



Creating pathways to wellbeing

Ruben Hopwood, MDiv, PhD
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Ruben Hopwood (he/him) from Hopwood Counseling & Consulting shared typical feelings that people may experience during the shelter-in-place restrictions, suggestions for self-care (e.g. taking a walk, getting 15 minutes of sunlight and talking with a friend) and how to convey interest and provide meaningful support for employees' mental health and wellbeing. We were encouraged to 'connect' with the community and reminded of the valuable role that providing connection can play during times of isolation. (e.g. TCNE, PIOW, ERGs). Fenway Health was highlighted as a medical and mental health provider.

Fenway Health: fenwayhealth.org

Trans Club of New England: tcne.org



Rebecca Rosen, PhD
Director, Business Diversity, Tufts Health Plan
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Rebecca Rosen (she/her) from Tufts Health Plan gave examples of how the Business Diversity/BRG community is leading in this time of crisis. i.e. moving forward align a grant from their foundation to benefit a non-profit organization in the LGBTQ+ community during this pandemic. Rebecca highlighted the ways that leaders can make a difference.

D&I Website: tuftshealthplan.com/visitor/diversity-inclusion/overview

COVID-19 Response Website: tuftshealthplan.com/covid-19/home

BRG Initiative: tuftshealthplanfoundation.org/newsroom.php?page=press/grants_BRG_2020



Janson Wu, J.D.
Executive Director, GLAD, Legal Advocates & Defenders
Jwu.org
www.glad.org

Janson Wu (he/him) from GLAD, Legal Advocates & Defenders described how this pandemic has impacted many in the community and shared examples of what could be done that would provide relief and support - with a recommendation to pick something local. An inspiring reminder that "No one can do everything, but everyone can do something."

We also heard about the upcoming SCOTUS Title VII decisions. To learn more, watch GLAD's video on LGBT Rights at the Supreme Court: glad.org/post/video-lgbtq-rights-at-the-supreme-court

COVID-19 Resources: glad.org/covid-resources



Grace Moreno, PhD
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Grace Moreno (she/her) from the MA LGBT Chamber of Commerce reminded us that our community has a history of coming together when times are tough and this is no different. The MA LGBT Chamber of Commerce is providing 'coming together' leadership for LGBT owned businesses and individuals during these times of crisis. With an acknowledgement that COVID-19 is hitting populations of color in disproportionate ways and the LGBT+ community uncared for and unseen, this is a critical time for leadership.

For those looking to support LGBTQ+ businesses, visit malgbtcc.org for a member directory. Grace highlighted 3 examples of businesses you can support today.

- Basil Tree - www.basiltree.com
- Kikos Coffee and Tea - kikoscoffeeandtea.com
- Douglas Spencer - spencerbrenneman.com

For those looking for jobs and corporations looking to hire LGBTQ+ people, the MA LGBT Chamber is hosting an upcoming job fair. Contact info@malgbtcc.org for more information.



Reina Ysaguirre-Boersma
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Reina Ysaguirre-Boersma (she/her) from Boston Pride gave a preview of what is being planned for virtual experiences of Boston Pride 2020, including flag raising, panel discussion, illumination event and more! See www.bostonpride.org for updates and all the latest information. Reina suggests that organizations and ERG's can help by spreading the word about Boston Pride (e.g. add information to ERG newsletters) and giving to the Boston Pride Community Fund to support grassroots organizations. Boston Pride will be hosting a follow-up virtual meeting for corporations and ERG's interested in additional information. Stay tuned for more!



John Basile
President, Pride in Our Workplace
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John Basile (he/him) from Pride in Our Workplace (PIOW) described PIOW's mission as a premier thought leadership partner in the New England region for organizations seeking to create a best practice inclusive and equitable work environment where LGBTQ+ employees at all levels are able to be authentic, thrive and succeed. PIOW's approach is to connect, inform, educate and consult. John invites organizations to support PIOW through corporate sponsorships and active engagement.

Out & Equal Resource: outandequal.org/wp-content/uploads/2020/05/PrideOutOfTheBox_R4.pdf

