

ANCHOR HEALTH PRIDE ZINE!



"I BELIEVE IN PRIDE!"

Vol. 1
2022



To queer and trans resilience

ABOUT ANCHOR HEALTH



Anchor Health is Connecticut's leading health center for the LGBTQ community. We provide the most groundbreaking, radically inclusive, gender-affirming, and sex-positive care possible in Connecticut and beyond. Founded in 2016, Anchor Health currently serves over 3,000 patients, more than half transgender and gender diverse, across full-service health centers in Hamden and Stamford. ☆ ☆

Our approach to care understands how intersecting systems of oppression affect our patients' health and well-being. We offer primary medical care, Gender & Life-Affirming Medicine (GLAM), HIV prevention and treatment, sexual health care, behavioral health services, and more. Dedicated case managers are available to help address barriers to care faced by patients. Our in-house pharmacy quickly and conveniently provides low-cost prescriptions. ⚡

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!**

THE THEME

Our 2022 Pride theme was "I believe in Pride." Its goal was to spotlight why we celebrate Pride and the values we fight for, such as love, family, and liberation. During a time of increased violence against queer and trans people, we wanted to center the beliefs that unite us as a community.

At Connecticut's incredible Pride festivals last year, Anchor Health staff and volunteers engaged with attendees to ask thought-provoking questions, reflect

on queer history, envision our future, and more.

We turned those responses into this Pride zine — our first one ever. It's a snapshot of a moment in time that shows we're here.

Short for "magazine," zines are vehicles to make art, engage with our community, and uplift voices that otherwise don't get heard. During the '80s and '90s, queer zines were acts of protest, activism, preservation, and community.

The first issue of this annual zine explores people's beliefs about Pride through written responses, art, photos, and music.

Check out our Pride Playlist!

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I BELIEVE IN QUEER AND TRANS COMMUNITY BECAUSE...

EVERYONE DESERVES A PLACE TO BE THEMSELVES.

ALL WE HAVE IS EACH OTHER
AND WE'LL ALWAYS HAVE EACH OTHER!



Q. What's something you needed to hear when you were younger?

So many people are bi+ and healthy, happy individuals in loving relationships. You will become a funky adult true to yourself.

You'll be okay, I'm so proud of you.

You are perfect the way you are.

I love you unconditionally.

I'm so glad you're learning who you are.

It's okay to be queer.

Never doubt your intuition.

You don't need to rigidly fit into one label.

You have a vibrant, full life ahead of you, especially when you come into your full authentic self!



I believe in queer and trans
HEALTH CARE
because...

"Everyone deserves access to competent, affirming health care and we all have a right to bodily autonomy and a safe, healthy future."

Q: *What's the future of queer and trans health care?*

Awareness of common issues, acceptance, and support. As a future psychologist, we need research, strategies, and treatment modalities that center and speak to queer experiences.

100% coverage

Equity above equality

Trans-led and centered, open and safe access to services.

More resources for people who give birth and services that aren't gendered.

love-able
quali
lov
attract
strong
ano!

POSTCARD



Q: I believe in queer and trans love because...?

♥ LOVE IS LOVE!

♥ Friendship triumphs over all.



Q: What makes an ally?

- Ask/use pronouns
- Realize when you make a mistake
- Learn from the LGBTQ people in your community
- Make LGBTQ people feel safe and welcome
- Protect us!
- Be supportive, regardless of if you fully understand or not
- Fight for your loved ones when they can't
- Effort, self-education and respect
- Support queer businesses!



LOVE WITHOUT BIAS!

i believe in


Pride

I believe in queer and trans pride because...

“Nobody should be ashamed of their identity. Everyone is beautiful exactly how they are.”

“Trans people of color gave me a platform to be magnificent.”

**stay safe out there, know that you are loved.
you are perfect just the way you are.**

#anchorhealthct  anchorhealthct.org

Q: *What has changed for you since coming out?*

“Well, my whole life turned around completely. I ended up going back to school at the age of 50 and becoming a social worker. I got married. And I’m the happiest I’ve ever been in my life.

Coming out to my family was the most powerful thing I ever did. Despite the fact it was at my sister’s funeral, it still brought my whole family to accept me for who and what I am, and for that, I am so happy about coming out.”

“Coming out has been great. It lifted a weight off my shoulders. Now I live as my true self every day. Coming out as a woman in the last 11 months, I’ve done so much more in my life.

For those who are deciding about coming out, don’t hide it from yourselves. Please go talk to someone and be who you are as soon as possible.”

“The thing that’s changed the most for me since coming out is it’s not such an incredible drain of emotional energy every day, maintaining two lives and being half of myself in two different places. It just sucks the energy right out of you.

Being able to be myself and not being concerned about what environment I’m in and what I’m saying and who’s going to know what – just having all that gone. It’s like you ran a race, and you hit the finish line, and you just take that deep breath at the end, and you go, *ahh*. That’s what it feels like since I came out.”


“I didn’t come out until I was safe at college, but once I did, I was so happy. It was so much fun to be myself and not hide from anyone anymore.

Everything became a lot more fun because I knew who I was and what I was looking for. I’d never go back in the closet.”

Q: How did it feel the first time you saw a queer person "owning" it?

"It made me feel like there was possibility, like I could see where I could go and who I could be. It was an incredible confidence boost."



i believe in 







queer and trans joy


I believe in queer and trans joy because...

"People shouldn't be ashamed of something they can't control."

"Hope, joy, and pleasure are all tools in the resiliency of our community."

stay safe out there. know that you are loved.
you are perfect just the way you are.

#anchorhealthct  **anchorhealthct.org**

A speech bubble with a black outline and a white interior, set against a background of a rainbow gradient with a halftone dot pattern. The text inside the bubble is centered and reads: "I believe in queer and trans **safe spaces** because...".

I
believe
in
queer
and
trans
safe
spaces
because...

"As a mother of a trans kid, I want him to be able to go anywhere in the world and feel supported and loved."

"I'm still healing from not having one."



Q: What makes a *Safe Space*?

A safe space is somewhere I don't have to be afraid, somewhere I can be unapologetically myself. A space for everyone.

A safe space is inclusive, open to new ideas and expressions, and aware of its community.

Taking space without needing permission.

Free from fear.

A place where people can come together without prejudice, bias, or discrimination.

A place where people feel loved, accepted, validated, and heard. Opportunity for growth, learning, and community with likeminded people.

An abundance of love, a little curiosity, and no judgment.

"The bear community is a safe space for anyone who feels like they don't fit in. A safe space is a place where anyone can be their authentic selves."

Celebration:

Don't tolerate me, celebrate me.

Affirmation:

Meet me where I am, and I'll do my best to do the same for you.

Community:

It's too easy to slip into isolation and alienation. Break the barriers with me.

There is no **liberation**
without...

Visibility

Solidarity between all
marginalized people

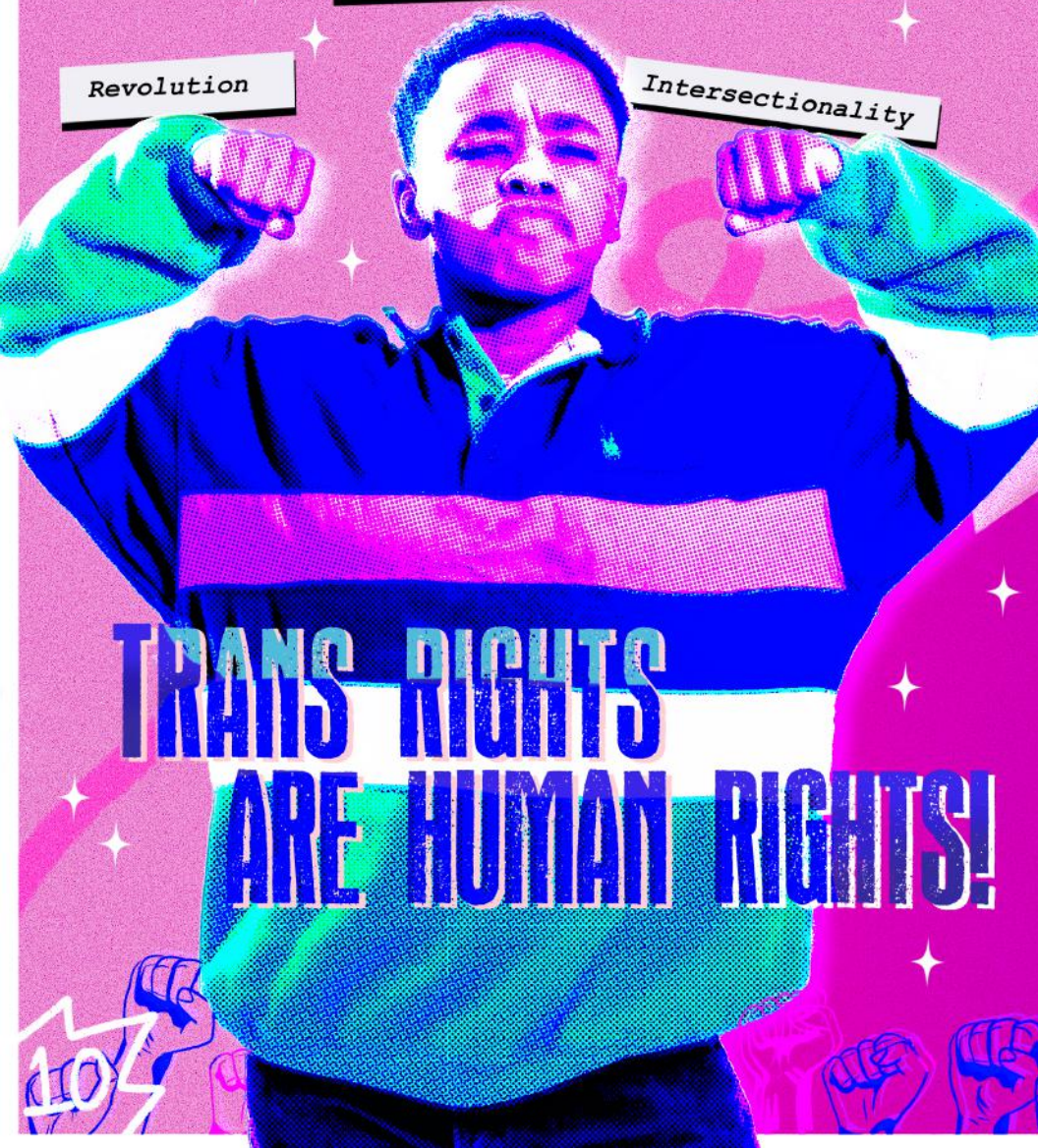
Black trans women

Inclusion, acceptance, and education

Revolution

Intersectionality

**TRANS RIGHTS
ARE HUMAN RIGHTS!**



I believe in
queer revolution

We need revolution
to get Liberation!!

#BelieveInPride

@anchorhealthct

anchorhealthct.org

Change needs to happen now! Change needs to happen now!

"I believe in queer and trans power because expressing yourself is the greatest power there is."



I BELIEVE IN

QUEER AND TRANS

FAMILIES

BECAUSE...

"Our chosen families give us access to community, care, advice, mentors, history, and more."



Connecticut State Treasurer Erick Russell (left), Lt. Governor Susan Byiewicz, and Governor Ned Lamont

"We'll
always
be here
and
always
will
be."

I BELIEVE IN

QUEER AND TRANS FUTURES

BECAUSE...

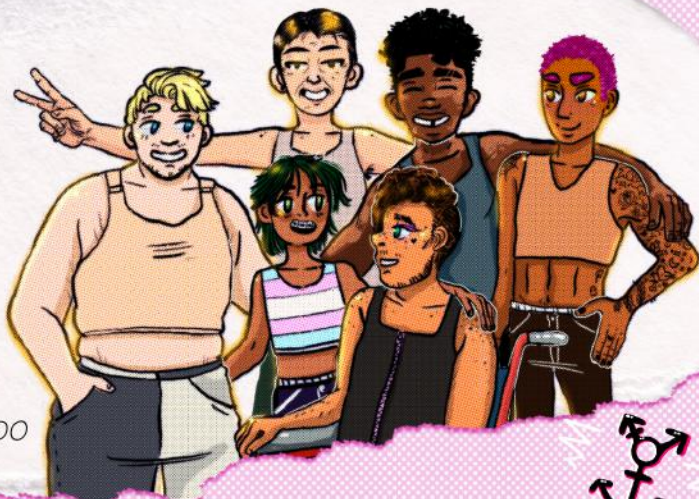
The
future

"I'm
the mom
of an
awesome
trans
kid!"

is
queer!

- I believe in queer + trans = ORGANIZING = because...
- * we know how to throw a party and get stuff done!
- * community saves lives
- * liberation demands solidarity

ALL ABOUT CHEST BINDING



By AJ Eckert, DO



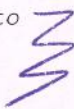
Chest binding is a common practice that compresses the chest tissue for a flatter appearance. Many people bind their chests for different reasons. Some find that their chest causes significant gender dysphoria, leading to discomfort and distress. But binding can be for anyone who wants a flatter appearance to their chest or to feel more comfortable.

The following guide goes through chest binding best practices and how-tos, such as getting and wearing a binder, minimizing side effects, and what to do – and not to do – if you can't bind.

Where to get a binder

The most reliable sites for binders are:

- Underworks
 - Gc2b
 - T-Kingdom
 - Shapeshifters
 - FLAVNT
 - GenderGear.ca
 - Point of Pride
- (free chest binders to any trans person who can't afford or safely obtain one)
- Genderbands



If you are having trouble getting a binder, there are local and national binder exchange programs and low or no cost programs. These can help you get a gently used binder.



Measuring your chest

- For the first measurement, use measuring tape to measure under your arms, just below the armpits, and around your back and chest.
- For the second measurement, pull the measuring tape snug over the fullest part of your chest.
- Add the two measurements together and divide by two. If you're between sizes, round up to the larger size.



Sizing

- Don't get a binder that's too small – this can cause you more pain. You need to be able to breathe!
- Make sure your binder doesn't feel like it's digging in.
- Make sure to follow the recommended sizing of whichever binder brand you go with.



Binder use



Binders can be hard to put on and take off and take some time to get used to. Here are tips to make it easier:

- * Use baby powder to make putting your binder on and taking it off easier!
- * It may be easier to step into the binder than to pull it on like a shirt.
- * Turn the binder inside out and upside down and use sleeves as handles to pull the top of your binder (end closer to feet) up to your shoulders.
- * Put arms through the sleeve holes and adjust the chest. Leave the binder folded under or pull the bottom of the binder out. 😊
- * To adjust your chest, reach in from the neck hole and push the chest down and out – nipple toward your armpit – to achieve the flattest-looking chest possible.
- * Binders with zippers and/or Velcro can be helpful for larger chests.

To keep your binder from rolling up:

- Pull it over your jeans and/or belt. ~~~~~
- Tuck your binder in between your boxers and pants.
- Tuck your binder inside your boxers.
- Use lotion to hold the binder in place.
- If you're crafty, sew extra fabric to the bottom of the binder.

Timing

- Limit the time you spend wearing your binder. If possible, give your body a break every 8-12 hours.
 - Don't sleep in your binder
 - Don't exercise in your binder
- (You can swim in your binder, if you don't do anything extreme like laps. Binders are also harder to take off a wet body.)



Signs to take a break: chest pain, trouble breathing, numbness, tingling, overheating, dehydration, skin rash or irritation or sores, back pain and/or soreness, rib pain and/or soreness.

Chafing relief



Chafing is super common, especially in warmer weather.

The following can help prevent chafing:

- Use Body Glide
- Wear an undershirt under your binder 🍷
- Use lots of baby powder
- Wear a binder made with cool fabrics such as cotton
- Switch to a mid-length or sports bra-style binder
- Stay hydrated 💧



Sweating

Not all binders breathe well. Sweating can be a lot worse if you're on testosterone, too. Keep this in mind! A build-up of sweat can irritate the skin and cause rashes and sores.

Sound familiar? Try the following:

- * Wear a thin cotton shirt underneath your binder
- * Apply a layer of corn starch to your body to help keep the binder from holding in moisture
- * Wash the irritated area with anti-bacterial soap

Hygiene

- * Wash your binder regularly with soap and water. 😊
- * Handwash your binder at night and let it air-dry while you sleep. 💧
- * You can use a washing machine. Just make sure to wash your binder on the cold setting.



Binding and top surgery

Over a long time, binding can alter your skin's natural elasticity, meaning the skin becomes looser than for those who don't bind. Don't worry, if you're planning to get top surgery one day, this doesn't ruin your chances of good results! The effects are minor. <



Pain from binding

Binders are awesome, but they're not comfortable. If you start getting pain from regular binding, do the following:



- Give your body breaks when you can
- Stretch throughout the day
- Consider massage and/or physical therapy if stretching is not enough



If binding still hurts, try a larger binder or find alternatives, such as TransTape.



Side effects of binding

- Most common: back pain, overheating, chest pain, shortness of breath, itching, bad posture, shoulder pain.
- Despite these health concerns, most people still bind due to the positive effects on mental health and quality of life.

> If you can't bind <

- Wear shirts with patterns and darker colors to help distract from the chest area. Vertical stripes draw attention away from curves.
- Layer your shirts. Start with a tight shirt or sports bra.
- Wear your shirts and jackets unbuttoned or unzipped.
- If you are layering sports bras, use caution. You'll get an uneven shape and the bras will cut into your skin.

Careful!

- Don't use ACE bandages, plastic wrap, or duct tape. These restrict your ability to move properly and breathe.
- ACE bandages constrict and get tighter and tighter as you breathe.
- Duct tape can be painful to remove, reduces oxygen to the area, and causes moisture to build up.
- Don't wear two binders at once. This can damage your ribs and lungs, cause uneven compression, and the binders will cut into your skin.

Other chest flattening options

- * Sports bras don't achieve a completely flat appearance but can be more comfortable.
- * TransTape or KT Tape are much less painful and can give you a flat appearance, but they have a learning curve to use properly.



The true danger with binding is that health care professionals are largely unaware of the phenomenon and need to learn how to help people bind safely and effectively.

Providers can minimize symptoms with proper education and guidance, including learning how to size and fit a patient for a binder, advocating for insurance companies to provide coverage for this medical device, and working with trans-affirming binder companies to provide in-clinic binders. It's key for providers to initiate non-stigmatizing discussions about binding.



RESOURCES



Q PLUS

Q Plus works to uplift and empower queer youth by creating resources and programs that address the needs youth identify. Those programs include open mics, advocacy and self-care workshops, GSA visits and services, weekly activity nights and support groups, and more. We also offer support groups for parents and caregivers, and professional development training for adults!



Connect With Us!



qplusct.org



info@qplusct.org



@qplusct & @q.plus.supporters



YOUTH GROUPS

Online

- Game Night - *Thursdays, 7 pm - 9 pm*
- Peer Support & Discussion - *Tuesdays, 7 pm - 9 pm*

In-Person

- Middletown Craft Night - *2nd Monday, 6 pm - 8 pm*
- Middletown Game Night - *4th Wednesday, 6 pm - 8 pm*
- New Haven Game Night - *1st Friday, 6 pm - 8 pm*
- Portland - *1st Wednesday, 6 pm - 8 pm*
- Portland Support - *3rd Wednesday, 6 pm - 8 pm*
- Southington - *Wednesdays, 6 pm - 8 pm*
- West Hartford - *Fridays, 6 pm - 8 pm*

In-Person (Identity-Specific)

- Black & Brown Queer Support - *alternating Wednesdays, 6 pm - 8 pm, Hartford*
- High School - *2nd & 4th Fridays, 6 pm - 8 pm, West Hartford*
- Preteen - *1st Saturday, 12 pm - 2 pm, Middletown*
-♥-♥-♥-♥-

Preteen and high school groups are restricted to those ages. All other groups are intended for youth ages 13-19. Youth under 13 may attend with parent permission and at staff discretion.

Parent & caregiver groups meet in West Hartford on 1st & 3rd Fridays, Portland on 3rd Wednesdays, and Middletown on 1st Saturdays.

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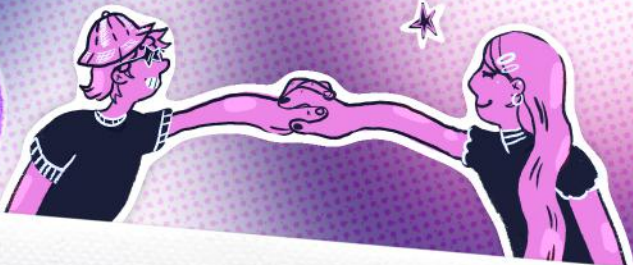
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


I believe in Pride!! v

Major thanks to *Connectic*nt*
for helping us with printing!

Check out their femme- and queer-led zine:

connecticunt.xyz

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



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