LGBTQ Wellness

Did you know that 7% of UB students describe themselves as LGBTQ? That’s over 2,000 UB students.

(*2013 National College Health Assessment, University at Buffalo. n=5,281)

About LGBTQ Wellness

The LGBTQ Wellness Team provides support to and education about the lesbian, gay, bisexual, transgender, queer and ally community to University at Buffalo students, faculty and staff. Our education and awareness programs help to create a safe, welcoming, and affirming campus environment for all community members.

LGBTQ Wellness Team
Wellness Education Services
114 Student Union, North Campus
716-645-6935
Email: well-ublgbtq@vpsa.buffalo.edu
Facebook: http://facebook.com/AllyUB
Website: http://wellnessed.buffalo.edu/lgbtq
UBLinked group: LGBTQ@UB

Programs and Services

Safe Zone Network
UB’s Safe Zone Network is comprised of student, faculty and staff members who provide spaces and support for LGBTQ students to feel welcomed, affirmed and safe while studying, working and living at UB. For more information about the Safe Zone Network, or to join, check out our site: http://wellnessed.buffalo.edu/lgbtq

LGBTQ Drop-In Services
One-on-one support services and resources (books, DVDs, pamphlets) for LGBTQ students or any student with questions about sexual orientation and/or gender identity.
Location: 114 Student Union
Hours: Mon–Fri, 10am–5pm

LGBTQ Dinner Club
Join us each month for the LGBTQ Dinner Club. This is a great opportunity to meet people, share stories, enjoy a delicious meal and build a stronger UB LGBTQ community.
Location: Greiner Hall C134, North Campus
Time: 6:00 - 8:00 PM
Please confirm your attendance to ensure we have enough food for everyone.
To RSVP, email: well-ublgbtq@vpsa.buffalo.edu

Workshops
For more information about these workshops (including dates, times and locations of open workshops) or to schedule a workshop for your class, club or organization: http://wellnessed.buffalo.edu/lgbtqtrain

• Safe Zone Network Training
All UB campus community members wanting to participate in the UB Safe Zone Network are asked to attend a training session and agree to abide by UB Safe Zone Network expectations. Please email us to attend a training or to arrange a training for your group or department (well-ublgbtq@vpsa.buffalo.edu).
Open training dates:
- Tues., 2/16 6-8pm 250 Student Union
- Fri., 3/25 10am-12pm 235 Student Union
- Thurs., 4/21 3-5pm 240 Student Union

• A New Look at Gender and Sexuality
This program looks at gender and sexual diversity from a fresh perspective. Learn new ways to talk about and comprehend the complexities and intersections of gender identities and sexualities. Please email to arrange a training for your group, department, or class. (well-ublgbtq@vpsa.buffalo.edu).

Student Groups
• Queer Women’s Group (5:00-6:15pm):
  - (114 Student Union)
  - Tues., 1/26, 2/29, 3/23, 3/30, 4/5, 4/19, 5/3
  - (The group may meet outside of scheduled meeting times as well. All of our events will be listed on our UBLinked and Facebook pages.)
  - This student group for members of the UB LGBTQ community who identify as women to build connections and community with women across the LGBTQ spectrum.

• LGBTQ Student of Color Group (5:00-6:15pm):
  - (114 Student Union)
  - Thurs., 2/4, 2/25, 3/10, 3/31, 4/7, 4/28
  - (The group will be meeting outside of scheduled meeting times as well. All of our events will be listed on our UBLinked and Facebook pages.)
  - The LGBTQ Students of Color Group is an opportunity for students of color at UB who identify with the LGBTQ community to build social support and connections with each other.

• Queer Men’s Meet Up (5:00-6:15pm):
  - (114 Student Union)
  - Wed., 2/3, 2/17, 3/2, 3/23, 4/6, 4/20, 5/4
  - (The group may meet outside of scheduled meeting times as well. All of our events will be listed on our UBLinked and Facebook pages.)
  - This student group for students of color at UB who identify as men to build connections and community with men across the LGBTQ spectrum.

• Bi, Pan, & Queer Sexualities Meet Up
  - (6:30-7:45pm): (114 Student Union)
  - (The group may meet outside of scheduled meeting times as well. All of our events will be listed on our UBLinked and Facebook pages.)
  - This student group for students whose sexual orientations fall within the bisexual, pansexual and queer identities. We provide an affirming space to build community and collectively address both the joys and the struggles of sexuality diversity at UB and in Buffalo.

• Trans Advocacy Group Lunch (12:00-1:30pm):
  - (114 Student Union)
  - Mon., 2/15, 2/29, 3/7, 3/21, 4/4, 4/18, 5/2
  - (The group may meet outside of scheduled meeting times as well.)
  - This group meets to provide connections and community for trans, gender queer, and/or gender non-conforming people at UB. Grab your lunch and come to engage in conversations about community and advocacy for diverse gender inclusion at UB. This is a closed group for people at UB who identify as part of the trans, gender queer, and/or gender nonconforming communities.

• Asexual Community Lunch Conversations
  - (12:00-1:30pm): (114 Student Union)
  - Fri., 2/12, 2/26, 3/11, 3/25, 4/18, 4/22
  - This brings your own lunch group is for students who identify within the asexual identity spectrum to meet up, socialize and talk about their experiences.

What participants say they learned from Safe Zone training:

“Recognizing the fluidity of one’s identity allows me to be very welcoming and inclusive towards anyone.”
At the **Wellness Suite, 114 Student Union**, you will find books, videos and other resources that you can borrow. Also check out our free tea and chair massage (by appointment).

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### Events

**Spring Semester**

**Love and Support Day**

- **Date:** Thursday February 11, 2016
- **Time:** 11:00am-2:00pm
- **Location:** Student Union Lobby

http://wellnessed.buffalo.edu/alliance.php

Love and Support Day is about loving yourself and others. Join us for games, crafts and more as we celebrate everything that makes us unique as individuals and strong as a community.

**Lavender Reception**

- **Date:** Friday May 6, 2016
- **Time:** 3-5pm
- **Location:** Student Union Lobby

The Lavender Reception is an annual event that honors the academic achievements of graduating undergraduate and graduate students that identify with the LGBTQ community. All students, faculty, staff, family and friends are welcome to attend. Graduating students that wish to be recognized will need to register online: student-affairs.buffalo.edu/idc/recognition

**Buffalo Pride Parade**

- **Date:** Sunday June 5, 2016
- **Time:** 12:00 pm
- **Location:** Elmwood Avenue, Buffalo

UB celebrates LGBTQ Pride Month by marching in the annual Buffalo Pride Parade. Any and all students, faculty, staff, alumni and their friends and family are welcome and encouraged to march with the UB group.

### Transgender Health

**Medical Insurance Coverage for Transgender Students**

UB’s Student Medical Insurance plan (for domestic students) provides coverage for counseling, hormone therapy, and surgery for transitioning students needing access to these services. For recommendations on how to best research your options, please contact us: well-UBLGBTQ@vpsa.buffalo.edu

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### Safer Restrooms

To find locations of gender-neutral or single-stall restrooms on campus, visit our website: http://wellnessed.buffalo.edu/lgbtqresources

**“Please note that these bathrooms may still be gender-labeled”**

### Gender-Neutral Housing

The Gender Neutral Housing option is for students at UB who wish to live in a mixed gender housing environment where roommates of any genders can live in the same room. A gender neutral bathroom is shared among all the residents of the community.

Gender Neutral Housing is available in both the residence halls and on-campus apartments. For more information: http://campusliving.buffalo.edu/housingselection/Instructions/SpecialtyHousing.aspx

### How to Get Involved

**Be Part of the LGBTQ Wellness Team**

Assist with outreach events, programs and campaigns that help foster a safe and inclusive campus environment for LGBTQ students. We offer volunteer, internship, and graduate and undergraduate students assistant positions. Please contact the LGBTQ Wellness Team for more information: well-UBLGBTQ@vpsa.buffalo.edu

### Additional Resources

**On-Campus**

- **Counseling Services:**
  - Mental Health and Support
    - 120 Richmond Quad
    - 716-645-2720
    - http://counseling.buffalo.edu
  - **Health Services:**
  - Medical Support and HIV/STI Testing
    - Michael Hall, 1st Floor
    - 716-829-3316
    - http://health.buffalo.edu
  - **LGBTQ Student Association - Undergraduate Student Club**
    - 323 Student Union
    - 716-645-3063
    - http://facebook.com/ublgbta
  - **OUTLaw**
    - LGBTQ student organization for UB law students and perspective law students
    - 603 O’Brian Hall
    - http://wings.buffalo.edu/law/outlaw/default.html
  - **OUTPatient**
    - LGBTQ student organization for UB medical students
    - http://www.smbs.buffalo.edu/polity/index.php
      (Click on “Student Clubs” and scroll to OUTPatient link)

**Student Wellness Team**

The Student Wellness Team, comprised of Health Services, Wellness Education Services and Counseling Services, fosters optimal academic functioning and social development through services and strategies that enhance multiple dimensions of individual health and cultivates an environment supportive of lifelong healthy behaviors.

http://wellness.buffalo.edu

**Wellness Education Services**

- **114 Student Union, North Campus**
  - 716-645-2837

**Counseling Services**

- **120 Richmond Quad, North Campus**
  - 716-645-2720

**Health Services**

- **Michael Hall, South Campus**
  - 716-829-3316