

June 2025



LIFE SUPPORT

THE NEWSLETTER THAT DOES GOOD!



LGBT LIFE CENTER WILL BE AT THE FOLLOWING

PRIDE EVENTS

T = TESTING
AVAILABLE

5/31	MJs Pride Kick-Off - IN MAY - T
5/31	Miss Shalae Cowboy Carter Drag Show - IN MAY - T
5/31	The Red Party at The Wave - IN MAY - T
6/1	Portsmouth Pride - T
6/6	Family Pride Night (Chesapeake Central Library)
6/6	Smartmouth Brewery Pride
6/7	Phabulous Phoebus Pride - T
6/7	Harbor Fest
6/8	Pawsonickety Pet Pride
6/12	VA Aquarium Family Seavening
6/14	Pride Night at the Zoo
6/14	Juneteenth @ Ingleside Field
6/14	Pride at Garage Brewery
6/21	Pride Fest @ Town Point Park - T
6/22	Pride in the 'Peake - T
6/25	United Jewish Federation w/Sara Glass
6/27	Suffolk Public Library Parking Lot Pride
6/28	IAWIA Traditions Brewery - T
6/28	Sapphic Pride
7/4	Fourth of July Fest Events - IN JULY

In this issue:

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- Pride Under Pressure
- Seahorse Dads and Trans Fatherhood
- Bricks and Donuts: Pride is a Protest



FOR TIMES/LOCATIONS AND MORE EVENTS: lgbtlifecenter.org/events



ASK US ABOUT

free DoxyPEP and PrEP from

THE CLINIC

— at the center —

DoxyPEP

blocks STIs* if
taken within 72
hours

**chlamydia, syphilis, and gonorrhea*



PrEP

blocks HIV and
is up to 99%
effective

*available as a daily pill or every other month
injectable*



or get labs and meds
at home with

freddie



SCAN ME

lgbtlifecenter.org/prep

OBSERVANCES

Pulse Remembrance Day – June 12th

On June 12th, we remember the 49 beautiful souls taken at Pulse Nightclub in 2016.

We honor their memory by continuing to call for LGBTQIA+ rights and protections, amplifying voices of our LGBTQIA+ and Latinx communities, and stand against hate. In words, in action, in solidarity. Their light lives on in our fight.



Marriage Equality Day – June 26th

It's been 14 years since the Supreme Court Decision that declared the often used adage- Love is Love and Love always wins!

We celebrate today as a reminder of victory for love and justice and a reminder that equality is a right not a privilege.

The fight for equality continues, but today we celebrate how far we've come.

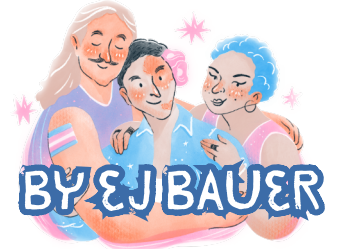
National HIV Testing Day– June 27th

National HIV Testing Day is a powerful reminder that knowing your status means taking control of your health.

The LGBT Life Center has supported the Hampton Roads LGBTQ & HIV communities since 1989. End the stigma, get tested, and get informed.



FREEDOM TO BE



Just weeks before Pride Month began, on May 17th, I stood in the shadow of the U.S. Capitol and watched as the grass of the National Mall transformed into something sacred. Quilt square by quilt square, 250 in total, were laid gently into place as part of the ACLU's "Freedom to Be" monument, a tapestry of protest, memory, and joy, stitched by over a thousand trans people from across the country.



Photography: ACLU

As speakers shared stories of struggle, survival, and solidarity, hundreds of visitors walked the rows of fabric, pausing to read, to cry, to smile, to photograph, to feel. Each panel was its own declaration — some playful, some aching, some angry, all beautiful — but together, they formed a single undeniable chorus: We are here.



Photography: EJ Baur

And not just here — but joyful. Loudly. Unapologetically. One phrase repeated itself throughout the day, in the voice echoing off the marble building around us to the quilt squares taunting the Capitol's dome: "Trans joy is its own form of protest."

In a time when visibility feels dangerous and legislation tries to erase our very existence, joy becomes rebellion. Gathering together becomes resistance. Dancing, laughing, mourning, and celebrating who we are in broad daylight — it's a refusal to disappear. We are not going back into the shadows. We are not backing down.



Photography: EJ Baur

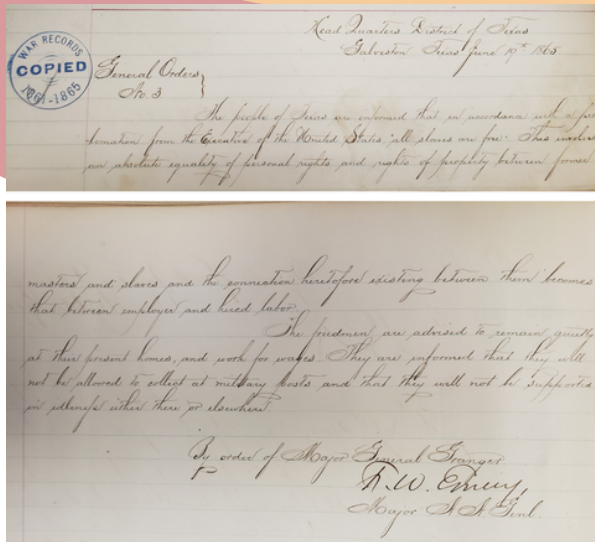
We are here.
We are strong.
We are proud.

For more information on the ACLU's "Freedom to Be" Campaign, see the following link:
<https://www.aclu.org/campaigns-initiatives/freedom-to-be>



Juneteenth: *In the Spirit of Freedom*

by Grace Lillehei



General Order No. 3, issued by Maj. Gen. Gordon Granger, June 19, 1865.

Juneteenth is an American holiday that celebrates the official emancipation of enslaved African Americans in Galveston, Texas, on June 19, 1865. It marks the day when Union General Gordon Granger arrived in Galveston and informed enslaved people there that they were free, nearly 900 days after the Emancipation Proclamation passed.

There are records of celebrations in Texas dating back to 1866, and many times, since it was against the law for African-Americans to be in public parks, communities would pool money and resources to buy land for a place to celebrate. With waxing and waning popularity through the decades, nowadays it is a celebration of triumph, power, and resilience.

Juneteenth was ratified into a federal holiday in 2021 and is the first federal holiday added since Martin Luther King Jr. Day in 1986.

I invite you to listen to some of the Black voices that made this incredible day possible. Give them a Google, ask your local library for books, or find a documentary on television.



Opal Lee

"The grandmother of Juneteenth"

She marched symbolically across from Fort Worth Texas to Washington DC to convince lawmakers to ratify the holiday. (She was 89 at the time)



Ralph Ellison

Author of *Invisible Man*, National Book Award winner of 1953. His book titled *Juneteenth* was published posthumously from his collected writings, and greatly increased the recognition of Juneteenth.



If you would like to hear Black stories and celebrate Juneteenth, there are several options no matter where you live. Find one, find several, but remember the fight it took to get here, and celebrate where we are now.

Celebrations and events near you:



- Colonial Williamsburg will have programming from June 14-21, and free tickets on June 19th.
www.colonialwilliamsburg.org/visit/through-the-seasons/juneteenth




- Norfolk is having several events and celebrations. The Slover musical performances were amazing last year.
www.visitnorfolk.com/blog/norfolk-juneteenth-events



- Mill Point Park is having their 4th annual Juneteenth celebration!
www.visithampton.com/event/4th-annual-juneteenth-celebration-peninsula



- Newport news will host the 19th annual Freedom Festival on June 21st at Victory Landing Park
www.nnparksandrec.org/event/juneteenth-freedom-festival

A close-up photograph of a hand holding the bottom of a rainbow flag. The flag's colors—red, orange, yellow, green, blue, and purple—are vibrant and spread out. The hand is positioned in the lower center, with fingers gripping the fabric. The background is dark and out of focus.

PRIDE UNDER PRESSURE

by Corey Mohr

WHY THIS YEAR'S CELEBRATION MUST ALSO BE A STAND FOR SURVIVAL

As we enter Pride Month—a time to honor our history, our progress, and our community—it's impossible to ignore the storm clouds gathering over LGBTQ+ rights and public health. The Trump administration, alongside the Virginia Department of Health (VDH), is threatening not only the dignity of queer lives but the very systems that have kept our community healthy and thriving for decades.

In May, the Virginia Department of Health announced drastic cuts—up to 47% for some organizations—to Ryan White Part B funding, a program that supports individuals living with HIV by providing critical services like housing, transportation, and health care coordination. For the thousands who rely on these services, this isn't a budget issue—it's a survival issue.

The Real-Life Impact of These Cuts

For individuals living with HIV, services funded by the Ryan White program are often the difference between stability and crisis. Removing access to transportation means some won't make it to their doctor. Cutting housing support could result in homelessness for medically vulnerable individuals. And without these supports, adherence to HIV medication declines, leading to higher viral loads and increasing the risk of transmission within our community.

This is not hypothetical—it is a real and immediate danger.

A Direct Attack on Our Center and Our Mission

LGBT Life Center is one of the organizations facing these devastating cuts. These reductions not only harm our clients but directly threaten our ability to provide the services that support their overall well-being. From housing assistance to behavioral health, transportation, food access, and health care navigation, we've built a network of care that meets people where they are. That network is now at risk of being unraveled by political decisions that ignore science, public health, and human dignity.



LGBT **LIFE** CENTER

The resources and support to live a healthy, LGBT LIFE



PrEP & DoxyPEP for Prevention

PrEP & DoxyPEP can
prevent HIV and
common STIs

LGBTQ+ & HIV Clinic/Pharmacy

On-site clinic and
pharmacy services for
convenience

Mental Health Counseling

Safe, understanding, and
inclusive mental health
services you deserve

w: lgbtlifecenter.org

e: info@lgbtlifecenter.org

t: 757-640-0929

And the threat doesn't stop at the state level. The Trump administration has proposed sweeping federal budget cuts that gut HIV prevention and care programs nationwide—including the Ending the HIV Epidemic initiative. These are deliberate rollbacks, not accidents. They reflect a broader effort to erase LGBTQ+ people from federal protections, public health priorities, and the national conversation

The Ripple Effect on Our Community and Economy

LGBT Life Center isn't just a health provider—we're also a major employer and contributor to the local economy. With nearly \$15 million in operating revenue and more than 60 employees, the work we do supports families, builds careers, and drives local economic activity.

Cuts mean Hampton Roads doesn't just lose healthcare services—we lose jobs, tax revenue, and stability. The impact will be felt in neighborhoods, at kitchen tables, and in the lives of people who depend on the Center not just for care, but for connection and community.

Where We Go from Here

This Pride Month, we're reminded that visibility without action is not enough. We must show up—for our community, our neighbors, and ourselves. And we must be clear: Respect our existence, or expect our resistance. That's more than a slogan—it's a declaration of resilience, of power, and of refusal to be erased.

If you want to join the fight, here's where to start:

- Pick up one of our "Respect Existence" shirts—not just to wear it, but to help raise funds that directly support our services.
- Attend Pride events this month to bring visibility to our cause and stand with those most affected.
- Uplift and protect trans voices and lives, especially as they are under heightened attack.
- Use the power of your money and your vote. Don't support candidates or corporations that don't support us. Our rights are not up for debate—and neither is our humanity.

Pride is a celebration, yes—but it is also a protest, a legacy, and a commitment. Together, we will not back down.

LIFE belongs to all of us.





SEAHORSE DADS AND TRANS FATHERHOOD

by Kyle Fillhart

Happy Father's Day to all the Dads out there- the biological, the spiritual, the steps, and the adoptive, but here's a special Happy Father's Day to the Seahorse Dads! For those who are unfamiliar with the term, "Seahorse Dad" a loving term embraced by trans men who give birth biologically to their children, whether before, after, or during transition, and refers to the natural process of male seahorses giving birth to baby seahorses instead of the females like most other species.

Only recently in the reproductive health world have trans men been included in the conversation. Due to how small they are in number and to ongoing transphobia and defunding of scientific research, there aren't a lot of resources for pregnant masculine folks. Many trans men do not experience the same symptoms as cis women, such as breast tenderness and missed periods, due to the potential combination of HRT and gender affirming surgeries. This makes it more likely for trans men to find out they are pregnant later on in the pregnancy, making it more difficult to access resources during the necessary time frames, such as doctor's appointments, housing security, prenatal nutrition, and the option of abortion if wanted or needed.

As much as pregnancy is complicated for anyone with a uterus, there are specific stigmas that trans men face, both medically and socially, when it comes to pregnancy and access to reproductive health care. And while it is important to highlight those hurdles, it is also vital to remember that the experience of trans masculine pregnancy is vast, and with the hardships come, with equal intensity, experiences of self acceptance, gender expansion, and radical joy. Queer parenthood is beautiful and deserves to be celebrated, so happy Father's Day the Seahorse Dad's! May your fatherhood keep you and yours safe and warm <3



Here are some notable men who have made significant efforts to better the lives of trans health care and pregnancy.



Thomas Beatie is an American public speaker, author, and advocate of transgender rights and sexuality issues, with a focus on transgender fertility and reproductive rights. Beatie became known publicly as “the pregnant man” after becoming pregnant from artificial insemination in 2007. Then, in 2012, the couple filed for divorce making Beatie’s case the first of its kind on record, where a documented legal male gave birth within a marriage to a woman, and for the first time, a court challenged a marriage where the husband gave birth.

Kayden Coleman is an American transgender and gay advocate, educator, and social media influencer. In 2013, when Coleman was 4 years into gender reassignment therapy, he unexpectedly found out he was pregnant with his first child. Coleman has written and documented his experience in interviews, writing, and social media, highlighting the major blind spots when it comes to trans men, specifically for trans men of color. In 2021, he was honored by Out Magazine as an Out100 honoree, a recognition given to prominent members of the LGBTQ+ community for their outstanding work promoting LGBTQ+ rights.



Freddy McConnell is an English journalist who writes about transgender rights in the United Kingdom. He is best known for his advocacy as a transgender man who has given birth. His experience was documented by the 2019 documentary *Seahorse*, directed by Jeanie Finlay. After giving birth to his son in 2018, the English National Registrar denied McConnell’s petition to be listed as the child’s father on the birth certificate, though allowing McConnell to use his current name. In September 2019, McConnell lost an application for judicial review to be described as father or parent on the child’s birth certificate due to English Common Law.

BRICKS & DONUTS:

PRIDE IS A PROTEST

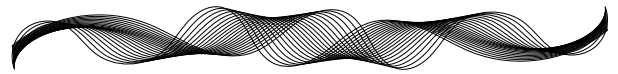
by Shay Wilson

On June 28, 1970, thousands of LGBTQ+ individuals gathered in the streets of New York, Los Angeles, San Francisco, and Chicago to commemorate the 1969 Stonewall Rebellion and march for equality in the very first Pride celebrations. Today, June 28th is recognized as Stonewall Day in remembrance of one of the most notable uprisings for queer rights.

That fateful day in 1969 began with the NYPD conducting a routine raid on the Stonewall Inn, a well-known gay bar in New York City. These raids occurred almost once a month, and the bar had already been targeted once during the week of June 28. This time, patrons began to resist—yelling and throwing bricks and other objects at officers. Officers attempted to flee the violence by retreating inside the bar and creating a barricade. Their efforts were futile, as protestors broke through the barrier, fought with police, and started a fire in the building. In the following days, protests and riots continued, marking a revolutionary turning point for the gay rights movement.

While Stonewall is one of the most notable protests for gay rights, it certainly was not the first. In 1959, the LAPD arrived at local donut cafe, Cooper Do-nuts, and demanded identification from five patrons to ensure matching outward presentation to the sex listed on their ID. As the patrons were led outside and shoved into one police car for arrest, one of the patrons began to resist. This drew the attention of nearby queer onlookers. Rushing into the street, the crowd began to throw donuts, paper plates, coffee cups, and other objects at the police. The police fled the scene to call for reinforcement without making any arrests; once they returned with reinforcements, they were met with a significantly larger crowd. Eventually, the LAPD gained control of the area and arrested several individuals.





Eight years later, on February 11, 1967, hundreds of individuals gathered for a peaceful protest of police brutality and discriminatory laws outside of the Black Cat Tavern in the Silverlakes neighborhood of Los Angeles. A year before Black Cat's, in 1966, a group of trans women stood back against police in San Francisco at the Compton's Cafeteria Raid. In 1955, the Pepper Hill Club Raid saw over 162 people arrested in Baltimore. Countless other raids, protests, and subsequent arrests occurred throughout the country—each a step towards equality for the queer community.

While these initial protests proved essential for the progression of gay rights, they typically centered white, cisgender, gay men. As we forge onward in an ever-increasingly hostile political climate that vilifies queer identities, it is critical that the fight for LGBTQ+ rights centers and uplifts the voices of those that face intersectional oppression—especially trans people, queer people of color, those with disabilities, and other marginalized members of our community. It is vital that our community stands strong in unity to fight for the rights of all of our neighbors. The fight is far from over, and our strength lies in our unity.

**No one is free until
everyone is free.**

For more information visit:
www.nationalgeographic.com/history/article/stonewall-uprising-ignited-modern-lgbtq-rights-movement

www.pbssocal.org/shows/lost-la/the-black-cat-harbinger-of-lgbtq-civil-rights

www.one.usc.edu/story/cooper-do-nuts

MEET OUR STAFF

Director of Communications



Corey Mohr (He/Him)

is the Director of Communications at LGBT Life Center where he has worked for nearly 9 years. He handles everything from press releases to web content to social media, ensuring the Center's work and mission are clearly communicated. Corey's background is in political and nonprofit communications, and he's especially passionate about LGBTQ+ advocacy and public health. Outside of work, he's a fan of Bob's Burgers, everything David Attenborough, and finding any excuse to laugh.

Literary Editor



Kyle Fillhart (He/Him)

is a local 757 trans man and volunteer editor for the LGBT Life Center volunteer newsletter. He is also involved with the Hampton Roads Reproductive Justice League and trans advocacy group Men in Transition. You can usually find Kyle running between Norfolk's queer bars and spaces, or hanging out at home making collage art with his husband and two cat babies.

Writer



Grace Lillehei (They/Them)

is a new addition to the Life Center, they've been volunteering since 2024, and they usually volunteer at the Hampton location. Their interests lie in history, crafting, reading, and the outdoors. Grace will be the first to jump on the probably-ill-advised-but-guaranteed-to-be-fun train, but also the first to sign up for a lazy day in. They spend their admittedly paltry free time sewing outdoors, butlering, and not having free time.

Writer



Shay Wilson (They/Them)

is a proud parent of two cats, a grant writer at a local nonprofit, and an amateur harmonica player. After graduating last spring with degrees in Gender Studies and Writing & Rhetoric, they moved across the country from Utah to the South Hampton Roads area. Here, Shay continues to nurture their passions for writing, advocacy, video games, bad jokes, and spending time with their cats.

Writer



EJ Baur

is a valued volunteer writer with our team. We're grateful for their contributions and look forward to sharing more about them in a future issue.

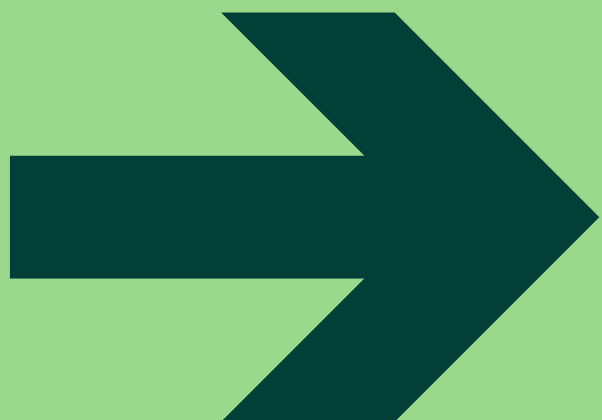
Designer



Lexi Kukrall (They/She)

is the Assistant Marketing Director for Stonewall Sports Norfolk and has stepped in to design the LGBT Life Center volunteer Newsletter. They're currently studying communications and enjoys nonprofit work with the LGBTQIA+ community and animal advocacy. She spends most of her time streaming video games, reviewing movies, (badly) playing sports, and spending time at home with their spouse and 3 kitties

WE NEED YOU



**Switch your prescriptions to
our pharmacy program to
combat the Trump
administration's attack on
our funding.**

#SwitchToSupport

pharmacy@lgbtlifecenter.org
757-640-0929



For more articles and news check out our blog!

<https://lgbtlifecenter.org/blog>



To help us make continue our mission, learn more about volunteering with the LGBT Life Center:

<https://lgbtlifecenter.org/volunteer>



For employment opportunities:

<https://lgbtlifecenter.org/about/jobs>

OUR MISSION

LGBT LIFE CENTER IS A TRUSTED LEADER THAT STRENGTHENS THE LGBTQ+ COMMUNITIES AND ALL INDIVIDUALS LIVING WITH HIV THROUGH IMPROVING HEALTH AND WELLNESS, SUPPORTING FAMILIES AND COMMUNITY, AND PROVIDING TRANSFORMATIVE EDUCATION AND ADVOCACY.