

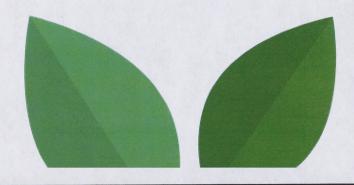




LGBT RESOURCE CENTER



2018-2019



May is Mental Health Month



Spring 2019, Week 5 UC San Diego LGBT Resource Center Monday-Thursday 8am-7pm; Friday 8am-4:30pm

"I believe that no one should ever have to choose between a career we love and living our lives with authenticity and integrity." - Selisse Berry

858-822-3493 | rainbow@ucsd.edu | lgbt.ucsd.edu



Audio Newsletter

Please click HERE to access our Audio Newsletter!

Special Announcements



Rainbow Art and Book Fair May 7 | 12:00 - 4:00 PM | Dolores Huerta Room

Come experience and/or purchase art and literature from your fellow queer/trans Tritons!

If you have already signed up, make sure to sign in again to our <u>NEW registration URL</u>! Deadline has been extended to **MAY 2!** Register to sell or present your art or literature.

https://ui.constantcontact.com/rnavmap/emcf/email/view?flow=view&camefrom=view&campaign=4a235a1e-5d0d-42dd-a384-d111caa8398f



JOB SEARCHING WHILE TRANS' A discussion by trans' people, for trans' people, on how to navigate your career, resume, interview, and morel THE. WEDBESDAY. MAY 9 AT 1:00 PM LOCATION: UC SAN DIECO LCERT RESOURCE CENTER May is Mental Health Month

Job Searching While Trans May 08 | 1:00 - 2:00 PM | LGBT Resource Center

A discussion by trans people, for trans people, on how to navigate your career, resume, interview, and more!

Check out the event on Handshake!



THE UCED LGBT RESOURCE CENTER IS ACCEPTING WATTEN WORK FROM ATTIMES THAI DENTEY WITH ATTIMETED SUBJECT AND ADDRESS AND AN ANTIBALISONS WAL AS COMPACED WITO AN ANTIBALISON THAT VILL BE AVALABLE FOR CHECK-OUT AT THE LGBT RESOURCE CENTER FOR TUTHE CENTERATIONS OF STUDDINGS TUTHITY DOLLAR CHT CAND KUNADO VILL BE COVEN FOR ACCEPTIC DUBYNESUME.

PLEASE SEND SUBMISSIONS TO RAINBOW@UCSD.EDU WITH A BRIEF AUTHOR STATEMENT ABOUT YOURSELF!

DEADLINE MAY I

Submission for Queer Authors Anthology May 10

The UCSD LGBT Resource Center is now accepting submissions for its Queer Author Anthology! If you are a writer who identifies within the LGBT+ community, you can submit your work to **rainbow@ucsd.edu** along with a short author bio. Accepted submissions will be compiled into an anthology that will be available for checkout at the LGBT Resource Center for future generations of students. Authors will receive \$20 gift card prizes for their submissions.

Submit by May 10.

Rainbow Graduation 2019 June 08 | 10:00 AM - 12:00 PM | Great Hall

Please join the UC San Diego community as we come together to honor students who are graduating, our volunteers, our scholarship recipients, and all who have impacted our community during their time here at UC San Diego.

This event serves as the formal induction of graduates into the family of the UC San Diego LGBTQIA+ Alumni. There is no dress code for

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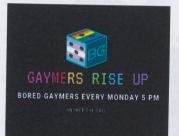


May is Mental Health Month

the event, so feel free to dress up or wear something casual; the choice of expression is all yours.

FOR FOLX GRADUATING: If you would like to be recognized as part of the graduating class and be inducted into the family of the UC San Diego LGBTQIA+ Alumni, please fill out the form here.

Queer Student Organization Affiliates



Bored Gaymers Mondays | 5:00 - 6:30 PM | Conference Room, LGBT RC

Come play board games with us weekly at the LGBT Resource Center! Feel free to see what games we have or even bring your own!

No experience required!



QTPOC

Odd Thursdays | 5:00 - 6:30 PM | Conference Room, LGBT RC

QUEER/TRANS PEOPLE OF COLOR is a student org that creates a safe space to dialogue, educate, and socialize around LGBTQ+ identified people of color. For more information about QTPOC, contact atpocuesd@gmail.com or check out their Facebook page

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Black OUEER Collective



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A social group for LGBTQIA+ individ with religious/spiritual beliefs

LGBT Res

Even Thursdays

2-3 pm rce Center Confe

Come join us! :)

May is Mental Health Month

Black Queer Collective Even Wednesdays | 5:00-6:00 PM | Conference Room, LGBT RC

Black Queer Collective is a group dedicated to finding and fostering Black queer community at UC San Diego. For more information about Black Queer Collective, please click <u>here</u>.

Beyond Binaries Collective Thursdays | 11:00 AM - 12:20 PM | Conference Room, LGBT RC

Come to a flexible, loving space with other folks who identify outside of the gender binary or are questioning if they are. Every week is a new space to explore who you are in a safe environment and find community and support.

Love is Light Even Thursdays | 2:00-3:00 PM Conference Room, LGBT RC

Love is Light aims to create a welcoming and comforting social environment for LGBT students of all spiritual backgrounds. As inclusion is the founding principle, allies and non-religious LGBT students are welcome. The group will affirm students' identity as part of the LBGT spiritual community and promote compassion, tolerance, and self-care through mental, spiritual, and physical wellness.

oSTEM

Thursday of Week 3, 7, and 9 | 6:30-8:00 PM | Conference Room, LGBT RC

Out in Science, Technology, Engineering, and Mathematics is a national LGBTQ-affirming organization that aims to provide services and support for students in science, technology, engineering, and mathematics and to create

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a dynamic network between students and professionals in industry and academia. For more information, check out their **Facebook** page!



Queer and Asian Collective Even Thursdays | 5:30-6:30 PM | Conference Room, LGBT RC

UCSD Queer and Asian Collective seeks to provide a brave space for TLGBQIA+ (trans, lesbian, gay, bisexual, queer, intersex, asexual, aromantic,+) Asians, South Asians, and Southeast Asians. We strive to provide support for and empower the queer Asian community at UCSD through focusing on the intersection of being trans and/or queer and Asian.



QUEER WRITING WORKSHOP

AT THE LGBT RESOURCE CENTER 2:30pm-4:00pm

THE UCSD LOBT RESOURCE CENTER WILL BE MOLDING WORKSHOPS FOR QUEER WRITERS TO COLLABORATE, HONE THEIR CRAFT, AND DISCUSS WHAT IT MEANS TO BE A QUEER CREATOR. ANY FOLKS INTERESTED IN LEARNING ABOUT WRITING ARE WELCOME, NO RRIOR EXPERIENCE IS NEEDED

Queer Writing Workshop Even Fridays | 2:30 - 4:00 PM | LGBT Resource Center

Calling all writers! The UCSD LGBT Resource Center is holding Queer Writing Workshops for queer creators to come together, collaborate, and hone their skills. Every workshop we will be discussing different aspects of craft and what it means to be a queer creator. Everyone interested in welcome - no prior experience is required! Meetings will start every other week beginning from Friday, April 12th.

UCSD Multi-identity Art Collective Fridays | 4:30-7:00 PM | LGBT RC

Multi-identity Artist Collective is an intersectional art group geared toward no one in particular because we take just about everyone! Humans of all artistic skill

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levels, specialties, and identities are welcome to join us. We hold art workshops and other social events!

Community Support Groups



Men's Relationship Forum Weeks 2-10 Mondays | 2:30- 4:00 PM | Small Meeting Room, Women's Center

Join us for conversations about our experiences as gay men, and connect with other gay men on campus. This group addresses relationships, sexual health, community building and more.

For more information please contact: Greg Koch at **gkoch@ucsd.edu**.

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Community Classifieds

DIY Stickers April 30 | 11:00 AM - 12:00 PM | The Zone

Draw out your own stickers to decorate your hydroflask or laptop case!

Welcoming Queer Indigenous Poet: Tommy Pico April 30 | 7:00 PM | The Loft

Tommy "Teebs" Pico is author of the books *IRL*, Nature Poem, and Junk. He also co-curates the reading series Poets With Attitude, and is a

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EXPERIMENTS IN JOY: CTIVOTING YOUR VOIC A Workshop by Performance Artist: Gabrielle Civil

How do you develop your VOICE as an activist, artist, feminist? How do you use your VOICE in the face of oppression/discrimmation? How do you develop confidence in using your VOICE to create charge? Join usin exploring these questions and many more in this interactive workshop led by Gabrielle Civil, a black feminist performance artist, poet, and writer, originally from Detroit. MI The aim of her work is to onen unace.

Date: Wed. May 1st Time: 3:00-5:00pm Location: Stage Room

May is Mental Health Month

contributing editor at *Literary Hub*. Originally from the Viejas indian reservation of the Kumeyaay Nation, he now splits his time between New York and Los Angeles.

Experiments in Joy: Activating Your Voice May 01 | 3:00 - 5:00 PM | Stage Room

How do you develop your VOICE as an activist, artist, feminist? How do you use your VOICE in the face of oppression/discrimination? How do you develop confidence in using your VOICE to create change? Join us in exploring these questions and many more in this interactive workshop led by Gabrielle Civil, a black feminist performance artist, poet, and writer, originally from Detroit MI. The aim of her work is to open up space.

Lift the Mask: Portraits of Life with Mental Illness

May 1 | 5:30 - 7:30 PM | Student Services Center, Multipurpose Room

"Lift the Mask" is a documentary that tells the harrowing, hopeful stories of six individuals living with behavioral and mental health diagnoses. From the onset of symptoms and the quest for a diagnosis to managing the subsequent treatments and medications, the film's subjects frankly discuss the most difficult and traumatic moments of their journeys.



May is Mental Health Month

Brought to you by Tritons Flourish and Counseling and Psychological Services, this event kicks off UC San Diego's "May is Mental Health Month!" This event is FREE for all UCSD students, and food and beverages will be provided! Please register here.

Cross-Cultural Center and USE Credit Union Present



Financial Literacy For College Students Week 5 Thursday, May 2, 2019

5:30 pm - 7:00 pm, Cross-Cultural Center Comunidad Room

CREDIT UNION





Financial Literacy for College Students May 02 | 5:30 - 7:00 PM | Cross-Cultural Center, Comunidad Room

Join us for a discussion on the human/social impact of freeways and infrastructure, including a photographic gallery of Los Angeles infrastructure archives from the 1960s and on!

Behind the Scenes: Representation in Film May 02 | 7:00 - 8:30 PM | Women's Center

Come to the Women's Center to learn about the history (or lack thereof) of representation in Hollywood from the Hays Code to #OscarsSoWhite. We will be discussing the politics of visibility and what representation really means for marginalized folks.

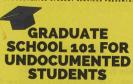
Dinner will be provided!

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Hear from grad student panelists who will share their stories and give advice on the application process. Questions are welcome!

MAY 3, 2019 | 4:00PM - 5:00PM SNAKE PATH ROOM IN PC RSVP here: http://tinyurl.com/y3j5x3tm Guestions ? smeoo1@ucsd.edu

Light food & refreshments will be provided



May is Mental Health Month

Graduate School 101 for Undocumented Students May 03 | 4:00 - 5:00 AM | Snake Path Room

Have you been thinking about applying to graduate school but don't really know where to start? Join us as our graduate student panelists share their experiences navigating the application process and provide tips on helpful resources to access.

Building Diaspora Art Reception May 7 | 6:30 - 8:00 PM | Cross-Cultural Center, Art Space

Join us in a new media presentation and reception on space-making for people of color on the internet. Refreshments provided.

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Visit our Facebook event here!

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May is Mental Health Month



THE UCSD CROSS-CULTURAL CENTER PRESENTS:

We (PoC) Are Not

Interactive learning that encourages an affirming dialogue about mental health awareness for people of color

WEEK 6 THURSDAY MAY 9TH 2019 5:00 - 7:00 PM CROSS-CULTURAL CENTER ART SPACE

provided



of Equity, Diversity, and Inclusion - for further information of modations please contact the CCC at (858) 534-9689 or ccc.ucsit.edu

We(PoC) Are Not Alone May 09 | 5:00 - 7:00 PM | LGBT Resource Center

Interactive learning workshop that encourages an affirming dialogue about mental health awareness for people of color in the community.

SDSU Body Pride Project

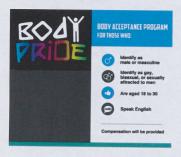
The Body Image, Sexuality and Health (BISH) lab in the Department of Psychology at San Diego State University are recruiting participants for our body acceptance program. Please read the information below if you are interested in participating or know someone who might be.

What is the purpose of this research? The purpose of this research is to investigate different approaches to improve body image among adult sexual minority men (i.e., men who

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May is Mental Health Month

identify as gay, bisexual, or sexually attracted to men).

If you would like to participate or have any further questions about the project, please email <u>bishlab@sdsu.edu</u> or call us (619-594-2037).



SAN DIEGO STATE

EDI Programs & Campus Community Centers





BLACK RESOURCE CENTER • UC SAN DIEGO

Asian Pacific Islander Middle Eastern Desi American Programs and Services



Cross-Cultural Center

Black Resource Center



Intertribal Resource Center

May is Mental Health Month



Raza Resource Centro



Rainbow Newsletter submissions

If you would like to submit relevant events to be featured in the newsletter, please fill out our Rainbow Newsletter Contribution Form located <u>HERE</u>!

SEE YOU NEXT WEEK!

Trusted Email from Constant Contact

UCSD LGBT Resource Center | 9500 Gilman Drive | La Jolla | CA | 92093

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Spring Quarter Newsletter Week 5

THE WOMEN'S CENTER

STUDENT PARENT STUDY SPACE

Looking for a kid-friendly place to study? Want to meet other student parents?

Join us at the Women's Center Student Parent Study Space!

Snacks, coffee and tea provided.

WEDNESDAYS 10-11:30AM APRIL 3-JUNE 5

women.ucsd.edu

CARE AT SARC

WE'RE HRRNG!

CARE GRAPHIC DESIGN & MARKETING INTERN

Handshake ID: 2635826

CARE EDUCATION & OUTREACH

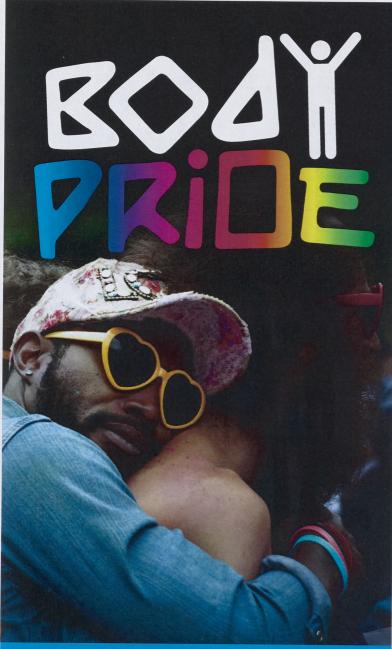
Handshake ID: 2628266

DEADLINE: TUESDAY, APRIL 30TH 4:30PM

INFO SESSIONS: MONDAY, APRIL 22ND 4-5PM WEDNESDAY, APRIL 24TH 10-11AM

Contact careinfo@ucsd.edu for more information.





BODY ACCEPTANCE PROGRAM FOR THOSE WHO:



Identify as male or masculine



Identify as gay, bisexual, or sexually attracted to men



Are aged 18 to 30



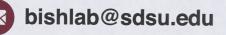
Speak English

Compensation will be provided

QUESTIONS?



619.594.2037









BODY ACCEPTANCE PROGRAM



Identify as male or masculine



Identify as gay, bisexual, or sexually attracted to men



hello

Ages 18 to 30

Speak English

COMPENSATION PROVIDED









Poetry & Convo with Queer Indigenous Poet

TOMMY PICO

TWO OPPORTUNITIES TO ATTEND....

TUESDAY, APRIL 30, 7PM THE LOFT @ UCSD 6:30 PM DOORS - 7:00 PM SHOW

WEDNESDAY, MAY 1, 4PM SHW-011 @ SDSU RECEPTION AFTER EVENT, ON SHW PATIO

Tommy "Teebs" Pico is author of the books IRL, Nature Poem, and Junk. He also co-curates the reading series Poets With Attitude (PWA), co-hosts the podcast Food 4 Thot, and is a contributing editor at Literary Hub. Originally from the Viejas Indian reservation of the Kumeyaay Nation, he now splits his time between New York and Los

SPONSORS

Angeles. UCSD: The Loft, Inter-Tribal Resource Center. Institute for Arts & Humanities, Critical Mission Studies, Department of Theater and Dance, Literature Department New Writing Series, LGBTQIA+ Living and Learning Community, Department of Ethnic Studies. SDSU: Associated Students, Native American Student Alliance, Elymash Yuuchaap Indigenous Scholars & Leaders Program, Educational Opportunities Programs, Sycuan Institute on Tribal Gaming. COMMUNITY: The Viejas Tribal Education Center

ais.sdsu.edu itrc.ucsd.edu theloft.ucsd.edu



Events are free & open to the public

EXPERIMENTS IN JOY: ACTIVATING YOUR VOICE A Workshop by Performance Artist: Gabrielle Civil

How do you develop your VOICE as an activist, artist, feminist? How do you use your VOICE in the face of oppression/discrimination? How do you develop confidence in using your VOICE to create change? Join us in exploring these questions and many more in this interactive workshop led by Gabrielle Civil, a black feminist performance artist, poet, and writer, originally from Detroit, MI. The aim of her work is to open up space.

Date: Wed. May 1st Time: 3:00-5:00pm Location: Stage Room (Formerly Porters Pub)

Questions about this program? Contact jem132@ucsd.edu This program brought by the following sponsors:







internationalbipolarfoundation

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If you had a friend or a loved one that could not see the light at the end of the tunnel, would you go sit with them in the dark?

Lift the Mask

PORTRAITS OF LIFE WITH MENTAL ILLNESS

Hosted by Tritons Flourish and UC San Diego Counseling and Psychological Services

Documentary and Panel Discussion Presented By: **The Quell Foundation**

thequellfoundation.org

Wednesday 5/1

5:30-7:30 p.m.

UC San Diego-Student Services Center | Multi-Purpose Room Please RSVP & join us for this special event, food and drink will pe provided.

http://bit.ly/LTMSanDiego

Lift the Mask

PORTRAITS OF LIFE WITH MENTAL ILLNESS





international bipolar foundation A world of hope, resources and support





The "Lift the Mask" documentary tells the harrowing, hopeful stories of six individuals living with behavioral and mental health diagnoses. From the onset of symptoms and the quest for a diagnosis to managing the subsequent treatments and medications, the film's subjects frankly discuss the most difficult and traumatic moments of their journeys.

Sponsored by the International Bipolar Foudation and hosted by Tritons Flourish and UC San Diego Counseling and Psychological Services, this event kicks off UC San Diego's "May is Mental Health Month!" This event is free for UCSD students, food and beverages will be provided.

Wednesday 5/1

5:30-7:30 p.m.

UC San Diego-Student Services Center | Multi-Purpose Room 9500 Gilman Drive La Jolla, CA 92093

REGISTER NOW

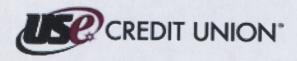
Cross-Cultural Center and USE Credit Union Present



Financial Literacy For College Students

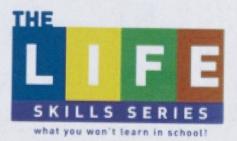
Week 5 Thursday, May 2, 2019 5:30 pm - 7:00 pm, Cross-Cultural Center Comunidad Room

LEARN TO OBTAIN AND USE CREDIT WISELY, CREATE CREDIT HISTORY AND SCORE, DEVELOP A BUDGET, TRACK SPENDING, STUDENT LOAN REPAYMENT OPTIONS, RETIREMENT AND MORE...





IF YOU REQUIRE SPECIFIC ACCOMMODATIONS, PLEASE CONTACT VIOLETA GONZALES: VIGONZALES@UCSD.EDU OR CALL 858.534.9689. a DIVISION OF EQUITY, DIVERSITY, AND INCLUSION



Behind the Screens: Representation in Film

Thursday, May 2nd 7-8:30pm Women's Center Living Room

Come to the Women's Center to learn about the history (or lack thereof) of representation in Hollywood from the Hays Code to #OscarsSoWhite. We will be discussing the politics of visibility and what representation really means for marginalized folks. Dinner will be provided !



Questions about this program? Please contact Jessica at Jem132@ucsdedu UNDOCUMENTED STUDENT SERVICES PRESENTS:

GRADUATE SCHOOL 101 FOR UNDOCUMENTED STUDENTS

Hear from grad student panelists who will share their stories and give advice on the application process. Questions are welcome!

MAY 3, 2019 | 4:00PM - 5:00PM SNAKE PATH ROOM IN PC RSVP here: http://tinyurl.com/y3j5x3tm

Questions ? sme001@ucsd.edu

Light food & refreshments will be provided!



FRIDAY MAY 3, 2019

astrolo-Ball

Dancing with the stars

THIS IS YOUR TICKET. YOU MUST PRESENT THIS TICKET UPON ENTRANCE NO RE-ENTRY

LGBTQLA+ LLC PRESENTS ASTROLO-BALL: DANGING WITH THE STARS FRIDAY, MAY 3RD 9PM - MIDNIGHT 11TH FLOOR TIOGA

9 PM -12 AM

2 Themed Runway Walks 1st: Feeling Your Oats 2nd: Dress Your Sign *Sign ups @ Check in table*

LIMITED AMOUNT OF TICKETS AVAILABLE STARTING APRIL 29, 2019 AT MUIR RESLIFE AND LGBT RC



