Gender & Sexuality Services Newsletter, February 2021

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February Newsletter
Welcome to Black History Month!

As we settle into the new semester, we’d like to share some information about upcoming LGBT Q & A programming, the Diversity Matters Award, Safe Zone Ally training, and more!

LGBT Q & A
Navigating the world can be tricky sometimes, but you’re not alone! In this series of informal conversations, members of the Out & Ally Network will address topics like making friends after college, moving to a new city as an LGBTQ+ adult, transitioning, and more.

LGBT Q & A is intended to be a safe space for LGBTQ+ students; those interested in attending can register here to receive the Zoom link.

Wed. 2/10 @ 3pm | Chris Wiebe: Making doctors' appointments as an LGBTQ+ individual

Wed. 2/24 @ 3pm | Max Mowitz (Onelowa): Resources for legal and medical transitions

Fri. 3/12 @ 11am | Blair Izard: Moving to a new city as an LGBTQ+ individual

Wed. 4/14 @ 3pm | Tessa Wakefield: Making friends after college
Safe Zone Ally Training

Interested in becoming a Safe Zone Ally? Registration is open for all our Spring 2021 sessions!

- **Phase One**
  - Friday 2/19, 10:30 AM - 12:00 PM
  - Tuesday 3/9, 1:00 - 3:00 PM
  - Tuesday 4/6, 9:00 - 10:30 AM
  - Saturday 5/1, 10:00 - 11:30 AM
- **Phase Two**
  - Friday 2/19, 1:00 - 3:00 PM
  - Thursday 3/11, 1:00 - 3:00 PM
  - Thursday 4/8, 9:00 - 11:00 AM
  - Saturday 5/1, 12:30 - 2:30 PM

Register in advance to receive the Zoom link. If you are interested in hosting a Phase One training for a group or class, please email lgbt@uni.edu.

Diversity Matters Award

Nominations are now open for the 2021 Diversity Matters Award! Student organizations and individuals can be nominated for their efforts to promote inclusion and maintain a welcoming and supporting environment for all. Read more or submit a nomination online -- nominations are open until February 19th. Recipients will be announced at the 2021 Student Leadership Awards Ceremony.

Wellness Coaching

Wellness Coaching is a way to reach your goals and create the life you want by exploring your strengths and focusing on your wellbeing. Whether you’re looking for support with healthy coping skills, stress reduction, sleep, time management, social connection, or just need someone to help you process these times of uncertainty, Wellness Coaches are here for you! Schedule your first session online or email wellness@uni.edu with any questions.
Involvement Opportunities
Join the Office of Student Life for the Spring 2021 virtual student organization fair! Take some time to explore these organizations and get a chance to meet student leaders. The fair will be divided into 4 sessions, and you are welcome to sign up for multiple sessions.

Inclusive Options
Looking for a local resource or service? We're always working to expand our list of local LGBTQ-inclusive resources such as doctors, counselors, restaurants, beauticians, faith leaders, and more.

Email lgbt@uni.edu to request a copy, or to share your own recommendations!

Student Research
Jordan Weber, a senior Family Services major, is conducting research to better understand the voting habits and attitudes of college students. Information will be collected via an online Qualtrics survey, and should take approximately 10 minutes. You must be currently enrolled as a student at a college or university in order to participate in the study. The survey will be going live on Monday, February 8th. If you have any questions or would like to participate, please contact him by email (jweber@uni.edu) or by phone (319-273-4280).
Upcoming Dates

February 1: First day of Black History Month

February 2: Virtual Student Organization Fair (sessions 1 & 2)

February 3: Virtual Student Organization Fair (sessions 3 & 4)

February 10: LGBT Q & A with Chris Wiebe | 3:00 - 4:00 PM (Request Zoom link)

February 12-13: Queer College Conference & Career Expo by Iowa Safe Schools

February 19: Safe Zone Ally Phase 1 training | 10:30 AM - 12:00 PM
Safe Zone Ally Phase 2 training | 1:00 - 3:00 PM
*Register in advance to receive the Zoom link.

February 24: LGBT Q & A with Max Mowitz | 3:00 - 4:00 PM (Request Zoom link)

Stay Connected with Gender & Sexuality Services

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