

SATURDAY, APRIL 2

AM: 11:30 am - 1 pm PT

Inter-generational Trauma - Focus on the Forest Not The Tree

Led by Miiko Anderson

This workshop will be a candid conversation and case study with Miiko Anderson, a senior prosecuting attorney whose own teenage daughter fell victim to a violent sex trafficker.

This workshop will focus on intergenerational trauma. Intergenerational trauma refers to trauma that is passed from trauma survivors to their descendants. In Oakland, CA, Ms. Anderson grew up in a high-crime, drug-infested area. She was born to a teenage mother who battled substance abuse throughout Miiko's entire childhood. Miiko made a private vow that my life as an adult would look nothing like the life of my mother.

And for the most part, it didn't. While Miiko made sure never to use drugs or abuse alcohol. However, Miiko failed to recognize the root cause of generational issues that plagued her family. That failure caused Miiko to repeat some of the very behavior she sought to avoid.

Ms. Anderson will detail how untreated intergenerational trauma played a crucial role in her daughter's heightened vulnerability and susceptibility to the recruitment tactics of traffickers and abusers. Ms. Anderson will also discuss the importance of uncovering the roots of trauma. Finally, she will provide strategies and suggestions to those dealing with intergenerational trauma so that present generations may be healed, and future generations might not be impacted.

Focus on the forest, not the tree.

Magically Queer: Building an Altar for Queer Ancestors

Led by Bushmama Africa

Magically Queer is a workshop focused creating an ancestor altar for Queer ancestors. You learn who some of the dynamic leader are, how to consecrate that altar and the benefits of elevating, honoring and feeding the Queer dead.

Council - A Revolutionary Communication Tool With Ancestral Roots

Led by Maharani Peace Hall

Revolutionize how you communicate and connect with others personally and professionally by using the ancestrally relevant practice of Council.

PM: 3:30 pm - 5 pm PT

Womxn Without Children: A New Legacy

Led By Julayne Lee

I will provide some prompt questions regarding being child free and will share my own experience. The content will be driven by participant discussion and sharing of their experiences being childfree.

Have you been asked why you don't have children or when you're going to have children? Being childfree whether by choice or circumstance can be isolating and carries sometimes unfamiliar and often unacceptable emotions.

How has being childfree shaped your identity and how have you navigated expectations of others? How does being LGBTQ+ impact being childfree? We are socialized to get married and have children and yet this is not preferred by nor is it possible for everyone.

For those who are childfree, it can be emotionally draining to engage in discussions serving only those to whom we must defend our personal experiences. Being childfree should be honored instead of questioned. This session is for those who do not have children to find support and share resources to both empower and grieve our experiences and shift the narrative.

Longing and Other Heirlooms - A Writing Workshop for Queer People of Color

Led by Sagaree Jain

What do we inherit from our family of origin as we as queer people of color build relationships, community, and chosen family? In this participatory writing workshop, built around the chapbook *Longing and Other Heirlooms* by the facilitators, we will use creative writing as a tool to explore the concept of family, the inheritances of our ancestors, and re/connecting to it all.

This workshop is a love letter to queer people of color, to queer folks finding their way, and to each other. In our writing workshop, we seek to create the same kind of space for our participants to excavate the joys and tribulations of growing up in their families. Together, we'll use storytelling as a tool to better understand ourselves and our connections with folks we love, both blood and not.

Palestine is a Feminist Issue

Led by Jennifer Mogannam

In March 2021, the Palestinian Feminist Collective released the Palestine is a Feminist Issue pledge, marking their launch as a collective and calling on feminists of the world to incorporate Palestine into their feminist praxis. This pledge garnered waves of support with over 2500 individual and 300 organizational signatories.

As part of our mission to engage a broad base of feminist in radical and liberation-driven thought, we aim to open up conversations around what exactly this means. We draw from a long history from Palestinian and Arab feminisms and shared traditions with transnational, black, indigenous, and women of color feminisms.

Through the garnering of support for the pledge, we have also received pushback. Pushback from communities unclear on the productive force of feminism as well as from feminist communities who are more accustomed to a feminism that accommodates Zionism. In this workshop we will confront these different waves of pushback and illuminate just how Palestine is part and parcel of feminism - answering the following questions and more:

Why are Palestinian women forcibly excluded from mainstream feminism? What is the Boycott, Divestment and Sanctions movement and other movements in support of Palestine? Are there feminist commitments I can make to support Palestinian liberation?

Self-Defense Workshop

Led by Cha Apostol

The self-defense seminar will provide a safe environment where you will learn to practice how to:

- Keep yourself at a safe distance through verbal communication and body language
- Use proper technique when utilizing escapes and/or attacks
- Fall and get back up safely and efficiently
- Avoid and evade threatening circumstances
- Use realistic situation self-defense techniques. It is more on the intermediate side, but gleaning techniques from this seminar that you can practice on a daily basis is the best way to integrate the confidence needed to defend yourself.

SUNDAY, APRIL 3

AM: 11:30 am - 1 pm PT

Building Trans-centering Relief Programs

Led by Anjali Rimi

Trans-led, Transgender-centering programs build equity across economic justice, healthcare and social inclusion.

Target audience: Immigrant, TransHijrah allies, LGBTQ allies, Women of Color, PLHIV folx, TransQueer Folx

What Can't Be Unseen: Releasing Our Trauma through Poetry

Led by Sylvia L. Blalock

She is the founder and Chief Executive Poet of Queendom Network brings together a poetry session that both celebrates the craft and brings ancestral wisdom, practical life experience and personal magic to Empowering Womxn of Color with the express desire to heal old wounds. Conducted from "where you are", you are invited to gather the "necessary grounding tools" as well as a pen and a journal and a candle...not necessarily your only source of light but a shared source of light with the other attendees.

My recommendation is always to wear clothing "that moves" so that as you move, it moves the air around you. "making a wake" as you move, affirms that you are present and not simply moved by the world but making ripples in it yourself. There are people who will prefer to wear yoga pants, leggings etc and of course, do what makes you most comfortable. Constrictive clothing however, may become problematic as we move through experiences that can manifest through any kind of physical discomfort you are having at that time.

Self-Discovery: Wellness Upkeep with Reiki & Breathwork

Led by Carmela Obscura

Amidst the routine of everyday life, there is an opportunity to be with Self.

With our Selves, we are able to hone our subconscious, our bodies and our conscious minds.

With frequent, mindful breathwork, we can alleviate a myriad of problematic, preventable issues that impact and hinder womxn of color from managing everyday life: general anxiety, stress, weight gain, high blood pressure which leads to hypertension.

With Reiki, we are able to harness our own Qi/Ki/Chi/energy and relieve some physical ailments that don't desperately need medical attention: muscle pain, tension, headaches.

This workshop will provide an introduction to at-home conscious breath and Reiki, with a crystal sound bowl and Koshi chime immersion to elevate the group healing experience.

PM: 3:30 pm - 5 pm PT

Finding Purpose and Meaning in Life and Work

Led by Debra Behrens, PhD

Join this interactive, small group session focused on connecting career with life purpose, and meaning. Through reflective exercises and discussions you will:

Clarify what is most important to you in life and work

Identify the key skills and strengths you want to use in your work

Align your career with your core values and purpose

Define long term goals and actionable next steps

Free your poetic voice with the hay(na)ku!

Led by Melinda Luisa de Jesus

Have something to say but need help getting started?
Wanna try a new Filipinx American poetic form?

Come on out and learn about the hay(na)ku, a tercet-based, 6-word poetic form created by Filipina American poet Eileen Tabios. We'll read some hay(na)ku together, brainstorm themes, then write and share our poems in this dynamic and welcoming workshop. No prior poetic experience necessary.
Open to everyone!

Ancestral Wayfinding

Led by inabel bee uytiepo

Gather in circle for an experience in wesearch, wayfaring and wilding by engaging in ancestral communication and sharing in community.

A careshop for sharing ways we do and can engage with ancestral communication. No ancestral memories required. There will be an invitation to ground together, then we will share resources on how to connect and discover our ancestors regardless of how far you were born on the land/s where your known or unknown ancestors originate from. Experienced and beginners are welcome.

Nectar: Sensuous Movement & Embodying Sacred Boundaries

Led by Taraneh Sarrafzadeh

Nectar is both a collective ritual and a personal journey, an invitation into sacred movement space. You're invited to drop into your body with tenderness and care, and listen and move from the messages offered from within.

This workshop draws on a range of modalities from guided meditation and movement, somatic exercise, free movement/dance, writing, and community reflection space. Guided by the element Water, we'll explore moving sensuously, moving to experience our own essence, and sip from our own delicious NECTAR! Our exploration will also invite us to embody our own sacred boundaries, exercising the power of our sacred boundary in protection of our own life-giving essence.

Working within the site of our own bodies, we embark upon this movement journey from a space of reverence and in the spirit of rest, reclamation of our bodies, and protection of our own sacred nectar.