

Columbia University Irving Medical Center Celebrates:

PRIDE Month

June 2021

Hosted by the LGBTQ+ Employee Resource Group



All Staff and Faculty are welcome to attend the following events:

Empowerment Self-Defense Workshop

Tuesday June 1st, 2021 4:00p – 5:30p

Tools to apply to a range of interpersonal situations, from physical skills to verbal, emotional and social techniques like assertiveness, de-escalation, situational awareness and self-care practices. Sessions facilitated through a trauma-informed lens & centers the experiences of those most at risk for violence.

Virtual Drag Bingo

Tuesday June 8th, 2021 4:00 – 5:00p

NYC's #1 Bingo queen, Linda will facilitate an action packed version of everyone's favorite game of chance via zoom featuring thrills, laughs and prizes.

Upstander & Allyship Workshop

Wednesday June 16th, 2021 2:00p – 3:30p

Interpersonal tools to prevent, disrupt and help to heal from violence. Workshops are interactive and addresses a range of topical concerns. Participants will gain a greater understanding of how to center humanity across identity groups and operationalize skills like de-escalation and active bystander interventions.

Panel Discuss.....

June 30th, 2021 1:00p – 2:00p

CUIMC LGBTQ+ Employee Resource Group will host a panel discussion with distinguished guests to discuss issues surrounding LGBTQ+ inclusion in sports.

Registration is required in advance for each event. Here are the links:

6/1st 4:00pm – 5:30pm: <https://events.columbia.edu/go/EmpowermentSelfDefense2021>

6/8th 4:00pm-5:00pm: <https://events.columbia.edu/go/PRIDEDragBingo2021>

6/16th 2:00pm-3:30pm: <https://events.columbia.edu/go/UpstanderAllyship>

6/30th 1:00pm-2:00pm: **Zoom registration link TBA**

For more information visit:

<http://www.cumc.columbia.edu/hr/working-at-cumc/staff-diversity-inclusion>

or email: custaffdiversity@cumc.columbia.edu