



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

September 2024 Updates

- September 2024 Pride Center newsletter - <https://tinyurl.com/smcpsept2024newsletter>

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.** We are here for YOU.

- 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.
- **Onsite Hours: Tuesday, Wednesday and Thursday from 11:30am - 6:30pm**
- Virtually, our programs and services are available **Monday - Friday 10:00am-7:00pm** or as scheduled with your clinician.
- We are located at 1021 S. El Camino Real San Mateo, 94402 (corner of 11th and El Camino). Accessibility information: <https://sanmateopride.org/accessibility>

Face masks required at Pride Center

Based on the recent notification from San Mateo County Health that we are experiencing a high level of COVID-19 infection, the Pride Center is temporarily re-instating our on-site mask policy effective immediately. We will remove the temporary mandate once the virus levels return to normal/as we are updated.

As a reminder, we have face masks and COVID tests available on-site if you need them. We also continue to use air purifiers, sanitize surfaces regularly throughout the day, and keep windows open for increased air flow and circulation.

If you need support or connections to resources, please contact us at info@sanmateopride.org

Openings for Mental Health Services at the Pride Center:

We currently have openings for therapy! (No waitlist at the moment)

The Pride Center provides both **therapy and case management services**. For therapy services we accept Medi-Cal/HPSM and self-pay clients (sliding scale available). Case management services are provided free of charge. 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 Mimi Castro (he/him) at mimi@acs-teens.org.

We have a new LGBTQ+ Case Manager!

Starting on Monday 9/9, **Ariana Chini** (she/they) will be joining the Pride Center's clinical team as our new **LGBTQ+ Case Manager!**

As a Bay Area native and a queer, nonbinary, Middle Eastern Muslim, Ariana has a deep personal connection and commitment to supporting our diverse community. After years in the corporate world, she is eager to return to the nonprofit sector. They are skilled in trauma-informed care, crisis intervention, and social justice advocacy. More details and information to come!

Can You Support the Pride Center by Volunteering?

Virtual and onsite volunteer roles with the Pride Center include, but are not limited to:

- Assisting with fundraising/development goals
- Youth or Older Adult specific programming
- Become a peer group facilitator (We are currently seeking volunteer co-facilitators for our monthly **Gay Men's, Queer Women, and LGBTQ+ Book Club!**)
- Social media support
- Join our [Community Advisory Board](#)

To learn more, or if you have other ideas of how you can support by volunteering, please **contact Low (she/they) at Lowellyn.Sunga@sanmateopride.org** (preferred) or 650-591-0133 who can help you figure out the best match for a mutually rewarding experience.

You can also **complete our Volunteer Interest Form:** <https://sanmateopride.org/get-involved/volunteer/>

SaturGay Cinema: Saturday, September 14 (Doors: 3:30pm, Screenings start at 4pm)

FILM: Mean Girls (Rated PG-13)

Join us for our special Mean Girls Back to School Double Feature! You heard that right, we

said double feature- join us for both the original 2004 film and the new 2024 musical film.

About the Film:

Cady Heron is a hit with the Plastics, an A-list girl clique at her new school. But everything changes when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George. 2004 version stars Lindsay Lohan, Rachel McAdams, and Lizzy Caplan. 2024 version stars Angourie Rice, Renee Rapp, and Auli'i Cravalho. Both versions feature Tina Fey and Tim Meadows

Closed Captioning will be utilized for this film.

Registration is required: <https://tinyurl.com/MeanGirlsDoubleFeature>

This event is free and open to the public. For this longer evening, pizza will be provided. Doors open at 3:30 and the movie will start at 4 pm.

At 4 pm we will start with the new 2024 Mean Girls, have a little dinner break, then start the original 2004 Mean Girls around 6:15.

Dressing like your favorite character is encouraged, but not required. Unlike the plastics, you CAN sit with us!

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.

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.

Upcoming dates: September 11 & 25

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

Upcoming Programming:

Transcending Through Art: An Expressive Arts Therapy Group for Transgender/Nonbinary/Gender Expansive Teens (Ages 13 – 19)

This is an 8-week expressive arts therapy group for gender expansive youth, ages 13-19, who identify as Transgender, Nonbinary, Gender Fluid, Gender Non-conforming, Gender Creative and Questioning teens. All skill levels welcome, no prior experience required. Art supplies will be provided. Additionally, participants are invited to bring their own supplies.

What can I gain from this group?

- Nurturing Joy & Euphoria through: Creative exploration of identity and self-expression
- Processing emotions outside the body
- Developing strategies towards self-regulation & co-regulation
- Creating identity-affirming community

This group is \$30/session but there are spots available for sliding scale fee. Please contact us for other potential billing options.

This group runs from September 10 - October 29 onsite at the San Mateo County Pride Center (1021 S. El Camino Real). For accessibility and parking information, please use this link: <https://sanmateopride.org/accessibility/>

Questions? Connect with Jazz Slavin (they/them), MFT Trainee at jazz.slavin@sanmateopride.org

Suicide Prevention Month: Community Care Package Workshop & Social

Join us onsite at the SMC Pride Center on **Wednesday, September 18, 6 - 8pm** for an uplifting evening of creativity, self-care, and connection as we celebrate the strength and resilience of our LGBTQIA+ community during Suicide Prevention Month.

Main goal of event: raise awareness of community supports and Pride Center services, contributing to overall suicide prevention. Reminding community members that through community, they are never alone (community connection as a source of support).

Activities: creating self-care and support “goodie bags” that will include DIY (do it yourself) packages.

- Bubble breathing activity led by clinicians
- DIY Aromatherapy Play dough
- DIY Mindfulness jars and more!
- Safety planning/break in case of emergency list/go and stop signs that illustrate warning signs and support strategies
- Bag that items will go in

For more accessibility and parking information, please use this link: <https://sanmateopride.org/accessibility>

Fall Equinox and DIY Planner Building Event

The Fall Equinox is among us! Join CORA and the San Mateo County Pride Center at this **FREE** event to celebrate the start of fall by decorating planners and setting intentions for the remainder of the year.

This event is on **Tuesday, September 24 from 6-7pm and will take place at the CORA office in the Carelle room: 2211 Palm Avenue, San Mateo.** All materials will be provided but folks are welcome to bring any decorative materials to add to their planner and/or to share with the group.

RSVP with this link: <https://forms.gle/xwTZFkBoTtMBQFwX8>

Save the Date: Community Celebration - BBQ-ueer

Can you think of a better way to celebrate California Summer (if you know, you know) than with a BBQ? How about a BBQueer!

Join us for an afternoon of good food, amazing community, games, dancing, and more. Bring your pals, your boos & your fam! Is there a game that you want to play? Bring that too! The more the merrier. We can't wait to celebrate with you!

Join us on Saturday, **September 28 from 2-6pm at San Mateo Central Park** (50 East 5th Avenue, San Mateo). Food will be ready around 4PM. This is a free, family friendly, and sober event.

Registration is required – <https://tinyurl.com/SMCPCBBQueer2024>

Trainings

Save the date for a Community SOGIE! **Tuesday November 12 from 6-7:30 PM on Zoom.**

Ever wondered what the difference is between sex and gender? Want to learn about the difference between bisexual and pansexual?

This is training for you!

Stay tuned for more information.

Community Programs & Announcements:

LGBTQ+ Youth Mental Health Panel - Monday September 16 from 6-8 PM Half Moon Bay Library

Please join us for a panel discussion on LGBTQ+ Youth Mental Health. We will be exploring questions such as:

What does being an affirming parent look like?

How do I find a therapist and how do I make sure they're the right one?
How do I support my child who is experiencing suicidal ideation?
How do I support my child whose friends are experiencing suicidal ideation?

When | **Monday, September 16, 2024, 6-8 pm**

Location | **Half Moon Bay Library, Community Room B, 620 Correas St, Half Moon Bay**

Who | **Everyone is welcome**

Register using this - <https://bit.ly/LGBTQMHPanel>

Peer Support Groups

We are currently **seeking volunteer co-facilitators for our Gay Men's, Queer Women's Group & LGBTQ+ Book 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.

Peer Support Groups- Upcoming meeting dates

- LGBTQ Parent Group- Monthly on the 1st Tuesday from 7:30-8:30pm PST
 - *Dates for September-December of 2024 have been changed! This group will meet on 9/25, 10/23.
 - Please stay tuned and check our Instagram (@sanmateopride) for November and December dates!
 - Registration is required: <https://tinyurl.com/smcpc-parentsgroup>
- 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!
 - Upcoming books
 - October 2: The Gilda Stories by Jewelle Gomez
 - November 6: Never Name the Dead by D.M. Rowell
 - Registration is required: tinyurl.com/smcpc-bookclub
- Polyamory Peer Power (18+)- Monthly on the 1st Wednesday from 7- 8:30pm PST
 - Upcoming dates: October 2, November 6
 - Registration is required: <https://tinyurl.com/smcpc-polyampower>
- Trans* Group (18+)- Monthly on the 1st Thursday from 6-7:30pm PST
 - Registration is required: <http://tinyurl.com/smcpc-transgroup1>
 - Upcoming meeting dates: October 3, November 7
- Gay Men's Group (18+)- Monthly on the 4th Tuesday from 6-7pm PST
 - Upcoming dates: September 24, October 22

- Registration is required: <https://tinyurl.com/SMCPC-gaymensgroup>
- Queer Women's Social Group (18+)- Monthly on the 4th Friday from 6-7:30pm PST
 - Upcoming dates: September 27, October 25
 - Registration is required: <https://tinyurl.com/smcpc-queerwomensgroup>

Reminders & Resources:

The Pride Center's Year In Review!

To read our Year in Review for Fiscal Year 2022 – 2023 its entirety, click [here](#)

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: <https://www.acs-teens.org/what-we-do/outlet/>

Educate Sub-Committee

Members: Craig Wiesner, Chris Sturken, Dana Johnson

Suggested Project Name: Inclusive and Connected Community Campaign

The impetus for the “visibility” project came from Commissioner Jana Rickerson who went to several large community events and was concerned that when she introduced herself as a member of our commission people were surprised that there even was such a thing. Below is a script for a two-minute public comment for commissioners to modify and use during the early phase of this project. When we go to City Council meetings to introduce ourselves and learn how to do this well, this will prepare us for helping volunteer ambassadors to do this themselves. I’ve personalized this one for me in Daly City. Naturally, we’ll have each commissioner personalize their own. As part of this first phase, we need to create a page on the LGBTQIA+ Commission website that introduces the campaign and includes paragraphs describing our commission, the Pride Initiative, the Pride Center, and Coast Pride with links to each for more details. We should be able to put that together quickly and in time for commissioners to start speaking at City Council meetings in October.

This is just step one in a huge project. Steps two and one will involve creating scripts for our ambassadors to cover many different issues for the LGBTQIA+ people they represent.

A two-minute speech typically consists of 250 to 360 words depending on the speaker's pace. I believe a good 2-minute public comment should include three components:

- Introducing yourself to establish why you care
- A description of the issue you’re concerned about
- A personal story
- A call to action

DRAFT 2 Minute Public Comment to City Council Meetings

Good Evening. My name is <<insert name>> and <<add a 1 - 2 sentence bio about yourself>>. Thank you for flying the Pride/Progress flag in June. That symbol of inclusion helps me and many others feel welcome and valued here. That’s important at a time when our nation’s Surgeon General, Vivek Hallegere Murthy, and county government have recognized loneliness and isolation as an epidemic harming our mental and physical health, especially among our youth and seniors. The antidote to loneliness is connection so today I’m here to ask you to help the LGBTQIA+ community connect. We are blessed to have a County Pride Center, Coast Pride, a County Pride Initiative, many businesses and other organizations supporting LGBTQIA+ people, and a County LGBTQIA+ Commission, all offering community connections, services, and advocacy. I serve on the LGBTQIA+ Commission and we have created an Inclusive and Connected Community Campaign. We’re asking you to shine a light on that

campaign and share the link to our information in your newsletters, social media, and emails. I've sent you all an email with details. Please ask your Council staff to schedule a formal presentation from the LGBTQIA+ Commission about our history, accomplishments, and work plan to help everyone in this city feel more affirmed, included, and connected. When we take that next step to become a more equitable community, together we all thrive. Thank you.

DRAFT Email to City Council Ahead of Public Comment

Dear _____,

My name is _____ and I am planning to make a public comment during your upcoming city council meeting. I am a member of the San Mateo County LGBTQIA+ Commission. Our mission is to cultivate San Mateo County as a welcoming, affirming, and safe environment where its lesbian, gay, bisexual, transgender, queer, intersex, asexual and gender-expansive community members can thrive. Thank you for flying the Pride/Progress flag in June. That symbol helps me and many others feel welcome and valued here. That's important at a time when our nation's Surgeon General, Vivek Hallegere Murthy, and county government have recognized loneliness and isolation as an epidemic harming our mental and physical health, especially among our youth and seniors. The antidote to loneliness is connection so we're asking you to help the LGBTQIA+ community connect. We are blessed to have a County Pride Center, Coast Pride, a County Pride Initiative, many businesses and other organizations supporting LGBTQIA+ people, and a County LGBTQIA+ Commission, all offering community connections, services, and advocacy. I serve on the LGBTQIA+ Commission and we have created the *Inclusive and Connected Community* campaign. We're asking you to shine a light on that campaign and share a link to our information and all of these organizations and resources in your newsletters, social media, and emails. Here's a link to share:

We would appreciate it if you could consider having an agenda item during one of your upcoming meetings to discuss other ways your council can support the LGBTQIA+ community. Members of our commission and/or the other organizations we've linked to could be available to speak at such a meeting on that agenda item.

We're grateful that every city and town in San Mateo County flies the flag and proclaims Pride Month and look forward to working with you to get even more visibility and connection for those who live and work in our communities.

Sincerely,
Commission Member

Mobilize Subcommittee Notes

August 30, 2024

Attendees: Marilyn. Bismay, Jana, Kevin

- Assumptions:
 - Volunteers have been recruited and trained and we have the info requested below.
 - Training includes what to say at meetings.
 - We are only mobilizing for attendance at City Council meetings for now.
 - The mobilization committee is responsible for the calendar.

- What does mobilization look like for a volunteer?
 - Validate that they're trained; answer any questions. Do they feel equipped to do what we're asking them to do?
 - Get them information about the dates and times of the city council meetings for their city
 - Invite them to commit to a **date** and a **topic** (an "engagement"?) that will include at least one question.
 - Arrange for a commission member to be present at their first engagement.
 - Follow up with them after, to make sure the engagement happened.
 - Maybe make a survey for them to fill out?
 - Name
 - When they attended
 - The topic they addressed
 - Any questions they asked
 - Comments/observations about the experience
 - Follow up conversation/debrief (by the commissioner who attended, or the commissioner responsible for their city)
 - Could schedule the next engagement at this time
 - If not, ask when to contact them again
 - End-of-year
 - Thank you
 - Commitment for the coming year
 - Maybe a volunteer appreciation party?

- What data do we need to collect from volunteers in order to mobilize? (for the recruitment committee)
 - Name
 - City
 - Email

- Phone number
- Preferred contact method (email, text, phone call)
- Validate that they're willing to speak at city council meetings

- How often will we contact them (after recruitment and training)? What will those contacts look like?
 - Initial contact within a week of training (need notification from the training folks that their training has happened)
 - Need to track if someone says "Interested, but can't until summer time" or something like. Need to put this into some kind of database. ("Next contact date") And hopefully automate notifications about this.
 - Reminder a week before a scheduled engagement
 - Goal: set up an engagement

- What do we want to report back about this meeting at the next Commission meeting?
 - Report the notes above



San Mateo County PRIDE Initiative Report

**From: Dana Johnson (they/ them/ theirs)- PRIDE Initiative co-chair
LGBTQIA+ Commission Meeting- Tuesday, September 17, 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, October 9, 2024 from 4:30-6pm**
 - PRIDE Initiative and local LGBTQIA+ updates
 - Office of Diversity & Equity 15-year celebration, Friday, September 27, 5-8pm. South San Francisco Public Library

➤ **Join the PRIDE Initiative Zoom Meeting on 8-14-24 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)**



CoastPride Report

LGBTQIA+ Commission Meeting- Tuesday, Sept 17, 2024

From CoastPride Board Member: Dana “TherActivist” Johnson (they/ them/ he), MSW

❖ **Our Vision**

A welcoming and safe Coastsides where all LGBTQ and gender-expansive individuals, their families, and allies thrive.

❖ **Our Mission**

Creating a Coastsides that supports and celebrates people of all sexual orientations and gender identities.

- CoastPride Events/ Trainings:
- For events sign up for the CoastPride newsletter on the [CoastPride](#) website
- Center Hours:
 - Drop-in—all are welcome
 - Mondays, 10am–2pm (ring the black doorbell when you arrive. (**Closed on federal holidays)
 - Tuesdays and Thursdays, 2–6 pm
 - 1st Saturdays, 12 noon–2pm
- CoastPride Groups
 - More details regarding the groups please reach out to CoastPride Operations Director, Cameron Zeller cameron@coastpride.org

- ❖ **Upcoming Events/ Announcements**
- **Alcove** Half Moon Bay planning is currently underway
- For more details regarding LGBTQIA+ events on the Coast, please reach out to CoastPride board member Dana “TherActivist” Johnson (they/ he) dana@coastpride.org or CoastPride Operations Director, Cameron Zeller (they/ them) cameron@coastpride.org

To: LGBTQ Commission of San Mateo County
From: Tanya Beat, Director
Date: September 17, 2024
Subject: Director's Report

Vacancy Process

- Five (5) applications for one vacancy.
- Anticipate a vacancy at the end of 2024.
- Appointment potentially made in October or early November.

Transgender Day of Remembrance (TDOR)

- Nationally recognized on November 20
- Proclamation scheduled for Tuesday, November 12, 9am – please come in person or virtually through Zoom.
- Cochairs Aaron Adriano and Bismay Mishra are invited to accept the Proclamation.
- TDOR Flag-raising will be scheduled for County Center, Redwood City. Date and time will be determined soon. We invite the Commission to attend!

Other

- Coming Out Day is October 11 – a potential wonderful opportunity to make public comment on behalf of the Commission.
- October 15 Commission Meeting: Tanya absent & Linda will be managing the Zoom.