


1-2022

## Gender & Sexuality Services Newsletter, January 2022

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# GENDER & SEXUALITY SERVICES

## January Newsletter

Welcome to the new semester, Panthers!

Please take a look at some of our beginning of the year announcements for Safe Zone Ally training, upcoming **conference opportunities**, and more. Stay on the lookout for more information to come about our upcoming events, including the full calendar of programs this semester and other ways to connect with GSS in the new school year.

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### Conference Opportunity

GSS is assembling a delegation to attend the virtual [LGBTQ Health & Wellness Conference](#)! Funds are available for up to four undergraduate and/or graduate students. The conference will take place February 19 and will be fully online. Apply at [lgbt.uni.edu/get-involved](http://lgbt.uni.edu/get-involved). **Priority consideration for applications received by 4 PM on Monday, February 7.**

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### Out & Ally Network

The [Out and Ally Network](#) is a publicly accessible list of UNI community members who are dedicated to making UNI an inclusive environment for LGBTQ+ students. This resource serves students by increasing the accessibility and visibility of our community members and allies, showing our students that they are not alone.

Stop by to visit with Out & Ally Network members, play games, or share stories about your favorite books and movies. Up first will be Chris Wiebe, RLC for Noehren Hall, on Friday 1/28 from 10-11:30 AM.

# Welcome Back!

You're invited to kick off the newsemester with the Out & Ally Network, Gender & Sexuality Services, and UNI Proud!

Stop by the Center for Multicultural Education on **Monday, January 24th** from **11 AM-1 PM** to pick up a cookie and a note from the Out & Ally Network.



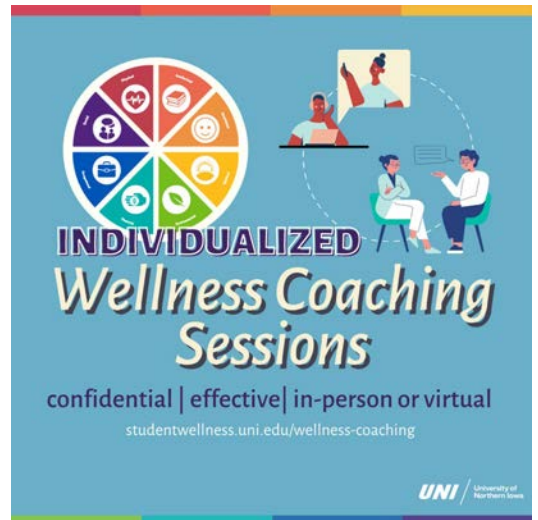
## Safe Zone Ally training

As you make plans for the upcoming semester, we hope you'll include **Safe Zone Ally** training in the mix. [Head to our website to register!](#)

- Phase One
  - Wednesday, February 23 - 10:30 AM-12:00 PM (*virtual*)
  - Tuesday, March 1 - 10:30 AM-12:00 PM (*on campus*)
  - Wednesday, April 6 - 10:30 AM-12:00 PM (*on campus*)
  - Saturday, May 7 - 10:30 AM-12:00 PM (*virtual*)
- Phase Two
  - Wednesday, February 23 - 1:00-3:00 PM (*virtual*)
  - Tuesday, March 1 - 1:00-3:00 PM (*on campus*)
  - Wednesday, April 6 - 1:00-3:00 PM (*on campus*)
  - Saturday, May 7 - 1:00-3:00 PM (*virtual*)

## Wellness Coaching

Student Wellness Services provides Wellness Coaching, which is a way for you to reach your goals and create the life you want. It gives you the opportunity to explore your strengths while focusing on your health and well-being. Whether you're looking for support with stress management, better sleep habits, time management, social connection, or just need someone to listen, Wellness Coaches are here for you! [Sign-up](#) for an in-person or Zoom session today!



# Upcoming Events

January 20: Spring Semester classes begin

January 24: Cookies & Encouragement (12-1 PM)

January 27: Out & Ally @ GSS with Chris (10-11:30 AM)

Holocaust Remembrance Day

January 29: [3rd Annual Cedar Valley Women's March](#)

# Pride Week

Save the date: **Pride Week 2022** will take place **April 4-9!** Additional details coming soon.



*Stay Connected with Gender & Sexuality Services*



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