

## Featured Events

### THERAPY DOG HOUR

Every Tuesday, 5-6 p.m.  
Stonewall Center (Crampton Hall)

Come de-stress with Peanut or Mini!  
Open to all students to drop by.



### *Therapy Dog Hour*

*Tues., Sept. 24, 5-6 p.m., Stonewall Center*

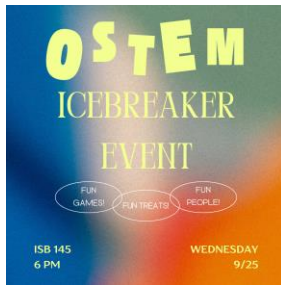
Stop by to relieve some stress by playing with Peanut, one of our cute therapy dogs. We will have therapy dogs every Tuesday from 5-6 at the center. Open to all students.



### *Bi/Pan/Queer Collective (BPQC) Meeting*

*Tues., Sept. 24, 7-8 p.m., Stonewall Center*

BPQC is a social group for bisexual, pansexual, queer, and sexually fluid students. It meets every Tuesday from 7-8 p.m. at the Stonewall Center. The topic of the meeting is "Queer Representation in Media and Pop Culture."



### *oSTEM Icebreaker Event*

*Wed., Sept. 25, 6 p.m., 145 Integrated Sciences Bldg.*

Out in STEM (oSTEM) is a group for LGBTQIA+ and allied under grad and grad students in Science, Technology, Engineering, and Math (STEM) fields. Join the group for its Icebreaker Event. Get to know more about their members, play games, and potentially win some prizes!



### *LGBTQIA+ Grad Student Support & Discussion Space*

*Thurs., Sept. 26, 5-6 p.m., Stonewall Center*

This is a peer-facilitated, drop-in space sponsored by the Stonewall Center for LGBTQIA+ and questioning grad students to meet each other, build community, and give mutual support and care. Meetings are every other Thursday (Sept. 26, Oct. 10 & 24, Nov. 7 & 21, and Dec. 5).



### *Kehilah Bingo Night*

*Thurs., Sept. 26, 6:30-7:30 p.m., Stonewall Center*

Join Kehilah, a space for LGBTQ+ Jews, for their kick-off meeting. All are welcome. Find them on [Instagram](#) and [Discord](#).



### *Queer Karaoke Night*

**Tues., Oct. 1, 7 p.m., Stonewall Center**

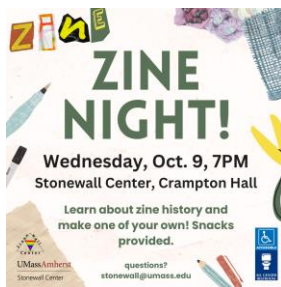
Come with a song in mind or choose one at the event. Everyone welcome. Sponsored by the Bi/Pan/Queer Collective.



### *SpACE+ Gartie and Garlic*

**Mon., Oct. 7, 7 p.m., Stonewall Center**

Garlic bread, the tasty ace snack? Gartie Phone, the awesome drawing game? Those two combined, it's the recipe for an amazing spACE+ event! This is a space for the asexual and aromantic communities. Open to UMass and other Five College students. Partners and support people welcome.



### *Zine Night*

**Wed., Oct. 9, 7 p.m., Stonewall Center**

Learn about zine history and make one of your own! Snacks provided.

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## *UMass Events and Announcements*



***Trans & Gender-Nonconforming Support Group Meeting***

***Wed., Sept. 25, 4:30-5:30 p.m.***

Meets every Wednesday. All meetings are by Zoom, except the first Wednesday of each month, which is held in-person at the Center for Counseling and Psychological Health (CCPH). Free and open to all UMass and other Five College students who identify as trans, nonbinary, gender nonconforming, or questioning. Facilitated by CCPH. Call CCPH if interested in joining: 413-545-2337.



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***LGBTQIA+ Talk Space Meeting***

***Wed., Sept. 25, 6-7:30 p.m., 102 Wilder Hall***

This is weekly drop-in group for students to socialize, make friends, and talk about topics like classes, mental health, and being LGBTQIA+. Open to all UMass and other Five College students. Sponsored by the Stonewall Center and CCPH.

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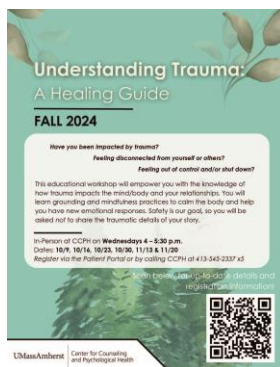


## ***Yoga for Trauma Recovery***

***Mondays, 4-5:30 p.m., 201 Wilder Hall***

This is a free, six-week series which provides education on ways that trauma impacts us and offers a way to heal the nervous system using breath and mindful yoga movements. No prior yoga experience needed. You can bring your own yoga mat or one can be provided for you. All genders are welcome.

Registration has been extended until 9/30. To register, please call the CCPH front desk at (413) 545-2337 x5 and ask for a pre-screening appointment for the workshop. Meeting dates are 9/23, 9/30, 10/7, 10/21, 10/28, & 11/4. Sponsored by CCPH, CWC, and WOCLN.



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## ***Understanding Trauma: A Healing Guide***

***Wednesdays 10/9, 10/16, 10/23, 10/30, 11/13, & 11/20, 4-5:30 p.m., CCPH (Middlesex Building)***

This six-session educational workshop series will empower you with the knowledge of how trauma impacts the mind/body and your relationships. You will learn grounding and mindfulness practices to calm the body and help you have new emotional responses. Safety is our goal, so you will be asked not to share the traumatic details of your story. Register via the Patient Portal or by calling CCPH directly (413-545-2337 x5). Students should plan to attend all sessions and participate in the full series.

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## ***Pop-Up Programming at CWC***

### ***203 New Africa House***

Flexible hours throughout the week to give you more opportunities to participate. Drop-in hours: Mon. 10-2, Tues. 11-2, Wed. 10-3, Thurs. 12-4, Fri. 10-2. Activity for Sept. 23-27: “Grow,” where you can reflect on growth while planting a succulent.

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## ***The Stonewall Center's LGBTQIA+ Allyship Web Course Is Available for UMass Staff,***

### ***Faculty, and Students***

The course offers an independent, self-paced learning experience around the foundations of sexuality, gender, gender identity, and allyship. It is designed for UMass Amherst faculty, staff, and students to learn about strategies and resources to support LGBTQIA+ people. Faculty and staff who complete the training can receive a placard for their office that states that “this is a welcoming space for LGBTQIA+ people” and be listed on the Stonewall Center’s website as having taken the course. People can enroll [here](#).

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## ***Local Events and Announcements***

### ***Rainbow Contra Dance***

***Sat., Sept. 28, 7-10 p.m., First Churches, 129 Main St., Northampton***

No experience needed; all dances will be taught. Gender-neutral calling terms will be used throughout. Admission: \$15-20 sliding scale (\$8-12 students). No one turned away for lack of funds. N95, KN95, or KF94 mask required (masks available there).

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## *Queer Kids Fest 2024*

*Sat., Oct. 5, 10:30-2:30, Northampton Center for the Arts, 33*

*Hawley St.*

A free festival of music, art, crafts, and books for LGBTQIA+ kids, their families, and allies.

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