTQ-Inclusive Curriculum and Mindful Practices Into Your Classroom**

This workshop provides educators with practical, developmentally appropriate strategies for integrating LGBTQ-inclusive content and mindful practices into their classrooms. Participants will explore ways to create learning environments that affirm all students' identities, support emotional well-being, and foster a sense of belonging. Through discussion, examples, and self-reflection, educators will gain tools to approach inclusive teaching confidently and transparently while working within their school communities.

**Presenter(s):** Kimberly D'Auria

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**Audience:** Educators

**Workshop Time:** F1

**Queer Joy in Schools**

This workshop will provide space for a guided community conversation about how to create queer joy in the workplace and creating affirming classrooms for students. We'll dig into the difference between finding queer joy in a daunting national landscape and indulging in toxic positivity, how to create meaningful supports in the workplace for both queer educators and LGBTQIA+ students, and how to navigate workplace barriers to DEI goals.

**Presenter(s): Sarah Field**

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**Audience:** Educators

**Workshop Time:** F1

**Proud Pedagogy: Best Practices for Inclusive Teaching**

Creating inclusive, identity-affirming learning spaces for LGBTQIA+ students, families, and staff is essential to fostering belonging and academic success. In recent years, LGBTQIA+ visibility and advocacy expanded, and many schools and communities strengthened protections, curriculum, and support systems. Over the past year, politically charged debates and legislation targeting queer and trans youth—including book bans, restrictions on gender-affirming care, and challenges to inclusive policies—have increased pressure on educators and students. Educators are navigating tension between creating safe, affirming spaces for all students and responding to shifting local expectations, family concerns, and legal uncertainty. This workshop is designed to bring together educators to engage in structured dialogue, collaborative problem-solving, and resource sharing centered on real experiences from their practices. Together, we will identify actionable next steps and form networks of support to continue this important work beyond the conference. This moment calls for collaboration, compassion, and shared strategies to ensure that LGBTQIA+ youth continue to feel seen, valued, and supported in our schools.

**Presenter(s): Monica Brase    David Brown**

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**Audience:** College Students

**Workshop Time:** F1

**Legal Name Changes in CT**

Changing your name legally in Connecticut is a multi-step process that stretches months. I plan to explain the entire process from finding your probate district to visiting the DMV to get your new ID. I also want to show people what the forms look like and how to fill them out.

**Presenter(s): Molly Morel**

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## Workshop Session 2: 1:15 – 2:15 PM

### Double Sessions: 1:15 – 3:30 PM

**Audience:** Middle School

**Workshop Time:** F2

#### **Fix the School Wall: Real Talk About What Helps (and Hurts) at School**

Why do some schools feel supportive, fair, and motivating to attend, while others make learning feel stressful or discouraging? This student-led workshop is co-facilitated by two to three middle school students, with support from a school leader and ally. Using a simple, engaging activity called The School Wall, participants share anonymous responses to prompts like “School would be better if...,” “One rule or routine that doesn’t make sense is...,” and “Something adults do that actually helps is....” Student facilitators help the group identify common themes and think together about how school rules, routines, and adult choices shape students’ everyday experiences. The session centers youth perspectives and honors different identities without asking participants to share personal stories or disclose anything about themselves. By the end of the workshop, participants leave with clearer language to describe what supports or harms student well-being, a stronger sense that student voices matter, and concrete ideas for how schools can be structured to feel safer, more inclusive, and more supportive of LGBTQ+ youth and their peers.

**Presenter(s):** David Brown      Student Presenter TBD

**Audience:** High School

**Workshop Time:** F2

#### **Backlash Talkback -- How do you feel about anti-queer, anti-youth policies?**

From 1970-2020, The LGBTQ+ movement had fifty years of extraordinary success, well beyond what many of us could imagine. Then, the past five years, many of these gains have been dismantled one by one, to the point where some things are worse – especially for trans youth -- than they were before Stonewall. It’s a surreal situation for anyone in the community, but for those of us who fought for decades for those gains, only to see them dissolve seemingly overnight, these losses feel both demoralizing and personal. It’s hard to think clearly on what to do next when we’re so off-balance. We need a space to process our shock, rage, fear, and grief. What better place to do this than together? In this workshop, we’ll gather, share our feelings, and find the resolve to take action on the world the way it is right now, in hopes of building the world we’d like to see.

**Presenter(s):** Alice Leibowitz

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**Audience:** High School

**Workshop Time:** F2

**Female Choice: How Consent Has Shaped Evolution**

Female choice is a biological concept in which female animals lead evolution by choosing their mates. When the theory was first proposed by Charles Darwin, the idea that females could be driving forces in evolution was considered “too radical” and faced harsh criticism. Stop by to learn the history of how this theory was developed, it’s importance in modern day biology, and some notable examples in nature

**Presenter(s): Kristen Craven**

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**Audience:** High School

**Workshop Time:** F2

**An Introduction to Queer Bible Study for Teens**

This Introduction will help foster appreciation of how we see God and how we see ourselves in relation to a non-gender image of God. The Christian bible has many stories, characters and images that can speak to our lives as queer persons, if we look for them. We will discuss some of these examples and share positive experiences from our own lives that have reinforced our belief, and lived experience as both gay and trans Christians. Attendees will also be able to share their own experience of religion and spirituality to enhance the presentation and react to what is presented.

**Presenter(s): Lynn Discenza**

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**Audience:** High School

**Workshop Time:** F2

**Queer Joy in Schools**

This workshop will provide space for a guided community conversation about how to create queer joy in the workplace and creating affirming classrooms for students. We’ll dig into the difference between finding queer joy in a daunting national landscape and indulging in toxic positivity, how to create meaningful supports in the workplace for both queer educators and LGBTQIA+ students, and how to navigate workplace barriers to DEI goals.

**Presenter(s): Sarah Field**

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**Audience:** High School

**Workshop Time:** F1

**Out Loud: A Queer-Affirming Voice Masterclass**

OUT LOUD is a queer-affirming voice masterclass hosted by Rebecca Degnan of Prism Counseling & Miss Constitution State 2026, Christa Steiner. Selected participants will receive individualized coaching on musical theatre repertoire, focusing on vocal technique, storytelling, and authentic expression in a supportive, inclusive space. Please come prepared with a provided song selection or bring sheet music for a song of your choice. Please prepare a song that best aligns with your gender identity. Provided Songs: "Popular"-Wicked; "Corner of the Sky"-Pippin; "On My Own"-Les Miserables; "Alone In the Universe"-Seussical; "Unruly Heart"- The Prom

**Presenter(s): Christa Steiner & Rachel Deneger**

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**Audience:** General

**Workshop Time:** F2

**Let's Have a Kiki: Ballroom Workshop — Runway Foundations**

This runway-focused ballroom workshop explores Runway as a discipline of presence, precision, and embodied confidence. Grounded in ballroom culture, the session emphasizes that Runway is not simply walking—it is a language shaped by identity, posture, rhythm, and self-assuredness. Open to participants of all genders and experience levels, the workshop supports dancers and movers interested in developing command, clarity, and performance confidence through intentional movement.

**Presenter(s): Xiomarie LeBejia**

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**Audience:** General

**Workshop Time:** F2

**Más Que Una Identidad: How Culture, Family, and Queerness Shape Latine LGBTQIA+ Lives**

This presentation explores what it means to be LGBTQIA+ and Latine beyond labels, focusing on how culture, family, religion, and community shape identity in powerful ways. For many queer Latine youth, identity is not just individual—it is deeply connected to familia, cultural traditions, language, and shared history. This session highlights how these influences can create both challenges and sources of strength. Participants will learn how cultural expectations around gender roles, religion, and respect for elders can impact coming out, self-expression, and mental health. At the same time, the presentation emphasizes the beauty and resilience found in Latine culture, including strong family bonds, storytelling, community care, and cultural pride. We will also discuss how navigating predominantly white LGBTQIA+ spaces in the United States can add another layer to the queer Latine experience. Through shared stories and reflection, this presentation reframes identity as something layered and evolving rather than something divided. Más Que Una Identidad invites LGBTQIA+ Latine youth to recognize that they do not have to choose between culture and queerness. Instead, their identities coexist, creating unique perspectives, strength, and belonging in both their communities and the broader LGBTQIA+ movement.

**Presenter(s): Jade Esteban Estrada**

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**Audience:** General

**Workshop Time:** F2

**Signs of Support**

Re-purpose assorted art canvases to make Queer positive art or signs for protests.

**Presenter(s):** Jennifer Wisner

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**Audience:** General

**Workshop Time:** F2

**Spill the Tea: A Space for South Asian/Desi and Queer Folk**

This workshop aims to be a space to bring together individuals who identify as part of both the LGBTQ+ community and the South Asian community. We aim to dive into how our identities intersect, talk about the beauty and challenges of this intersectionality, and give individuals a space to connect with others like themselves. **For LGBTQ+ folks who are part of the South Asian Community, only**

**Presenter(s):** Rishi Black

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**Audience:** General

**Workshop Time:** F2

**All the Letters: 10 Things that Gen Z Knows about LGBTQIA+ Identity That Others May Not**

What does it mean to identify as bi+ (bisexual, pansexual, fluid, etc.)? What are challenges to recognizing and understanding bisexuality and other non-binary sexualities—the largest yet often-overlooked segment of the LGBTQ+ community? No matter how you identify, come to this engaging and interactive program if you could use some tools for challenging ignorance, biphobia, and bi erasure and finding bi+ joy.

**Presenter(s):** Robyn Ochs

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**Audience:** General

**Workshop Time:** F2

**Our Place Our Space: For LGBTQIA+ Folks Who are Neurodivergent and/or Disabled**

This discussion is designed to offer a space for Neurodivergent and/or Disabled folks to create community and connection, to share their similarities and differences, their joys and challenges, and whatever else comes up in the discussion! **For LGBTQ+ folks who identify as Neurodivergent and/or Disabled ONLY**

**Presenter(s):** Robyn Ventura-Chavez    Kasey Chavez

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**Audience:** General

**Workshop Time:** F2

**Queer Magic Class**

This workshop is open to all and is focused on teaching land-based magic. Participants will practice mindfulness based exercises with nature to cultivate presence, and will learn two magic practices. For the first practice, participants will learn about reciprocity and learn how to make offerings to the land. For the second practice, participants will learn how to connect with herbs for magical protection. While this workshop will center young people, everyone is welcome to attend.

**Presenter(s):** Spider Ze

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**Audience:** General

**Workshop Time:** F2

**Working with Rural LGBTQ+ Youth: Strategies to increase engagement and keep youth safe**

Catered to professionals working with LGBTQ+ youth in rural communities, learn strategies to keep youth safe, further outreach, and bolster resilience factors in queer youth.

**Presenter(s):** Salma Torres      Megan Weidman

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**Audience:** General

**Workshop Time:** F2

**The current state of LGBTQ+ rights in Healthcare and Education**

Mallory and Gabrielle will plan to speak on the current state of LGBTQ+ rights in the state of CT focusing primarily on LGBTQ+ rights in healthcare and education. They will link this to the current work they are each doing at their organizations as well as practical information of what people (advocates, educators, medical providers, etc) can do in this moment to support and protect LGBTQ+ folks, including trans youth. They will give examples of how advocacy can be implemented. They will also touch on the CHRO process as one lane for advocacy.

**Presenter(s):** Gabrielle Navarro      Mallory Sanchez

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**Audience:** Educators

**Workshop Time:** DOUBLE SESSION: F2, F3

**Trans Know Your Rights**

Attorney Klaneski will bring the attendee through different understandings of the transgender identity from a legal perspective, including articulating transgender people's rights from their right to change name and pronouns at common law to their Constitutional and process rights enjoyed by all Americans. This workshop will outline the current legal landscape including pending cases affecting the rights of transpeople and will end with some best practices for allyship and support of the trans community.

**Presenter(s):** Rosa Lee Klaneski

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**Audience:** Clinicians

**Workshop Time:** DOUBLE SESSION: F2, F3

**Ensuring Sexual Justice for All: Micro and Macro Approaches to Centering Sexual Dignity, Autonomy, and Freedom**

As social workers, we have an ethical and professional duty to uphold bodily autonomy and affirm our clients' basic right to lead sexually healthy and fulfilling lives. Because black, indigenous, queer, and trans people face disproportionate levels of sexual regulation and harm, they are often ignored by or displaced from the social and political institutions that are meant to protect them and enhance their physical and mental wellness. In this workshop, participants will be introduced to the concept of sexual justice and learn about ways they can apply it to their own practice on a micro, mezzo, and macro level. This workshop is ideal for social workers and healthcare practitioners that want to integrate holistic and strengths-based systems of care for their clients and use anti-oppressive, trauma-informed frameworks to provide the most equitable care to increasingly vulnerable populations.

**Presenter(s):** Alberto Cifuentes, Jr.

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**Audience:** Educators

**Workshop Time:** F2

**Advocating for Equity: Empowering Educators to Support LGBTQ+ Students**

This workshop equips educators to better support LGBTQ+ students by covering key terminology, current challenges, and actionable allyship strategies. Participants will gain a solid understanding of LGBTQ+ terms, ensuring inclusive dialogue in their classrooms. We'll discuss the unique issues LGBTQ+ students face, including mental health, bullying, and discrimination. Educators will learn how to create affirming spaces and receive practical tips for becoming proactive allies, advocating for LGBTQ+ inclusion at school. Attendees will leave with a curated set of resources to continue supporting LGBTQ+ students and foster lasting, equitable change. Be part of the movement ensuring schools are safe and welcoming for all students!

**Presenter(s):** Emmett Burns    Miranda Georgen

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**Audience:** Educators

**Workshop Time:** F2

**Inclusive Sex Ed: Best Practices for Families and Professionals**

Teaching kids about sexuality starts at birth. It can be intimidating to get right. Kim guides attendees of this program through age-appropriate, inclusive, and comprehensive sex ed practices for all stages of development.

**Presenter(s):** Kim Adamski

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**Audience:** Family Members

**Workshop Time:** F2

**Gender 201: Relearning Gender**

Are you the parent or caregiver to a child exploring their gender? Struggling to understand what gender even is outside of male or female? This workshop is intended to guide you beyond rudimentary understandings of gender and get down to how we all experience it. Gender is imposed upon us, even if you are cisgender. By the end of this workshop, you should understand the differences between gender identity and expression, how gender is socialized, what affirming care looks like, and the impact of different gender-based biases.

**Presenter(s):** Kyle Humphreys

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**Audience:** Latiné Parents and Caregivers

**Workshop Time:** W2

**Open Conversation on Puerto Rican/Latine and Queer Intersectionality**

This conversation will explore the intersection of Puerto Rican/Latine identity and queer experiences, focusing on how youth navigate these spaces within their families and communities. We'll delve into the historical and cultural significance of these identities, while addressing the challenges of confronting trauma, deconstructing homophobia, and the complexities of seeking acceptance. Through personal stories and shared experiences, we'll discuss how young people honor both their heritage and queerness, and how they work to shift cultural narratives around pride, tradition, and family in order to foster healthier, more inclusive spaces for future generations.

**Presenter(s)** John Martinez

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**Audience:** College Students

**Workshop Time:** F2

**The A, B, C's**

ABCs of Energy Awareness/ Living a Balanced life

**Presenter(s):** Kerrie O'Connor

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## Workshop Session 3: 2:30 – 3:30 PM

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**Audience:** Middle School

**Workshop Time:** F3

### True Colors Adventure Lab

True Colors Adventure Lab is an energetic, creativity-driven workshop designed to help middle school students explore identity, expression, and allyship in a fun, welcoming environment. Rooted in SOGIE (Sexual Orientation, Gender Identity, and Gender Expression) principles and inspired by the True Colors framework, this session invites students to celebrate what makes them unique while learning how to support others in doing the same. The workshop blends movement, art, storytelling, and teamwork to keep students engaged from start to finish. Instead of lectures, we use interactive visuals and examples that connect to our world. True Colors Adventure Lab is joyful and inclusive. It empowers young people to understand themselves, appreciate differences, and practice empathy, all while having a genuinely great time.

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**Audience:** High-School

**Workshop Time:** F3

### GSA Leadership Transitions: When all your officers are graduating, how do you prepare?

It makes sense for upperclassmen to fill into leadership roles in a GSA. They know the ropes, they've seen everything before, they're ready and willing to guide the club...but graduation always seems to come before you know it! Whether your GSA is currently preparing to say goodbye to all/most of your student leadership in May, or is trying to avoid being put in that kind of pickle, this panel will help guide you through leadership transitions both major and minor. Come learn some tricks and tips to make the change over a little less daunting, as well as some alternative club leadership structures designed to help share the load of leading and take some pressure off speaking up and getting more involved.

**Presenter(s): Cole DiSorbo**

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**Audience:** High School

**Workshop Time:** F3

### Rubber Wear

Rubberwear, a nationally recognized program, is an interactive workshop that addresses safer sex techniques in an inclusive, fun way. Students will be engaged in numerous activities by choice, including a lubrication tasting and dental dam and condom demonstrations. Students will also have an opportunity to practice techniques to reduce STIs and pregnancies. All students are welcome in this space as we respect student choices and identities. Free give-a-ways will be provided!!

**Presenter(s): Joleen M Nevers, Vu Tran**

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**Audience:** High School

**Workshop Time:** F3

**The Power of Publishing: Poetry, Zines; Writing as Resistance**

Learn how creative writing and publishing can be a tool for supporting your community, uplifting the voices of others and making a lasting impact on the world around you in whatever way you choose

**Presenter(s):** Caspian Horn

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**Audience:** High School

**Workshop Time:** F3

**Poetry as Power: Writing Yourself into Existence**

This interactive poetry workshop invites LGBTQ+ students to explore identity, emotion, and self-expression through reading and writing poetry. Together, we'll read poems by queer poets, discuss how poetry can be a tool for storytelling and survival, and use guided prompts to support students in writing their own work. Participants will be encouraged (but never required) to share their poems in a supportive, affirming space. No prior poetry experience is necessary; all voices and styles are welcome.

**Presenter(s):** Emmett Burns    Miranda Georgen

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**Audience:** High School

**Workshop Time:** F3

**Beyond the Campus Tour: Finding and Shaping LGBTQIA+ Inclusive Colleges and Universities**

Choosing a college isn't just about rankings or geography—it's about finding a place where you can thrive, feel safe, and be fully supported. For LGBTQIA+ students and allies, that means asking the right questions and looking beyond the glossy brochures and campus tours. How do you know if a school truly values and uplifts its LGBTQIA+ community? What signs should you look for during your search? And if you're already on campus, how can you help create a more inclusive environment? This interactive workshop will give you the tools to answer those questions and take action. Together, we'll explore: Choosing the Right College: What to research, what to ask, and how to spot real inclusion—from nondiscrimination policies and gender-inclusive housing to staff dedicated to LGBTQIA+ student success and visible support systems. Expectations for Support: Explore resources and services that create an affirming campus for LGBTQIA+ students. Does the college provide visible, meaningful support—or just the bare minimum? Are there robust resources, or is inclusion an afterthought? By the end of this session, you'll leave with a roadmap for finding affirming campuses and transforming your own into a place where every student belongs. This is your chance to share experiences, ask questions, and connect with others committed to equity and inclusion.

**Presenter(s):** Carolyn Taggart

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**Audience:** General

**Workshop Time F3**

**Journaling to Promote Health and Resilience**

Journaling is often promoted as a tool for managing stress, both generic stress and the minority stress often experienced by the LGBTQIA+ community. That doesn't, however, give you much guidance on where to start or what will work for you. This workshop will help you develop a journaling practice without spending a fortune on pre-printed journals that don't quite fit you or getting sidetracked trying to make a notebook Pinterest-worthy.

**Presenter(s):** Diane Verrochi

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**Audience:** General

**Workshop Time:** F3

**Masculinity, Reimagined: Support for Transmen & Transmasculine Folks ONLY**

Masculinity, Reimagined is a reflective, trauma-informed workshop for transmasculine people of all ages who want to explore masculinity, power, and responsibility without shame or gender rules. This space is designed for those navigating what it means to be masculine in a world that teaches domination, emotional silence, and harm as the cost of belonging. Rather than treating "toxic masculinity" as something inherent, this workshop looks at masculinity as something we're socialized into and asked to perform—often before we had a choice. Together, we'll examine how power shows up in our bodies, emotions, relationships, and communities, and how to hold that power with care, consent, and self-respect. Through reflection, dialogue, and optional creative practices, participants will be invited to explore themes such as: Masculinity and Survival; Anger, Grief, and Tenderness; Accountability Without Self-Hatred; Repair After Harm; Strength That Includes Softness; and Interdependence. There is no expectation to share personal details or arrive with a fully formed identity. Participation is consent-based, with multiple ways to engage. Listening is always welcome. This workshop is open to transmasculine people at any stage, including those who are questioning, early in transition, long transitioned, or intentionally non-binary. Intergenerational perspectives are a source of collective wisdom. This is not a space for "fixing" masculinity, rather a space for choosing it on our own terms. Participants can expect to leave with: Language for Understanding Power Without Domination; Greater Clarity Around Personal Boundaries; and Reflection Tools to support Growth.

**Presenter(s):** Jaime Delgado

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**Audience:** General

**Workshop Time:** F3

**Creating a Safe Space: Understanding and Discussing Domestic Violence**

Learn how to be a trusted adult/peer for the young people in your life. This training will help you recognize the warning signs of dating violence, understand healthy vs. unhealthy relationship dynamics and discover practical ways to support clients, family, and friends through challenging situations. Topics include coercive control, digital dating abuse, effective communication strategies, and local resources available through Prudence Crandall Center. Whether you're a peer, teacher, coach, friend, or mentor, gain the tools to foster open conversations and keep us safe.

**Presenter(s):** Kayla Edgeworth

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**Audience:** General

**Workshop Time:** F3

**The Love That House Built: Education, Music, and Celebration for Black Queer Youth**

This dynamic workshop celebrates Black Queer culture through the history, music, and community of house and ballroom traditions. Participants explore the cultural and historical significance of these art forms as sites of resilience, creative expression, and empowerment. The session features an extended, interactive DJ set led by DJ Soul Selektah, allowing youth to experience house music as a medium for joy, identity, and community connection. Hartford Black Pride facilitators provide context and highlight how music and culture foster safe, affirming spaces for Black Queer youth.

**Presenter(s):** Nxt Thrsdy      DJ Soul Selektah

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**Audience:** General

**Workshop Time:** F3

**Know Your History, Know Your Rights: Using Connecticut's LGBTQ+ Legal Milestones to Empower Youth Advocacy**

This 90-minute interactive session, Know Your History, Know Your Rights, invites educators, clinicians, and youth advocates to connect Connecticut's pivotal role in LGBTQ+ legal history to everyday advocacy. Participants will trace landmark cases - from Griswold v. Connecticut to Kerrigan v. Commissioner of Public Health - and explore how those rulings shaped national decisions like Obergefell and Bostock. Using guided discussion and case-based activities, attendees will learn how Connecticut's legacy as a national model can inform youth empowerment and policy today.

**Presenter(s):** William Ollayos    Jenna Cutler

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**Audience:** General

**Workshop Time:** F3

**Voices for Equality: Moving Hearts and Changing Minds Through Storytelling**

This session introduces Story Circles, a storytelling practice created by grassroots theater makers—including Junebug Productions and the Appalachian Roadside Theater—to help communities share lived experiences and find common ground. Story Circles emphasize personal narrative and deep listening, focusing on the essence of each story rather than its delivery. Participants will explore storytelling tools and activities that strengthen inclusive outreach and engagement while practicing this method to build trust, deepen connection, and support our shared progress toward full equality for LGBTQ+ people. **This session is designed for BiPOC LGBTQ+ folks.**

**Presenter(s):** Nia Clark

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**Audience:** General Professional

**Workshop Time:** F3

**Trans Health in the Age of AI Bias and Surveillance Capitalism**

Artificial intelligence and surveillance technologies increasingly shape our world, from healthcare to education to social services. Yet, these systems are often designed without consideration for marginalized communities, encoding bias that disproportionately affects trans and queer youth—particularly those from the Global South. In this workshop, participants will explore how algorithmic bias intersects with gender, race, and socioeconomic status to influence access to healthcare and overall well-being. Drawing from case studies developed through working with hundreds of queer and trans youth globally, attendees will gain hands-on tools and frameworks to critically analyze AI-driven systems, recognize systemic exclusion, and advocate for equitable solutions. By the end of the workshop, participants will leave empowered to recognize harm, advocate for inclusion, and create safer, more just spaces for themselves and their communities.

**Presenter(s):** Muhammad Burhan

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**Audience:** Clinicians

**Workshop Time:** F3

**Virtual Social Networking for Gender-Affirming Healthcare**

The Transgender and Gender Diverse (TGD) community is facing fierce discrimination in policy and social structure across the United States. Anti-trans legislation has been building barriers in the fields of sports, education, and healthcare. While gender-affirming care varies in response to the unique gender needs of the client, it universally includes social care and affirmation. Safe spaces are vital to the survival and growth of TGD people, and the current wave of transphobia seeks to eliminate these spaces as a form of passive genocide. This workshop is based on the imminent completion of a phenomenological mixed-methods dissertation project that examined the mechanisms that TGD people use for accessing and utilizing healthcare resources in virtual spaces alongside a backdrop of negative healthcare experiences in

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traditional settings. This presentation will summarize the most salient findings for clinicians in supporting their TGD clients, illuminating spaces that exist virtually, out of conventional sight. The presentation will strive to present the complex interplay of factors in healthcare in a concise, digestible manner to engage viewers regardless of familiarity with trans issues and virtual spaces. Policymakers and program developers will benefit from these findings in their development of protective policies securing TGD-safe spaces and enabling TGD people to direct their care most effectively. Ultimately, this presentation seeks to expand understanding of the TGD community in virtual space, encourage the thriving of those spaces, and inform one kind of response to transphobia and the assault on gender-affirming care.

**Presenter(s): Francis Furmanek**

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**Audience:** Educators

**Workshop Time:** F3

### **LGBTQ+ 101 in Your Classrooms**

LGBTQ+ learners, like all learners, need and deserve to know they are safe in our classrooms. Join together in this session to break down LGBTQ+ 101 terms and topics, what makes a classroom filled with belonging, and how to navigate through our own implicit biases and assumptions about the LGBTQ+ community.)

**Presenter(s): Eliana Rubin**

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**Audience:** Family Members

**Workshop Time:** F3

### **Building Community**

This workshop will provide space for a guided community discussion on how to build affirming community around families who are targeted by the current administration. We will touch on the topic of queer joy vs toxic positivity, strategies for building community, strategies for confronting inequity, and multi-generational communication around topics of identity.

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**Audience:** Latiné Parents and Caregivers

**Workshop Time:** W3

### **Raising Kenny**

This compassionate, faith-centered workshop is designed to equip grandparents and caregivers with practical tools to support a transgender grandchild while navigating complex family dynamics, cultural expectations, and mental health struggles. Grounded in the core message to "**choose the child over the fear,**" this session explores how to balance Puerto Rican/Latine cultural values with radical acceptance. Participants will learn how to utilize faith as an anchor, prioritize the relationship through affirmation, and leverage community support systems.

**Presenter(s): MaLisa Blasini**

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**Presenter(s): Sarah Field**

**Audience:** Family Members

**Workshop Time:** F3

**Trans Parents not Transparent: Exploring the Unique Challenges and Questions of Caregivers**

This workshop and discussion will focus on the unique challenges and questions that the parents and caregivers of transgender youth face as they navigate a world that is often ignorant to their unique difficulties. It will explore questions like: How do I answer questions my child asks when I don't have the answers? Is it normal to feel alone in this struggle? Am I really doing what is best for my child? How can I support my child with dysphoria when gender-affirming care is years away? What does trans joy look like?

**Presenter(s): Silvia Hammer**

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**Audience:** College Students (18+)

**Workshop Time:** F3

**Packers - STPs - Play Time: Alternatives to Phalloplasty**

Intimacy is a difficult subject to talk about for almost everyone. All of us experience desire, attraction, and the possibility of intimacy with one or more partners in very different ways. Sex Education classes in our school systems and homes all too often are inadequate for heterosexual students and almost never address what it means to be transgender masculine/gender diverse. Too often we do not discuss bottom dysphoria and the distorted view “no one will love our gender diverse bodies” — and how all of this impacts intimacy. Google searches and social media often offer phalloplasty or other bottom surgery as “the way” for transgender masculine/gender diverse individuals to feel at home in their bodies. This binary view of intimacy does a disservice to our young people and does not offer alternatives to bottom surgery often resulting in debilitating dysphoria. This workshop will provide adults with ways to help our young people navigate these feelings and discern the best ways to love their gender diverse bodies allowing them to become healthy, intimate beings. The workshop will offer you the tools to have difficult discussions around these issues and expose you to the positive and negative aspects of transgender masculine bottom surgery.

**Presenter(s): Aidan Whittel**

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**Audience:** College Students

**Workshop Time:** F3

**Stonewall Speakers Training**

Stonewall Speakers is about “Educating the Community, one story at a time”. We are an all volunteer speakers bureau made up of folks from the LGBTQIA+ community. We speak, when requested, to middle and high schools, colleges, civic organizations and businesses, telling our stories and engaging audiences in question and answers following telling our individual stories. Attendees will learn about the history of the Stonewall Speakers organization which is based in CT and was founded in 1988. Three veteran speakers will share their stories and then attendees will work on their own stories and learn about speaking to different audiences about their LGBTQI+ plus journey, experience and coming out. Participants, especially youth participants will be encouraged to become a part of the speakers bureau.

**Presenter(s): Lynn Discenza    Jacob Nitch    Michelle Cummings**

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