

**Join  
Us!**

# PREPARING FOR PRIDE: From Undoing Assumptions, to Embodying Allyship

We are thrilled to bring you a **4 part training series**, to better understand and support the LGBTQ+ community; through Pride and beyond!  
**Join us every other week** for a new topic, great conversation, and fun learning!



**Wed  
May 13<sup>th</sup>**

**Becoming Aware of Our Assumptions:  
Conversations to Create more Inclusive Spaces**  
We all approach the world with open minds, but still have inherent beliefs and assumptions that impact and shape our everyday actions and interactions without us knowing. This training works to help us recognize assumptions we may make about others, understand their roots, and explore how to reduce their impact.



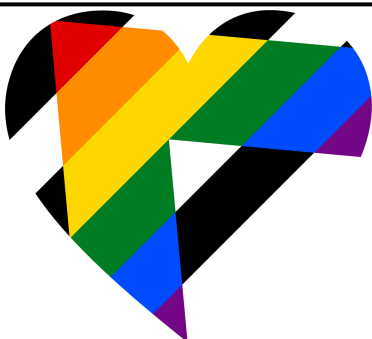
**Wed  
May 27<sup>th</sup>**

**Sexual Orientation, Gender Identity, and  
Expression (SOGIE) 101**  
These are identities we all hold and have relationships with, and in this training we work to better understand the LGBTQ+ community through that lens. We also touch on extended topics such as pronouns, best practices, and supporting people exploring and sharing their identities.



**Wed  
June 10<sup>th</sup>**

**Trans 101**  
Seeking a space to learn about and discuss relevant and pressing issues Trans, Non-Binary and Gender Diverse communities face? This training offers in-depth conversations on topics such as transphobia, euphoria and dysphoria, and mis/disinformation about transitioning. You will leave with tips and tricks on how to be an advocate for the Trans\* community.



**Wed  
June 24<sup>th</sup>**

**Putting Allyship Into Action**  
Ready to move from learning to action? In this training, we will work together to build an understanding of, and the confidence to embody, principles of allyship and advocacy. We will use breakouts and scenarios to help participants begin to utilize these principles to develop a personalized toolkit that will allow them to feel more able to advocate for others based on their unique skills.

**To register for these trainings  
please visit: <https://tinyurl.com/prepforpride>  
or scan:**



**When:** Doors at 6:45, Program at 7, Q&A at 8:30  
**Where:** Island United Church, 1130 Balclutha Drive  
Foster City, California 94404 (<https://iucfc.org/directions>)  
**Who:** contact [ishani.dugar@sanmateopride.org](mailto:ishani.dugar@sanmateopride.org) for training questions,  
[pastor@iucfc.org](mailto:pastor@iucfc.org) for any questions about the location