

Anchor Health  
PRIDE ZINE!

Soft

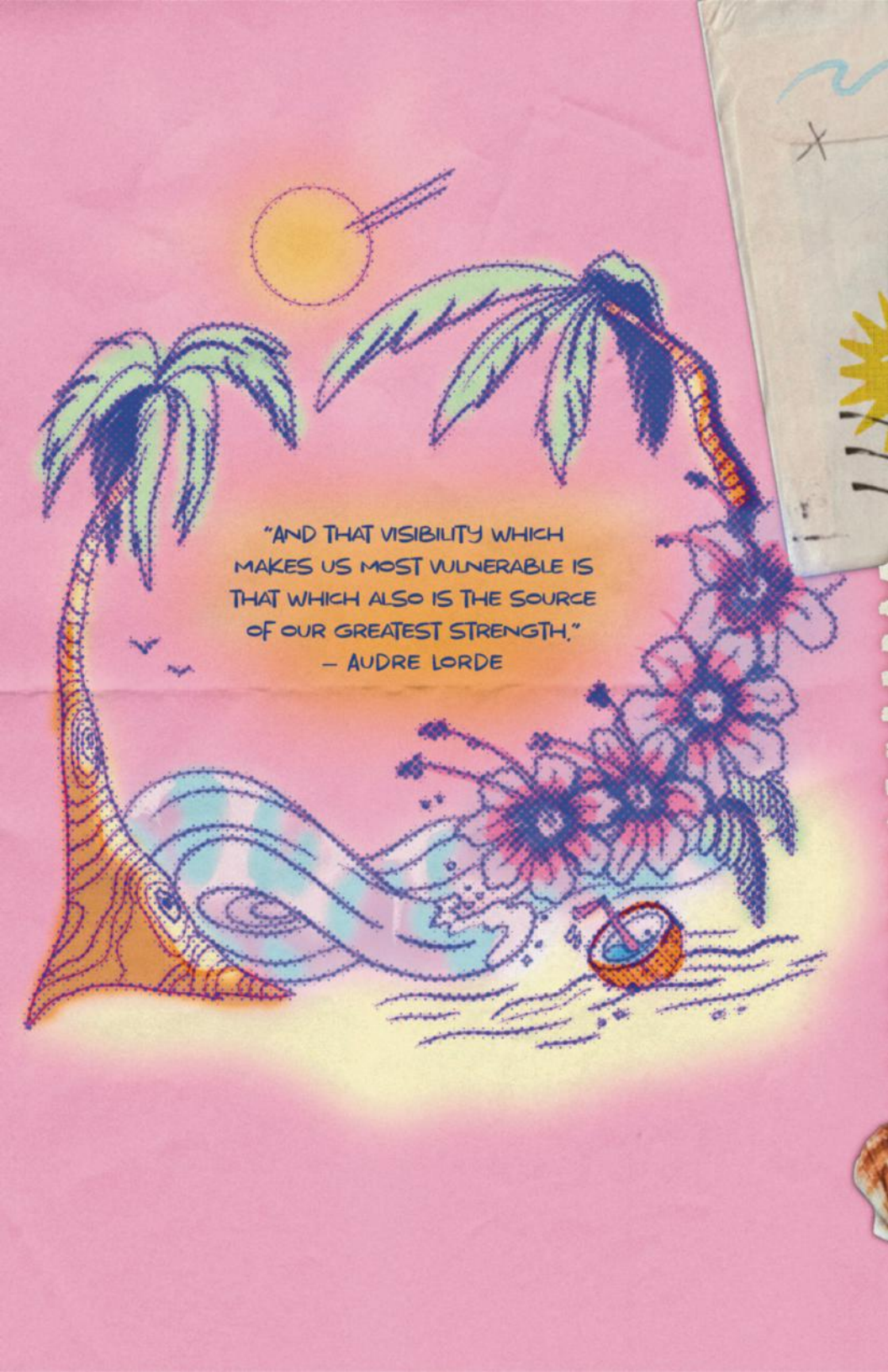
Queer

Summer



Volume 3






"AND THAT VISIBILITY WHICH  
MAKES US MOST VULNERABLE IS  
THAT WHICH ALSO IS THE SOURCE  
OF OUR GREATEST STRENGTH."



— AUDRE LORDE



# About ANCHOR HEALTH



ANCHOR HEALTH IS CONNECTICUT'S LEADING HEALTH CENTER FOR THE LGBTQ COMMUNITY. WE PROVIDE GROUNDBREAKING, RADICALLY INCLUSIVE, GENDER-AFFIRMING, AND SEX-POSITIVE MEDICAL, MENTAL HEALTH, AND PHARMACY CARE AS WELL AS SUPPORTIVE SERVICES TO THOUSANDS OF PATIENTS ACROSS CONNECTICUT AND BEYOND. ANCHOR HEALTH CONTINUOUSLY WORKS TO ADVANCE HEALTH EQUITY FOR LGBTQ PEOPLE THROUGH ADVOCACY, COMMUNITY-BUILDING, EDUCATION, AND RESEARCH.



We are health care  
for queer people  
by queer people!

[anchorhealthct.org](http://anchorhealthct.org)  
[@anchorhealthct](https://twitter.com/anchorhealthct)



#1





# 2024

## BY THE NUMBERS

2024 WAS A STARK REMINDER THAT — **NO MATTER WHAT** — WE TAKE CARE OF US. ANCHOR HEALTH REMAINS AS COMMITTED AS EVER TO OUR MISSION OF EMBRACING AND PROMOTING THE HEALTH AND WELL-BEING OF QUEER, TRANS, AND GENDER DIVERSE PEOPLE. WE'RE NOT GOING ANYWHERE. OUR WORK CONTINUES.

### OUR 2024 ACCOMPLISHMENTS INCLUDE:

**3,171** PATIENTS  
**9,231** VISITS  
**5,365** TOTAL PATIENTS

**2,930** HIV TESTS  
**10,642** STI TESTS  
**2,927** VACCINES

**1,694** PHARMACY PATIENTS  
**39,840** PRESCRIPTIONS

**904** CASE MANAGEMENT CLIENTS  
**420** NAME AND GENDER MARKER CHANGES  
**580** MENTAL HEALTH REFERRALS

THIS WAS POSSIBLE THROUGH THE UNWAVERING SUPPORT OF OUR DONORS. YOUR BELIEF IN OUR MISSION FUELS OUR DETERMINATION TO CREATE A FUTURE WHERE EVERYONE CAN ACCESS GROUNDBREAKING, RADICALLY INCLUSIVE, GENDER-AFFIRMING, AND SEX-POSITIVE CARE.

SCAN THE QR CODE OR VISIT [bit.ly/ahgive](https://bit.ly/ahgive) TO MAKE A TAX-DEDUCTIBLE DONATION TODAY. THANK YOU FOR BEING A PART OF OUR IMPACT!





# Soft Queer Summer

TO BE QUEER, AND ESPECIALLY TRANS, RIGHT NOW IS LIVING IN A WORLD ON FIRE. IT CAN FEEL JUST ABOUT IMPOSSIBLE TO FOCUS ON ANYTHING BUT SURVIVAL. WE ARE UP AGAINST LEGISLATION, RHETORIC, AND FEARMONGERS WHO WANT TO OUTHRIGHT ERASE TRANS PEOPLE AND MAKE IT INCREDIBLY DIFFICULT FOR US TO PARTICIPATE IN SOCIETY. IT'S HARD TO ESCAPE THE FEAR AND ANXIETY.

TIMES LIKE THIS REQUIRE DRAWING ON STRENGTH FROM THE GENERATIONS OF QUEER AND TRANS PEOPLE WHO CAME BEFORE US AND CREATED THE TRADITIONS WE MUST HOLD TIGHT NOW - CARING FOR ONE ANOTHER, BUILDING SYSTEMS OF COMMUNITY, AND FINDING OUR COLLECTIVE RESILIENCE AND HUMANITY. THESE ARE NOT JUST TOOLS FOR SURVIVAL. THEY ARE THE GLUE THAT KEEPS US TOGETHER IN A WORLD THAT DEMANDS TOUGHNESS FROM US.

OUR 2024 PRIDE THEME, "SOFT QUEER SUMMER," EMBRACES RADICAL VULNERABILITY, HONESTY, AND TENDERNESS ON THE PATH TO LIBERATION. IT'S AN INVITATION TO DEEPEN OUR UNDERSTANDING OF OURSELVES AND EACH OTHER. EMPATHY AND COMPASSION ARE SOURCES OF STRENGTH - NOT WEAKNESS - AND FOSTER RESILIENCE. OUR SOFTNESS CREATES A SPACE OF CONNECTION AND COMMUNITY.

SOFT QUEER SUMMER IS AN ACT OF IMAGINING QUEER FUTURES. IT'S ENVISIONING THE WILDEST HOPES AND DREAMS OF OUR QUEER AND TRANS FOREBEARS. WE'RE CREATING A SAFE AND JUST FUTURE WHERE WE DON'T JUST SURVIVE BUT THRIVE.

BETWEEN STICKY DAYS IN JUNE AND COOL RAIN SHOWERS IN SEPTEMBER, WE EXPLORED QUEER VULNERABILITY WITH OUR COMMUNITY BY REFLECTING ON OUR PASTS, PRESENTS, AND FUTURES. THIS ZINE IS A SMALL SNAPSHOT OF WHAT PEOPLE SHARED WITH US. IT WAS CREATED BY THE COMMUNITY FOR THE COMMUNITY.

SEE YOUR RESPONSE IN THE ZINE? SHARE A PIC AND TAG US!



@ANCHORHEALTHCT



# Write a message

You're stronger  
than you might  
believe and more  
people love you  
than you  
may  
see.

It will all be okay,  
and better yet,  
amazing!

- Chris

Be more  
of  
yourself,

Not who  
others

want you  
to be!  
-Lynn

You are en  
People around you  
Love you and em  
for being your auth  
-Eric

Do what makes  
you happy, who  
cares what anyone  
thinks!



I wish my teen years  
been the 70s. So glad  
growing up now and  
his fully queer

DEAR PAST AND,  
TAKE CHANCES. TRUST YOURSELF.  
YOU DESERVE SAFETY. GOOD PEOPLE  
EXIST, YOU CAN TRUST THEM. BE YOURSELF  
AND FORGET THE REST BECAUSE AT THE END OF THE  
DAY THAT'S ALL THAT MATTERS. ALSO, GOOGLE  
THE WORD "GENDERFLUID." YOU'LL THANK ME LATER.  
:]

GOOD LUCK,  
PRESENT AND



# to your past self

You're actually okay just as you are. You're not letting anyone down. You're not a family disgrace. You have been given a special gift that allows you to soar across genders, limits, and stereotypes. Celebrate your magic! Bring it to the whole wonderful world. With love. With joy.

- John

ough!  
ou will  
brace you  
entic self.  
😊



Back when I started transitioning, it seemed as if there were waitlists and roadblocks everywhere. But Anchor Health was there with immediate care. I had hormones delivered a month later.

Literally Lifesaving.

- Vivienne

hadn't  
d my son is  
can share  
love.



Come out sooner!  
- Kai



# Golem

By Vivid Young

The late trans music icon SOPHIE's song "Is It Cold In The Water?" is one that has spoken to me at every point in my gender transition. I remember the fear of dipping my toes into the water of self-acknowledgment, not just accepting that I was in fact a woman, but taking the first step into living publicly as one. I felt I not only had to deal with my own deep-rooted fear, but the judgments and eyes of others. And still, like countless before, I did it! I braved the water, and I created a body and life for myself. Years later, I still am afraid of swimming in public as a trans woman, but I know I can brave the waters. Soft Queer Summer encourages me to do so. Like the mythical golem made from clay, I imagined in this poem a trans girl who swims to the bottom of the river to sculpt from clay a body that she feels affirmed in. It doesn't matter what others think of her, because she has the power to name herself.

## "Is it cold in the water?"

Down there  
riverbed girl kneels,  
palms reaching, knees bent,  
into oxidized sand.

They say she's hiding there,  
but you still

see her —

seismic,

beckon worlds:

Come build twin mountains.

My chest is bared.

In prayer her body repeats

itself. Girl echoes —

Plunge your hands into cool clay.

Feel her churn

the energetic earth,

and arise then full

of element.

So gently she tilts back,  
arcs her heart toward the surface,  
braided skies beyond.  
You will do nothing  
as she molds her breasts.

You believe what you see.  
Her  
Devotion to body,  
ritual of self-  
Creation.  
The waters rise above.  
The earth below affirms.  
She names it.

Instagram: @vivid\_yv

Vivid "Viv" Young (she/her) is a trans-feminine teacher living in Connecticut. In addition to writing poetry, she enjoys spending time with her partner and her dog.





# MASCULINITY • for • ME

BY BRANDEN J. MALLEY

**H**air, hair, everywhere, except atop my head.

Finally, the confidence to not just hide in bed.

18 years they called me she.

I never thought anyone would see the real me.

12 years on T and 10 surgeries.

I'm starting to feel safe in this body.

See this smile?

It took a while.

But here we are, just with a few more scars.

The body doesn't define the man, but his attitude sure can.

Head held high, teeth grit, I always knew I couldn't quit.

Self-awareness, intelligence, working hard on benevolence.

Compassion, gay fashion, living life with real passion.

Professional, intentional, ripe with potential.

We've got one life to live, I don't have time to give.

Love me, hate me, try to erase me,

but closets are for coats, shoes, and ties.

I won't hide there and cry.

I've come a long way from my baby-gay days.

Take this to heart, they won't tear us apart.

Try as they might, we're here for this fight.

Stand here with me.

Our freedom isn't free.

This country needs trans visibility.

This is **ME!**

Brayden J. Malley (he/they) is a transgender male living on the Connecticut shoreline. He's new to writing poetry but finds comfort in the reflective stage of the writing process and is excited to continue exploring his gender and sexuality through writing.

Instagram:  
@brayjm1015



# What lesson took you

LISTEN TO YOUR CHILDREN,  
THEY KNOW THEMSELVES  
BETTER THAN ANYONE!

- CARA

THERE'S NO ONE RIGHT WAY TO BE QUEER  
The Closet doesn't have a lock on it, come  
the fuck out! Tyler

Softness and strength are NOT opposites

GENDER IS WHAT YOU MAKE OF IT! IT DOESN'T  
MATTER HOW OTHER PEOPLE PERCEIVE YOU  
OR IF YOU FIT INTO SOME PREDEFINED  
CATEGORY OR ANOTHER, YOU CAN DO/FEEL  
WHATEVER YOU WANT FOREVER!

AND EVEN IF YOU CAN'T EXPRESS THAT,  
AND STAY SAFE, YOU CAN STILL FEEL  
HOWEVER YOU WANT FOREVER, AND  
YOUR TIME WILL COME.

- KT

Queer experiences are more vast  
than any individual can ever  
imagine, and the more you know  
yourself, the less strict categories  
tend to matter in the long run.



# the longest to learn?

I'M OK, AS A BI, AUTISTIC, WITCHY OLD CRONE

Sex isn't one thing,  
you get to make it up

Safety & nonviolence, first.

NO IS A COMPLETE SENTENCE - KEITY

Being trans isn't a burden to the people around you  
- AJ

That as a trans man, I have a responsibility to uplift people who were in the position I used to be in.

That as I gain the privilege of living as a cis-passing person, I cannot forget that there is still so much fighting to be done for my trans brothers and sisters and siblings.

That my shame benefits the people who want us dead; that my pride strips them of their power.

- Theo

I'll NEVER  
STOP LEARNING  
& GROWING!





# Built for Comfort

By Bethany Cinque



I have always been large. From my earliest memories, I knew I quite literally didn't fit in. I remember getting sick in first grade and puking on myself, like first graders do. The school nurse had a bag of donated clothes for just such a common occasion. Not a single item in the bag came close to fitting me. I was sent home in a polo-style children's shirt, easily three sizes too small, my belly on full display.

I learned to make myself small – quiet, careful, apologetic – so I could exist in a world where invisibility felt safer than ridicule.

By the time I graduated high school, I started looking for bodies like mine out in the wild. I began to get a sense of size comparison. I had spent so long assuming I'd always be the biggest person in the room. That changed when I got a job at a plus-size retailer in my early twenties.

I found unapologetically fat, beautiful women. I saw people larger than me looking radiant – showing skin, rocking dresses and crop tops, and dare I say, fashion. Refusing to hide. Being SEXY!

I had been told – directly and indirectly, in every conceivable way – that fat bodies were not desirable. My world turned upside down.

I realized: I could be fat *and* beautiful.

But this isn't a sad story.

Finding clothes I felt good in changed how I moved through the world. It was exactly like buying self-confidence. Getting dressed became joy. The perfect outfit became both my armor and my expression. I could wrap my soft, squishy body in whatever made me feel beautiful.


"Don't wear horizontal stripes, they'll make you look even wider."

"Don't wear floral prints, you'll look like a couch."

"Never wear shorts or tank tops, your thighs and arms are flabby and should be covered."







To these "rules," I say a loud and resounding: **GET FUCKED.**

There are no rules but my rules for what makes me feel good in my skin.

My breasts are ample.  
My belly is round.  
My ass is wide.  
My legs are solid.

I started describing myself without judgment. "Fat," a word that once held the power to destroy me, became just an adjective.

In my thirties, I learned to thank my body.

After a hike – winded and sweaty – I stopped telling myself I wasn't fit enough. Instead, I practiced saying: Thank you for being strong. Thank you for getting me here. Thank you for moving me and supporting me.

On birthdays or anniversaries, my spouse gifts me a massage session. That's where the real mind-body connection happens. As the therapist kneads and moves my limbs, I think about the anatomy and physiology working beneath the surface – the miraculous cooperation of muscles, fat, skin, organs, blood, veins, tissue. All of it alive.

**All of it me.**

I am warm.  
I am soft.  
There is pleasure in being kneaded like bread dough.

My body is pleasant to touch.  
To hold.

I'm going to stretch out under the sun, my soft body glistening with sweat and sunscreen.  
My thighs sticking to the leather car seat.  
I'll walk barefoot through grass and sand, belly peeking out.  
And I'll feel good.

This is what freedom tastes like.

I want this for all of us – to move through the world without shrinking, to wear joy like sunlight, to feel the breeze on our skin and know we belong.

**Our softness is not a flaw – it is a rebellion, a tenderness we offer ourselves and each other.**

This is where our liberation begins.

**Bethany Cinque (she/her)** is Anchor Health's Director of Donor Engagement. She's a queer nonprofit professional who draws inspiration from the quiet magic of everyday life. Bethany spends her free time building LEGO sets, creating fairy houses, and watching too much Bob's Burgers.







**Portrayals of sex in media are typically fiery, fast-paced, and rarely deviate from heterosexual norms.** We are bombarded with images of one specific form of sexuality. The more exposed we are to the cultural sexual narrative, the less we can envision sexuality outside of its box. Of course, there's nothing inherently wrong with intense or rough sex between consenting, informed adults – but it is far from the only way to have pleasurable sex. In honor of Soft Queer Summer, I want to highlight the merits of softer, more vulnerable sexuality.

To connect with the soft side of our sexualities, we first must learn about our own vulnerabilities. We all carry traumas, big and small, whether we have thought about them or pushed them aside. It seems so easy to minimize our vulnerable parts. But unless we address our innate fears and desires, we can never be truly open with our partners. Expressing these deep-down feelings through journaling, poetry, or art can help you reach the self-understanding you need to bring your whole sexual self to a relationship.

**Being truly vulnerable in sexual relationships means communicating.** Talking before, during, and after sex about what you want and listening carefully – without judgment – to what your partner wants shows your care and respect. Experimenting with new, queer, and pleasurable activities and being patient as your partner explores are mutually tender practices. Being open with your feelings about the sex you're having leads to emotionally connective and pleasurable experiences.



**Try going slowly.** You don't need to jump straight in. Spend time together. Drink tea in bed. Give each other sensual massages. Exchange whispered conversations. Remove expectations of what sex is "supposed" to be. Maybe this time spent together won't lead to sex at all; maybe it will lead to cuddling or a nap. Intimacy takes many forms. Queer the narrative society gave you. Make your intimate experiences your own.



Being open and vulnerable in a world that devalues emotional expression can be extraordinarily difficult. We are taught to internalize our feelings – that we should “just know” what to do during sex and communicating about it “ruins the moment.” We’re fed heteronormative narratives of how sex should look, and it can be hard even to imagine what intimacy can look like outside of those confines. We need to be soft with ourselves, too. Unlearning these scripts takes time and effort. It won’t happen overnight.



**What does soft sexuality mean to you?** Is it lounging naked with a partner near a sunny window? Reading erotica aloud to one another? Tender, slow exploration of your bodies? Your sexuality belongs to you and no one else. With patience and practice, you can gently sculpt it into a shape that works for you.

**Kim Adamski (she/they)** IS A SEXUAL HEALTH EDUCATOR WITH OVER 10 YEARS OF EXPERIENCE. SHE FOCUSES ON INCLUSIVE, PLEASURE-POSITIVE, AND COMPREHENSIVE SEX ED.

INSTAGRAM: @kimadamskieducator WEBSITE: kimadamskieducator.com





# WHAT DOES *queer abundance* LOOK LIKE?

QUEER ABUNDANCE IS THE CONTINUED AND ACTIVE CREATION/ PRODUCTION OF QUEER JOY AND PRIDE. IT'S ALLOWING QUEER PEOPLE TO EXIST IN THEIR POSITIVITY AND EXCELLENCE AS A COLLECTIVE. IT'S QUEER PEOPLE IN COMMUNITY ALL ACROSS THE WORLD THROUGH THE LOVE THAT IS A RESULT OF SHARED EXPERIENCES.

- ANDRAYA

COMMUNITY CARE, LOOKING FOR YOUR FRIENDS, BEING TUCKED IN, A FRIEND GETTING YOU WATER, MAKING PLAYLISTS FOR EACH OTHER, LISTENING AND NOT NEEDING AN ANSWER, EQUITABLE LOVE AND GIVING SPACE TO NOT BE OKAY.

- RAVEN

QUEER JOY IS OUR BIRTHRIGHT, I LOVE BEING QUEER AND YOU SHOULD TOO.

- KARA

ABUNDANCE IS NOT SIMPLY HAVING ENOUGH. IT IS THE UNDERSTANDING THAT YOU WILL ALWAYS HAVE A SUPPORT SYSTEM TO HELP YOU. ABUNDANCE IN LIFE IS OUR SECURITY. I WAS AT A SOCIAL HOUR OF SORTS LAST WEDNESDAY.

PROBABLY 30 OR 40 PEOPLE, ALL QUEER, PLAYING MAGIC, THE GATHERING AND TALKING ABOUT LIFE, ONE OF THE MOST COMFORTABLE EXPERIENCES I'VE EVER HAD.

- AIDEN

QUEER ABUNDANCE LOOKS LIKE A SAFE PERSON IN EVERY ROOM YOU ENTER. QUEER ABUNDANCE MEANS THE CARE YOU NEED AT EVERY DOCTOR'S OFFICE AND CLINIC IS COVERED BY INSURANCE. QUEER ABUNDANCE MEANS NOT RESTRICTING PRIDE TO ONLY JUNE BUT ALL YEAR LONG.

- TALLY

QUEER ABUNDANCE IS 10 OF US SINGING SO LOUDLY AT BLUE ORCHID ON KARAOKE NIGHT.

- ADRIEN



# A Forbidden Promised Land

By Hope Wooten

The evening disintegrates

within      dusty summer streets,

simmering away slowly

by the aroma of cheap cigarettes, and

lumpy village dance rhythms

'a bevy of well-preserved women

was a forbidden promised land,

**Hope Wooten (they/them)** is a self-proclaimed “crappy crafter,” sometimes poet, and strong believer in the magic of summer and campfires. As a proud member of the no nip club and a health care professional, Hope is a strong advocate for gender affirming, life-saving health care.



# Soft Queer Summer

A Journey of Tenderness & strength

By Cory Baig



IN THE HEAT OF A SOFT QUEER SUMMER, I FIND MYSELF WRAPPED IN THE WARMTH OF KNOWING, AT LAST, WHO I AM. A QUEER MASCULINE WOMAN OF COLOR, MY IDENTITY IS WOVEN FROM MULTIPLE THREADS WITH EACH CARRYING THE WEIGHT OF MY PAST, THE STRENGTH OF MY PRESENT, AND THE HOPE FOR MY FUTURE. BORN IN THE UNITED STATES TO PAKISTANI-INDIAN, AND CAMBODIAN PARENTS, I EXIST IN A SPACE WHERE CULTURES BLEND, SOMETIMES IN HARMONY, SOMETIMES IN TENSION, BUT NO MATTER WHERE I STAND, I AM GROUNDED IN THE RICHNESS OF THESE DIVERSE HISTORIES.

AS A U.S. AIR FORCE VETERAN, I'VE WORN A UNIFORM THAT MADE ME FEEL BOTH INVISIBLE AND HYPER-VISIBLE. THERE, I WAS FORCED TO FIT INTO A BOX WHERE OFTEN IT DIDN'T LEAVE ROOM FOR THE FULL SCOPE OF WHO I AM. MY MASCULINITY, MY QUEERNESS, MY HERITAGE WERE PARTS OF ME THAT FELT PUSHED ASIDE, MISUNDERSTOOD, AND OVERLOOKED. YET EVEN IN THE RIGID STRUCTURES OF THE MILITARY, I LEARNED TO CLAIM MY SPACE. I BUILT MYSELF AGAIN AND AGAIN, EVEN WHEN IT FELT IMPOSSIBLE. ALTHOUGH MY MILITARY EXPERIENCE HAS SHAPED ME, IT IS NOT THE SUM OF ME.

GROWING UP IN THE U.S., I WAS ALWAYS TORN BETWEEN TWO WORLDS. MY AMERICAN BIRTHPLACE HAS GRANTED ME CERTAIN FREEDOMS, BUT IT ALSO SOMETIMES MADE ME QUESTION WHERE I TRULY BELONG. AS A CHILD OF IMMIGRANTS, I WAS RAISED WITH A BLEND OF CULTURAL TRADITIONS AND AMERICAN VALUES.



A FUSION THAT'S BOTH BEAUTIFUL AND COMPLICATED, MY PAKISTANI-INDIAN HERITAGE OFFERS ME A DEEP SENSE OF FAMILY AND RESILIENCE, THESE VALUES PASSED DOWN THROUGH GENERATIONS WHO CROSSED OCEANS FOR A BETTER LIFE. MY CAMBODIAN ROOTS ARE STEEPED IN QUIET STRENGTH AND HEALING, INHERITED FROM A PEOPLE WHO ENDURED TRAUMA AND REBUILT FROM THE ASHES.

THESE CULTURES HAVE SHAPED ME, OFTEN IN WAYS I DON'T FULLY UNDERSTAND, BUT THEY ARE ALWAYS WITH ME. FROM THE FOODS I EAT, TO THE WAY I LOVE, TO THE WAY I FIND JOY AND HEALING, MY HERITAGE TEACHES ME THE IMPORTANCE OF COMMUNITY. IT'S A LESSON I CARRY WITH ME AS I BUILD SPACES FOR OTHERS. AS A COMMUNITY BUILDER, I SEE THE RESEMBLANCE OF US IN ONE ANOTHER: QUEER FOLKS, PEOPLE OF COLOR, AND ALL THOSE WHO UNDERSTAND THE POWER OF CONNECTION IN A WORLD THAT OFTEN SEEKS TO DIVIDE US.

TO ME, COMMUNITY IS NOT JUST ABOUT BIG, LOUD CELEBRATIONS, IT'S ABOUT THE QUIET MOMENTS OF TOGETHERNESS, THE GENTLE EXCHANGE OF SUPPORT AND CARE. IN THIS SOFT QUEER SUMMER, I LEARN TO EMBRACE THESE MOMENTS. I LEAN INTO TENDERNESS, INTO VULNERABILITY. I ALLOW MYSELF TO REST IN THE KNOWLEDGE THAT I DON'T HAVE TO BE ALWAYS STRONG, ALWAYS PERFORMING SOME IDEAL VERSION OF MYSELF. SOMETIMES, THE SOFTEST THING I CAN DO IS SIMPLY BE. BE PROUD OF WHO I AM, OF ALL THE IDENTITIES THAT LIVE WITHIN ME.

AS A QUEER PERSON OF COLOR, MY EXISTENCE IS AN ACT OF RESISTANCE. TO BE VISIBLE, TO TAKE UP SPACE, TO LIVE AUTHENTICALLY IN A WORLD THAT OFTEN FEELS LIKE IT DOESN'T MAKE ROOM FOR US, THIS IS A QUIET ACT OF DEFIANCE. BUT IT'S ALSO AN INVITATION. AN INVITATION TO BASK IN THE UNIQUENESS OF WHO WE ARE, TO CELEBRATE THE TENDERNESS IN OUR QUEERNESS, AND TO FIND JOY IN THE MOMENTS THAT MIGHT OTHERWISE GO UNNOTICED.

IN THE SUMMER, I AM REMINDED TO SLOW DOWN. THE SUN, SOFT ON MY SKIN, TEACHES ME TO SAVOR THE SMALL JOYS OF LIFE: A QUIET CONVERSATION WITH A FRIEND, THE JOY OF A SHARED MEAL, OR THE FEELING OF BELONGING TO A COMMUNITY THAT SEES AND SUPPORTS ME. THESE MOMENTS REMIND ME THAT I DON'T HAVE TO BE FIERCE ALL THE TIME. I CAN BE GENTLE. I CAN REST. I CAN BE BOTH SOFT AND STRONG.

**Cory Baig (she/her)** is the Assistant to the Chief Operating Officer at Anchor Health. Cory is a queer woman of color who's passionate about storytelling, social justice, and health care. Her goal in life is to help amplify voices of marginalized communities.



# What's your the future

My vision for the future is a nationwide acceptance of the LGBTQ community. It's not a short-term venture but one that will take years. We ultimately have to pass legislation that solidly protects queer people, their families, gender-affirming care, and reproductive rights.

- Caroline



Radical queer joy, total bodily autonomy, and self-determination.

- Juliana

My vision for the future is more representation in our community, especially within the black and brown communities. Our voices and stories matter, and when we come together, we will always be strong enough to overcome anything.  
#RepresentationMatters

- Xiomarie LaBeija

A world where everyone is open to learning and unlearning.

- Jaclyn

I see queer Black elders gathering. I see Black Trans women LIVING well into their late 80s. I see fat Black queer folks getting fucked, loved, and celebrated out loud. I see my disabled queers going out because they, too, were thought of. I see us being loved and living with dignity. I see us committed to understanding the heteronormativity that has us in a chokehold. I see us living abundantly in the future.

- Farron



My vision for the future is that my beautiful trans daughter is living her life to the absolute fullest!

- Stacey



# vision for future?

QUEER JOY EVERYWHERE! BE THERE  
FOR SUDANI! FREE PALESTINE!  
SUPPORT CONGO!

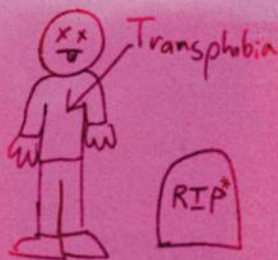
- Cam

I'm currently going back to school  
to become a physician's assistant,  
so my vision for the future is to help  
provide LGBTQ-affirming care  
across all medical specialties.

- Ash

The future I envision is one where all  
humans live in harmony with our  
environment, and people are able to  
be proud of and celebrate their  
authentic identities. This future has  
community values at its center and is  
free of oppression for all people.  
Free Palestine! Land Back! Stop Cop City!

- Fiona



\*rest in piss



Access to gender-affirming care for  
everyone

- Shell

Me being a beautiful trans woman.

All folks can walk into any health care  
environment without fear of discrimination.

- Dax

I want to continue my nail art journey. I  
have an Instagram for nail art  
@playfulpolishpal that I started to show  
other trans men that nails have no gender.  
It took me a long time to accept that  
painting my nails and doing nail art did  
not make me any less of a man, and if I  
can help even one person realize that,  
too, I will consider it a job well done.  
Nails have no gender.

- Adam



# Queer film watchlist

HERE IS A LIST  
OF FILMS WITH HISTORICAL  
OR CULTURAL SIGNIFICANCE  
THAT AREN'T JUST  
PEOPLE CRYING  
PERIOD DRAMA

I SAW THE TV GLOW

VHS

The PEOPLE JOYER

but i'm a cheerleader

PA  
SPE

burning

PROBLEMISTA

nowhere

MOONLIGHT

7073

MULTIPLE  
MANIACS

VII

LOVE LIES BLEEDING

UNIVERSAL

A FILM BY DAVID LYNCH  
MULHOLLAND DRIVE

VHS  
PAL

15

The Watermelon  
Woman

ein Film von Cheryl Dunye  
mit Guin Turner aus "Go Fish"



JENNIFER  
JULY

GINA  
GERSHON

FOR  
PANTERLAND

BOUND



REPTILIA  
PICTURES  
VHS 4204

20

by @fayepokes

please check trigger warnings before



OF QUEER  
HISTORICAL  
SIGNIFICANCE  
T LGBT  
IN A

These songs are gay  
because I say they are <3

## SOFT QUEER SUMMER <3

ORDER #0001 FOR ANCHOR HEALTH  
WEDNESDAY, MAY 7, 2025

QTY	ITEM	AMT
01	HOLD ME DOWN (FEAT. JIMETTA ROSE & VOICES OF CREATION) - NONAME, JIMETTA ROSE, VOICES OF CREATION	2:21
02	I LIKE GIANTS - KIMYA DAWSON	2:39
03	SOMETIMES - MANNEQUIN PUSSY	3:28
04	LOLA - THE RAINCOATS	4:04
05	REAL LIFE - THE MARÍAS	3:27
06	SEA, SWALLOW ME - COCTEAU TWINS, HAROLD BUDD	3:09
07	MIDNIGHT, THE STARS AND YOU - DEERHOOF	3:44
08	CARNIVAL - THE CARDIGANS	3:37
09	SLIDE - FEEBLE LITTLE HORSE	2:28
10	SUGAR WATER - CIBO MATTO	4:30
11	COME TO ME - BJÖRK	4:55
12	100 - DEAN BLUNT	3:21
13	KISSES - SLOWDIVE	3:57
14	KEROSENE! - YVES TUMOR	5:06
15	SUMMERBOY - LADY GAGA	4:14
16	I THINK WE'RE ALONE NOW - TIFFANY	3:49

ITEM COUNT: 16

TOTAL: 58:48

CARD #: \*\*\*\* \* 2023

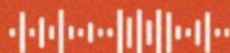
AUTH CODE: 123421

CARDHOLDER: ANCHOR HEALTH

THANK YOU FOR VISITING!



viewing



21



# Reso

## Community centers, programming, and events:

### Bethel CT Pride

Location: Bethel

Website: [bethelctpride.com](http://bethelctpride.com)

### Bridgeport Pride Center

Location: Bridgeport

Website: [bridgeportpridecenter.org](http://bridgeportpridecenter.org)

### East Rock House

Location: New Haven

Website: [eastrockhouse.com](http://eastrockhouse.com)

### Lighthouse (Kids in Crisis)

Location: Fairfield County

Website: [kidsincrisis.org/get-help/lighthouse](http://kidsincrisis.org/get-help/lighthouse)

### New Haven Pride Center

Location: New Haven

Website: [newhavenpridecenter.org](http://newhavenpridecenter.org)

### North Haven Pride

Location: North Haven

Website: [northhavenpride.org](http://northhavenpride.org)

### Our Trans Life

Location: Bridgeport

Website: [ourtranslife.org](http://ourtranslife.org)

### Out in the Corner

Location: Litchfield County

Website: [outinthecorner.org](http://outinthecorner.org)

### OutCT

Location: New London

Website: [outct.org](http://outct.org)

### PFLAG

Location: Enfield, Hartford,  
Norwalk, Stamford, Tolland-Mansfield, Waterbury

Website: [pflag.org](http://pflag.org)

### Punk Noire

Instagram: [@punknoire](https://www.instagram.com/punknoire)

About: an arts initiative curating punk events  
by and for QT/BIPOC creatives

### Q Plus

Location: Hartford, Middletown,  
New Haven, North Haven, Portland,  
Southington, West Hartford, Wethersfield  
Website: [qplusct.org](http://qplusct.org)

### Queer Third Space

Website: [sites.google.com/view/ct-queer-third-spaces/home](http://sites.google.com/view/ct-queer-third-spaces/home)

About: a community-led effort  
to promote queer connection

### Queer Unity Empowerment Support Team (QUEST)

Location: Greater Waterbury

Website: [questct.com](http://questct.com)

### Trans Haven (PeerPride)

Location: New Haven and Hartford

Website: [peerpride.com/transhaven](http://peerpride.com/transhaven)

## Fertility

### Gay Parents To Be (Illume Fertility)

Location: Norwalk

Website: [gayparentstobe.com](http://gayparentstobe.com)

## Health care

### Anchor Health

Location: Hamden and Stamford

Website: [anchorhealthct.org](http://anchorhealthct.org)

### Apex Community Care

Location: Danbury

Website: [apexcommunitycarect.org](http://apexcommunitycarect.org)

### Circle Care Center

Location: Norwalk and Glastonbury

Website: [circlecarecenter.org](http://circlecarecenter.org)

### LGBTQIA-Responsive Services at Wheeler

Location: Bristol, Hartford, New Britain,  
Plainville, Waterbury

Website: [wheelerclinic.org](http://wheelerclinic.org)

### Middlesex Health's Center for Gender Medicine and Wellness

Location: Middletown

Website: [middlesexhealth.org](http://middlesexhealth.org)



# urces

## Planned Parenthood

Location: Bridgeport, Danbury, Enfield, Hartford, Manchester, Meriden, New Haven, New London, Norwich, Stamford, Torrington, Waterbury, West Hartford, Willimantic  
Website: [plannedparenthood.org/planned-parenthood-southern-new-england](http://plannedparenthood.org/planned-parenthood-southern-new-england)

## The Health Collective

Location: Hartford  
Website: [healthcollective.org](http://healthcollective.org)

## HIV/STI testing services

APNH: A Place to Nourish your Health  
Location: New Haven  
Website: [apnh.org](http://apnh.org)

## Mid Fairfield AIDS Project

Location: Norwalk  
Website: [mfap.org](http://mfap.org)

## Stamford CARES

Location: Stamford  
Website: [familycenters.org/Stamford-CARES](http://familycenters.org/Stamford-CARES)

## Older adults

LGBTQ+ Moveable Senior Center  
(CT Healthy Living Collective)  
Location: Greater Hartford  
Website: [cthealthyliving.org](http://cthealthyliving.org)

## Sex and kink

Debauchery CT  
Instagram: [@debauchery.ct](https://www.instagram.com/debauchery.ct)  
About: a kink and play party by and for the queer community, centering education and liberation

## F.E.M. Shop

Location: Middletown  
Instagram: [@f.e.m.shop](https://www.instagram.com/f.e.m.shop)  
About: a queer, feminist sex education and community space

## Queer Munch CT

Location: Central Connecticut  
Instagram: [@queermunchct](https://www.instagram.com/queermunchct)  
About: a safe, inclusive community for LGBTQ+ folks to explore kink and BDSM in a non-sexual, pressure-free environment

## Sex Workers and Allies Network (SWAN)

Location: New Haven  
Website: [swanct.org](http://swanct.org)

## Small businesses

### Babybones Barbershop

Location: Branford  
Website: [babybones-barbershop.square.site](http://babybones-barbershop.square.site)

### Connectic\*nt

Website: [connecticut.xyz](http://connecticut.xyz)  
About: a femme and queer lead publication connecting and highlighting artists around the state

### Disco Baby Hair

Location: Fairfield  
Instagram: [@discobaby\\_hair](https://www.instagram.com/discobaby_hair)  
About: free LGBTQ+ haircuts

### Faye Pokes

Instagram: [@fayepokes](https://www.instagram.com/fayepokes)  
About: trauma-informed, hand-poked tattoos for all bodies and skin types

### No Doubt Leather

Website: [no-doubt-leather.square.site](http://no-doubt-leather.square.site)  
About: leather gear

### Volume Two: A Never Ending Books Collective





Location: New Haven  
Website: [neverendingbooks.net](http://neverendingbooks.net)  
About: free books and a free space for gigs, groups, and gatherings





# Handpoked Tattoos by Faye

~ @fayepokes on Instagram ~

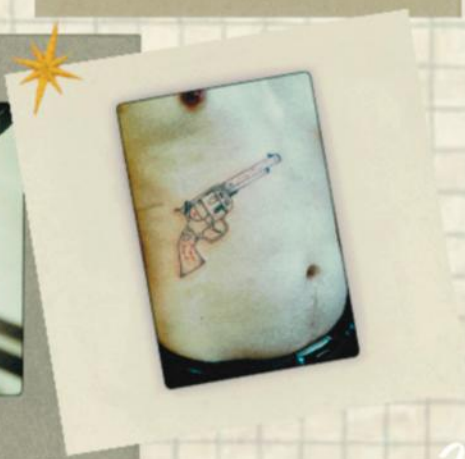
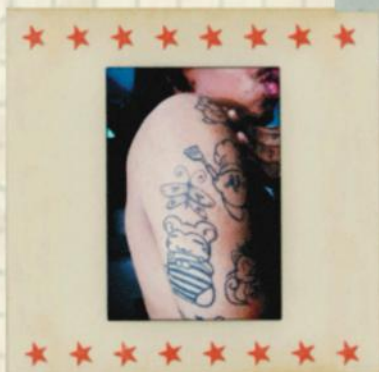


Faye (they/them) is a queer, trans, multidisciplinary artist with a focus on tattoos and textiles. They do trauma-informed, handpoked tattoos for all bodies and skin types.

Faye's artistic practice is based in intimacy, collaboration, and intention. When they started tattooing, it was a way for them to find love and belonging in their own body and community. They are honored for the opportunities that they have had to help others feel the same way.











# Classifieds:



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[CTVeteransLegal.org](http://CTVeteransLegal.org)





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[anchorhealthct.org](http://anchorhealthct.org)

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