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Session Description

A Hunt for Who You Are: Journaling and Scavenger Hunt Party Jen Chess - They/them Kephra Rubin - He/him Affiliation: Paper Thoughts Program Email: paperthoughtsprogram@gmail.com Website: https://www.paperthoughtsprogram.com/	A Hunt for Who You Are is an interactive journaling and self-discovery event for teens that blends creativity, reflection, movement, and fun. Participants rotate through four hands-on stations, each offering a different way to explore identity and self-expression through writing, art, photography, and movement. At every station, participants receive a journal prompt and a stamp on their event card, and once all stations are completed, they receive a goodie bag with journaling supplies.
Advocacy Made Easy: Turning Frustration into Powerful Action Cynthia Changyit Levin - She/her Email: cynthia@Changyit.com Website: https://www.changyit.com/	Everyone can learn to be a powerful advocate, no experience required! Issue-based, advocacy empowers us to feel less helpless about big problems in our communities and our country. Leave prepared to write, speak, and advocate with confidence. Cynthia is a 20-year advocacy trainer and parent of LGBTQ+ kids who wants to empower everyone to find and use their political voice. Key takeaway points: • You are the top expert in your own lived experience and reasons you care about your issue • Types of advocacy actions, including phone calls to Congress, letters to Congress, newspaper letters to the editor, and lobby meetings • An easy method to help write letters to Congress & letters to the editor • Examples of how to engage your community in advocacy
All the Letters: 10 Things that Gen Z Knows about LGBTQIA+ Identity That Your Elders May Not Robyn Ochs - She/her; They/them Email: robyn@robynochs.com Website: https://www.robynochs.com/	Our culture is changing rapidly, and it can be hard to keep up. We'll talk about some of these changes and strategize ways to communicate better with each other -- across generations and within our own.



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Bifabulous & Pan-tastic: Bisexuality 101 & Beyond! Robyn Ochs - She/her; They/them Email: robyn@robynochs.com Website: https://www.robynochs.com/	What does it mean to identify as bi+ (bisexual, pansexual, fluid, etc.)? What are challenges to recognizing and understanding bisexuality and other non-binary sexualities—the largest yet often-overlooked segment of the LGBTQ+ community? No matter how you identify, come to this engaging and interactive program if you could use some tools for challenging ignorance, biphobia, and bi erasure and finding bi+ joy.
Building Community in a World That Divides Us Alexa Baiano - She/her; They/them Email: alexa@odysseyteencamp.com Vi Alworth - She/her; They/them Email: olivialalworth@gmail.com Kal Rivera - He/him; They/them Email: kalearivera@icloud.com Affiliation: Odyssey Teen Camp Website: https://www.odysseyteencamp.com/	Come join queer elders from Odyssey Teen Camp in creating collaborative art as we talk about building strong community support across generations. Ask us anything! We will have an open forum to answer questions and share our experience in community building, activism, relationships, making friends, conflict, creating art, and navigating life as a queer person. We also want to hear from you! What does community look like for you?
Building Your Rainbow Toolkit Rachel Simon - They/them Email: Rachel@ctpridecenter.org Affiliations: PrideWorks, Triangle Community Center, Norwalk, CT, Westchester County LGBTQ+ Advisory Board Website: https://www.ctpridecenter.org/	This interactive workshop will empower participants to make impactful changes to better the lives of queer youth in the face of federal actions and policies that are impacting us in our families, classrooms, relationships, and beyond.
Coming Out/Being Out - Middle School and Beyond Peter Green - He/him Email: Petergreen001@gmail.com Affiliation: PFLAG Westchester Website: https://pflagwestchester.org/wp/	For most kids, the social pressures of middle school are tough enough. But an increasing number of young people are coming out as LGBTQ+ in middle school. Join us for an opportunity to discuss the pros and cons of coming out and to share experiences and tips.



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Easter and Passover Through an LGBTQ+ Lens Rabbi Ben Goldberg - He/him Email: rabbigoldberg@congkti.org Affiliation: Congregation KTI, Port Chester Website: https://www.congkti.org/ Jim O'Hanlon - He/him Email: johanlon.stpauls@gmail.com Affiliation: St Paul's Church, Rye Brook Website: https://stpaulsryebrook.com/	Did you ever wonder what stories in the Bible teach us about the LGBTQ+ experience? Join us as we learn how the Exodus from Egypt is a story of liberation and literally 'coming out,' and how we can see the church is a chosen family in the Easter story.
Emotional Survival Kit for Tough Times Miles Borrero - He/him; They/them Email: miles@milesyoga.com Author of Beautiful Monster: A Becoming	Anxiety and stress can feel overwhelming, creating a barrier to meaningful connection. In this transformative workshop, we will dive into the fascinating workings of our nervous system and explore how anxiety shapes our interactions. Through weaving our personal stories, science, and inquiry, we will learn powerful, simple strategies to calm our nervous system to foster deeper, more authentic, and meaningful relationships. Whether you are seeking tools to manage your own anxiety or want to strengthen our friendships and relationships by learning how to recognize signs of distress in someone else, this workshop offers practical insights to support emotional resilience and deeper human connection. Perfect for anyone looking to understand and reduce the impact of anxiety and stress on their relationships and lives.
GSA Roundtable for Students - Youth Only Jason Kofman - He/him; Hey_Dad_Can_You_Drive_Me_To ... Email: Jason.kofman@gmail.com Affiliation: PFLAG Westchester Website: www.pflagwestchester.org	How can your GSA be more visible in your school? How can you attract new members? Don't sit around waiting for the Day of Silence! Start helping your GSA now. What makes an effective, and exciting meeting? Meet members of GSAs from other schools, and get new ideas for activities, events, and advocacy.



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Here and Queer for Over 60 Years: Fans, Fandom, and Fanfiction Erica Roberts - She/her; They/them Email: eroberts@whiteplainslibrary.org Affiliation: White Plains Public Library Website: http://www.whiteplainslibrary.org/	What do the TV shows Star Trek: The Original Series, the X-Files, and Supernatural have in common? They inspired some of the most well-known fanfiction tropes that continue to be used years and decades after the shows ended. This presentation will feature some queer history, fandom history, fanfiction 101, and the chance to write your own fanfic in the notebook provided for free to attendees!
Hope's Door Presents Love Shouldn't Hurt! Leslie Casana - She/her Email: lcasana@HopesDoorNY.org Shannon Luke - She/her Email: sluke@hopesdoorny.org Dednika Louisthelmy - She/her Email: dlouisthelmy@hopesdoorny.org Affiliation: Hope's Door Website: https://hopesdoorny.org/	Hope's Door presents Love Shouldn't Hurt! An awareness, intervention, and prevention workshop that addresses the genuine issue of abuse in dating relationships. In this interactive workshop we empower young people with the skills to distinguish relationships based on power and control and those based on equality, respect, and trust. We provide strategies for young people to help themselves and their peers when confronting abuse. We encourage young people to break the silence surrounding dating abuse and increase their knowledge on what a healthy relationship should look like. Our Prevention Program Educators help participants develop the skills needed to challenge societal beliefs that support dating abuse and domestic violence. This workshop will provide community resources and important intervention strategies.
In the Name of Those Who Came Before Me: What Can Stonewall Teach Us About Activism? Alexxis Briviesca - She/her Email: alexxis@pridelive.org Affiliation: Stonewall National Monument Visitor Center, founded by Pride Live Website: https://pridelive.org/	What can Stonewall teach us about activism in 2026? How do we preserve history that some are constantly trying to erase? What exactly was the Stonewall Uprising? Who was <i>really</i> involved in the initial acts of resistance? Have these questions and more? Join Alexxis from the Stonewall National Monument Visitor Center for an interactive discussion and immersive activities through a liberation pedagogy to explore the Stonewall legacy and its impact on today's LGBTQ+ liberation movement. *Note: The Stonewall National Monument Visitor Center is an independently owned and operated program of the 501c3 Pride Live."



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Intro to the Intersection of Neurodivergence and Trans Identities - Adult Session Roseanne Milman, Psy. D. - She/her Email: roseannemilman@impact-psych.com Jess Harman - She/her; They/them Email: jess.harman@impact-psych.com Affiliation: IMPACT Psychological Services Website: https://www.impact-psych.com/	This presentation explores the intersection of neurodiversity and transgender identities. Roseanne Milman, PsyD, and Jess Harman, LMSW—both specialists in therapeutically supporting this population—will introduce key terms and concepts to build a shared understanding of this specific community’s unique experiences. They will review what research regarding this community currently reveals, practical considerations for diagnostic testing and assessment, the potential psychosocial impacts of diagnosis, options for therapeutic treatment, and best-practice recommendations for providers working with neurodivergent, trans+ individuals. In addition to this workshop being applicable to service providers, Roseanne and Jess welcome individuals seeking to learn more about this topic for themselves and/or someone in their lives. They encourage participants with lived experience to share their wisdom with attendees to demystify the process of seeking and obtaining a diagnosis and/or services.
Lavender Lab Coats Kuiper Steinmeyer - He/him Email: Kuiper.steinmeyer@purchase.edu Affiliation: Purchase College LGBTQU President Website: https://www.purchase.edu/counseling-and-behavioral-health-services/for-students/lgbtq-resources/	“Lavender Lab Coats” will explore the vibrant and essential contributions of queer scientists. We will delve into the unique experiences, challenges, and triumphs of queer people in STEM and discuss the importance of creating inclusive and affirming STEM environments. We will explore the impact of queer perspectives on scientific discovery and strategies for inspiring and supporting the next generation of queer STEM leaders.
Learning to Ride the Waves: Emotional Skills for Neurodivergent Trans Nervous Systems Roseanne Milman, Psy. D. - She/her Email: roseannemilman@impact-psych.com Jess Harman - She/her; They/them Email: jess.harman@impact-psych.com Affiliation: IMPACT Psychological Services Website: https://www.impact-psych.com/	In ‘Learning to Ride the Waves,’ participants will identify personal signs of becoming overwhelmed, shutting down, and experiencing emotional intensity. We will explore how neurodivergence, gender dysphoria, and minority stress shape our experiences. We will practice a variety of emotional and sensory regulation strategies and look at ways to put them into practice using multiple access points while taking into consideration consent, autonomy, and neurodivergent experiences.



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Movements Sparked by Activism and How You Can Light the Match Lee Spieldenner - He/him; They/them; She/her Email: leejs@queeryouthassemble.org Affiliation: Queer Youth Assemble Website: http://www.queeryouthassemble.org/	Have you ever wanted to get involved with today's activism but are unsure of where to start? Come learn about past and current activist movements , different types of activism and how you can get involved.
My Monster Came Out of The Closet: A Horror InQueery Erika Peiffer - She/her; They/them Email: epeiffer@whiteplainslibrary.org Affiliation: White Plains Public Library Website: http://www.whiteplainslibrary.org/	"Do you like scary movies?" Learn about the history of horror through a queer lens, including Gay Icon the Babadook and why you may emotionally relate to the pea pucking demon child from The Exorcist. Plus, get some recommendations on your next queer horror reads!
Navigating Identity: A Trans Teen and Her Mom Explore Belonging Through Sports, Music, and Science Valerie - She/her Yelena - She/her	In a world where everyone thinks they know you better than you know yourself, and fear and ignorance rule the day, daring to be you can be quite daunting. A trans teen and her mom, a high school biology teacher, share their experiences and perspectives on navigating the journey to authenticity, while coping with loss and finding community. Valerie and her mom share their stories about coming out, playing sports, surviving high school, building individuality while maintaining the relationships that matter most. Participants are invited to join the conversation and bring their questions.
People and Places Important to LGBTQ+ History Jim Stenerson - He/him Email: jstenerson@gmail.com	Who is important to LGBTQ+ History? Let's find out – and why! Participants will be given names of individuals and places that have a significant role in LGBTQ+ history. Once the participants have their assigned name/place (which will be randomly selected), they will have time to research information and report back. A smart phone or other device with internet access is required (we should have Wi-Fi).



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Policy-to-Practice: An LGBTQ+ Rights Action Lab Ramon Ruiz - He/him Email: Ramon.Ruiz87@gmail.com Affiliation: CUNY Graduate Center	Policy-to-Practice: An LGBTQ+ Rights Action Lab is a 60-minute, hands-on workshop that turns big social issues into practical steps participants can use immediately. Using an LGBTQ+ theory lens (intersectionality, structural stigma, and street-level policy), we'll explore how barriers show up across healthcare access, non-discrimination, marriage/family recognition, immigration, and homelessness. Participants will work in small groups on real-world scenarios (e.g., insurance denials, shelter placement issues, documentation barriers, refusal of service) and map out concrete responses using a simple Rights-to-Resources tool. Together, we'll identify leverage points, escalation pathways, and low-burden actions that fit participants' roles—provider, advocate, administrator, or community leader.
Queer Theory 101: Learning Through Making Zines Jimmy Luckman - He/him Email: jluckman@pace.edu Affiliation: Division of Student Affairs, Pace University Website: http://www.whiteplainslibrary.org/ Eli Shirk - He/him Email: es62063n@pace.edu Affiliation: Pace University	This workshop is designed to engage young leaders and scholars in a creative way to learn and experience queer theory. Dr. Luckman and Eli will explore the history of queer theory, define key queer terms, and deconstruct the idea of heteronormativity and cisnormativity. Instead of a traditional lecture about queer theory, this workshop will include a creative expression that sparks intellectual curiosity. Everyone will make their own zines, which is a historically queer practice of self-publishing that promotes connection, self-expression, and activism. Zines made in this workshop serve as an action plan to showcase creativity and knowledge of queer theory, and to promote resistance through existence. The intention of this interactive workshop is to allow individuals to further understand themselves as queer activists, while also being able to learn more about the history, context, and futurism of queer theory.
Reclaiming our Truth: LGBTQ+ Human Rights, Leaders, and Combating Hate and Misinformation Shepard Verbas - They/them; He/him Email: shve@WestchesterCountyNY.Gov Affiliation: Westchester County Human Rights Commission Website: https://humanrights.westchestergov.com/	Anti-LGBTQ+ hate and discrimination have no place in Westchester. It is crucial for community members to know their rights and understand the shoulders we stand on as a community. Join us for an interactive conversation on the robust human rights protections in Westchester County, a look at the contributions queer human rights champions have fought for, and training on how to notice and address misinformation about queer communities.



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Reproductive Justice & Queer Bodies Cadence Penthany - They/them Email: cadence@ctpridecenter.org Affiliation: Triangle Community Center, Norwalk, CT Website: https://www.ctpridecenter.org/	The mainstream media often focus on reproductive rights (legal access to reproductive healthcare), and not reproductive justice: an inclusive framework that addresses the social and systemic barriers that prevent people from having the ability to make decisions about their own bodies. Because of the focus on the laws, queer people and queer bodies are often left out of the conversation. This workshop will equip participants with the language and tools of reproductive justice to better inform our activism, and to empower us in conversations about our own healthcare. Bodily autonomy means everyone!
Searching to Thrive: Finding the Right College Fit for You Stephanie McCaine - She/her Email: sjmccaine@hamleteducation.com Affiliation: Hamlet Education Website: https://hamleteducation.com/	This interactive session empowers students to approach the college search with clarity, confidence, and purpose. In today's shifting admissions landscape—and amid growing concerns about campus climate—it emphasizes finding a college where students can grow, belong, and thrive, offering specific guidance for navigating the process as LGBTQIA+ students. Participants will explore how to assess academic fit, campus climate, and a school's commitment to inclusion and support. The session covers smart admissions strategies, including ways students can reflect their identity (if they choose) in their applications. It also addresses key questions students should ask about campus life, housing, health care, and student support services. Whether just starting out or narrowing their list, students will leave with tools to identify colleges where they're not only a fit—but where they can truly thrive.
Telling and Preserving Our Stories – We ARE History! Laura Haynes - She/her Email: laura.haynes820@proton.me	We all have a story to tell. It can be hard to start, or to tell some parts, but it's YOUR story and it's important. Laura can show you how telling your story can be liberating and why it's important for the world to hear it. Using her experiences as examples, she will show you how she shares her experiences and why they are important for everyone to know. She has breathed deeply and experienced the comedy, the tragedy, and the beauty of self-discovery, friendship, loss, and love. You are invited to join her for a highly personal and illuminating workshop and learn ways to record the times, places, and people you encounter and share your unique path to the liberating joy of being your true queer self.



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The Health and Wellness Roundtable Discussion Dakota Pinon - He/him Email: Dakotapinon@gmail.com	This interactive workshop is designed to allow participants to learn about and share their experiences related to health and wellness. We will use some psychoeducational tools, which will play a small role in this discussion. We will discuss aspects of physical fitness, meditation, time management, nutritional intake, and the impact each has on mental health. Participants will be able to share how they implement wellness in their daily lives, and the positive impact they experience.
The Superpower You Didn't Know You Had: Preventing HPV-Related Cancers – High School Students Only Tess Maxam - She/her; They/them Affiliation: Circle Care Center Email: tmaxam@circlecare.org Website: https://circlecarecenter.org/	This workshop will focus on Human Papillomavirus (HPV), and the role teens play in the prevention of HPV-related cancers. We will discuss the basics of what HPV is, how HPV is (and importantly is not) spread, how HPV contributes to the development of certain cancers. Using a gender-affirming language, we will examine the ways teens can protect themselves and others against HPV using barrier methods and, of course, vaccination. We'll spend time exploring ways to discuss this topic with parents or guardians. We also will look at what may be important questions to raise and conversations to have with healthcare professions, and we will debunk myths around HPV and other STIs.
Training of Advocates: Trafficking Prevention and Advocating for the Community – Adult Session Luis Guaman - He/him Email: lguaman@wearepact.org Affiliation: Protect All Children from Trafficking (PACT) Website: https://www.wearepact.org/	The Training of Advocates is designed to educate and equip professionals and advocates with the skills and knowledge needed to effectively address and educate both youth and adults about trafficking prevention. Participants will learn about the basics of human trafficking and exploitation, how to navigate a safe space, build rapport and healthy relationships, and the importance of mandated reporting.
Trans 101: The Sex, Expression, Identity, Orientation (SEIO) Model Kerry Manzo - He/Él Email: kerry.manzo@purchase.edu Affiliation: Purchase College Website: https://www.purchase.edu/	In this fun and interactive workshop, participants will learn about and discuss the SEIO (Sex(uality), Expression, Identity, and Orientation) model of sexual and gender identity. They will take part in an activity to understand and explore intersections within LGBTQIA+ identities.



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Transgender Affinity Peer Space Alex Lewack - He/him; They/them Email: lewack.alex@gmail.com	Join our peer space for folx who identify as Transgender/Non-binary/Gender nonconforming, and any other gender expansive identities. Individuals will follow a guided peer discussion and share lived experiences and interests to connect, support, share resources, and build community.
We Are All Genderfluid – This and Other Myths About Non-Binary People Lindsey Pasquale - She/her; They/them Email: northeastrd@pflag.org Affiliation: PFLAG National Website: https://pflag.org/	There can be a lot of confusion and misinformation regarding Non-Binary identities. This workshop will address a collection of these myths head on and help attendees separate fact from fiction.
Where We've Been, Where We Are, and Where We're Going: Making Poetry and Art to Move Towards Healing and Queer Liberation Azalia Basil - She/her Email: azalia.basil@gmail.com	This workshop provides space to explore queer poetry through interactive artmaking. Using thoughtful and reflective prompts, participants will reflect on their personal narratives and use assemblage and writing to create their own poems. Together we will create a zine full of LGBTQ+ and ally voices to share with others.
Your Rights and Advocacy Skills Oliver Cirlin - He/him; They/them Email: olivercirlin1@gmail.com	This workshop's purpose is to educate all about their rights and ways to ensure that those rights stay protected. Due to the current state of our nation, it is important to remember/learn the rights you have and the power they hold. The workshop will start by examining the rights of ALL people throughout ALL states in the USA, and then those rights that are specific to New York and New Jersey. After examining our rights, we will discuss how to protect our rights and advocate properly on a Personal, Local and State level.