

Spectrum



workshops and consulting

Here you'll find our most requested workshops and services. Each experience is led by knowledgeable, experienced facilitators. We also offer consulting and individualized trainings, to meet the unique needs of your organization and staff. For more information, visit spectrumcenterspokane.org or contact Conrad at conrad@spectrumcenterspokane.org

WORKING WITH LGBTQ+ COMMUNITIES

An introductory interactive workshop to introduce language, issues, and experiences related to the LGBTQ+ community, as well as basic concepts of allyship and inclusive practices. This is the primer workshop to prepare for level 2 trainings. (2 hours)

TRANS & GENDER DIVERSITY

This workshop is a follow-up to Working with LGBTQ+ Communities and offers more in-depth information and practice opportunities related to understanding and affirming gender identity. In this participatory workshop, attendees will learn more about gender, the array of gender identities, and how to create safer and inclusive spaces. (2 hours)

INTERSECTIONS OF IDENTITY

This workshop provides participants with language and frameworks for understanding the ways our identities (race, class, gender, sexuality, ability) intersect with one another are impacted by bias, privilege, and other structures within society. Using reflection, activities, and thoughtful dialogue, participants will learn how identity influences us and our interpretation of the world. (2 hours)

Workshop pricing*

25 or fewer participants: \$400 / hour

25-40 participants: \$600 / hour

Groups larger than 40 participants: assessed individually

*Sliding scale pricing is available for organizations uniquely positioned to impact historically excluded populations.

BIAS: UNDERSTANDING & INTERRUPTING

Ideal for those ready to engage in active anti-bias interventions. Topics include microaggressions, bias, intersecting identities and power systems with a focus on intervening in moments of bias and opportunities to practice putting theory into action. (2 hours)

CREATING EQUITY THROUGH AFFIRMING GENDER IDENTITIES

During this workshop, participants will gain an understanding of the importance of honoring and respecting names and gender identities with a specific focus on why this matters for youth. Learn to recognize and adopt behaviors that make environments more welcoming and affirming to LGBTQ+ youth and the importance of these behaviors in preventing suicide and promoting wellbeing in young people. Participants will have time to practice using pronouns and will leave with recommendations and take-home tips.

CONSULTING

If your organization is looking for extended dialogue as you explore equity and inclusion issues, we offer consultants who are capable of creating space for dialogue and individualized coaching. We also offer customized workshops tailored to your needs. Contact us to get started!

Spectrum's mission is to create a safe, intersectional, intergenerational, 2SLGBTQIA+ community gathering space that celebrates a resilient, healthy community through social connectedness and support, arts and culture, access to resources, and leadership development.