Transgender Information
& Empowerment Summit

TIES 2024 Schedule

Please note: Schedule subject to changes.
Final schedule will be emailed to registered attendees only

8:00am-9:00am Registration and Breakfast Networking
9:00am-9:30am Welcome Ceremony

Workshop Title Quick Glance:

- *2024 Election Reflections and 2025 Legislative Look-Ahead*
- *Healthcare in Later Life: Lessons Learned from Trans Older Adults*
- *Self Defense & Safety for Trans Folks*
- *My Identity- expressing myself through writing and drawing*
- *Self Loving: the In and Out*
- *Our Sacred Bodies*
- *Gender-Affirming Voice Care*
- *Collaborative Community Engagement That Empowers: How larger advocacy organizations can connect with grassroots organizations to share resources and create more equitable rural communities*
- *Understanding Gender Diversity and How to Create Welcoming, Inclusive Environments*
- *Celebrating Trans Joy: Telling Stories to Build Communities*
- *Neuroqueering our Narratives: Rewriting the Stories We Tell Ourselves through NeuroInclusive Frameworks*
- *Trans Resilience in the Classroom: The 2023 Model Policies*
- *Death Care for Trans & Nonbinary People*
- *Supporting your client throughout their mental health journey: roles of both LGBTQ+ & allied therapists for Best Practice*
- *Purposeful Storytelling: Amplifying Trans Voices through the Power of Why*
- *We Are: Therapeutic Interventions to Support Healing*
- *emPOWERed Line Dancing*
- *Community Share: Trans Masc Top Surgery Experiences*
- *Courage to Face the Unknown: Caring for Trans Youth*
- *Reclaim our Names! Trans Name Changing is Trans Power*

9:45am-11am WORKSHOP BLOCK 1

The State of Gender Affirming Healthcare In Virginia
Open to All
In this discussion and Q&A Session, a diverse panel consisting of experts from advocacy groups, healthcare, mental health, and legal fields share insights on gender affirming care, access at the state level, and what is impacting access. Topics will include: Legislative & Legal Landscape, Accessing & Navigating Gender Affirming Care in Virginia, and available support to prospective and current patients. There will be space at the end for general Q&A

Self Defense & Safety for Trans Folks
Trans/NB/GNC only
As trans people, we know that we often face violence both at the hands of people we know and strangers. In the last few decades, we have seen a rise in anti-trans violence. This can feel scary but it's a sign we need to turn to one another and empower each other. This training teaches skills and techniques for avoiding unsafe situations, verbal-de-escalation, safety practices for interacting with police, and basic self-defense techniques for LGBTQ+ folks. Grounded in abolitionist thought, we take an anti-carceral approach to safety and emphasize community care.

Courage to Face the Unknown: Caring for Trans Youth
Audience 18+
Being an ally to trans youth—whether you're a parent, uncle, teacher, doctor, or mental healthcare provider—doesn't come with an easy guide. It involves facing things we may not know or understand, which can often be scary. In this interactive workshop, learn how to care for trans youth despite your fears by challenging your assumptions, feeling your feelings, and committing to self-reflection and personal growth."

Teaching Trans People To Thrive
Audience 16+
This workshop will present topics related to transgender sexual health and share information related to HIV and STI status.

11:15am-12:30pm WORKSHOP BLOCK 2

2024 Election Reflections and 2025 Legislative Look-Ahead
Open to All
Join Narissa Rahaman- Equality Virginia's Executive Director, Breanna Diaz- Policy & Legislative Counsel at ACLU of Virginia, and Vivian Topping- Director of Advocacy & Civic Engagement at Equality Federation for a post-election debrief on what the results mean for Virginia's LGBTQ+ movement. While we may still be awaiting the outcomes of certain races, this session will provide valuable insights into the election's impact and key takeaways. You'll also get an update on the upcoming 2025 legislative session and statewide election in Virginia, plus information on how you can get involved!

Gender-Affirming Voice Care
Open to All

This hour-long workshop on gender-affirming voice care is presented by a multidisciplinary team of a speech-language pathologist and fellowship-trained laryngologist from UVA Voice at UVA Health. It will include information about anatomy and physiology of the vocal mechanism, along with key concepts relating to vocal health. This interactive workshop will provide basics in voice feminization, voice masculinization, and increased vocal flexibility as it relates to those seeking gender congruency with their voice. It will provide expectations for voice changes on HRT. Surgical interventions related to gender-affirming voice care will be discussed by the surgeon who can provide details and discuss expectations. Audience participation and questions are welcome.

Neuroqueering our Narratives: Rewriting the Stories We Tell Ourselves through NeuroInclusive Frameworks

Open to All

This workshop will introduce neurohumility* as a way to expand understanding and celebration of queerness! Understanding and accommodating the ways we gather and make sense of sensory, social, and emotional information coming from inside our bodies, outside our bodies, and everything in between is essential. It is essential both to being at ease with one's self, and to being in community with others. It's also integral to healing, and mental health! This workshop will provide opportunities to recognize and challenge neuro-normativity in ourselves and in our communities, suggestions for exploring and embracing neuroqueerness for TNGNC folks of all ages, and provide thoughts for moving together toward a more neuro-inclusive future.

*Neurohumility is a term coined by Rachel Leah Kraus, LCSW-C.

Understanding Gender Diversity and How to Create Welcoming, Inclusive Environments

Open to All

This workshop covers a little bit of the history and cultural aspects of gender diversity across the world. This presentation includes a slide that names many identities with the help of audience participation to name others and how intersectionality of our identities plays a role in levels of acceptance and inclusion.

Death Care for Trans & Nonbinary People

Open to All 18+

As organizations across different industries work to create more inclusive environments, it helps to think about who our current systems were designed to serve and imagine the alternate universes that we'd be living in if those systems had been designed differently. In human-centered design, this practice is called "alternative worlds." This workshop to address the question of what our death care system would look like if it had been designed with trans and nonbinary folk in mind.

Reclaim our Names! Trans Name Changing is Trans Power

Trans/nonbinary/gender expansive only

Join sociology professor turned trans self-determination coach for an interactive session for trans, two-spirit, non-binary, agender, intersex, and genderfluid people starting the name-choosing (and name-changing) journey from a place of self-determination. We'll start with a brief consciousness-raising exercise about names and what they say about our identities (it's not just gender!), and a discussion of naming conventions as sites of power and control, belonging and disavowal, and uniqueness and connection through an intersectional lens. Then, we'll shift to setting

our individual rules for when, who, how, why, to what, and where/in what contexts we'll change our birth names as an act of self-determination. Our work together will ground that individual self-determination -- choosing a new name (or not), on what timeline, to what name(s), and which names, and who has a vote besides us, and will it be legal or just at work -- in collective trans power via trans culture, our/her/history, and kinship.

Community Share: Trans Masc Top Surgery Experiences
Closed Session: Masc-of-center transgender, non-binary, GNC, and intersex individuals 18+ only
An open discussion for members of the trans-masc community to ask questions and share experiences around the top surgery process - considering surgery, finding a surgeon, preparation, recovery. Please come to listen to and share your story!

12:30-1:15 - Lunch - Roundtable Discussions

BIPOC Luncheon

1:30-2:20 Keynote Speaker

Audience ages 14+

The 40 Year Old Puberty: Join us for the award winning, captivating journey of self-discovery with 40 Year Old Puberty! Brace yourself for a rollercoaster of laughter and heartfelt moments as our storyteller takes center stage and invites listeners along on the adventurous chaos of embarking on a second puberty at the ripe age of 40. Premiering to rave reviews at the Montreal Fringe in 2023, this sensation has become the talk of the town, headlining the prestigious Chroma Comedy Festival, winning Spirit of the Fringe of the Victoria Fringe Festival, Volunteer's Choice Award at Vancouver Fringe Festival and captivating audiences across select venues. Prepare to be enthralled as we delve into the hilarious, yet deeply relatable, experiences of a Black man navigating the complexities of realizing his true identity.

2:20-4pm Empowerment Hours

- ★ Hair Consultations
- ★ Scalp massage/energy work
- ★ Acupuncture
- ★ Clothing swap - **DONATIONS ACCEPTED!!**
- ★ Binder education
- ★ Screen Printing - Bring t-shirts or get a FREE tote bag!
- ★ Life/career coaching sessions
- ★ Video Storytelling Booth

2:30pm-3:45pm WORKSHOP BLOCK 3

Collaborative Community Engagement That Empowers: How larger advocacy organizations can connect with grassroots organizations to share resources and create more equitable rural communities

Open to All Content Warning: Adult Language
This workshop will discuss the importance of empowerment and ethical collaboration between regional and statewide organizations and localized grassroots organizations. We will discuss common errors and misalignments in purpose that can occur from the initial planning stages, to execution, to how you celebrate and share in the success of your endeavors. We will discuss ways to handle conflict between organizations ethically and with an awareness of the power dynamics at play. We will approach the topic from both perspectives and how each can gain from the strengths of the other without leaving one organization feeling exploited or getting combative. We will use storytelling to highlight the Patchwork Kinfolk partnership with VRHA to create a queer community health event as a tangible example for how this type of advocacy is successful.

Supporting your client throughout their mental health journey: roles of both LGBTQ+ & allied therapists for Best Practice
Restricted Attendance: Service Providers only
Cultivating rapport and trust is essential to supporting patients and clients. Join two LCSW's for a discussion on best practices to provide the best care to clients. Attendees will be encouraged to bring questions or case situations and actively be involved in the discussion about how to support clients throughout their journey, that may be gender and identify focused or not. Attendees will be able to safely ask the hard questions in a space focused on growth and learning. Attendees will leave the workshop with a better understanding of how to approach clients with a trauma-informed practice, understanding the deficit that this population walks in the door with, and are able to identify ways to educate themselves and participate in the LGBTQ+ community beyond the therapy office.

We Are: Therapeutic Interventions to Support Healing
Open to All CW: References to trauma (no explicit details) There is a movement part associated with this presentation and that may need to be modified for individuals with mobility challenges.
This workshop/empowerment clinic will combine psychoeducation, therapeutic self-exploration, and somatic grounding skills/nervous system regulation to promote healing through traumatic experiences and intense emotions that feel stuck in our mind/body. We will do gentle stretching to release tension from the body and learn regulating movements to help calm the nervous system. We will explore the definition of trauma and how it impacts our mind, bodies, and the way we react to different moments in our lives. We will practice self-exploration into our own challenges and accept ourselves as protectors instead of thinking of our actions as sabotage. In finding empathy with these parts of ourselves, we will develop a deeper understanding as to why we react in certain ways and how to alleviate the distress in healthy ways. We will learn grounding skills to use in times regulation is needed, varying in sensory needs (movement, tapping, sound, color, etc). This will be a time to set aside to accept that we are healing from difficult moments in our lives and to learn techniques to mindfully protect and heal ourselves in whatever comes our way.

Trans Resilience in the Classroom: The 2023 Model Policies
Open to All
In July 2023, the Virginia Department of Education (VDOE) released the "Model Policies on Ensuring Privacy, Dignity, and Respect for All Students and Parents in Virginia's Public Schools" (2023 anti-trans model policies), policies that seek to impose harmful, anti-trans practices on Virginia's young people. Since their release, over a dozen school boards have adopted the 2023

anti-trans model policies or a variation of them, but not without significant opposition led by trans and nonbinary students, their parents, educators, and other community allies. This workshop led by community leaders and LGBTQ+ advocates, provides an overview of the 2023 anti-trans model policies and their impact on students, parents and educators as well as highlighting 2-3 examples of school board advocacy, emphasizing lessons learned and how to advocate in your school district.

Purposeful Storytelling: Amplifying Trans Voices through the Power of Why
Open to All 18+
Discover the power of your own story in this interactive workshop designed to inspire meaningful action. Using Simon Sinek's "Start With Why" method, you'll discover how your personal experiences and passions can shape purpose-driven narratives that create real change. Through hands-on exercises and group activities, you'll learn how to craft stories that empower you and uplift the trans* community and its allies. Together, we'll turn your inspiration into action and your voice into a force for advocacy.

4:00-5:00pm WORKSHOP BLOCK 4

emPOWERed Line Dancing
Open to All
This class is a low-mid impact movement activity. The class is great for people who like good energy, fun pop music, and dancing!
emPOWERed Line Dancing celebrates the inner strength within by honoring the greatness within using positive affirmations and uplifting mantras! Dancers will learn up to five simple and easy to learn line dances that uses a mix of low to mid impact dance steps. These steps are lightly aerobic but quick to master! All of the routines are taught in various styles of modification to include various abilities so safety is considered through the movements. Each routine is given a quick walkthrough followed by a slow paced walk through, and finished off with an uptempo movement of steps set to the beat of the music. The playlist has a set of music of pop queer artists that represent various artists in the LGBTQIA+ community. There is no pressure to have a partner or experience necessary. For the safety of others, athletic closed-toe shoes and a water bottle is highly recommended.

My Identity- expressing myself through writing and drawing
Open to All
Individuals will have the opportunity to express themselves through a prompt for writing and drawing. They will envision themselves writing a children's book, creating a self-portrait for a gallery, or other creative forms of self-expression that allow them to tell part of their story and share about their identity. This will help others to see them, as they see themselves. Their art will tell a story that helps them feel more empowered about themselves as well as guide and support others through shared experiences. Individuals will be able to share their creations if desired.

Diversity in Recovery Support Group
Open to All 18+
An LGBTQ+ addiction recovery support group.

Celebrating Trans Joy: Telling Stories to Build Communities
Open to All
What does it mean to tell humanizing stories that showcase the full life experience of our communities? Our trans and gender-nonconforming communities are commonly associated with grief and trauma—but we are more than that. From resilience, there is JOY. Meet the storytellers & artist contributors from the ACLU of Virginia and Equality Virginia's storytelling projects and learn how YOU can craft your own stories of joy and transformation.

Our Sacred Bodies
Audience: 18+ and 14+ with parental guidance. CW: religion, transphobia, and other heavy topics like religious institutional harm
In this transformative workshop, participants will embark on a journey through the intersections of religion, culture, and trans identities, framed through a decolonized lens. Through an exploration of historical narratives and contemporary insights, we will challenge misconceptions, affirm the sacredness of transgender individuals, and foster understanding among diverse faith communities.

Self Loving: the In and Out
Open to All
This workshop will guide participants in learning to love themselves authentically, with a specific focus on nurturing their own positivity. Objective: The client will embark on a personal journey, not only becoming present with themselves but also reclaiming their power to feel love, irrespective of the circumstances. During the group, the client will nurture their past, present, and future selves, fostering a sense of self-empowerment and resilience.

Healthcare in Later Life: Lessons Learned from Trans Older Adults
Open to All
Healthcare in Later Life: Lessons Learned from Trans Older Adults is a workshop that provides information and resources on selected healthcare topics relevant to transgender and gender-diverse (trans) adults in later life. The workshop features stories of healthcare experiences from interviews with trans older adults during the research study Shaping Affirming Futures with Elders of all gender experiences (SAFE-age).

FREE CLINICS

STI clinic: 10-5pm
We will be offering free rapid HIV testing (finger prick and results in 60 seconds), as well as pharyngeal swab (oral swab) that checks for gonorrhea and chlamydia in your throat. Depending on how close we are to a bathroom we also could do urine samples and anal swabs, which both checks for gonorrhea and chlamydia. Clients don't need to make an appointment beforehand. Client will have to fill out a consent form for the direct service provider.

Wellness Clinic: 11:30-5pm
The TIES Wellness Center offers free 15 minute conversations with trans-friendly healthcare providers in the medical and mental health fields. This is a great opportunity to ask questions, identify resources, and discuss general next steps to getting your healthcare needs met. Please note:

Providers cannot diagnose you at the Wellness Center or provide you with medical/mental health letters.

Name Change & Gender Marker Clinic: 1-4pm
The clinic will assist clients with name change applications, administrative and judicial petitions for gender marker changes, birth certificate corrections, DMV and social security record updates, DD214 updates (military discharge records), and answering related legal questions.

5:10-5:30pm Closing Ceremony + Group Photo

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