

Take Care of Yourself with Our Life Skills Series!



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

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"Don't let too much of yesterday take up today."

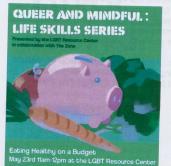
- Will Rogers

Audio Newsletter

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

#### Please click HERE to access our Audio Newsletter!

#### Special Announcements



Queer and Mindful: Life Skills Series May 23 | 11:00 - 12:00 PM | LGBT Resource Center

Queer and Mindful presents the Life Skills Series in collaboration with The Zone! Learn how eating healthy as a college student can also be affordable in this educational workshop!

If you require accommodations to fully access the event, please contact us at (858) 822-3493 or <u>rainbow@ucsd.edu</u>.

ZZZ's Get Degrees May 28 | 1:00 - 1:30 PM | LGBT Resource Center

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#### Take Care of Yourself with Our Life Skills Series!

ZZZ'S GET DEGREES

Queer and Windful presents the LHs Skills Series in collaboration wild Soudenb Health Advocabes! Come join us to learn the importance of a good right's rest and how to get your sleep schedule on brack for success!

If you require accommodations to fully access the event blease contact us at : (858) 822-3493 or rainbow@ucscl.edu.



Queer and Mindful presents the Life Skills Series in collaboration with Student Health Advocates. Come join us to learn the importance of a good night's rest and how to get your sleep schedule on track for success!

#### Light the Night

May 28 | 4:30 - 6:00 PM | LGBT Resource Center, Conference Room

As we close out the school year, it's important to take time for yourself to heal. A lot can happen over one year, and it can start to feel overwhelming when the night rolls in. Light it up, and make your way home.

Come join us for a brief presentation on trauma and healing, with a candle-making session afterward (essential oils available as well!).

#### **Chill Out**

May 29 | 12:00 - 1:00 PM | LGBT Resource Center

Come join us to learn and discuss some common issues related to stress, the importance of managing stress, and some useful stressmanagement techniques and information!

Free food will be provided.

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LGBT

END OF YEAR CELEBRATION May 29th, 6:00 PM, LGBT Resource Cent Come celebrate the end of the yell GBTRC, we'll have found more over RSVP here: tinyurl.com

LGBT RESOURCE CENTER

#### QTPOC & LGBT RC End of the Year Celebration

May 29 | 6:00 PM | LGBT Resource Center

Come celebrate the end of the year with us at the LGBT Resource Center. We'll have food, Mario party, and Mario Kart!

Please RSVP here!

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

We are pleased to announce the individuals who will be speaking at Rainbow Graduation 2019! After careful consideration and curation of votes, it is determined that the Rainbow Graduation 2019 Student Speakers will be Jodie Lim and Fer Villalbazo and the Rainbow Graduation 2019 Faculty/Staff/Community Speaker will be Mely Quiroz!

We hope you consider joining 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.

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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 <u>here</u>.

#### Program and Operations Coordinator Community Lunch

Dates Below | LGBT Resource Center

Join us for an informal community lunch with the candidates interviewing for the Programs and Operations Coordinator position at the LGBT Resource Center. Open to students, staff, and faculty at UC San Diego.

#### Please rsvp and include dietary needs by 5/17 by emailing <u>mpgomez@ucsd.edu</u>

**Tuesday May 21** 12pm-1pm LGBT Resource Center

Thursday May 23 1pm-2pm LGBT Resource Center

Tuesday May 28 12pm-1pm LGBT Resource Center

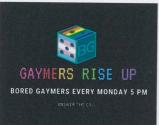
Thursday May 30 1pm-2pm LGBT Resource Center

#### Queer Student Organization Affiliates

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

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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** 



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 here.



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.

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Even Thursdays

2-3 pm LGBT Resource Center Conference Roon Come join us! :)



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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 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**

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,

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#### Take Care of Yourself with Our Life Skills Series!

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.

THE UCSD LOBT RESOURCE CENTER WILL BE HOLDING WORKSHOPS FOR OUEER WHITERS 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 PRIOR EXPERIENCE IS NEEDED!



#### 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 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

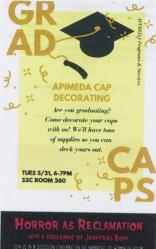
Join us for conversations about our experiences as gay men, and connect with other gay men on campus. This group addresses relationships, sexual health, community building and more.

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

Community Classifieds

#### **APIMEDA Cap Decorating**

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Take Care of Yourself with Our Life Skills Series!

#### May 21 | 6:00 - 7:00 PM | Student Services Center, Room 260

To all graduating students, join us for a cap decorating event on Tuesday, May 21st from 6 to 7 in SSC room 260!

We have all kinds of decorations available for you to personalize your cap. Snacks also provided!

#### Horror as Reclamation May 21 | 6:30 - 9:00 PM | Women's Center

Join us in a discussion centering on the narratives of women of color directors in the horror film industry and the use of horror as a tool for reclamation for marginalized communities. We'll discuss why it is so rare to see WOC directing horror films and the ways that they may (or may not) self represent in the narratives they decide to tell. We will be screening Karyn Kusama's Jennifer's Body with a short discussion afterwards, and we will be featuring photos from a project recreating iconic horror film scenes with WOC.

Dinner will be provided!

#### Cigarette Butt Clean-Up May 22 | 4:00 - 6:00 PM | The Zone

Please join us at UCSD's 7th Annual Cigarette Butt Clean-up! Support UCSD's smoke-free campus by cleaning up the cigarette litter found on our campus with fellow members of the UCSD community!

The first 50 registrants that attend the event will receive a free T-Shirt, and everyone will receive complimentary snacks and water.

\*\*All materials (gloves and bags to put the cigarette butts in) will be provided.

**Putting EDI Into Practice** 

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Take Care of Yourself with Our Life Skills Series!

#### May 23 | 10:00 AM - 3:30 PM | Geisel Library, Classroom 2

Would you like to learn how to better handle group discussions to create welcoming and inclusive environments? We are hosting events open to ALL faculty, students, and staff, to build upon previous efforts on campus to take action towards making practical changes in the classroom to advance equity, diversity, and inclusion at UC San Diego.

Please RSVP here!

#### A SPOTLICHT ON SENEGAL AFRICANA AFRICANA WOMANTSM MOMANTSM MOMANTS

#### Africana Womanism: A Spotlight on Senegal May 24 | 12:00 - 1:00 PM | Women's Center

Please join us in the Women's Center as we bring visibility to Africana Womanism in practice, with a living archive shining a spotlight on the selfdefining women of Senegal! Food will be provided!

#### OASIS LATS Writers' Colloquium May 24 | 5:30 - 7:00 PM | Cross-Cultural Center

Our line-up of interdisciplinary presenters will discuss the theme of Language, Identity, & Social Justice: Building a More Equitable World through the Art of Language.

This event will include community engagement and Q&A. Light refreshments provided. Please <u>RSVP</u>.

Take Care of Yourself with Our Life Skills Series!

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US MONORO CONSULTANTIC CERES NOTATIVE REPORT REMAINS CHILDHOOD IN AN ANTI-BLACK WORLD: THE QUESTION OF THE HUMAN IN DEVELOPMENTAL PSYCHOLOGY FEATURING:





#### Childhood in an Anti-Black World: The Question of the Human in Developmental Psychology

May 29 | 12:00 AM - 1:30 PM | Cross-Cultural Center

Ecological systems theory scholars in the field of Psychology correctly detected a problem: that of dehumanization occurring in the world (Bronfenbrenner: Making Human Beings Human, 2004). However, as Sylvia Wynter has explained, a fundamental error is being made when modern/colonial capitalist Man is assumed to represent the human and the color line is ignored. This discussion addresses that problem directly by elaborating an explicitly critical framework that accounts for capitalism's history of colonialism in which ecological perspectives can be nested. Further, we explore the theoretical and practical implications of a deepened conceptualization of macrosystemic and chronosystemic contributors to development for black youth.

#### Late Night with The Zone: Grad Night May 29 | 6:00 - 8:00 PM | The Zone

Presenting Late Night at The Zone: Grad Night! Come and celebrate the upcoming graduation for the Class of 2019 by bringing in your cap to decorate with arts & crafts materials, or creating fun ribbon leis for your graduating friends! FREE for UCSD students; all decorating and ribbon materials will be provided. Based on first come, first serve basis.

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#### Take Care of Yourself with Our Life Skills Series!

come and celebrar ine dipcoming graduation for the Class of 2019 by bringing in your cap to decoráte with arts & crafts materials, or creating fur ribbon leis for your graduating friends!

GRAD **\*** NIGHT

#### WED MAY 29TH, 6-8PM

IATE NIGHT WITH



Hold your very own clay pin in this interactive workshop.

Wed. Week 9 May 29, 2019 6-7:30 PM Cross-Cultural Center Art Space

For accommodations or more information contact violetag@ucsd.edu

vision of Equity. Diversity, & Inclusion

#### Molding Possibilities May 29 | 6:00 - 7:30 PM | Cross-Cultural Center, Art Space

Mold your very own clay pin in this interactive workshop, light refreshments will be provided.

#### Survey for Transgender Undergraduates in UC San Diego May 31

The survey is a research project on UCSD's transgender/nonbinary community, focusing on the forms of inequity that we currently face on this campus. If you identify as trans, please consider taking this survey! Your identity will be kept anonymous, unless you would prefer to provide your initials. The survey only grants access to UCSD emails, so please make sure you're using the right account! Participating in this project contributes to the transgender community's collective effort to bring about change here at UCSD, as well as preparing a more inclusive university for generations to come. If you know anybody else at UCSD who identifies as transgender, please send this survey to them! Thank you!

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Take Care of Yourself with Our Life Skills Series! Access to the survey here.

#### UC San Diego PrEP Research Study

UC San Diego has a research study that provides PrEP at no cost. PrEP is pre-exposure prophylaxis, a daily pill that helps prevent HIV.

WHO MAY QUALIFY?

- Identify as transgender or non-binary
- 18 years or older
- HIV-negative
- You can already be on PrEP
- You don't have to currently be sexually active
- WHAT DOES THE STUDY INVOLVE?
- Six visits over a one year period
- HIV/STI testing and safety labs at no cost
- Daily text reminder to help take PrEP everyday - Answer surveys about your sexual health

EARN UP TO \$275

Interested? Call (619) 543-8080 or email prepstudy@ucsd.edu and ask for the "Transgender PrEP study".

EDI Programs & Campus Community Centers

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### UC San Diego

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Asian Pacific Islander Middle Eastern Desi American Programs and Services



**Cross-Cultural Center** 

Take Care of Yourself with Our Life Skills Series!



**Black Resource Center** 



Intertribal Resource Center



Raza Resource Centro



Women's Center

#### 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 HERE!

SEE YOU NEXT WEEK!



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

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# APIMEDA CAP DECORATING

IED A Programs & Services

Are you graduating? Come decorate your caps with us! We'll have tons of supplies so you can deck yours out.

TUES 5/21, 6-7PM SSC ROOM 260

# HORROR AS RECLAMATION

## with a screening of Jennifer's Body

JOIN US IN A DISCUSSION CENTERING ON THE NARRATIVES OF WOMEN OF COLOR DIRECTORS IN THE HORROR FILM INDUSTRY AND THE USE OF HORROR AS A TOOL FOR RECLAMATION FOR MARGINALIZED COMMUNITIES. WE'LL DISCUSS WHY IT IS SO RARE TO SEE WOC DIRECTING HORROR FILMS AND THE WAYS THAT THEY MAY (OR MAY NOT) SELF REPRESENT IN THE NARRATIVES THEY DECIDE TO TELL. WE WILL BE SCREENING KARYN KUSAMA'S JENNIFER'S BODY WITH A SHORT DISCUSSION AFTERWARDS, AND WE WILL BE FEATURING PHOTOS FROM A PROJECT RECREATING ICONIC HORROR FILM SCENES WITH WOC.

# TUESDAY. MAY ZIST 6:30-9.00PM WOMEN'S CENTER LIVING ROOM

## **Commitment through Action:**

Putting Equity, Diversity, & Inclusion into Practice

#### Thursday, May 23rd, 2019

Human Developmental Sciences has created the first major/minor specialization in Equity and Diversity. To celebrate the launching, we are hosting events **open to ALL faculty, students, and staff**, to build upon previous efforts on campus to take action towards making practical changes in the classroom to advance equity, diversity, and inclusion at UC San Diego.

Time & Location	Session Title	Session Description
May 23, 2019 10:00 – 11:00am Geisel Library, Classroom 2	Difficult Conversations: Experiences with EDI Discussions on Our Campus	A panel of TAs, faculty, and staff will discuss their experiences with EDI discussions.
May 23, 2019 11:00 – 12:20pm Geisel Library, Classroom 2	Facilitating EDI Discussions: Techniques for Having Difficult and Fruitful Conversations	Learn tips to facilitate group discussions to create welcoming and inclusive environments. Presentation with facilitator-guided discussion
May 23, 2019 2:00 – 3:30pm The Loft, Price Center	Commitment through Action: Putting EDI into Practice	Discuss the importance of bringing EDI principles into practice through EDI coursework and career preparation, and advocacy in our daily lives.
May 13 – June 28 Geisel Library, East Wing	Tell Us How UC It! This exhibit will feature an abbreviated timeline of UC San Diego's history of student activism and campus EDI efforts, and creative work from UC San Diego students in response to the prompt, "How do you experience equity, diversity, and inclusion on the UC San Diego campus? Are you A part or Apart?"	

#### For more information and to RSVP: https://library.ucsd.edu/news-events/ediintopractice/





# QUEER AND MINDFUL: LIFE SKILLS SERIES

Presented by the LGBT Resource Center in collaboration with The Zone

# Eating Healthy on a Budget May 23rd 11am-12pm at the LGBT Resource Center

Queer and Mindful presents the Life Skills Series in collaboration with The Zone! Learn how eating healthy as a college student can also be affordable in this educational workshop! If you require accommodations to fully access the event please contact us at : (858) 822-3493 or rainbow@ucsd.edu.



### A SPOTLIGHT ON SENEGAL

# A FRICANA WOMANTSM

### MAY 24, 2019 | 12-1PM WC LIVING ROOM

PLEASE JOIN US IN THE WOMEN'S CENTER LIVING ROOM, AS WE BRING VISIBILITY TO AFRICANA WOMANISM IN PRACTICE, WITH A LIVING ARCHIVE SHINING A SPOTLIGHT ON THE SELF-DEFINING WOMEN OF SENEGAL. FOOD WILL BE PROVIDED!

FOR ANY ACCOMMDATIONS PLEASE EMAIL JEMIS2QUCSD.ED

### OASIS LATS WRITERS' COLLOQUIUM SPRING 2019 PRESENTS

LANGUAGE, IDENTITY, & SOCIAL JUSTICE Building a more equitable world through the art of language.

#### Krysada Phounsiri

Lao-American poet, photographer, dancer & engineer + UC Berkeley alum

#### Katie Galindo Espitia

Marshall College student LATS tutor "I will be talking about navigating language between spaces and how it alters the way we present ourselves."

#### Uttam Kalluri

Sixth College student LATS tutor "I will be speaking about the Telugu language from India."





Germán Partida Roosevelt College student LATS tutor "I will be talking about Spanish and the role it has in the Latinx community." Leonel Pérez Marshall College student LATS tutor "I am speaking about Mexican immigrants, youth and language, and indigenous identity."

#### KRYSADA PHOUNSIRI:

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- CROSS CULTURAL CENTER:
- @ Cucsdcrossculturalcenter

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5/24/19 5:30-7 P.M. CCC COMUNIDAD ROOM



Refreshments provided! RSVP at https://tinyurl.com/oasislatsRSVP