

SAVE THE DATE!!!



ALLY 101 WORKSHOP

Covenant Presbyterian Church

Sunday, January 24th from 3:00 PM – 5:00 PM (via zoom)

Co-Facilitated by Rebecca Milner & Phyllis Thompson

Christ calls us to *love one another*, but what is an ally and why do we need an LGBTQ ally workshop?

An ally is a visible member of the community who welcomes, offers safe space for, and provides empathy and compassion to anyone concerned with sexual orientation or gender identity issues.

In the Ally 101 Workshop, participants learn about issues faced in LGBTQIA+ communities and resources needed to become better allies to people with marginalized genders and sexualities. Participants will also discuss possible scenarios and effective support strategies. At the end of the workshop, each participant will have the opportunity to sign an Allies contract of action and receive an ally symbol.

Why attend an ally workshop? Some trainers and past participants have listed these four reasons. At an ally workshop, you have the chance to...

1. **Gather with other people in your community** who are interested in learning more and asking questions about gender and sexuality. While workshops and trainings are awesome, they often are just the start of the conversation and it's great to have folks you're already connected with so you can continue those conversations.
2. **Ask questions in real time.** We do our best as we prepare the workshop to anticipate your questions but sometimes you need things explained differently and during zoom in-person trainings you can get that!
3. **Hear other participant's questions and reflections.** Sometimes you don't even know where you're stuck or that you're stuck at all. During zoom in-person trainings, it's easy to learn just as much from other participants as it is from the educators.
4. **Practice talking about LGBTQ+ identities, gender, and sexuality.** Lots of time we attend trainings to prepare ourselves for future conversations or interactions we might have. In those cases, trainings give us a chance to practice those interpersonal skills and try articulating ideas.

(adapted from "four reasons" for Safe Zone)

Pre-registration will help us plan. Call or email the church office to pre-register.

Bios:

Rebecca is the ETSU Counseling Program Coordinator and has a background in clinical mental health counseling. In addition, Rebecca is a Safe Zone facilitator and is trained in Intergroup Dialogue. She earned her Ph.D. in Counseling and Supervision from James Madison University.

Phyllis is director of women's studies at ETSU, a Safe Zone facilitator, trauma-informed care trainer, and member of the ETSU Strong BRAIN Institute. She earned her Ph.D. in Eighteenth-Century British Literature and Gender Studies from LSU.

