

NC LGBTQ  
DOMESTIC  
VIOLENCE  
SYMPOSIUM:

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**CENTERING  
THE  
MARGINS**

# WELCOME!

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Thank you for attending the **LGBTQ+ Domestic Violence Symposium: Centering the Margins**. Our hope is that this event will offer attendees resources and information that helps improve access and quality of services across NC for queer survivors of intimate partner violence. This event would not be possible without funding from the NC Family Violence Prevention and Services Act (FVPSA) office, and we are grateful for their support. Advocates who are part of UNCG's NC LGBTQ+ Domestic Violence Response Initiative have worked tirelessly to convene a list of speakers with significant expertise in queer advocacy and organizing, many from work parallel to domestic violence advocacy, so that we can learn from their experiences.

Thank you for your tireless and compassionate work on behalf of survivors. We look forward to learning together with you over the course of the Symposium, and to working side by side to create a North Carolina that is safe for all people.

Sincerely,  
The Planning Committee

The aim of this symposium is to create a space of learning, resource sharing, and strategizing to explore the emerging best practices and the particular challenges of supporting LGBTQ survivors of domestic violence in North Carolina. The NC LGBTQ Domestic Violence Response Initiative and others in the state will discuss ways rural and urban communities in NC can advance their capacity to prevent LGBTQ domestic violence and respond to survivors. Many of the institutions that typically serve survivors don't highlight the particular needs of LGBTQ people. In particular, law enforcement and the legal system are not set up to serve Queer and Trans survivors, especially Black, Indigenous, and People of Color (BIPOC) survivors, and these systems very often cause further harm to these marginalized communities. We particularly want to focus on the interlocking systems of oppression faced by BIPOC who are also queer. Often the LGBTQ discourse ignores or erases the effects of racialization in the experiences of gender and sexuality. But, importantly, Queer/Trans BIPOC communities have also been at the forefront of finding alternatives to racist and violent institutions like the police in order to prevent domestic violence and help survivors find safety, community, and independence. Communities of care and support for LGBTQ people who experience harm require a different set of tools, knowledge, and approaches. In this symposium we aim to build better practices, share prevention strategies, develop advocacy methods, and foreground alternative means of finding safety. We hope to add to the rich history of care already performed in racialized LGBTQ communities.

The NC LGBTQ Domestic Violence Response Initiative is a statewide partnership between the University of North Carolina at Greensboro, three community-based domestic violence service provider agencies, one university-based service provider, and one community-based LGBTQ center. The goal of the Initiative is to increase the capacity of communities to provide safe, affirming, and quality service to LGBTQ-identified survivors of domestic violence. This symposium is made possible through funding from the Family Violence Prevention and Services Act.

# NC LGBTQ DOMESTIC VIOLENCE SYMPOSIUM SCHEDULE

## SEPTEMBER 13

- 9:00-10:15 am** Opening panel of specialists  
**Getting to Know the NC LGBTQ DV Response Initiative: A Panel of LGBTQ Advocates**
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- 10:25-11:55 am** Skylar Ashton Kantola/Yeni Bencomo-Suarez  
**Abolitionism and Alternatives to Police in Service Provision Settings**
- 
- 11:55-12:55 pm** Lunch
- 
- 12:55-2:10 pm** Kayla Gore | **Safety in Housing**
- 
- 2:20-3:35 pm** Anole Halper | **Reimagining Mental Health Crisis Response**
- 
- 3:45-4:45 pm** Cindy Milstein | **Holding Space for Pandemic Grief and Collective Care**
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- 3:45-4:45 pm** Discussion group A (April - Self-Care) and B (E- Queer Networking Group ) and C (Kate Campus Advocacy)

## SEPTEMBER 14

- 9:00-10:15 am** Ignacio G Hutía Xeiti Rivera  
**Keynote: Justice is NOT Healing: How the State Fails the Most Marginalized Survivors**
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- 10:25-11:40 am** Stefanie Lyn Kaufman-Mthimkhulu | **Disability Justice and IPV: Building Abolitionist Tools for Interrupting Violence Against Disabled, Mad, and Neurodivergent LGBTQ+ Folks**
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- 11:40-12:40 pm** Lunch
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- 12:40-1:55 pm** Dolores Chandler | **Choosing Both/And: The Limitations of Binary Thinking in Anti-Violence Work**
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- 2:05-3:20 pm** Ash Williams | **A Model for Responding to Houselessness in the Black Trans Community During the Global Pandemic Without the Use of State Apparatuses**
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- 3:30-4:30 pm** Anoo Tree Brod | **Improvisation for Self-Care**  
Tucker Shelton | **Slow Flow and Stretch**  
Discussion group C (Dolores QTBIPOC Group) and D (April Rural Advocates)
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- 4:30-5:15 pm** **Advocacy in Action: Inform the State's Plan on Addressing Domestic Violence in Queer Communities**  
(Strategizing / Feedback session / Closing Remarks)

# ABOLITIONISM AND ALTERNATIVES TO POLICE IN SERVICE PROVISION SETTINGS

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Policing in the United States originates as a system for white men to maintain slavery, reenslave/enslave Africans and Black Americans, and disrupt abolitionist class solidarity among white people and people of color. Because policing in the U.S. was birthed from anti-Blackness, human trafficking, and state sanctioned violence, these structures have evolved over time into their modern forms as mass incarceration, immigrant detention centers, and the industrial military complex at large within the U.S. and globally through modern U.S. imperialism. Abolitionism is a practice of removing a culture of incarceration and punitive systems of accountability from our imagination and our lives, and replacing those values/practices with ones which support holistic wellness, anti-violence, and transformative justice. Because enslavement and incarceration are principles deeply rooted in the foundation of the U.S. and within our structures developed over time (medical, legal, social, educational systems, etc), abolition work is pivotal for the prevention and intervention of all forms of violence. Following in the footsteps of Mariame Kaba, Adrienne Marie Brown, Angela Davis, Octavia Butler, and many others, we can fight for the abolition of cops and prisons by creating new policies and practices within our organizations. Transformative Justice is a concrete methodology committed to shifting from carceral structures and towards processes that both rectifies the harms of perpetrators and brings healing for survivors. Through Transformative Justice, we can also prevent more people from becoming perpetrators of harm. Join us for a workshop to critically evaluate the ways in which carceral culture has permeated service provision and identify ways people may apply abolition in service provision settings.

## PRESENTATION LEARNING OBJECTIVES:

1. Understand the history and modern context of policing, the prison industrial complex, and abolition in the U.S.
2. Reevaluate service provision setting policies, practices, and culture against abolitionist values and practice
3. Critically reflect on and begin applying alternatives to policing in service provision settings

Bio:

**SKYLAR ASHTON KANTOLA** (she/they) currently works as the Diversity, Equity, and Inclusion Coordinator in the College of Agriculture at Purdue University where they established and continue to facilitate the Becoming White Allies and Accomplices Talking Circle to engage other white people in racial justice work. She is a Co-Founder and current Co-Leader of Indiana Disability Justice. Skye as also served as the Program Director at the Multicultural Efforts to end Sexual Assault (MESA) for 8 years and is an engaged artist at Faerie Bear Art. They served as the Communications Director at Pedagogy and Theatre of the Oppressed, Inc. (PTO) from 2015-2021 and helped establish and continue leading the transformative justice action group at PTO. Skye is a multilingual disabled queer and trans person and a survivor of child and adult polyviolence. In their free time, they enjoy compassionately disrupting complacency, doing positive dog training, studying/intervening in white identity extremism, and caring for the earth.



Bio:

**YENI BENCOMO-SUAREZ** (she/her/ella) is a radical Caribbean Latina, cross cultural community organizer, and an unapologetic feminist and abolitionist. Yeni is from Louisville, Kentucky where she grew up in a working class, immigrant neighborhood and is the daughter of Cuban refugees. Yeni has organized and fought for a variety of social causes including labor rights, reproductive, climate, and racial justice. She strives for liberation and justice within a collective of social movements within an intersectional and internationalist framework. Yeni received a B.A. in Latin American/Latino Studies with a minor in Middle Eastern/Islamic Studies from the University of Louisville, and in 2019, Yeni received the Activist on the Rise award from the Kentucky Alliance against Racism and Political Repression. Yeni is currently program coordinator at Multicultural Efforts to End Sexual Assault (MESA) housed within Purdue university. In her free time, Yeni enjoys listening to international music genres and studying languages.



# ADVOCACY IN ACTION: INFORM THE STATE'S PLAN ON ADDRESSING DOMESTIC VIOLENCE IN QUEER COMMUNITIES

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“Advocacy in action: Inform the state’s strategic plan on preventing and responding to LGBTQ domestic violence”

## Facilitated by UNCG on behalf of the NC LGBTQ Domestic Violence Response Initiative

As practitioners in the fields of intimate partner violence (IPV) and LGBTQ service provision, Symposium attendees are subject matter experts, placing them in a valuable position to offer recommendations and insights on prevention of and response to LGBTQ IPV. The NC *LGBTQ Domestic Violence Response Initiative* would like to draw on attendee expertise to inform state-level policy recommendations about strategies to best serve and respond to LGBTQ survivors and to prevent LGBTQ IPV. Participants in this session will be asked to center their own experiences working with survivors and/or LGBTQ community members as well as consider lessons learned from the Symposium workshops and presentations about prevention and response to LGBTQ communities. We will facilitate a discussion with participants to gather and document recommendations, as well as perceived barriers and challenges, to improve prevention of and response to IPV in LGBTQ communities. The information obtained in this session will serve as a guide to develop a state-level strategic plan to be shared with the Family Violence Prevention and Services Act (FVPSA) administrator and other state-level policy makers. A summary of the discussion will be shared back out with session participants to ensure that highlights and themes were adequately captured and represented. Recommendations from this session will serve as a foundation to guide state-level work and serve as an initial step for continued partnerships between practitioner-experts in the field and the *NC LGBTQ Domestic Violence Response Initiative*.

# CHOOSING BOTH/AND: THE LIMITATIONS OF BINARY THINKING IN ANTI-VIOLENCE WORK

We live in a culture that loves to impose binaries and pit them against each other: Feminine/Masculine, Racist/Anti-Racist, Good/Bad, Response/Prevention, Individual/Systemic. At best, these binaries overly simplify worldviews and experiences that are inherently complex. At worst, these binaries have been used as tools of violence to facilitate school yard bullies, to locker room talk, and even genocide.

In my experience as a prevention educator and now an equity coach, consultant, and facilitator, I've learned that the solutions people and organizations are seeking are never as simple as either/or. Prevention and Response do not have to exist in opposition to each other. Individual transformation and systemic change are not separate ventures. They happen in tandem, at times the force of one pushing movement on the other. In this talk, I'll share some of my experiences and learnings about what it means to let go of either/or and embrace both/and.



Bio:

## **DOLORES CHANDLER**

**(they/them)** is a mixed race-Black, transmasculine and gender non-conforming, tender, tough human living in Durham, NC. Founder and Principal Consultant of Build from the Heart, Dolores supports organizations to practice their values with integrity and through a lens of racial and gender justice. Dolores obtained their MSW in 2014 from the University of North Carolina at Chapel Hill. When they are not working, Dolores likes to build things and watch things grow.



# DISABILITY JUSTICE AND IPV: BUILDING ABOLITIONIST TOOLS FOR INTERRUPTING VIOLENCE AGAINST DISABLED, MAD, AND NEURODIVERGENT LGBTQ+ FOLKS

When supporting LGBTQ+ survivors, it's critical to consider Disabled, mad, and neurodivergent folks as we develop resources, programs, and systems of support for our communities. Our work addressing interpersonal violence will never be complete without an anti-ableist, Disability Justice lens (considering Disabled people experience the highest rates of abuse and violence across every system in society, and often have the least access to resources). Stefanie will be discussing the intersections of justice for Disabled & LGBTQ+ folks, tools for addressing violence against mad & Disabled people through an abolitionist peer support lens, and Disability Justice as a guiding force for our work. We will be building our toolbox around care work, access-centered practices, and responding to less typical forms of violence that impact Disabled communities.



## Bio:

**STEFANIE LYN KAUFMAN-MTHIMKHULU (they/she)** is a white, queer and non-binary, Disabled, neurodivergent, survivor of sexual violence and the psychiatric system. They show up for their communities as a Disability Justice educator and organizer, parent, somatic and non-clinical healer, writer, Transformative Justice practitioner, and as the Founding Director of Project LETS. Their work specializes in building non-carceral, peer-led mental health care systems that exist outside of the state— and reimagining everything we've come to learn about madness. They are the editor of *Abolition Must Include Psychiatry* and the author of *We Don't Need Cops to Become Social Workers*. Stefanie is an experienced facilitator, mediator, curriculum developer, and strategist for anti-ableist leadership, mental health and Disability policy, and access-centered practices. They are deeply invested in disrupting carceral systems which harm and kill Disabled people globally.

# GETTING TO KNOW THE NC LGBTQ DV RESPONSE INITIATIVE: A PANEL OF LGBTQ ADVOCATES

In this opening session, we will set the tone by starting with a brief overview of the unique needs, experiences, and challenges faced by LGBTQ survivors of partner violence. We will then shift to a panel of representatives from the NC LGBTQ Domestic Violence Response Initiative. Panelists will share their expertise about working with Queer and Trans survivors in their local communities and the ways they have built their agency's capacity to better serve LGBTQ survivors of violence. We will conclude with an opportunity for audience Q & A.

## Panelist Bios

**KATE RAWSON (she/her):** As the LGBTQ Victim Services Specialist for the NC LGBTQ DV Response Initiative, Kate provides support as well as Training & Technical Assistance to project partners across the state. Kate studied Psychology at Appalachian State University and got her Master's in Student Affairs Administration from UNCG. Prior to this role, Kate has worked in both victim advocacy and LGBTQ+ education and programming at UNCG. She is passionate about advancing equity and inclusion for Queer & Trans folks through an anti-violence and anti-racist framework. In her spare time, Kate likes to travel, eat good food, and explore the outdoors with her partner.

**E WRIGHT (they/them, she/her):** E serves as the LGBTQ Survivorship Services Coordinator with the LGBTQ Center of Durham under the Domestic Violence Response Initiative. E has over five years of anti-violence advocacy experience spread across rural and urban areas of NC. E has their Bachelors of Science in Psychology and is a Mental Health Qualified Professional. E is loud about dismantling white supremacy, homophobia, anti-fat bias, disability discrimination, and other forms of oppression especially amplified in the South. E identifies as Queer, Non-Binary, neurodivergent, a proud black cat parent, and a house plant enthusiast.

**STEPHEN FLETCHER (he/him):** Growing up, Stephen always had a heart to help others. After obtaining his Bachelors in Psychology from Mars Hill College, Stephen began working in behavioral healthcare. Stephen's natural drive paired with his passion to help others led to him to partnering with a Charlotte, North Carolina based organization that provided services to youth and adults in need of support and advocacy. In 2000, Stephen opened and managed a site for this organization in Asheville, North Carolina for 4 years. In 2004, Stephen was the Operations Director for a medical company with locations throughout North Carolina, South Carolina and Georgia. In 2015, Stephen and his partner moved to Winston Salem, North Carolina where he continued working with youth who were part of the LGBTQ community and juvenile justice system. In 2020, Stephen joined Family Service of the Piedmont as the Community Outreach Team Coordinator. Stephen leads a team that provides domestic violence services, advocacy and outreach for four specialty areas: Elder Abuse, Human Trafficking, Sexual Assault, and the LGBTQ+ community.

Keynote:

# JUSTICE IS NOT HEALING: HOW THE STATE FAILS THE MOST MARGINALIZED SURVIVORS

When the state intervenes in domestic violence cases involving BIPOC, LGBTQ+, and other marginalized people, the outcome rarely benefits survivors. More often than not, the lives of marginalized people become more complicated whenever state agencies step in “to help”. The disproportionate investment in carceral solutions for justice contradicts the ways in which systems of marginalization are upheld. Instead, BIPOC, immigrant, and queer/trans communities have long learned to rely on their own strength to address harm and sexual violence. From building relational infrastructures that prevent violence in the first place, to providing survival-based and healing community responses, Mx. Ignacio Rivera offers a vision for uplifting victim-survivors of DV without putting them at risk of more harm.



Speaker Bio:

**IGNACIO G HUTÍA XEITI RIVERA** (*Ig-Nah-See-Oh Gee Who-tee-ah She-eye-tee*

*Ree-ve-Rah*), M.A., is a cultural sociologist with expertise in sexual trauma and healing for marginalized populations. Ignacio is a Queer, Trans/Yamoká-hu/Two-Spirit, Black-Boricua, and Taíno activist who prefers the gender-neutral pronoun “they.” They are an internationally known gender non-conforming speaker, educator, writer, and performer with over 20 years of experience on multiple fronts, including economic justice, anti-racist and anti-violence work, as well as *mujerista*, LGBTQI and sex positive movements. Ignacio is also the founder and curator of Poly Patao Productions, which began 20 years ago and centers the sexual liberation of LGBTQI people of color. Ignacio’s work is influenced by their lived experience of homelessness, poverty, and sexual trauma and is focused on providing educational opportunities that are especially geared toward the sexual liberation of queer women, transgender, multi-gender, gender-queer, gender non-conforming, gender variant and queer people of color.

Ignacio is the host of *Connecting The Dots*, a talk show that paints a holistic picture of how Child Sexual Abuse (CSA) shows up in everyday life and every level of society. Ignacio and their guests discuss ways to take an active role in changing the culture of shame and secrecy that makes CSA possible.

As the Founder and Executive Director of *The HEAL Project*, Ignacio is on a mission to prevent and end childhood sexual abuse through healing the wounds of sexual oppression and embracing sexual liberation. [igrivera.com](http://igrivera.com) | [heal2end.org](http://heal2end.org)

# A MODEL FOR RESPONDING TO HOUSELESSNESS IN THE BLACK TRANS COMMUNITY DURING THE GLOBAL PANDEMIC WITHOUT THE USE OF STATE APPARATUSES.

## CASE STUDY:

House of Kanautica rapid response campaign to house trans people of color in and around Charlotte, NC.

The global pandemic has illuminated the unique ways that queer communities of color address and resist state, institutional, and community violence. This workshop will support participants in strategizing mutual aid responses to addressing houselessness in the queer community.

To do this, we rely and reflect on the work of mutual aid networks across the state of NC. Additionally, we uplift queer southern histories of surviving cisheteropatriarchal white supremacist institutions.

Participants will look back on the work of House of Kanautica (a Black trans-led collective fighting prisons and jails in NC) with an intention towards thinking about how advocates, organizers, social workers, and accomplices can show up in their own communities.

### Bio:

**ASH WILLIAMS (he/they)** is a Black non-binary transfemme from Fayetteville, North Carolina. Since 2012, Ash's work has included theorizing dance and performance art as tools for understanding bodies and corporeality within The Movement for Black Lives; leading rapid response and guerilla actions, particularly as an architect of Charlotte Uprising, which followed the murder of Keith Lamont Scott; and abolitionist organizing at the intersections of gender justice, racial justice, reproductive justice, and anti-carcerality to build alternatives to police and policing. This work has included spearheading a successful statewide campaign (#EndShacklingNC) to end the practice of shackling pregnant incarcerated people in North Carolina, as well as a successful campaign (#TransferKanauticaNow) to transfer Kanautica Zayre-Brown, a Black Transwoman, from a correctional facility designated for men to a women's facility.

Making headline news in 2014, Ash disrupted business as usual at a private fundraiser for presidential hopeful Hillary Clinton, demanding that Clinton apologize to Black people for mass incarceration, and for her racist use of the word "superpredator."

Ash was a 2013 Ignite NC Fellow; and in 2014, Ash won the Cyrus M. Johnson Award for Peace and Social Justice, a First Year Writing Award, an award for Best Multimodal Piece, and was the Ethics Bowl Regional and National Champion, all at the University of North Carolina at Charlotte (UNC-Charlotte). In 2016, Ash won the Charlotte Pride Young Catalyst Award for their work to end police involvement in Charlotte Pride, and was a 2016 Human Rights Advocacy Fellow in Residence at Trinity College.

He holds a Master's degree in Ethics and Applied Philosophy, and a Bachelor's in Philosophy and a Minor in Dance from UNC-Charlotte. They are currently an Adjunct Professor in the Women's and Gender Studies Department at UNC-Charlotte and a former member of the Greenpeace USA Actions Team. For the last 2 years, Ash has been vigorously fighting to expand abortion access by funding abortions and training other people to become abortion doulas. Ash is also a dancer, choreographer, and dance teacher having performed with Triptych Collective in Charlotte from 2012-2015, and having taught dance to youth and adults through the YMCA Dance Program.

# REIMAGINING MENTAL HEALTH CRISIS RESPONSE

Although mental health services are often framed as a safer alternative to policing, the psychiatric system (which is tied to policing through involuntary hospitalization) is not safe for many marginalized survivors of intimate violence. In fact, psychiatry itself is a site of trauma, resistance, and even abolition. At the same time, LGBTQ survivors of sexual and domestic violence have high rates of mental health diagnoses and engagement with the psychiatric system. This 90 minute workshop will incorporate theory, practice, and art to trouble the social construction of queerness, madness, and the intersections thereof, and to pose best practices for frontline anti-violence workers to engage with mental health crisis among survivors, beyond hospitalization.



## Bio:

**ANOLE HALPER MSW, MPH**, is a proudly gender-queer and neurodivergent consultant and writer based in Chapel Hill, NC. Their work focuses on trauma-informed care, LGBTQ equity, and disability justice. They are dedicated to individual and collective healing from trauma and violence, and have worked toward that in many spheres including writing, facilitation, teaching, activism, and program design. They have a dual master's from UNC Chapel Hill in social work and public health, but they obsess about interior design.

# SAFETY IN HOUSING

During my presentation I'd like to discuss the power and safety in owning land and property in the south. Many times we forget trans and gender non-conforming people when we create housing models. The tiny house project was created by and for trans people with the intention of creating an organizing incubator for those fleeing intimate and non-intimate partner violence. We needed solutions and this is one of the many.



## Bio:

**KAYLA RENA GORE** works to help to coordinate homeless services, conduct direct outreach and advocate for the rights of TLG-BQ people, especially Black transgender women.

She studied Sociology at Southwest. She also provides trainings for CBO's, educational institutions, healthcare organizations around trans inclusivity. Her organizing work includes fighting for housing equity for all people who are chronically homeless and advocating for the just treatment of transgender people by law enforcement.

Her professional accomplishments include building out programming for TGNC people through her work with OUTMEMPHIS, going on to work with SONG and The Transgender Law Center as their Regional Organizer. Former Faculty of The Transgender Strategy Center, she currently continues consulting with TSC. She currently has designed and implemented a tiny home project at My Sistah's House an organization she co-founded.

[www.mshmemphis.org](http://www.mshmemphis.org)



**SELF-CARE  
OFFERINGS**

# HOLDING SPACE FOR PANDEMIC GRIEF AND COLLECTIVE CARE

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Over the past nineteen months of the global trauma of COVID-19 and its numerous, interrelated, and wholly unnecessary losses, we've created far too little space for collective processing, much less collective mourning. The pandemic has isolated us enough—many people to their breaking points; we shouldn't also have to bear grief on our own. Alas, due to deadly structures like colonialism, capitalism, and patriarchy, among others, community-oriented traditions of “mourning our dead” have largely been killed off, transformed into something that's individual, insular, and often commodified. Yet as human cultures have wisely understood for millennia, when we publicly share loss and pain, we lessen the power of the forces that destroy us, while at the same time cultivating forms of collective care as well as social solidarity that both alleviate suffering and accentuate the quality (and inherent worth!) of life for everyone. This workshop will take the form of a grief “circle,” offering some framing thoughts and a brief “ritual” at the beginning, but mostly holding space for the sharing, hearing, and honoring of stories of loss, in all of their messy-vulnerable beauty.

Bio:

**CINDY MILSTEIN** (they/he) is a diasporic queer Jewish anarchist who is passionate about shaping and sharing magical do-it-ourselves spaces with others, being a doula for books and grief, and embodying as much solidarity, care, and love as possible. Related to this workshop, they birthed the edited anthologies *Rebellious Mourning: The Collective Work of Grief and There Is Nothing So Whole as a Broken Heart: Mending the World as Jewish Anarchists* (both on AK Press, [www.akpress.org](http://www.akpress.org)). You can find Milstein @cindymilstein on Instagram or via their blog, [cbmilstein.wordpress.com](http://cbmilstein.wordpress.com).



# IMPROVISATION FOR SELF-CARE

“You can discover more about a person  
in an hour of play than in a year of conversation.”

– Plato

This workshop will focus on using improv tools to be fully engaged in the moment, using play to create a sense of safety, connection and comfort in our bodies. Playing is the ultimate form of self care. It is in play that we get out of our heads, learn to “be here now” and connect to others with ease.

Would you like to learn to be more in the moment? Would you like to learn tools to get out of your head? Do you have a desire to connect with others and experience more laughter and joy?

In a time of collective trauma and transition we need more and more tools to stay grounded and connected to one another. Students report using improvisation to overcome social anxiety, increase self-confidence, develop present-moment thinking, and awaken a sense of playfulness and community. This workshop will focus on using improv tools to be fully engaged in the moment, create incredible teamwork, and enhance creative thinking, all in the back-drop of fun, games and laughter. Get ready to connect to your inner child and awaken your ability to play!



Bio:

**ANOO TREE BROD** is an award winning actress and speaker, performing with Transactors Improv Company, Danny Canoe and various other improv companies in North Carolina. In addition to performing on stage and in film, she teaches improv in many locations throughout the U.S. to corporations, organizations and individuals who want to enhance leadership and communication skills in creative and unique ways. She recently became an adjunct Professor at UNC’s Kenan Flagler School of Business teaching Applied Improv to Masters of Accounting (MAC) students. Her own struggles with CPTSD have put her in a unique position to bring empathy to help people of all backgrounds to become more of who they really are. She loves to watch people light up using the tools of improvisation and intuition. She welcomes you to connect with her more and stay in touch on [Instagram](#), [Facebook](#) or her new favorite place to be silly and self-express: [TikTok!](#)

# SLOW FLOW + STRETCH

This gentle class synchronizes breath with movement in a smooth, therapeutic way and then spills into restful, long-held resting postures for a full system treat. In the first half of the class, you will be calmly challenged and energized, building and engaging your strength and concentration. Then you get to unwind, allowing your body to pause and deepen into some delicious stretches.



## Bio:

**TUCKER SHELTON M.A., E-RYT 500, YACEP, KYM 400**, has studied and taught yoga for over a decade. Tucker holds 780 RYT training hours in Hatha, Ashtanga, Yin, Restorative, Bhakti Vinyasa, Vini, Senior, Therapeutic, Children's, Pre/Postnatal, Vinyasa Krama, Anusara, Shadow, and Kaula Tantra Yoga forms and 400 training hours in the Kaiut Yoga Method. Tucker has also studied 200 hours of Thai Yoga Massage in Chiang Mai, Thailand and has a Masters with Honors in Contemplative Religious Studies and Sanskrit Language from Naropa University in Boulder, CO. Tucker has taught and studied throughout the United States and around the world, from New Zealand to India to Mexico.

Tucker's teaching style is lighthearted but deeply transformative. Tucker guides students carefully and gracefully into their bodies, offering many levels of mental, physical, and spiritual practices according to the needs and openness of the individual. Tucker's specialization is in "Longevity Yoga," or teaching sequences that are safe and powerful for all bodies to practice sustainably for the rest of their lives. Tucker is a sensitive, kind, and playful guide for those on the yoga path. A class with Tucker is imbued with love and insight and leaves practitioners feeling more and thinking less.

Tucker identifies as gender non-binary and gladly uses he/him/his, she/her/hers, and they/them/theirs pronouns interchangeably. Tucker is passionate about social justice, racial equity, animal welfare, and sustainability issues.

# DISCUSSION GROUPS

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## **ORGANIZATIONAL STRATEGIES FOR SELF-CARE**

APRIL BURGESS-JOHNSON FACILITATES

Promoting self care among advocates for trauma survivors is an important component of effective advocacy work. However, little attention is often given to ways that organizations can enact strategies to support its employees and volunteers. This discussion will be a time to share procedures, organizational culture and strategies that promote health and well-being for advocates.

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## **NETWORKING FOR LGBTQ-IDENTIFIED ADVOCATES**

E WRIGHT FACILITATES

Open to anyone who identifies under the LGBTQIAA2S+ Umbrella. Grab your iced coffee and come chat with your fellow Queer & Trans peers to find confidentiality, belonging, support, and relatable feels.

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## **LGBTQ DV AND SA ADVOCACY ON COLLEGE CAMPUSES**

KATE RAWSON FACILITATES

This discussion and networking space is intended for professionals doing LGBTQ+ and/or anti-violence work in Higher Education settings. We will discuss successes and potential challenges for leading this work on college campuses.

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## **QTPOC AUTONOMOUS SPACE**

DOLORES CHANDLER FACILITATES

This virtual space is for queer, trans, non-binary Black, Indigenous, and People of Color. We're just going to be together, breathe together, and the conversation that needs to happen will happen.

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## **LGBTQ ADVOCACY IN RURAL COMMUNITIES**

APRIL BURGESS-JOHNSON FACILITATES

Rural areas have unique resources and challenges, including a wealth of informal networks. Advocacy for queer survivors in rural communities is tangibly different than in urban communities as work shifts to focus on these informal networks. This discussion group is for advocates who wish to share their strategies, successes and challenges for queer advocacy work in small towns and cities across NC.