

# October Calendar

## LGBT Flag Exhibit

Monday, Oct. 1 through  
Thursday, Oct. 31  
All Day  
Central Mall

Come learn about different gender and sexual identities, and see how they are illustrated through different flags.

## And Still We Rise:

**Trans\* Voices & Narratives**  
Wednesday, Oct. 2  
1-2:30 p.m.  
Petit Salon

And Still We Rise is a series of panel events where individuals from intersecting backgrounds come together to share their personal narratives. This panel will include trans\* folks who will share narratives of their lived truth and personal experiences.

*In collaboration with Queer Student Alliance (QSA).*



## Adulting 101:

**Safer Sex & Condom Sense**  
Tuesday, Oct. 8  
1-2 p.m.  
Bell Tower 1530  
&  
Wednesday, Oct. 9  
2-3 p.m.  
Bell Tower 1530

This workshop will provide an opportunity to learn how to correctly use both male and female condoms, lubricant and dental dams to promote healthy living choices.

*In collaboration with Wellness Promotion & Education*

## National Coming Out Day!

Friday, Oct. 11  
All Day  
Bell Tower 1530

Celebrate coming out day all week by getting some swag in the Multicultural Dream Center. *In collaboration with Queer Student Alliance (QSA).*



**PACIFIC PRIDE**  
FOUNDATION

## Cultural Excursion: Pacific Pride Foundation

Friday, Oct. 11  
9 a.m. to 2 p.m.  
Off-Campus

Join the MDC Team and QSA in an excursion to the LGBT Center in Santa Barbara to learn about events, resources and services in the surrounding area. *In collaboration with Queer Student Alliance (QSA).*

## Immigration Legal Services Workshop:

**Confidentiality**  
Monday, Oct. 14  
1-2 p.m.  
Bell Tower 1471

This workshop will be focused on educating the campus community about confidentiality of students who render services with the Immigration Legal Services provided in the Multicultural Dream Center.



## Destress Week

Monday, Oct. 14 through  
Friday, Oct. 18  
All Day  
Bell Tower 1530

Visit us to get free snacks, engage in destressing activities, and other resources.

## MDC Movie Night:

**Paris is Burning**  
Tuesday, Oct. 15  
5-7 p.m.  
Bell Tower 1530

Join the MDC Team and QSA for light refreshments and a fun movie. *In collaboration with Queer Student Alliance (QSA).*

## Adulting 101: Financial Wellness

Tuesday, Oct. 22  
1-2 p.m.  
Bell Tower 1530

&  
Wednesday, Oct. 23  
2-3 p.m.  
Bell Tower 1530

Do you know what it means to be financially well? Be a part of this interactive workshop where you'll learn about various money management techniques and how poor budgeting skills can negatively affect your overall wellness.

*In collaboration with Wellness Promotion & Education*

## LGBT History Month Social

Wednesday, Oct. 23  
11 a.m. to 2 p.m.  
Bell Tower 1530

Join the MDC Team for light refreshments, community building, information on upcoming events, and celebrate LGBT History Month.

## Rainbow Retreat

Friday, Oct. 25 through  
Saturday, Oct. 26  
Off-Campus

This overnight experience will be an opportunity for students to engage in dialogue about their sexual identities, intersectionality, and build community. This event is free and will include housing and food. To be considered, complete the application below:

<https://tinyurl.com/RainbowRetreatFA2019>

*Deadline: Sunday, October 13 by Midnight*

*For additional information contact Hiram Ramirez at [hiram.ramirez@csuci.edu](mailto:hiram.ramirez@csuci.edu)*

## 12 Tips to Destress



The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations & Support Services at [accommodations@csuci.edu](mailto:accommodations@csuci.edu) or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.

For more information, please contact the Multicultural Dream Center, at 805-437-8407 or [mdc@csuci.edu](mailto:mdc@csuci.edu).



**MULTICULTURAL  
DREAM CENTER**  
CHANNEL  
ISLANDS



# Fun Fact: October is LGBT History Month