Welcome Back!

Allow me to introduce myself, my name is Liz, and I am the new Graduate Assistant, for the SODA program through the Counseling Center. I look forward to getting to know you more as the semester continues.

I hope things are going well and folks are getting into the swing of the semester. Here at the Counseling Center we are preparing for lots of new and exciting events this fall. I wanted to take the time to let you know about some of these, as well as ways that YOU, the Ally Network, can help support the LGBTQ community on campus.

The LGBT Resource Center is celebrating their 20th Anniversary this October 4-6, 2013!

**Friday, October 4, 2013** 5:00 PM-7:00 PM: Registration check-in at the LGBT Resource Center, 616 E. Green Street, Suite 212 Champaign, IL 61801 7:00 PM-close: Friday night social @ Quality Bar, downtown Champaign

**Saturday, October 5, 2013** 8:30 AM: Continental Breakfast and Registration at the Asian American Cultural Center, 1201 W Nevada Street, Urbana, IL 61801 10:30 AM-12:00 PM: Panel, Looking Back, Looking Forward—Panel of former staff, alumnae and current students discussing the history/evolution of the LGBT Resource Center at the University of Illinois 12:00 PM-1:00 PM: Boxed Lunches 1:00 PM-3:00 PM: Campus Tours including Housing, Campus Recreation, Cultural and Resource Centers, Campus Libraries and general campus Tour 2:00 PM-4:00 PM: LGBTRC Oral History Project @ Asian American Cultural Center (Lucas McKeever) 2:30 PM-4:00 PM: Meet-and-greet with former directors/assistant directors/graduate assistants 6:00 PM-7:00 PM: Cocktail Hour @ Alice Campbell Alumni Center 7:00 PM-10:00 PM: Gayla Banquet @ Alice Campbell Alumni Center 10:00 PM-close: On your own

**Sunday, October 6, 2013** Drag Brunch @ Boltini Lounge

Register here: [https://campusrec.illinois.edu/pay/lgbt.php](https://campusrec.illinois.edu/pay/lgbt.php)

For updates check our Facebook page: [https://www.facebook.com/LGBTRC20Year](https://www.facebook.com/LGBTRC20Year)
Support Groups

Know someone who might be interested in attending an LGBTQ support group? There are several different groups available on campus; below you’ll find a brief synopsis and meeting details. Feel free to pass this information on to others who might benefit.

Sundays
Women of Pride is a student group made for women, by women, as a safe place to gather. We informally educate the campus community of cultural, political, and other social issues related to lesbians, bisexual women, and transgender people. One of our goals is to foster a sense of community among queer women and our allies. We do this by gathering weekly for discussions, workshops, and events on or off campus. We meet in the LGBT Resource Center (323 Illini Union) so that students become exposed to this resource on campus. **Sundays at 6:30 PM.** LGBT Resource Center. Contact: Sarah Mowitz mowitz2@illinois.edu.

Mondays
Pride is a student organization for Gay, Lesbian, Bisexual, Transgender, and Ally (GLBTA) students at the University of Illinois. Activities include discussions of GLBT issues, social events, speaker panels, and involvement with national events. Mondays at **8 PM** in room 407, Illini Union. Contact: Kyle Zak (kylezak1@illinois.edu) and Josh Pagan (pagan1@illinois.edu).

Tuesdays
Infusions: A Multicultural Gender and Sexuality Alliance is an organization dedicated to inclusion and diversity and focuses on the intersections of gender, sexuality, ethnicity, and race. We are open to any and all who seek to learn more about and to support these intersections of identities. Infusions will begin meeting in the Fall of 2012 on **Tuesdays at 8 PM** in the LGBT Resource Center (Illini Union Room 323). Contact: infusionsatillinois@gmail.com Facebook: https://www.facebook.com/infusionsatillinois

Wednesdays
*NEW THIS YEAR* Transgender Support Group Do you identify outside of gender norms? Are you looking for an inclusive and confidential space to discuss your identity? Transgender Support Group (TSG) is a safe, informal space for people in the University of Illinois community to listen, discuss, and learn about aspects of identity. Open to all lesbian, gay, bisexual, transgender, queer and questioning people in the UIUC community, as well as those who choose not to label themselves. We will always respect your privacy. Email lgbtrc@illinois.edu for location. **Wednesdays at 6:00pm.**

Coming Out Support Group (COSG) is a safe, informal space for U of I students to listen, discuss, and learn aspects of identity and coming out. Open to all lesbian, gay, bisexual, queer, transgender, and questioning students and those who do not choose to label themselves. We always respect your privacy. **7:00-8:00 PM** Please e-mail the Coming Out Support Group for more information.

Thursdays
Building Bridge exists to provide an open, accepting, safe space for people who identify as LGBTQ and Allies and are drawn to Christianity. Meetings are held Thursdays at **7 PM** in the LGBT Resource Center (323 Illini Union). Contact: Harrison Hakes hakes1@illinois.edu.

Out in Science, Technology, Engineering and Mathematics (oSTEM) is a student group open to and oriented towards LGBTQ students in Science, Technology, Engineering, and Math. Allies and those not in Science also welcome! Thursdays at **8 PM** in the LGBT Resource Center (323 Illini Union). Contact: ostem.illinois@gmail.com. Website: http://ostem.ec.illinois.edu.
Counseling Center Services

The Counseling Center provides individual, couples, and group counseling. All of these services are paid for through the health services fee. The Counseling Center offers primarily short-term counseling, but we do provide referrals to the community when students could benefit from longer-term services.

Below is a list of LGBTQ friendly counselors that you can refer folks to.

**DAVIS, LORI**  
Ph.D., Counseling Psychology, Southern Illinois University  
Theoretical Orientation: interpersonal, psychodynamic, inclusive feminist. I use interventions from a range of orientations.  
Professional Interests: mindfulness, diversity and social identity development, transgender emergence, surviving trauma, creativity, counselor training

**GÓMEZ, ALEJANDRO**  
M.S.W., Social Work, University of Illinois at Urbana-Champaign Licensed Clinical Social Worker, State of Illinois  
Theoretical Orientation: When working with individuals, I like to include as many aspects of the human condition as possible: thinking, feeling, behaving, and social selves. My approach is integrative that includes client-centered, interpersonal, cognitive-behavioral, and multicultural frameworks.  
Professional Interests: depression and anxiety; existential theory; LGBT issues; DBT; multicultural issues; Latina/Latino students

**ROGERS, MICHAEL N.**  
M.A., Ph.D., Counseling Psychology, University of California Santa Barbara  
Theoretical Orientation: Integrative approach that incorporates conceptualization from humanistic, feminist, and developmental perspectives and also includes use of techniques from cognitive-behavioral, gestalt, interpersonal and positive psychology perspectives.  
Professional Interests: The overall well-being and emotional health of lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) individuals, group therapy, training & supervision, trauma recovery, men & masculinity issues, social justice advocacy, first generation college students, and the capabilities & challenges of individuals with disabilities.

**THOMAS, JODI**  
Theoretical Orientation: I approach my work with clients primarily from a cognitive-behavioral and feminist theory perspective.  
Professional Interests: I have particular interests in psychosocial treatments for ADD/ADHD, women’s issues, identity development, and gender and sexuality (sexual health, sexual behavior, relationship issues, sexual

Gay, Bisexual, and Questioning Men’s Therapy Group - This is a process-oriented therapy group for gay and bisexual men. It focuses on issues relevant to this community, such as “coming out,” developing friendships, the impact of HIV/AIDS, being gay or bisexual at University of Illinois, deciding whether or not to be politically active, dating, and romantic relationships. Additionally, this group is open to other topics (e.g. depression, anxiety, etc.) not related to one’s sexual orientation. **Leaders:** Alejandro Gómez, M.S.W., and Michael Rogers, Ph.D.  
**Time:** Monday, 5:10 p.m. – 6:40 p.m.

Making the Initial Appointment  
Initial Appointments are made on a same-day basis by calling the Counseling Center at (217) 333-3704 any time after 7:50 a.m. These appointments tend to fill up quickly. Students are encouraged to call early on the day that they would like to meet with a counselor.
Calendar of Events Fall 2013
(For more information, click on the event to be taken to the LGBT Resource Center)

**THE ALLY NETWORK**

**September:**

**September 16th:**
12:00 pm *What Happened to Gender While the World Wasn't Looking?*
8:00 pm *An Evening with Kate Bornstein*

**September 25th:**
8:45 am *LGBT Ally Training*

**September 30th:**
12:00 pm *Being an Ally Where You Live*

**October:**

**October 4th-6th**
LGBT Resource Center 20th Anniversary Weekend

**October 7th:**
12:00 pm *Queer History of Urbana-Champaign*

**October 15th:**
7:00 pm *Dustin Lance Black*

**October 21st:**
12:00 pm *Queer Visibility in Hip-Hop*

**November**

**November 4th:**
12:00 pm *Gaymerica: LGBT Experience from a Foreigner's Perspective*

**November 19th:**
12:45 pm *Trans Ally Training*