

7th annual minneapolis trans equity summit

2 - 4 p.m. and 7 - 9 p.m.

Sunday, September 13 - Tuesday, September 15, 2020

Claiming Our Power for Change: *Caring for Community*

7th Annual
trans
equity
summit

AGENDA

SUNDAY

2 - 4 p.m. **Welcome, opening keynote, and performances**
Emcee: Commarrah Bashar
Blessing and Land Acknowledgement: Reva D'Nova
Welcome: Minneapolis City Council Vice President Andrea Jenkins
Keynote: CeCe McDonald

7 - 9 p.m. **Career and Resource Fair Day 1; Social Spaces**

MONDAY

2 - 4 p.m. **Career and Resource Fair Day 2; Workshops**

7 - 9 p.m. **Healing Spaces; Workshops**

TUESDAY

2 - 4 p.m. **Healing Spaces; Workshops**

7 - 9 p.m. **Closing panel and performances**
Panel: Micah King, Oluchi Omeoga, Baki Porter, and Alexandro Rox; moderated by
Council Vice President Andrea Jenkins
Closing Remarks: Minneapolis City Council Member Phillipe Cunningham

About the Summit

This work officially began March 2014 when the Minneapolis Transgender Issues Work Group formed through action of the City Council and mayor. The work group convened thereafter to examine transgender disparities and other issues, engage the broader community and make policy recommendations for City government designed to improve the lives of transgender residents of Minneapolis.

Since 2014 the Minneapolis Transgender Issues Work Group has hosted the Minneapolis Trans Equity Summit: an annual gathering that pushes for the social, legal, and health issues critical to the transgender community.

On May 27, 2016, the Minneapolis City Council adopted a resolution supporting continued efforts to further transgender equity within the city, and on Feb. 10, 2017, adopted a resolution establishing the Transgender Equity Council to serve as an advisory board to City government and the Minneapolis Park and Recreation Board on matters of importance to the transgender, gender non-conforming, and non-binary community. The first appointments to the council were made April 28, 2017. The City of Minneapolis is currently accepting applications for a few open seats, see <http://www2.minneapolismn.gov/boards/openings/wcm-sp-225481> for more information.

Summit Performers and Artists

CeCe McDonald • Ben Kreibich • Brian Bose • Deja • ReRe • Chann Kong

Qween Farrazz • Kimberia Sherva • Jay Apollo • Venus DeMars

Hildie Edwards • BakiBakiBaki • Osiris Glory Lane • Lonnie Shaw

equity



Sunday, September 13, 2 - 4 p.m.
Welcome, Opening Keynote, and Performances

About the keynote presenter: CeCe McDonald

CeCe McDonald is an activist, speaker and icon in the LGBTQ community. Rising to international recognition after surviving a white supremacist and transphobic attack, CeCe has graced stages across the country where she uses storytelling to articulate the personal and political implications of being both black and trans. Now, one of the founders of the Black Excellence Collective and Black Excellence Tour, created with best friend Joshua Allen and solo engagements, She fosters important conversations around mass incarceration, sexuality & violence and is the star of the recently released feature length documentary about her life & story, Free Cece!

Facebook; Honee Bea Royals , The Black Excellence Collective

Twitter; @HoneeBea1

Instagram; @Secret_Life_Of_Bea

Snapchat; Honee.Bea

#GirlsLikeUS • #BlackTransGirlsRock • #BlackLivesMatter • #TransTakeOver2KForever
#TRANSWOMENAREWOMEN • #STOPKILLINGTRANSWOMENNOW

BREAKOUT SESSIONS

Sunday, September 13

7 - 9 p.m.

Social Spaces

Miss the opportunities for connection that in-person Summits offered? Very lightly-structured social and affinity spaces offer an opportunity to connect to each other without an educational agenda.

7 – 7:55 p.m.

Connecting with Spirituality - hosted by *Enzi Tanner*

This will be a space for folks to drop in and hang out with and or connect with others on a spiritual level. Enzi will be available to provide spiritual support and care.

Artist Meet-Up - hosted by *Keila Anali Saucedo*

Citations Needed - hosted by *Lucianna Wolfstone*

This is a space to discuss our lived experiences as both

Transgender and Autistic people, with a starting topic of what our experiences have been surrounding housing. Please be respectful and let everyone have a turn at speaking. This space centers Autistic trans people. Please be aware of the space you're taking up as you select your workshops. About the facilitator: I am both Autistic and TransFeminine myself. I have been diagnosed since 2012, and came out as TransFeminine in 2013.

8:05 - 9 p.m.

Media Makers Meet-Up - hosted by *Tricia Towey*

Do you make podcasts, videos, photos, radio shows, mobile apps, or video games? Do you write news articles, blogs, novelas, books, comics, or plays? Are you a graphic designer, web designer, art director, or editor? Come to the Media Makers Meet-Up! This is a space to meet other Trans and Queer media makers in the Twin Cities and MN.

Black Trans Femme Healing and Grounding Space - hosted by *Gabriella Spencer*

Black Trans Femme healing and grounding space, put on by a Black trans femme. A safe space of confidentiality, awareness, solidarity, and love! No judgement zone. We are going to emphasize manifestations and positive affirmations, pull up your seat! Be ready to listen and be heard. This space centers Black trans femme folks. Please be aware of the space you're taking up as you select your workshops.

Career and Resource Fairs: Day 1

7 - 9 p.m.

A number of our career and resource fair sponsors have provided short, captioned videos about what they have to offer, which are available on the [Division of Race and Equity YouTube playlist Div](#). Our other sponsors will be speaking on short panels at the opening of the Career and Resource Fairs, after which each sponsor will have their own call that you can join to ask questions, get further information, and introduce yourself. We've asked all of our Career Fair employers to fill out a survey representing their policies so you can know what the work environment is like. For those that have done so, we will send out their responses.

Career Fair Day 1 Opening Panel (*CenterPoint Energy, UCare, and Ameriprise, MN Council of Nonprofits*)

Resource Fair Day 1 Opening Panel (*Park Nicollet Gender Services, Annex Teen Clinic, Avenues for Youth, Sex Worker's Outreach Project*)

Career Fair Day 1 Employers

Ameriprise

Asian American Organizing Project

CenterPoint Energy - As the state's largest natural gas utility, CenterPoint Energy delivers the warmth, comfort and convenience of natural gas to Minneapolis, and more than 860,000 Minnesota customers. To help our customers save energy (and money), we offer a wide variety of energy efficiency rebates and services (visit [CenterPointEnergy.com/saveenergy](https://www.centerpointenergy.com/saveenergy)). Recognizing that COVID-19 has created hardships for many customers, we are offering flexible payment plan options and helping connect customers with energy assistance programs (visit [CenterPointEnergy.com/assistance](https://www.centerpointenergy.com/assistance).)

City of Minneapolis

Hormel

Software for Good

UCare

Resource Fair Day 1 Providers

Annex Teen Clinic - The Annex Teen Clinic is a nonprofit clinic whose mission is to help young people take charge of their sexual health. The Annex provides nonjudgmental, confidential clinical services and a range of fact-based and inclusive education for young people, youth-serving professionals and parents/caregivers. To learn more about the Annex, visit www.annexteenclinic.org.

Avenues for Youth

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City of St. Paul

Congresswoman Ilhan Omar's Office

Family Tree Clinic - We believe each individual person is deserving of not only high-quality and affordable services, but also of affirming, individualized, and respectful care. Through our clinic services, community education program, and services for the Deaf and Hard of Hearing community, we're working towards a healthier community and ultimately, a healthier you. You can visit our website at familytreeclinic.org for more information and to sign up for updates.

JustUs Health - A leader in dismantling barriers to trans-specific health care access, JustUs Health works towards equitable health care access for all. Our work centers those facing barriers to healthcare by providing health care coordination and access. You can join our mailing list at www.justushealth.org/email to learn more or get involved.

Martha K, LLC - Electronic Publishing, Refurbished Electronics Seller, Consulting Work (I.E. Tranz Sensitivity Trainingz For Publicly Traded and Private Organizations; also, sectors.), Entertainment (I.E. Podcast, Stand Up Shows, etc.)

MN Vixen

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Park Nicollet Gender Services - At HealthPartners and Park Nicollet Clinics, we provide gender-affirming care, across all ages, that focuses on your individual goals and health. We partner with you for hormone therapy, puberty suppression, primary care, mental health care, surgery, and care coordination. Call us at Park Nicollet Gender Services 952-993-8052 or visit healthpartners.com to get started with your care today.

Queer Science - Queer Science invites LGBTQ+ high school students interested in STEM to do actual science alongside actual LGBTQ+ scientists with the goal of exposing marginalized and under-represented youth to STEM and mentorship. Events are organized by graduate and undergraduate students, community members, and faculty and focus on hands-on STEM-related principles and projects that fall outside of traditional high school curricula. Sign up for our email list at <https://z.umn.edu/QueerScienceEmailList> or visit our website at [http://queerscience.umn.edu/!](http://queerscience.umn.edu/)

Sex Worker's Outreach Project

Telling Queer History - Telling Queer History is a series of storytelling events that connect LGBTQ+ people across generations and identities. Each event has a different theme and features Twin Cities based LGBTQ+ storytellers. Our next event will be in October co-hosted by the Tretter Collection. Join our email list and/or follow us on facebook and instagram to get updates. All events will be virtual for the foreseeable future. Events are ASL interpreted, live captioned, free, substance free time, all ages, and we are always open to ideas for making them more accessible. Telling Queer History launched a podcast, featuring audio from an event in Dec 2015 on HIV and AIDS this April. Find our first episode on youtube as a captioned video. Telling Queer History became a nonprofit in Jan 2020 and we are looking for more board members, especially folks passionate about fundraising and grant writing.

Sign up for our newsletter here: <https://tellingqueerhistory.us15.list-manage.com/subscribe?u=19c-29cc7115ca431dbcb17f0b&id=7103a6ef2a>

Donate to sustain storytelling here: <https://www.givemn.org/organization/Telling-Queer-History-1/welcome>

Facebook: <https://www.facebook.com/tellingquistory>

Instagram: <https://www.instagram.com/tellingqueer/>

Transforming Families - Transforming Families is a community *where transgender, gender non-conforming, and questioning youth and their families come together* to support each other in a safe, welcoming space. At our monthly gatherings which are temporarily online, separate breakout groups for parents, kids, siblings, and teens provide the opportunity to meet and learn from other people traveling the same path. Families meet other families to share, talk, and hang out. We're here to listen to each other's stories, exchange resources, build community, and have fun! *It's a simple idea that works.*

Women's Foundation of MN - The Women's Foundation of Minnesota (WFMN) is a statewide community foundation that invest in innovation to drive gender and racial equity. We envision a world of equal opportunity where women, girls, and all people hold the power to create and lead safe prosperous lives. WFMN makes innovative investments in research, grantmaking, and policy and forge strategic partnerships to create systems level change to increase safety, ensure leadership and economic opportunity for women and girls across the state of Minnesota. We use our Intersectional Equity Framework,[™] inclusive of gender, race, place, and additional identities, in everything we do.

Monday September 14

2 - 4 p.m.

Workshops

2 - 2:55 p.m.

Individualism versus Self-Sovereignty: How Caring for Ourselves Allows Us to Care for Community – grey doolin, M.Ed.

This workshop will begin/continue conversations about self-sovereignty in trans communities and how it relates to our ability to show up for community care, moving from our power and resources rather than out of unexamined relational patterns or trauma bonding. This workshop will acknowledge the truth of the far-reaching impacts of collective and individual trauma in trans communities, identify how essential community is in all of our lives, and also how to contribute to and receive from that community in a way that is empowering and healing, not unconsciously compounding the harm that is already there.

3:05 - 4 p.m.

Online Vulnerability and Being the Representation You Wish To See – Matt Joseph Diaz

Demand to be seen! In this workshop, we'll discuss how to best use our unique strengths to help normalize the trans experience for those who might be looking for someone to relate to. We'll also work on establishing individual boundaries for vulnerability in order to feel sincere and safe in a social media landscape.

Making the Federal Government and Census Work for You - Nicky Leingang, Biftu Bussa, Roxanne Anderson

Congresswoman Ilhan Omar's staff and Roxanne Anderson will provide a presentation on the federal government – how it interacts with local units of government, who is in charge of what types of work, how you can get assistance on a variety of common issues, and why the Census is so crucial for all aspects of our lives.

Career and Resource Fairs: Day 2

2 - 4 p.m.

A number of our career and resource fair sponsors have provided short, captioned videos about what they have to offer, which are available on the [Division of Race and Equity YouTube playlist](#). Our other sponsors will be speaking on short panels at the opening of the Career and Resource Fairs, after which each sponsor will have their own call that you can join to ask questions, get further information, and introduce yourself. We've asked all of our Career Fair employers to fill out a survey representing their policies so you can know what the work environment is like. For those that have done so, we will send out their responses.

Career Fair Day 2 Opening Panel (*Allianz, Ameriprise, CenterPoint Energy, City of Minneapolis Target Market Program, Clare Housing, Hennepin County Jobs, JustUs Health, Renewal by Andersen, Sincere Vanity Glam Lashes by Gabriella Spencer* – Sit down with me while I share my journey on how I got to where I am and how you too can become a beauty industry boss and change your whole lifestyle in as little as 40 hours here in the state of MN! Tips and tricks you won't want to miss.,

Springboard for the Arts, UCare

Resource Fair Day 2 Opening Panel (*Annex Teen Clinic, Avenues for Youth, MN Recovery Connection, Park Nicollet Gender Services, Sex Workers Outreach Project*)

Career Fair Day 2 Employers

Resume Review and Support with Rebecca Waggoner, Twin Cities Quorum

Allianz - Retiring with financial security. Living life with confidence. At Allianz Life®, every employee knows these are the things that matter. To do what matters means giving employees the tools and opportunities they need to create innovative, industry-leading products, to discover and embrace new trends, and to strengthen the customer experience. As a company, it means creating a culture that is inclusive, where doing the right thing comes naturally, and promoting an environment that develops talent, seeks excellence, encourages smart risks, and recognizes and rewards people for their performance. Doing what matters for employees helps everyone focus on doing what matters most for our customers. Allianz Life. What you do here matters. More information is available at www.allianzlife.com

Ameriprise

Asian American Organizing Project

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City of Minneapolis

Clare Housing

Hennepin County Jobs

Hormel

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Radisson

Renewal by Andersen

Software for Good

UCare

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Gender Justice

Hennepin County Transgender and Gender Non-Conforming Employee Resource Group

J-Pride - J-Pride hosts ritual/religious, social/secular, and educational events all over the Twin Cities, that help build and sustain well-being and meaningful connections, creating a stronger community. Our goal is to create programming that is Queer-normative, accessible, rooted, innovative, and where we can bring our whole selves to all ways of being Jewish and being Queer. J-Pride is a program of Jewish Family and Children's Services, which also provides resources such as career services, food security, mental health counselling, and addiction services.

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MN Recovery Connection - Minnesota Recovery Connection is a Recovery Community Organization, led by representatives of local communities of recovery. We honor all pathways to recovery and are not a treatment provider. Rather, we exist to fill gaps in and around treatment, connecting people to support and services that help make long term recovery possible. We envision a recovery-oriented society:

1. A society where everyone understands that substance use disorder is a chronic disease and people do recover.
2. A society where choosing recovery means rejecting shame, stigma, and discrimination.
3. A society where people in recovery live life fully.

MN Vixen

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Monday September 14

7-9 p.m.

Workshops

7 - 7:55 p.m.

Community Discussion: Transforming Public Awareness into Public Safety – Minneapolis Transgender Equity Council Public Awareness and Community Engagement Subcommittee

Nearly four years of dog whistles and direct attacks on transgender rights from federal authorities have put 2020 on pace for a record high in violence against trans and gender non-conforming individuals, and particularly against persons of color. Can a public awareness campaign designed to increase safety for us in public spaces actually work? How do we move the discussion of our safety beyond bathrooms and somber statistics? Can we create and envision a campaign that centers on black and brown trans bodies and that feels empowering and affirming, as opposed to campaigns elsewhere that have relied heavily on "I'm just like you" themes and a focus on educating/ explaining ourselves to a predominantly white, cis het audience? Come share your ideas, insights, perspective, visions and voices with us.

8:05 - 9 p.m.

Queer Creativity in Urgent Spaces – Lightning Rod Co-Artistic Directors Marcela Michelle, Kat Purcell & Yoni Tamang

The work of Lightning Rod is queer and responsive to immediacy. We specialize in quickform & collaborative culture, often generating unusual/unlikely creative space. This workshop will review and evaluate our tools for gathering, workshopping, and presenting queer performance during COVID-19 and the fight for police abolition.

Addressing Transmisogyny in Cis Men's and Transmasc Spaces – Roxanne Anderson

Healing and Aesthetic Spaces Day 1

Last year, the Summit offered a Healing Justice space for the first time. This year, we have expanded into a variety of group and 1:1 offerings. We know that part of healing for many trans and GNC folks is getting to show up as our most powerful selves – that aesthetic matters. This year, we have added makeup, hair, lashes, and "gender gear" as spaces that focus on the healing power of trans aesthetics.

7 - 8 p.m.

Self-Love Workshop (group) - Rapheki

Greetings, I am Rapheki. I am a healer, multidisciplinary artist, and scholar from Saint Paul, Minnesota. I am a proud indigenous, black, queer, and loving cis man. I use he/him and them/they pronouns. My work is centered around divination work (Tarot & Oracle Readings) the intersectionality of empowerment and healing and how that exists within our bodies. I seek to create safe spaces catered to Queer/Trans BIPOC folxs and curate an atmosphere for expression, learning, and wellness. Spirit flows through me and through all of us. There are no sole leaders on the pathways to self love, we all are exploring this very loaded idea together. Nevertheless, I invite all into this space of self discovery, mindfulness and appreciation. We are here to give ourselves the praise.

This is a love offering that I am solidifying for Queer/Trans BIPOC folxs. This is a meditation session focusing upon the heart space and learning to be in tune with it. This space is dedicated to love, we will discuss how we express love, how we best receive love, what holds us back from love, what makes love worth fighting for? It is imperative that we can begin to trust ourselves again. This way we can invest our trust back into our communities and reap the mutual benefits. We are all worthy of love and we all want to be loved. Let's explore love together in my 55 minute workshop.

7 - 9 p.m.

Tarot Readings (1:1, each 30 minutes) - Owen Marciano

Owen Marciano is a fat, white, queer, genderqueer Tarot reader with multiple disabilities. His main goal in everything he does is to further his own and all of our collective healing. Through his spiritual practice, Owen has come to understand that in order to end oppressive hierarchical structures in the collective world, we each need to understand how to heal the untended wounds of our minds, hearts, spirits, & bodies, and to correct the misinformation about ourselves and one another we have internalized from the generations who have come before us.

Offering transformative, reflective, and intuitive Tarot readings and guidance to support your personal, emotional, and spiritual growth and healing. Offering support as you work to reconnect with your intuition and align your beliefs and actions with your core values. Check out nonnaterra.com for more information about my practice and beliefs.

Tarot Readings (1:1, each 30 minutes) - Sam Lofgren

Sam Lofgren (they/them) is a reader, author, teacher, and maker who has been a professional intuitive for over 20 years. Their experience with divination started in childhood, and has since developed into a radical compassion for their clients and their shadows.

Blending the old and the new from multiple traditions through an intersectional feminist framework, their practice is focused around the practical and the ritual of the places that scare us. They specialize in transitions, with an emphasis on endings and affirming new beginnings.

They are the author of *Tarot of Little Secrets*, host a local tarot meetup called *Seekers & Skeptics*, and teach classes for beginners and on special topics in tarot. Find out more at companioninshadow.com

During a 1:1 session with Sam, you can expect to collaborate and be an integral part of the tarot reading. You are invited to ask the cards "what do I need to know right now" if you don't have a specific situation to look into, but the more specific you can be with tarot, the more specific it can be with you. Once we clarify your question, I will shuffle the deck until you let me know to stop, and we will have a conversation based on what I see in the cards. For folks familiar with tarot, I don't use set spreads, but draw cards organically based on what's needed as we talk. You will leave our session with practical insights, likely some new perspective, and reassurance that you're never alone in this chaotic world.

Ancestry (group) - Griffen Jeffries

Griffen Jeffries is a white queer and trans person who works with individuals and groups around shifting patterns of oppression, domination, colonization, and trauma. His focus is on facilitating and supporting transformational processes and healing through body-based practices. South Minneapolis has been a home for Griffen since 2007 and he has been part of a variety of community projects in that time. He loves big lakes, chocolate, and creative play that supports re/connection with ourselves, each other, ancestors, spirit and the land.

In this offering, we will be in conversation and practice around our relationships with ancestors. This will be a space to reflect on your relationship with various kinds of ancestors, be guided in a practice focused on ancestral connection, and be in conversations with others to share in our collective wisdom. We will spend some time touching in specifically around relationship with trans and gender non-conforming ancestors. Everything in this workshop will be an invitation and you will be welcome to engage in whatever ways work best for you. This session will be 90 minutes, with a 30-minute Q&A to follow.

Intro to Empowerment Self-Defense and Bystander Intervention (group) - Diane Long

ESD teaches verbal and physical skills for self-advocacy and community advocacy. This includes ways to self-calm, increase boundaries and self-care, build awareness and accountability, de-escalate conflict, and heal from the toxic effects of oppression. This introductory online workshop will offer strategies you might use if you are a target of violence, to interrupt violence you may witness and to do repair when you yourself cause harm. With strangers or people close to you, from microaggressions to higher threat situations, you will leave with some practical tools you can use and share with others right away. (90-minute class with time for Q and A afterwards.)

Diane Long (they/them) has been teaching Empowerment-based Self-Defense (ESD) and skills for community safety in schools, shelters and support groups for over 25 years to share resources and skills to increase community safety and accountability through a social justice lens. Board Certified in Massage Therapy, Diane is also trained in a variety of body-based therapies including Healing Touch, Somatic Experiencing, Yoga and Somatic Sex Education.

Make-Up Tutorial (group) - Quinn and Katrina

Quinn Villagomez, AKA Shimmer, is a broadcast journalist, LGBT media personality, host and MC. Shimmer co-hosts Fresh Fruit / RARE Productions with Roxanne Anderson on KFAI. Fresh Fruit is the longest running LGBTQ Radio Show in the Country. She is a proud Transgender Latina woman who loves entertainment and media, and has hosted several events in the Twin Cities. Shimmer is also a social justice activist for transgender and LGBT rights.

Meditation and Grounding Techniques (1:1, each 30 minutes) - Seng

Seng is a queer (they/them) second generation Hmong American bodyworker and holistic wellness provider that has been in practice for the past two years in the Twin Cities, MN. They have since committed to providing accessible care with massage for QTBIPOC (Queer, Trans Black & Indigenous People of Color) folks that is rooted in the decolonization and remembrance of ancestral practice and spiritual connection. It is through this lens of healing that Seng finds deep meaning in the ways that they think about sustainable and culturally competent care.

For this summit, Seng is offering sessions of somatic coaching, sound healing, and guided meditation. They hope to impart everyday rituals of radical self-care for individuals to reconnect and ground themselves in their mind, body and soul.

Expect 1-on-1 offerings that explore healing through building bodily awareness, grounding techniques with self-soothing touch, and meditation that'll be accompanied with Tibetan singing bowls and words of guidance. These offerings center queer and trans Black, Indigenous, and People of Color. Please be intentional when choosing the spaces that make sense for you.

8- 9 p.m.

Divination (1:1, each 30 minutes) - Rapheki

Greetings, I am Rapheki. I am a healer, multidisciplinary artist, and scholar from Saint Paul, Minnesota. I am a proud indigenous, black, queer, and loving cis man. I use he/him and them/they pronouns. My work is centered around divination work (Tarot & Oracle Readings) the intersectionality of empowerment and healing and how that exists within our bodies. I seek to create safe spaces catered to Queer/Trans BIPOC folxs and curate an atmosphere for

expression, learning, and wellness. Spirit flows through me and through all of us. There are no sole leaders on the pathways to self love, we all are exploring this very loaded idea together. Nevertheless, I invite all into this space of self discovery, mindfulness and appreciation. We are here to give ourselves the praise.

This is another love offering to give spiritual/ancestral guidance to any Queer/Trans BIPOC person interested. It is imperative that the people interested in this work are serious and ready with their questions when we begin. This work that I am doing through spirit has the potential to be very transformative but it takes an open heart and open mind to receive the messages. I ask that your questions be pertaining to that of transformation (whatever that means to you). Please refrain from mundane questions. I also accept love donations via venmo: @Rapheki and via Cashapp: \$terlingStacks. Thank you. This offering centers Black, Indigenous, and People of Color. Please be intentional when choosing the spaces that make sense for you.

Tuesday September 15

2-4 p.m.

2 - 2:55 p.m.

Heal the Body, Heal the Mind – Cuir Kitchen Brigade

Learn about the gut-mind connection and talk about the ways in which how and what we eat affects how we feel and vice versa.

Healing and Aesthetic Spaces Day 2

Last year, the Summit offered a Healing Justice space for the first time. This year, we have expanded into a variety of group and 1:1 offerings. We know that part of healing for many trans and GNC folks is getting to show up as our most powerful selves – that aesthetic matters. This year, we have added makeup, hair, lashes, and “gender gear” as spaces that focus on the healing power of trans aesthetics.

2 - 2:30 p.m.

Guided Meditation (group) - Artemis Brown

Artemis Brown is a non-binary performer, sound artist, sculptor, and bodyworker in training based in Minneapolis, MN. Artemis uses guided visualization and deep listening practices to explore the self-healing capacities of the body in communal settings. They create performance and teach workshops with their dance/theater company Virginia Twins.

Artemis will guide you through a guided meditative visualization that will scan through the body, using abstract images and breath to encourage grounding and curiosity. Movement on the part of the participant is welcome in any capacity, but not required. All you need is yourself and a comfortable space to stand, sit, or lie down in. The goal of this practice is to slow down and make space for awareness in the body and mind. Images will explore themes of gravity, connection, space, and transformation.

2 - 3 p.m.

Gender Gear with the Smitten Kitten (group) - Chandler Daily

Explore and get your questions answered about the range of trans-affirming products available from The Smitten Kitten and elsewhere, including gender expression gear, sexual health products and sex toys. This session centers trans and gender questioning people, and will include frank, loving conversation about trans bodies and sexuality.

Chandler Daily is a trans fag and a staff sex educator at The Smitten Kitten. The Smitten Kitten is a Minneapolis sex positive space where everyone is welcome.

Hair and Lash Aesthetics feat. Sincere Vanity Glam Lashes (group) - Gabriella Spencer

Introductions to hair styling, wig customization, the install, and some tips and tricks to take your favorite hairpiece from wig to SCALP! I'll be showing you how to complete the look and giving you the low down on eyelash strips, cleanliness, quality, etc. Grab your journals, take heed family, you don't want to miss this! GIVEAWAY included because I'm ME!

Gabriella, born and raised in the Twin Cities. A woman of ambition, strength, and creative ideas as she is a Jackie-o of many trades. Gabriella has beat many odds and continues to persevere in even the toughest times. She takes pride in being a resource and a pillar in our community. Love and light

Get into the Groove: Trans and Queer Stretching (or Yoga) (group) - nathaniel gonzalez

Following a group introduction, we will move into challenging but v. gentle stretches accessible to most bodies. We will focus syncing breath with the very small parts as well as the big parts. No prior stretching experience needed. We will close the session with 7 minutes of rest. nathaniel is neurodivergent, trans himself & has worked with disabled folks, folks experiencing trauma, & fat folks. You're welcome to ask all the questions you need prior to beginning or to join & decide to leave if it's not a good fit.

nathaniel gonzalez is a yoga instructor, reiki master, doula, intuitive energy worker, and facilitator by trade. A Black weirdo with an East Coast heart and a sassy face, he comes from a lineage of Boricuas who he has seen move groups of people & literally stop the rain. Often Irreverent, nathaniel, is founder of For the Culture & one of the co-founders of Cocoa Butta Futures, listens to music loudly, and giggles deep belly laughs at inappropriate moments. He questions capitalism but loves new sneakers. And truth be told, when he asks how your day is, he genuinely wants to know.

Self-Love Workshop (group) - Rapheki

Greetings, I am Rapheki. I am a healer, multidisciplinary artist, and scholar from Saint Paul, Minnesota. I am a proud indigenous, black, queer, and loving cis man. I use he/him and them/they pronouns. My work is centered around divination work (Tarot & Oracle Readings) the intersectionality of empowerment and healing and how that exists within our bodies. I seek to create safe spaces catered to Queer/Trans BIPOC folks and curate an atmosphere for expression, learning, and wellness. Spirit flows through me and through all of us. There are no sole leaders on the pathways to self love, we all are exploring this very loaded idea together. Nevertheless, I invite all into this space of self discovery, mindfulness and appreciation. We are here to give ourselves the praise.

This is a love offering that I am solidifying for Queer/Trans BIPOC folks. This is a meditation session focusing upon the heart space and learning to be in tune with it. This space is dedicated to love, we will discuss how we express love, how we best receive love, what holds us back from love, what makes love worth fighting for? It is imperative that we can begin to trust ourselves again. This way we can invest our trust back into our communities and reap the mutual benefits. We are all worthy of love and we all want to be loved. Let's explore love together in my 55 minute workshop.

2 - 3:30 p.m.

Get Ready With Me" Makeup Tutorials (group) – Dutchesz Gemini

This group session will cover techniques for both a natural and dramatic make up look!

2 - 4 p.m.

Tarot Readings (1:1, each 30 minutes) - Sam Lofgren

Sam Lofgren (they/them) is a reader, author, teacher, and maker who has been a professional intuitive for over 20 years. Their experience with divination started in childhood, and has since developed into a radical compassion for their clients and their shadows.

Blending the old and the new from multiple traditions through an intersectional feminist framework, their practice is focused around the practical and the ritual of the places that scare us. They specialize in transitions, with an emphasis on endings and affirming new beginnings.

They are the author of *Tarot of Little Secrets*, host a local tarot meetup called Seekers & Skeptics, and teach classes for beginners and on special topics in tarot. Find out more at companioninshadow.com

During a 1:1 session with Sam, you can expect to collaborate and be an integral part of the tarot reading. You are invited to ask the cards "what do I need to know right now" if you don't have a specific situation to look into, but the more specific you can be with tarot, the more specific it can be with you. Once we clarify your question, I will shuffle the deck until you let me know to stop, and we will have a conversation based on what I see in the cards. For folks familiar with tarot, I don't use set spreads, but draw cards organically based on what's needed as we talk. You will leave our session with practical insights, likely some new perspective, and reassurance that you're never alone in this chaotic world.

Tarot Readings (1:1, each 30 minutes) - Owen Marciano

Owen Marciano is a fat, white, queer, genderqueer Tarot reader with multiple disabilities. His main goal in everything he does is to further his own and all of our collective healing. Through his spiritual practice, Owen has come to understand that in order to end oppressive hierarchical structures in the collective world, we each need to understand how to heal the untended wounds of our minds, hearts, spirits, & bodies, and to correct the misinformation about ourselves and one another we have internalized from the generations who have come before us.

Offering transformative, reflective, and intuitive Tarot readings and guidance to support your personal, emotional, and spiritual growth and healing. Offering support as you work to reconnect with your intuition and align your beliefs and actions with your core values. Check out nonnaterra.com for more information about my practice and beliefs.

Ancestry (1:1, each 30 minutes) - Griffen Jeffries

Griffen Jeffries is a white queer and trans person who works with individuals and groups around shifting patterns of oppression, domination, colonization, and trauma. His focus is on facilitating and supporting transformational processes and healing through body-based practices. South Minneapolis has been a home for Griffen since 2007 and he has been part of a variety of community projects in that time. He loves big lakes, chocolate, and creative play that supports re/connection with ourselves, each other, ancestors, spirit and the land.

I am offering sessions focused on support of ancestral connection and/or nervous system support. Ancestral connection work will focus on supporting you in deepening relationship with ancestors, wherever you are at with them. Nervous system work will involve support to help your whole body and being expand capacity to be in whatever stresses, challenges and joys you are currently experiencing. Both of these may include any combination of conversation, sharing tools and frameworks, and guided practices. You can choose either of these or a combination of them.

Options of 1:1 Offerings (1:1, each 30 minutes) - Diane Long

Choose from four options to guide 1 to 1 work:

Touch and Movement to Build Resiliency

We will draw from Yoga, bioenergetics, massage, breathwork, Healing Touch mindfulness and somatic therapies to help balance the body's energies, reduce stress and tension and increase vitality. Each session is tailored to an individual's needs and interests with activities you can practice at home on your own. (*Attend alone or with a friend.*)

Empowerment Skills from Sex Positive Self-Defense

Learn basic verbal and physical skills related to boundary-setting, self-care and transforming conflict in a supportive 1:1 context. Self-defense skills can be used individually and collectively to prevent, interrupt and heal from violence. Practice ways to decrease fear and reactivity (to “de-escalate from the inside out”) and increase a sense of pleasure and possibility. *(Attend alone or with a friend.)*

Somatic Coaching

Through supportive dialogue and experiential exercises, build sensory awareness to reduce stress symptoms. As you slow down and learn to tune in and trust your body’s innate wisdom, you can harness the power of attention and intention. Increase your capacity and gain greater confidence, freedom and resiliency. *(Attend alone or with a friend.)*

Support for Gender Transition

If pursuing hormonal or medical interventions in relation to gender identity, learn ways to prepare for and speed recovery from medical interventions. Learn techniques to deepen mind-body connection, find greater balance in the midst of hormonal changes, manage pain, recover range of motion, reduce scarring and increase pleasurable sensations. *(Attend alone or with a friend.)*

Diane Long (they/them) has been teaching Empowerment-based Self-Defense (ESD) and skills for community safety in schools, shelters and support groups for over 25 years to share resources and skills to increase community safety and accountability through a social justice lens. Board Certified in Massage Therapy, Diane is also trained in a variety of body-based therapies including Healing Touch, Somatic Experiencing, Yoga and Somatic Sex Education.

Meditation and Grounding Techniques (1:1, each 30 minutes) - Sengi

Seng is a queer (they/them) second generation Hmong American bodyworker and holistic wellness provider that has been in practice for the past two years in the Twin Cities, MN. They have since committed to providing accessible care with massage for QTBIPOC (Queer, Trans Black & Indigenous People of Color) folks that is rooted in the decolonization and remembrance of ancestral practice and spiritual connection. It is through this lens of healing that Seng finds deep meaning in the ways that they think about sustainable and culturally competent care.

For this summit, Seng is offering sessions of somatic coaching, sound healing, and guided meditation. They hope to impart everyday rituals of radical self-care for individuals to reconnect and ground themselves in their mind, body and soul.

Expect 1-on-1 offerings that explore healing through building bodily awareness, grounding techniques with self-soothing touch, and meditation that’ll be accompanied with Tibetan singing bowls and words of guidance. These offerings center queer and trans Black, Indigenous, and People of Color. Please be intentional when choosing the spaces that make sense for you.

Astrology (1:1, each 30 minutes) - Tere Parsley Starnes

I am a non-binary, professional astrologer. My astrology is rooted in the cycles and wisdom of the Earth. It is queer, radical, and oriented towards being the change we want to see. For me, astrology is a tool for practicing mindful intention—a blend of self-awareness with a desire for change and manifestation. I love serving queer community. I’m also co-founder of Starsdance Mystery School, a queer astrology school that offers community and classes oriented towards using astrology for magic and change. Find out more at www.starsdanceastrology.com In this 30-minute session with me, we will go over what stands out about your birthchart. If you are able to furnish me with the time of birth, we will look at your Sun, Moon, and Ascendant for how it describes your purpose, your soul, and your sense of self. Without a birth time (or with it), we can explore one burning question you have about your life. Astrology does not predict the future with certainty but can give us a lot of information about where we are

going, what we are learning, and how to align our choices with what the cosmos is presenting to us. Bring to this session: Birth date, birth place, and time of birth (if you have it). Also, bring a question.

2:30 - 3 p.m.

Guided Meditation (group) - Artemis Brown

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Chandler Daily is a trans fag and a staff sex educator at The Smitten Kitten. The Smitten Kitten is a Minneapolis sex positive space where everyone is welcome.

Trans and Queer Bedtime Prep (group) – nathaniel gonzalez

Will we actually be napping? No but you might drift off. Following a group introduction we will move into a practice typically called “yoga nidra”. What will we be doing? We will go bring our awareness to different parts of the body and then move into a guided meditation. nathaniel is neurodivergent, trans himself & has worked with disabled folks, folks experiencing trauma, & fat folks. You’re welcome to ask all the questions you need prior to beginning or to join & decide to leave if it’s not a good fit.

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Tuesday September 15

7-9 p.m.

Closing Panel and Performances

About the Panelists:

Baki Baki Baki: Baki Baki Baki is a Black Native artist and activist as well as one of the founders of Liberated Inc.

Micah King: Micah King is a Black non binary nurturer who aspires to learn how to use my gifts to bring our community together.

Alexandro Rox

Oluchi Omeoga: Oluchi is a Minnesota-born Trans Igbo organizer who still lives and organizes in Minneapolis, MN today. Oluchi is a co-founder and Core Team member of Black Visions, a Black-led local organization that centers Black Queer and Trans folks in Minnesota. Black Visions Collective has only been in existence for three years and has already made interventions in citywide politics and global politics. Together with other abolitionist organizations, they diverted over 1 million dollars from the police budget in 2018. In 2020 Black Visions called to Defund Police after the brutal murder of George Floyd which catapulted the conversation around safety and abolition to the national stage. Oluchi is also the Senior National Organizer for the Black LGBTQ+ Migrant Project, or BLMP. BLMP is focused on bringing most marginalized folks together to work toward liberation. In all their organizing work they center Transformative Justice and those voices who are not heard. When not busy organizing, Oluchi loves watching YouTube unboxings and religiously watches anime.

Moderator: Minneapolis City Council Vice President and Ward 8 Council Member Andrea Jenkins is a writer, performance artist, poet, and transgender activist. She is the first African American openly trans woman to be elected to office in the United States. Jenkins moved to Minnesota to attend the University of Minnesota in 1979 and was hired by the Hennepin County government, where she worked for a decade. Jenkins worked as a staff member on the Minneapolis City Council for 12 years before beginning work as curator of the Transgender Oral History Project at the University of Minnesota's Jean-Nickolaus Tretter Collection in Gay, Lesbian, Bisexual and Transgender Studies. Andrea holds a Masters Degree in Community Development from Southern New Hampshire University, a MFA in Creative Writing from Hamline University and a Bachelors Degrees in Human Services from Metropolitan State University. She is a nationally and internationally recognized writer and artist, a 2011 Bush Fellow to advance the work of transgender inclusion, and the recipient of numerous awards and fellowships.

Thank you to all of the speakers, panelists, facilitators, and many others who volunteered their time to make the seventh annual Minneapolis Trans Equity Summit successful.

The Minneapolis Transgender Issues Work Group and Summit Planning Committee

Roxanne Anderson, *Minnesota Transgender Health Coalition and RARE Productions*

Commarrah Bashar, *Emcee*

Zoe Bourgerie, *Minneapolis Ward 8 City Council Office*

Trina Chernos, *City Attorney's Office*

Ann DeGroot, *Youth Coordinating Board*

Rubin Hardin, *Disability and Accessibility Coordinator*

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Council Vice President Andrea Jenkins, *Minneapolis City Council*

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Nicky Leingang, *Senior Community Representative for Congresswoman Ilhan Omar*

Oluchi Omeoga, *Black LGBTQ+ Migrant Project*

Jill Petty, *Minneapolis Human Resources Department*

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Shunu Shrestha, *Minneapolis Human Trafficking Prevention*

Joy Marsh Stephens, *Minneapolis City Coordinator's Office, Division of Race and Equity*

Deebaa Sirdar, *Minneapolis Ward 8 City Council Office*

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Tori Westenberg, *Community Volunteer*

The Minneapolis Transgender Equity Council

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In order to provide the highest quality care to current clients, RECLAIM is not currently taking in new clients or carrying a waitlist. We are happy to provide referrals to find providers.

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m DEPARTMENT OF HEALTH

The Safe Harbor program provides support and services for youth through age 24 at risk of or experiencing sexual exploitation.

For immediate support contact the Day One Crisis hotline at 1.866.223.1111.

For more information about Safe Harbor visit www.health.state.mn.us/safeharbor



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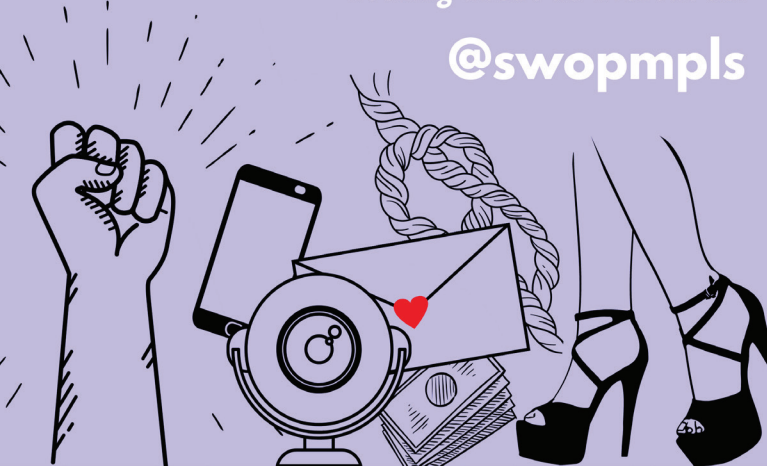
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