

Courtney D'Allaird



Kristy Lenuzza



Robyn Ochs



# emPower Up!

Mohawk Valley Community College is pleased to host the first annual emPower Up! Program, a Spring empowerment program for LGBTQIA+ identified youth in grades 9-12.

April 16-18,  
Tuesday-Thursday,  
10 a.m.-3 p.m.  
Utica Campus, ACC116



This program is FREE! Seats are limited. Breakfast, lunch, and all materials will be provided. Transportation may be available upon request.

Open to all 9th through 12th grade youth in the Herkimer, Madison, and Oneida county region.



## Topics include:



Building and embracing identity and community



LGBTQIA+ college life



Community and social justice



Setting goals

## Speakers include:

**Robyn Ochs** is an educator, campus speaker, grassroots activist, and editor of the Bi Women Quarterly and two anthologies: the 42-country collection *Getting Bi: Voices of Bisexuals Around the World* and *RECOGNIZE: The Voices of Bisexual Men*.

**Kristy Lenuzza** is the founder of Sow to Speak, LLC and its mission is to provide content and workshops that allow the audience to walk away inspired to create more meaningful work and a stronger awareness in their life.

**Courtney D'Allaird** is the founding coordinator of the Gender & Sexuality Resource Center at UAlbany and has done extensive work with college campuses across New York State in order to expand initiatives for LGBTQ+ student inclusion. He works with college students in transitioning to campus life and provides interactive trainings, programs, and class lectures across campus.



This program is offered in collaboration with the Q-Center and is generously sponsored by an MVCC Foundation Innovation Grant.

To enroll or for more information contact:

**Carolyn DeJohn**

**315-792-5410**

**cdejohn@mvcc.edu**

[mvcc.edu/student-affairs/lgbt](http://mvcc.edu/student-affairs/lgbt)