

Pride at SAIT Newsletter

Welcome! Pride at SAIT works towards building a community on campus that is inclusive of and accessible to all individuals regardless of gender expression, gender identity or sexual orientation. Through our monthly newsletter, we hope to share resources and important information for our 2SLGBTQ+ community and effect positive change!

Important dates in February:

- Feb 1: World Hijab Day
- Feb 1-28: Black History Month
- First full week in Feb: White Cane Week
- Feb 11: International Day of Women and Girls in Science
- Feb 14: Missing Women's Memorial March
- Feb 20: World Day of Social Justice
- Feb 22: Pink Shirt Day

2SLGBTQ+ Friendly Valentines Day

Whether you're a fan of the holiday or not, Valentine's Day is fast approaching and it's hard to ignore. Valentine's Day can be a very complicated holiday for everyone to navigate and, beyond that, hard to celebrate for anyone not in a romantic hetero monogamous relationship. The entire day has never been designed for those of us outside of the heteronormative binary and it's definitely past time for everyone outside the "norm" to reclaim it.

Here are a few ideas on how you can do that:

1. Practice Self Care and have a romantic morning/afternoon by yourself!
2. Make Cards or Gifts, bring good memories to a childhood classic and share some love with the people around you!
3. Shop at Queer Owned Businesses, it feels good to be able to support the community, especially small businesses!
4. Volunteer for a Queer Organization, make Valentine's Day like Pride!
5. Remind Yourself it's Just a Day that can be Something or Nothing. Valentine's Day is just another day and in other news the sun is hot. ☺
- 6.

For more ideas check out the original writer here: <https://queersforacause.com/lgbtq%2B-tips/f/14-ways-to-celebrate-and-enjoy-valentine%E2%80%99s-day-this-year>

Queer Friendly Restaurants for February

Bridgette Bar

739 10 Ave. S.W., 403-700-0191 (text only), bridgettebar.com, [@thebridgettebar](https://www.instagram.com/thebridgettebar)

Nupo

631 Confluence Way S.E. (inside Alt Hotel), 587-353-1388, nupo.ca, [@nupoyyc](https://www.instagram.com/nupoyyc)

River Café

Prince's Island Park, 403-261-7670, river-cafe.com, [@rivercafeyyc](https://www.instagram.com/rivercafeyyc)

Major Tom

40th Floor, 700 2 St. S.W., 403-990-3954 (text only), majortombar.ca, [@themajortombar](https://www.instagram.com/themajortombar)

Veg-In YYC

215 6 Ave. S.E., 587-351-5253, veqinyyc.com, [@veqinyyc](https://www.instagram.com/veqinyyc)

What's Happening in our community?

Black History Month Events - Feb 8 - 28, 2023

To celebrate Black History Month, the Black Empowerment and Excellence at SAIT and Afro-Caribbean Student Club have events lined up for the month of February. We would love you to be part of these events. To participate in these events, kindly scan the QR code in the attached infographics.

Event 1 - **Ice Breakers: Exploring the history of the Black hockey league in Canada** Register [here](#)

Event 2 - **A Conversation with Distinguished Immigrants** Register [here](#)

Event 3 - **Inclusion Talks | "Black Like Who?" Book Review** Register [now](#)

Event 4a - **Paint 'N' Chill** Register [here](#)

Event 4b - **Flash Mob Dance Challenge** [Black History Month Marketing video](#) Register [here](#)

PERS 143: Queer Inclusion and Belonging at SAIT

PERS 143: Queer Inclusion and Belonging at SAIT is an introduction to equity, diversity and inclusion, with a focus on the 2SLGBTQ+ community. This free two-module course is open to SAIT students, staff and faculty.

The first module, Queer Essentials, is an online self-directed course designed to be completed in 60 minutes. The course includes terminology, history, unconscious bias and resources. SAIT students can register through [mySAIT](#) while employees can access the course through [PeopleNOW](#).

The second module, Creating an Inclusive Environment, is a 90-minute face-to-face facilitated workshop. It applies the learnings from the first module which includes demonstrating how to use appropriate terminology, examining your pre-conceptions about the 2SLGBTQ+ community, recognizing your own biases, allyship in real life and developing your own strategies for creating an inclusive environment at SAIT.

PLEASE NOTE: You must have completed Module 1 to register for Module 2

Time: Noon to 1:30 pm

Where: AA128, Heritage Hall

Register for an upcoming session:

- [Wednesday, Feb. 15](#)
- [Wednesday, March 15](#)
- [Tuesday, April 18](#)

For more information or if you have any questions, feel free to connect with us at Pride@sait.ca

