



Volume 25, Issue 9
September 2025

www.GayDayton.org

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NLW No Cost LGBTQIA+ Therapy Services

Overview

The NLW no cost therapy program offers eight sessions over four months, meeting every other week for one hour. This brief therapeutic program is designed for individuals identifying as LGBTQIA+. Candidates can apply or be recommended, after meeting specific income and safety criteria. Clients select one of five evidence-based therapy focus options, Brief Integrated Therapy, Intro to Parts Work, DBT Basics, Targeted EMDR, or Mindfulness Essentials. If suitable, clients may qualify for free Ketamine Assisted Psychotherapy (KAP) or group therapy (if offered), after 8 sessions are completed. The therapist, Ryan Chanatry, LPC, is trauma-centered, and DBT & EMDR trained.

Client Qualifications

- Identifies as LGBTQIA+
- 18 years old+ (16/17 years of age with caregiver consent)
- Has Medicaid, or Medicare, or no private insurance
- Household income is below \$50,000
- Diagnosis of anxiety, depression PTSD/trauma, borderline, or related condition
- No suicidal-related hospitalization or active safety plan in the past six months
- Stable medication regimen (if applicable)

Logistics & Commitments

- Commitment to attend all 8 sessions in person
- Sessions available every other week, **5-6p on Tue & Wed** (based on availability)
- Reliable transport to 7901 Schatz Pointe Dr. Suite B, Dayton, OH 45459
- Clients are allowed 1 cancellation. After 2, the client will be moved to the waitlist and can resubmit for services at a later date

Therapist Bio - Ryan Chanatry, MS, LPC

As a therapist and partner at New Life Wellness, I provide a highly personalized, collaborative, and lifestyle medicine approach to mental health treatment. My focus goes beyond symptom management, toward lasting healing and well-being.

My trauma-centered approach is humanistic, spiritual, and Internal Family Systems (IFS) informed. I integrate multiple evidence-based techniques in order to help release what is stuck, reset your nervous system, and restore a sense of security and purpose. These include somatic and sub-cortical methods such as Eye Movement Desensitization and Reprocessing (EMDR), and Ketamine-Assisted Psychotherapy (KAP), in addition to Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), parts work, and mindfulness.

Calendar of Events

Sept. 1,	12:00 PM	Labor Day Picnic	Metro Park Taylorville Reserve 1200 S Brown School Rd, Vandalia, OH 45377, USA
Sept. 1,	7:00 PM	LGBTQ AA Group	Center
Sept. 3,	6:00 PM	Rainbow Elder Care	Center
Sept. 4,	6:00 PM	LGBTQ+ Center Board Meets	Center
Sept. 4,	7:00 PM	Yoga At The Center	Center
Sept. 6,	7:00 PM	Drag Is Not A Crime art exhibit	Center
Sept. 8,	4:30 PM	Q+ Center Board Meeting	Center
Sept. 8,	6:00 PM	Stories from the Front Lines	12 S. Perry St, Dayton
Sept. 8,	7:00 PM	LGBTQ AA Group	Center
Sept. 9,	6:30 PM	PFLAG Dayton Meets	Center
Sept. 10,	6:00 PM	Q+ Youth Center email:	qyouthcenter@gmail.com
Sept. 10,	7:00 PM	Pozitive Attitudes - virtual group	Center
Sept. 11,	7:00 PM	Yoga At The Center	Center
Sept. 13,	12:00 PM	Dayton Human Right Alliance Meeting	Center
Sept. 15,	6:00 PM	LGBTQ+ Writers Group Meeting	Center
Sept. 15,	7:00 PM	LGBTQ AA Group	Center
Sept. 16,	5:00 PM	HIV "FREE" Testing Event	Center
Sept. 16,	7:00 PM	Gatlyn Dame Support Group	Center
Sept. 18,	7:00 PM	Yoga At The Center	Center
Sept. 19,	7:00 PM	Dungeon & Dragons (Gatlyn Dame Group)	Center
Sept. 22,	7:00 PM	LGBTQ AA Group	Center
Sept. 23,	6:00 PM	Q+ Youth Support Group	Center
Sept. 24,	7:00 PM	Pozitive Attitudes	Center
Sept. 25,	7:00 PM	Yoga At The Center	Center
Sept. 26,	7:00 PM	Religious Trauma Group	Center
Sept. 27,	11:30 AM	Coffee & Conversation	Center
Sept. 29,	7:00 PM	LGBTQ AA Group	Center
Sept. 30,	6:00 PM	Area Agency on Aging Listening Session	Center

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Book Reviews

by: Terri Schlichenmeyer

aka: "The Book Worm"

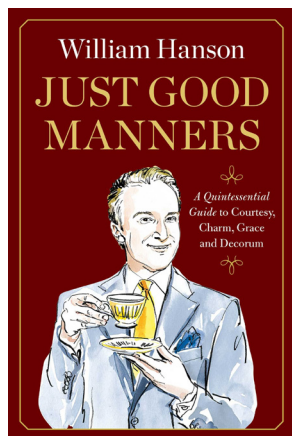
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"Just Good Manners: A Quintessential Guide to Courtesy, Charm, Grace and Decorum" by William Hanson

c.2025, Gallery Books

\$28.99

272 pages



So. Many. Forks.

You're glad *you're* not doing the dishes at the end of this dinner – but in the meantime, what's protocol? If this event wasn't a make-or-break, filled-with-repercussions kind of deal for you, you wouldn't care; you'd use one fork, one spoon, and enjoy your meal, thank you. So please pass the salt and the new book **"Just Good Manners" by William Hanson.**

Dining at a restaurant not long ago, Hanson noticed a glaring difference between how his fellow Brits order a meal, and how Americans do it. We might share a language, he says, and we're a

lot alike but we're also different in many ways. Manners are one of them. It may seem that formal manners are archaic, even quaint, but Hanson says that they're needed now more than ever. Manners help smooth social transactions. They leave room for grace in many situations, and they help put people at ease.

"Contemporary etiquette," he says, "is rooted in six key principles."

Humility is what ensures that everyone at your meeting or dinner is comfortable, not just you. **Hospitality** welcomes everyone to the table. Knowing one's **rank** shows respect. Says Hanson, "politeness takes **patience**" and **humor**, as manners evolve. And although it sounds counter-intuitive, manners are somewhat based on **passive-aggressiveness**, which helps you be direct, but not too much.

Here, you'll learn how to deal with introductions in different situations and what to do with a pronoun faux-pas. You'll see that merely greeting someone can be fraught with danger, so be sure you know who's who

before you enter a room. Learn to avoid five “taboo” topics when engaging in small-talk. If you’re interrupted, know how to kindly gain control of a conversation again. Find out how the use of slang tells a listener who you really are. Know how to be a good guest, and the kind of host people appreciate.

And yes, you’ll learn about those many, many forks...

You do not live in a bubble. You don’t work in one, either, and smoothing ruffled feathers is needed more than ever in today’s world so maybe it’s time to learn how to do that from a very *unruffled* source. With “Just Good Manners,” it could even set you apart.

Indeed, author William Hanson makes a case for politeness-as-diplomacy here, in a book that’s very Brit-centric but that includes anecdotes about disastrous situations in other countries. Tales like those are fun to read, in a Schadenfreude way, but they also illustrate why it’s essential to understand other cultures in business settings as well as in many casual events. If that sounds daunting, rest assured that Hanson uses his own advice, putting readers at ease with humor and charm and by taking the scariness out of manners by making them an easy, maybe even enjoyable, challenge.

You won’t feel scolded when you read “Just Good Manners,” but you will learn enough to be someone people want around. It’ll give you confidence. Before your next big event, it’ll give you something to chew on.

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OUT HERE DAYTON FILM FEST

REEL QUEER FOR 20 YEARS

OCTOBER 9-12
OUTHEREDAYTON.ORG



Out Here Dayton Film Fest

The Out Here Dayton film festival is now in it's twentieth year bringing you the best in LGBTQIA+ cinema from around the world. Through the years they have screened 337 films and hosted 57 guest artist to date with very exciting plans for this year as well.

The festival will be held October 9-12, 2025 with 9 features and 24 short films offering something for everyone.

On Friday night, following the feature film, is a post-screening Friday Night Party for attendee's at JOUI Wine, 117 E. Third St. in downtown Dayton at 9:30 pm.



THE FESTIVAL KICKS OFF ON THURSDAY, OCTOBER 9TH AT 7:30 PM with [*“Outerlands”*](#) directed by Elena Oxman is a film about a non-binary worker in San Francisco that balances multiple jobs, including dealing party drugs. When their crush asks them to watch her daughter, what starts as temporary childcare evolves into an unexpected journey of self-discovery and healing.

ON FRIDAY, OCTOBER 10TH at 7:30 pm is the feature film [*“Blue Moon”*](#) by Richard Linklater. Where famed lyricist Lorenz Hart faces his own short comings at Sardi bar as his old writing partner Richard Rogers celebrates his new musical, OKLAHOMA. The film is preceded by the short: “I’m the Most Racist Person I Know”



SATURDAY, OCTOBER 11TH beginning at Noon is a whole day of exiting films starting with the short, “The Last Story On Earth” followed by the feature [*“The Librarians”*](#) by Kim Snyder, presented in partnership with the Dayton Metro Library. In The Librarians film,

librarians emerge as first responders in the fight for democracy and our First Amendment Rights. This timely piece is one you won't want to miss, starring Sarah Jessica Parker.

AT 3 PM FEATURES: TOP DRAWER SHORTS a cavalcade of wonderful short films. “Sweet Talking Guy” by Miss Dylan & Spencer Wardwell followed by “Thanks Babs” by Rivkah Beth Medow & Jen Rainin, “Safety State” by Jeanette L. Buck, next up “Two Black Boy In Paradise” by Baz Sells, followed by “Autoerotica: We Sell Gay Stuff” by Andrea Hoyos, then “Grandma Nai Who Played Favorites” by Chheangkea, this was a Sundance Winner. Followed by “Girlfriend, Girlfriend” by Sara Werner, and lastly, “Poreless” by Harris Doran The Top Drawer Shorts are always a favorite of film fest attendees, and this year certainly has some real standouts.

AT 7:00 PM is the feature film, “We Are Pat” by Rowan Haber is a who’s-who of trans comics (including Girl God, James Tom, Roz Hernandez, and Nori Reed) are tasked with the ultimate challenge: creating a new Pat sketch in the year 2025 as originally created by Julia Sweeney’s ambiguous gender character on SNL.



AT 9:15 PM is “Queens Of The Dead” by Tina Romero. This star studded romp follows an eclectic group of drag queens, club kids, and frenemies who must put aside their personal dramas and use their unique skills to combat the brain-thirsty undead when a zombie apocalypse breaks out during their drag show in Brooklyn. The feature is preceded by the short: “Gender Reveal”

ON SUNDAY, OCTOBER 12TH beginning at Noon is the feature film, “State Of Firsts” by Chase Joynt. This film follows Sarah McBride’s historic run to become the first transgender member of Congress. Throughout her campaign, she navigates the complex terrain between activist and electoral strategies for change, confronting mounting pressure from her constituents. On the night that Sarah wins, so too does Trump, underscoring a nation intensely divided and sending Sarah to an increasingly hostile new workplace. Immediately after her victory, Sarah becomes the target of MAGA Republicans who ban her from using the restrooms in the Capitol, sparking national outrage and drawing attention to the escalating threats on trans people and trans rights.



STATE OF FIRST IS PRECEDED BY TESSITURRA, a short directed by Lydia Cornett & Brit Fryer, following three trans opera singers as they find their voices and explore the history of gender-fluid performances.

AT 3:00 PM, we kick off the **DOCUMENTING WOMEN SHORT FILM SERIES** with “The Best Interest of Children” by Frances Reid, Elizabeth Stevens, and Cathy Zheutlin. This 53-minute film is sure to captivate the audience.

Next up is, “Lesbian Custody” by Samuael Topiary & Molly Skonieczny A video essay about the personal and political context of a landmark lesbian feminist 1977 documentary **IN THE BEST INTERESTS OF THE CHILDREN**.

Following that is “Old Girl In A Tutu: Susan Rennie Disrupts Art History,” directed by Cheri Gaulke. This short features a feminist scholar who sneaks her octogenarian body into iconic works of art, disrupting the male gaze and point of view.

Then, don’t miss “We Will Carry On Alright” by Megan Rossman. In this 12-minute short, friendship and activism collide in an unforgettable story.

Lastly, we have “Free Beer Tomorrow: A Teaser” by Julia Applegate & Luster P. Singleton. This teaser introduces the upcoming documentary *Free Beer Tomorrow*, which tells the story of Jack’s/Summit Station – Ohio’s longest-running lesbian bar. A must-see!



AT 6:00 PM, the feature film [#300 Letters](#) by Lucas Santa Ana takes the stage. In this 90-minute drama, Jero and Tom are the young gay couple everyone admires. But on the anniversary of their first meeting, Jero returns to find that Tom has left him, leaving behind a box of 300 letters as his only explanation.

This year’s festival promises to be one of the best yet, celebrating its 20th anniversary. Originally curated by Jonathan McNeal, the festival now boasts a dedicated team that reviews over 200 films to curate this year’s lineup. A huge thank you to them for their hard work and dedication! If you see them at the theater, be sure to express your gratitude.

TICKETS FOR THIS AMAZING EVENT ARE AVAILABLE AT OUTHEREDAYTON.ORG



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GayDaytonMap



18 +	18 and Up	E	Other Entertainment	N/H	Neighborhood
A	Alternative	F	Food	S	Strippers
AH	After Hours	G/S	Gay/Straight	T	Mature
C	Country	K	Karaoke	V	Video
D	Dance	L	Leather	W	Women
DG	Drag	M	Men	Y	Young

1. Daddy's Den and Patio, 301 Mabel Street 252-2976 (M,L,E,S)
2. MJ's on Jefferson, 20 N. Jefferson 223-7340 (F,M,D,S,E,DG,V,K)
3. Right Corner, 105 E. Third St 228-2033 (NH,M,T,E)
4. Stage Door, 44 N. Jefferson St 223-7418 (M,L,C,K,T,NH,E)
5. Natalie Clifford Barney Historical Marker
6. The Greater Dayton LGBT Center, 136 N. St Clair 274-1776

www.GayDayton.org

mjsonjefferson.com



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Open Daily @ 3 pm ~ 2:30 am