

Attendee Resource Guide

Empowering LGBTQ+ Professionals: *Navigating Uncertainty and Building Resilience*

Brought to you by GLMA and our cross-sector partners in health, law, journalism, and business.

GLMA: Health Professionals Advancing LGBTQ+ Equality

GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) communities and equality for LGBTQ+ health professionals in their work and learning environments. To achieve this mission, GLMA utilizes the scientific expertise of its diverse multidisciplinary membership to inform and drive advocacy, education, and research.

Website: glma.org

Get Involved:

[Join GLMA](#) | [GLMA's Newsletter](#) | [Register for GLMA's 43rd Annual Conference on LGBTQ+ Health](#)

**Speaker: Wednesdae Reim Ifrach, REAT, ATR-BC, ATCS, LPC, NCC, RMT, CLAT
(they/them)**

GLMA HPiT Co-Chair, Artist & Mental Health Professional

Wednesdae is an accomplished art therapist with a master's degree from Albertus Magnus College and a current PhD candidacy at Saybrook University. They have served on the CT DCF LGBTQ+ Youth Advisory Board, as President of the Connecticut Art Therapy Association, and as a Board Member for Project HEAL, the nation's only eating disorder treatment equity non-profit. Their diverse roles include clinical supervisor, program director, IOP/PHP creator, and lead art therapist, always demonstrating empathy and understanding. Their dedication to inclusive care and innovative therapy inspires transformative change.

GLMA Resources

- [LGBTQ+ Healthcare Directory](#)
- [GLMA's Annual Conference on LGBTQ+ Health](#)
- [Lesbian Health Fund](#)

NLGJA: The Association of LGBTQ+ Journalists

The NLGJA is a journalist-led association working within the news media to advance fair and accurate coverage of LGBTQ+ communities and issues. We promote diverse and inclusive workplaces by holding the industry accountable and providing education, professional development, and mentoring.

Website: nlgja.org

Get Involved:

[Become a member of NLGJA: The Association of LGBTQ+ Journalists](#)

[Attend our National Convention in Atlanta, GA September 4-7](#)

Speaker: Ken Miguel (he/him)

Ken is the Executive Producer of Premium Content at KGO-TV in San Francisco. He specializes in long-form, long-term projects that tell the stories of the Bay Area and its residents. He is a nine-time Emmy winner and Murrow and GLAAD Award winning producer creating content for ABC7 and ABC Owned Television Stations across the country. He currently serves as National President of NLGJA: The Association of LGBTQ+ Journalists, the nation's largest organization for working journalist LGBTQ+ and media professionals.

Resources

[Stylebook on LGBTQ+ Terminology](#)

[Rapid Response Task Force for Unfair and Inaccurate Coverage of LGBTQ+ Issues and Communities](#)

[LGBTQ+ Press Release Distribution Service](#)

National LGBTQ+ Bar Association

The National LGBTQ+ Bar Association is a nationwide network of legal professionals and affiliated organizations dedicated to promoting justice and equity for the diverse LGBTQ+ community through advocacy, education, and collaboration within the legal profession.

Website: lgbtqbar.org

Get Involved: [Become a Member of the Bar](#) | [Attend Lavender Law July 28-30 in NYC](#) | [Request Training](#) | [Follow Us on Socials](#)

Speaker: Gavin Alexander (he/him)

Gavin Alexander is a licensed attorney, magna cum laude graduate of Harvard Law School, Mental Health First Aid Instructor, and Certified Corporate Wellness Specialist. After practicing as a fund formation and transactional attorney in a global law firm, Gavin became the first-ever Fellow of the Massachusetts Supreme Judicial Court Standing Committee on Lawyer Well-Being. Since 2022, Gavin has served as the Well-Being Director of a national law firm with over 1,000 attorneys. Gavin has served as Co-Chair of the Massachusetts LGBTQ Bar Association, and on the boards of The National LGBTQ+ Bar Association, Pride in Our Workplace, Lawyers Depression Project, and Leadership Brainery, and from 2023 until last month, he served on the Massachusetts Judicial Nominating Commission. Gavin has been named one of the “Best LGBTQ Attorneys Under 40” by The National LGBTQ+ Bar Association and inducted as a Fellow of the American Bar Foundation. Among other accolades, he has received the Mass. Association of Hispanic Attorneys’ Leadership Award, and the Kevin Larkin Memorial Award for Public Service from the Mass. LGBTQ Bar Association.

Resources

[Bar Mental Health Resource Page](#)

Reaching Out MBA

Reaching Out MBA's mission is to increase the influence of the LGBTQ+ community in business by educating, inspiring, and connecting MBA students and alumni.

Website: reachingoutmba.org

Get Involved:

[Attend the ROMBA Conference in New Orleans. September 25-27, 2025](#)

[Attend the IRIS \(Formerly Out Women in Business\) Conference in New Orleans. September 25, 2025](#)

Speaker: Jackie Wong, MBA (he/him)

Jackie is an Associate Partner and Senior Expert in Diversity, Equity & Inclusion. He leads a variety of DEI research for McKinsey, including the annual Race in the Workplace study. His publications include Asian American workers: Diversity outcomes and hidden challenges, Race

in the Workplace: The Black experience in the US private sector, and Active allyship: Do your LGBTQ+ employees feel supported and included? He serves organizations across the private, public, and social sectors in DEI and culture transformation topics ranging from talent management to customer segmentation to business strategy. He also leads McKinsey's LGBTQ+ talent attraction in North America.

LGBTQ+ Community Resources

Books

The Queer and Transgender Resilience Workbook

The Queer Advantage: Conversations with LGBTQ+ Leaders on the Power of Identity

Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health

Podcasts

LGBTQ&A

Making Gay History

Queery

Gender Reveal

Rose & Rosie: Parental Guidance

Mental Health Hotlines

Thrive Lifeline: 1.313.662.8209 (24/7)

Trans Lifeline: 1.877.565.8860 (24/7)

BlackLine Lifeline: 1.800.604.5841 (24/7)

StrongHearts Native Helpline TextLine: 1.844.762.8483 (24/7)

Wildflower Alliance: 1.888.407.4515 (Mon- Fri 7pm-9pm EST, Fri-Sun 7pm-9pm EST)

Other Resources:

Spectrum of Allies: <https://trainings.350.org/resource/spectrum-of-allies/>

Mental Health Support for Legal Professionals

Every state has a Lawyer Assistance Program (LAP) that provides various forms of free, confidential support to lawyers struggling with issues relating to mental health, well-being, and substance/alcohol misuse. [Consider looking up your State's LAP](#) and reaching out for support.