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FOR IMMEDIATE RELEASE

**University Student Union's Pride Center
Celebrating "Trans* Empowerment Week" at CSUN**

Northridge — The Pride Center of the University Student Union (USU) invites all CSUN students, faculty and staff to transcend beyond the LGB during "Trans*Empowerment Week". From Tuesday, Nov. 13 to Tuesday, Nov. 20, come and participate in this special celebration of the trans* community featuring impactful workshops, helpful resources and thought-provoking activities – all completely FREE.

"Trans* Empowerment Week explores transgender identities and pertinent issues facing the trans* community and we are thrilled to host so many events in honor of this important celebration," said Pride Center Student Assistant, Serena Hilton. "Everything happening this week is to empower our trans* community and provide useful tips for being a trans* ally."

Kick off "Trans* Empowerment Week" at the USU on Tuesday, Nov. 13 with the Resource Fair from 11:30 to 1:30 p.m. All are welcome to the Plaza del Sol at the USU to learn about the great on-campus and local trans* related resources. From 4 to 5 p.m. in the USU Thousand Oaks Room, the Pride Center and the Women's Research and Resource Center will welcome activist and spoken word poet, Kavi Ade, for an Abstract Writing Workshop: Leading While Dreaming.

To wrap up Tuesday, join us in the Games Room of the USU for Poetry Night, hosted by Kavi Ade, where you can watch members of the trans* community express

their authentic selves. The Games Room is located downstairs across from the Student Recreation Center main entrance.

Make your way to the USU Pasadena Room on Wednesday, Nov. 14 from 11 to 12:15 p.m., for an educational and dynamic “Trans* 101” workshop. Then, join us at either 1 to 3 p.m. or 5 to 7 p.m. for a workshop dedicated to explaining the process of “Legally Changing Your Name and Gender” with a representative from the LA LGBT Center. Participants can RVSP online on the Trans* Empowerment Week: Legal Name and Gender Change Workshop calendar event page on the Pride Center’s webpage.

On Thursday, Nov. 15, head to the USU Pasadena Room for another enlightening “Trans* 101” workshop from 2 to 3:15 p.m. Then, join us back in the Pasadena Room from 5 to 7 p.m. to learn essential techniques during a self-defense workshop taught by gender and body inclusive organization, Supernova Self Defense.

On the following Monday, Nov. 19, you’ll have one more opportunity to attend a memorable Trans* 101 workshop from 2 to 3:15 p.m in the Pasadena Room. Wrap up your day at the USU Pasadena Room from 5 p.m to 7 p.m. for a workshop entitled “Body Love for ‘Imperfect’ Bodies,” an event focused on spreading body positivity and self-love, presented by members of the L.A Spoonie Collective.

On Tuesday, Nov. 20, it will be a Transgender Day of Remembrance. In honor of this special day, the Pride Center and Gamma Rho Lambda will host a vigil on the Plaza del Sol from 7 to 9 p.m. in recognition of the trans* lives lost over the past year. Don’t miss this week of memorable week of fun, empowerment and support! For more information on “Trans* Empowerment Week” please visit www.csun.edu/pride/tew, or contact Pride Center Manager Sarina Loeb at sarina.loeb@csun.edu.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.