



[San Mateo County Pride Center \(click for website\)](#)

April 2024 Updates

- [April 2024 Newsletter](#)

If you would like to include to receive the monthly Pride Center newsletters that include events and special programming, please sign up [here](#)!

Pride Center Hours of Operation:

Come visit us! In addition to information, services, and events, we have a **public computer lab, an LGBTQ+ lending library, a food pantry, and a selection of clothes and gender affirming garments** (chest binders and tape, gaffs). We are here for YOU.

- Tuesday - Thursday, **11:30 am – 6:30 pm**, except Tuesdays between 1 pm - 3 pm will be closed for our team meetings.
 - For anyone who needs to drop by the center outside of these hours, **please connect with us directly** as we strive our best to remain accessible to our community.
- Our programs and services will remain **virtual all 5 days/week 11 am - 7 pm** or as scheduled with your clinician.
- The Pride Center is located at **1021 S. El Camino Real San Mateo, 94402**. Our building is located at 11th and El Camino.
- For accessibility information about the Pride Center, please click this link: <https://sanmateopride.org/accessibility/>

Openings for Mental Health Services at the Pride Center

- We have **therapy openings for self-pay clients. Sliding scale is available** (with income verification). Services are available hybrid, onsite or exclusively virtual.
- The Pride Center provides both therapy and case management services. For therapy services we accept self-pay clients (sliding scale is available with income verification) and clients using Medi-Cal insurance. Case management services are provided free of charge.
- Outlet is currently accepting new LGBTQIA+ youth clients ages 10 to 25
 - Services are available to clients located in California. Priority is given to LGBTQ+ community members based in San Mateo County. If you are interested in

- receiving mental health services, please fill out our online Clinical Services Request Form at <https://sanmateopride.org/mental-health-services-2>
- Outlet also has clinical openings, for more information, please contact Brett at brett@acs-teens.org

Preparing for Pride

June will be here sooner than you know it! While that might seem like a lot of time, the **Pride Center is already starting to plan for Pride Month.**

If you, your organization, business, group, school, etc. is interested in having the Pride Center collaborate or participate in your programming in any capacity, we ask that you submit your request no later than **APRIL 15**. Organizations can still submit their requests after April 1st, but they will be considered on a case-by-case basis.

Examples of requests that you can submit include, but are not limited to:

- Tabling at your resource fair or event
- Co-hosting/ partnering an event
- Speaking at your event
- Requesting a training or consultation
 - For a list of the trainings that we offer, please contact [Ishani](#) (they/xe)
 - To request a training from us please click [this link](#)
 - Examples of consultations include (but are not limited to) – looking at your organizational policies and providing feedback on how to better support your LGBTQ+ staff members, working with your organization to make your forms be more inclusive

Please note:

- Submitting a request is not a guarantee that we can participate
- There is no cost to have us table, co-host or speak at your event
- Services associated with a cost are trainings, consultations can vary
- Sliding scale is available, accommodations can be made by request

If you are interested in **supporting the Pride Center in June**, consider donating or volunteering with us. Your donations can go towards providing gender affirming mental health care, affirming garments, community gatherings and more for LGBTQ+ community members in San Mateo County. For more information, [click here](#).

Hope to see you during Pride Month!

The Pride Center is scheduled to table at the following events during Pride Month! Come through! Pick up some resources, say hi and come get some of our new swag!

- [Fioli Pride](#) – **June 1st and 2nd** – more information coming soon!
- [San Mateo County Fair Family Pride Day](#)- **Sunday, June 2 from 9:30am – 8pm** – more

information coming soon!

- [San Mateo County Pride Celebration: Love at Our Core 2024](#) – **Saturday, June 8, 11:00 am – 5:00 pm**
 - **SMC Pride Parade** from 10am-11am (Starting at 2nd B Street)
 - If you are interested in having a contingent in the parade, contact Kalimah Salahuddin kalimahs@gmail.com
 - If you are interested in having a **booth at San Mateo County Pride**, please visit [this link](#).

Can You Support the Pride Center? We Need Volunteers to help us with:

NEW Volunteer Interest Form: <https://sanmateopride.org/get-involved/volunteer/>

- [Special events](#) – help bring our community together to decrease isolation & have fun!
- [Peer Groups](#) – can you help support our Gay Men’s or Queer Women’s Group?
- [Social media](#) – got graphic skills? Help promote our clinical services and amazing programs!
- [CAB](#) (Community Advisory Board) Members – for folks with a broad range of interests to support with special projects, this role is for you!
- Contact Low Sunga (she/they) at lowellyn.sunga@sanmateopride.org or 650-465- 2407 to connect about volunteering

April Programming at the Pride Center

Save the Date - Expressive Arts Group for Trans*, Gender Diverse and Non-binary youth

Transcending Through Art: An Expressive Arts Therapy Group for Transgender/Nonbinary/Gender Expansive Teens (Ages 13-17)

- Embark on a journey of self-discovery and community building designed specifically for transgender, nonbinary, gender fluid, gender non-conforming, gender creative and questioning teens. Our Expressive Arts Therapy Process Group is a safe and welcoming space where creativity becomes a powerful tool for exploring identity, fostering self-expression, and building a supportive community.
- **Starting in April 2024** – Stay tuned for more information!
- Questions? Jazz Slavin (they/them) Jazz.slavin@sanmateopride.org or Jessica Gugg (she/they) at jessica.gugg@sanmateopride.org

Queeraoke

Thursday, April 11 from 3-6pm at the San Mateo County Pride Center! Co-hosted by one of our partners, Outlet!

- This is a sober, all ages event. Snacks will be provided. All are welcome!
- Questions? Please reach out to Elana (she/they) at elana.ron@sanmateopride.org or Yossi (she/her) at yoselin@acs-teens.org

FriGay Flicks

FILM: Red, White, & Royal Blue (Rated R)

Join us to watch the Queer rom-com, *Red, White & Royal Blue* on **Friday, April 19th** at the San Mateo County Pride Center.

For a description, trailer and content warnings for the film, use [this link](#).

This event is free and open to the public. Light snacks will be provided. **Doors open at 5:30** and the movie will start at 6pm. The Pride Center is a sober space. For accessibility information about the Pride Center, see [here](#)

Trainings

The San Mateo Pride Center is excited to be able to offer a variety of trainings and educational opportunities!

Trainings that the Pride Center provides include-

- Pronouns 101
- Implicit Bias
- SOGIE 101
- Trans* 101

Please note: we do charge a fee for our trainings! To learn more, visit our [training page](#). If you are interested in receiving a training, please use [this link](#).

If you have questions about trainings, reach out to Ishani Dugar (they/xe) at ishani.dugar@sanmateopride.org or 650-554-1234 (text ok)

Becoming Aware of our Assumptions: Conversations to Create More Inclusive Spaces (Thursday, 4/25 from 10am-12pm on Zoom)

Workshop description: We all move through the world with assumptions and belief systems that impact our attitudes, behaviors, and interactions. The issue is not with our assumptions but whether we are aware of them. This interactive workshop is designed to help us carefully identify our biases, explore their roots, and determine methods to not let them hinder our interactions with others. We provide a safe space for learning, exercises, and dialogue to better enable participants to foster safe spaces in our everyday lives.

To register, visit this link: <https://tinyurl.com/SMPCAntiBias>

Questions? Reach out to Ishani Dugar (they/xe) at ishani.dugar@sanmateopride.org or 650-554-1234 (text ok)

Rainbow Kids in Español

Wed, April 17 & Thu, May 16 both at 4pm on Zoom

Children form foundational concepts about gender, love and family before the age of five. Creating inclusive environments is essential as young children form their senses of who they are, whom they can love and what makes a family. By understanding issues related to gender and sexual orientation and supporting children in affirming ways, we give them the freedom to explore their true identities and a diverse world from the beginning.

This free 90-minute webinar offers age-appropriate and practical info on topics including:

- Understanding LGBTQ+ identities and related terms
- Practicing pronouns and inclusive language
- Managing messages children receive about gender, love, and family
- The power of affirmation

Webinar is held on Zoom. Register [here](#)

Name and Gender Change Workshop

If you are looking for support in changing your name on your legal documents, join our monthly name and gender marker workshops.

The format of the Name and Gender Change workshop is changing. **We are moving from offering this workshop once a month to a twice a month.** The Name and Gender Change workshop will now occur on the **2nd and 4th Wednesdays of the month from 6-7:30 PM**. If these dates don't work for you, reach out to us!

Individual appointments are available.

Part 1 will be on the 2nd Wednesday and **Part 2** will be on the 4th Wednesday. Part 1 will cover court order forms, filing instructions, and fee waivers.

Part 2 will cover updating social security documents, DMV documents, passports, birth certificates, and other documents.

RSVP using this link - tinyurl.com/name-and-gender-change-rsvp

Please reach out to info@sanmateopride.org or call 650-591-0133 if you have questions.

Community members can access flyers for all the special events and programs at the following link:

Special Events and Programs (Internal and External orgs)

Stanford is looking for Standardized Patients

The Stanford School of Medicine is working to expand their LGBTQ+ curriculum. One way that they're hoping to do this is by recruiting Trans*- identified actors to portray patients for student evaluations. Please share widely. This is an important opportunity to create visibility in the medical field.

This is a paid opportunity! To learn more about this opportunity, visit this link: <https://sp.stanford.edu/>

Questions? Please contact Dr. Laniakea (they/them) at laniakea@stanford.edu or call 650-591-0133

2024 May Mental Health Awareness Month Planning Committee

- Hosted by [The Office of Diversity and Equity](#)
- To learn more about Mental Health Awareness month & to register to attend a planning meeting, use [this link](#)

Coming in May

Hike the Night Away

San Pedro Valley Guided Nature & History Walk

Friday, May 10th 6pm-8pm

Hike into the sunset by joining us for an evening of hiking, history, and animal nightlife! Flashlights are recommended but NOT required.

- Space is LIMITED. RSVP at <https://tinyurl.com/HiketheNightAwaySunsetEdition>
- For any questions or concerns regarding the event, please contact Adriana Arriaga at adriana@supportparks.org and Elana Ron at elana.ron@sanmateopride.org or call 650-591-0133

Peer Support Groups:

We are currently **seeking volunteer co-facilitators for our Gay Men's, Queer Women's & Trans* Group**. These are all **virtual opportunities for community members 18+**. For more information, contact Ishani Dugar (xe/them) or 650-554-1234 (text ok)

- Please note: Most groups are meeting on Zoom, stay tuned for updates.

- **LGBTQ Parent Group** (18+) - Monthly on the 1st Tuesday from 7:30-8:30 PM PST
 - Pre-registration link: <https://tinyurl.com/smcpc-parentsgroup>
 - Upcoming dates: May 7, June 4
- **LGBTQ Book Club** (18+) - Monthly on the 1st Wednesday from 4:30- 6pm PST
 - This group is hybrid- community members have the option of meeting onsite at the pride center or on Zoom!
 - To access a list of books we're reading click [this link](#).
 - Upcoming books:
 - May 5- *Big Swiss* by Jean Beagin
 - June 6- *Less* by Andrew Sean Greer
 - July 3- *Hijab Butch Blues* by Lamya H
 - Registration is required: tinyurl.com/smcpc-bookclub
- **Polyamory Peer Power** (18+)- Monthly on the 1st Wednesday from 7- 8:30pm PST
 - Registration is required: <https://tinyurl.com/smcpc-polyampower>
 - Upcoming dates: May 1, June 5
- **Trans* Group** (18+)- Monthly on the 1st Thursday from 6-7:30pm PST
 - Registration is required: <http://tinyurl.com/smcpc-transgroup1>
 - Upcoming meeting dates: May 2, June 6
- **Gay Men's Group** (18+)- Monthly on the 4th Tuesday from 6-7pm PST
 - Registration is required: <https://tinyurl.com/SMCPC-gaymensgroup>
 - Upcoming dates: April 23, May 28
- **Queer Women's Social Group** (18+)- Monthly on the 4th Friday from 6-7:30pm PST
 - Registration is required: <https://tinyurl.com/smcpc-queerwomensgroup>
 - Upcoming dates: April 26, May 24

General Pride Center information

Resources: <https://sanmateopride.org/resources/> Events:

<https://sanmateopride.org/events/>

Peer Support groups: <https://sanmateopride.org/programs/peer-groups/> Youth Resources:

Statement of Solidarity with CoastPride

San Mateo County LGBTQIA+ Commission

San Mateo County Youth Commission

CoastPride, located in Half Moon Bay, offers a safe space for online and community events to gather the diversity of their voices, raise awareness of LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) issues, and address the needs of LGBTQ youth, families, and adults. They work with existing local civic, governmental, for-profit and nonprofit organizations to enhance services so that they are inclusive of all who play, work, and live on the coastside.

In late February and early March the CoastPride Center in Half Moon Bay was vandalized twice, with their Pride/Progress flag torn down, outdoor sculptures knocked down and covered in mud, and their front window smashed. While the intent of these actions may have been to cause fear and isolation, it will not succeed. Instead, we will courageously rise together and stand united against hate. The San Mateo County LGBTQIA+ Commission stands in solidarity with Coast Pride. We call on the entire community and civic leaders to voice their support for Coast Pride and our LGBTQIA+ neighbors, families and friends loudly and publicly.

We as the LGBTQIA+ Commission and the San Mateo County Youth Commission join with CoastPride in condemning these incidents and we invite you to join us—LGBTQIA+ individuals and allies working together to make the coastside welcoming and supportive to all, because together we are stronger. Donations to repair the damage, volunteer opportunities, and other ways to support the ongoing mission of CoastPride can be found at coastpride.org

The San Mateo County LGBTQIA+ Commission - <https://www.smcgov.org/lgbtq>

The San Mateo County Youth Commission - <https://www.smcgov.org/ceo/youth-commission>

PROCLAMATION

THE BOARD OF SUPERVISORS, COUNTY OF SAN MATEO, STATE OF CALIFORNIA DESIGNATING JUNE 2023 AS

Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Ally and Two Spirit

Pride Month

WHEREAS, San Mateo County strives to promote the principles of equality and justice for all people, recognizing that the diversity of our communities is one of our greatest strengths, and

WHEREAS, in June 2014, San Mateo County established California's first dedicated LGBTQ Commission to pursue the development of policies and programs to support the LGBTQ+ community and ensure access to services that are welcoming, respectful, and responsive; and

WHEREAS, the Board of Supervisors helped launch the San Mateo County Pride Center, which regularly provides critical programming and mental health services for LGBTQ+ people in San Mateo County and around the Bay Area; and,

WHEREAS, the Pride Initiative of the San Mateo County Health Department Office of Diversity and Equity has advocated for a welcoming environment for LGBTQI2S people who live and work in San Mateo County; and

WHEREAS, each year in June marks the anniversary of the Stonewall Rebellion that gave birth to the modern lesbian, gay, bisexual, and transgender civil rights movement; and

WHEREAS, the Progress Pride Flag is a symbol of support for the LGBTQ+ community and the diversity within that community, and flying the flag at the seat of government demonstrates that San Mateo County is a welcoming, inclusive county in furtherance of this proclamation.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of San Mateo, State of California, hereby designates June 2023 as Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Ally and Two-spirit (LGBTQQIAA2S) Pride Month and, in furtherance of that designation, hereby directs that the Progress Pride Flag be raised on the central flag pole in the courtyard of County Center, and that the County Executive take appropriate actions to cause or to authorize the Progress Pride Flag to be raised and flown thereafter at County Center, and flown at other locations owned or operated by the County, during all business days of the month of June 2023.

Dated: May23, 2023

To: LGBTQ Commission of San Mateo County
From: Tanya Beat, Director
Date: April 16, 2024
Subject: Director's Report

SOGIE 101 Training

SOGIE Training will be in August or September, during the day on a weekend, and it will be in-person. Confirmation of training date will be before the end of April.

Future Potential Presentations:

- SMC Center on Homelessness
- SMC Office of Education, Student Services
- Resource Family Approval Program, SMC Children & Family Services
- SMC History Museum
- Youth Leadership Institute
- Mariposa Outreach (group in East Palo Alto)

RISE 2024 Women's Leadership Conference – Goal of Engagement

- March 28, 8:30am – 2:00pm, <https://smcwomenlead.org>
- Speakers: Shireen Malekafzali, Lauren Babb (Planned Parenthood), Malia Cohen (State Controller), and Dolores Huerta
- Commission on the Status of Women's [Findings on Economic Power & Child Care](#)
 - Goal to provide written report to the BOS before the end of 2024
 - Encourage the community to bring solutions to employers

Vacancies, Elections, and Future Meetings

- Rebecca Carabez's last meeting with us will be June 18th.
- The vacancy will be filled by Vanessa Lemus Tapia and her term starts in July.
- Co-chair elections will be June 18th. Please let Tanya know of your interest in these two positions.

Drag Queen Bingo

- Need a Lead organizer for Drag Queen Bingo for Pride.
- Either Senior Center in San Mateo or San Carlos needs contacted. Then they provide everything. You provide Drag Queen, decorations and prizes.

VISIBILITY PROJECT

- [City Assignments](#)
 - Each Commissioner has 2 cities/regions to serve as an ambassador.
 - All emails will have been sent by the April 16 LGBTQIA+ Commission meeting.

- **Action Item 1:** Inviting your cities/region to agendaize Pride Proclamation and raise the Progress Pride Flag for the month of June
 - [Visibility Project Folder](#) files and resources
 - Updates at the April Commission Meeting

- **Action Item 2:** Offer an invitation to meet with them or their city staff regarding how you can support their city Pride efforts in June.



San Mateo County PRIDE Initiative Report

***From: Dana Johnson (they/ them/ theirs)- PRIDE Initiative co-chair
LGBTQ Commission Meeting- Tuesday, April 16, 2024***

- ❖ **About the PRIDE Initiative:** The PRIDE Initiative is committed to creating welcoming and inclusive environments grounded in equality and parity for LGBTQ+ community members living and working in San Mateo County. By adopting an interdisciplinary and inclusive approach to collaborating, the PRIDE Initiative looks to partner with individuals, organizations, and providers that work to ensure that services are sensitive and respectful of LGBTQ+ issues.
 - **Join us at the next Pride Initiative meetings (via virtually) on
***Wednesday, May 8, 2024 from 4:30-6pm**
 - PRIDE Initiative and local LGBTQIA+ updates
 - **SAVE THE DATE! SMC Pride Celebration *Saturday, June 8, 2024*
from 11am-5pm at San Mateo Central Park**
 - **JOIN US and share you voice and help us plan SMC Pride
Celebration 2024 at the SMC Pride Planning Meetings:**
 - Friday, April 26, 2024 from 12 noon- 1pm
 - Friday, April 12, 2024 from 12 noon- 1pm
 - *Reach out to Dana for SMC Pride Planning zoom meeting links*
 - **SMC Pride 2024 Theme: “Love at our Core, Pride in 2024”**
 - For more details visit SMC Pride Celebration website
<https://www.smcpridecelebration.com/>

➤ **Join the PRIDE Initiative Zoom Meeting on 5-8-24 at 4:30pm. Join using the link below**

<https://us02web.zoom.us/j/81510844451>

Meeting ID: 815 1084 4451

Passcode: PRIDEBHRS **(PLEASE NOTE: Password is now required to join)**