

CULTURE & COMMUNITY CIRCLE

Chris La Tray: Poet, Memoirist, Educator

April 9, 2026
1:00 to 3:00 pm
Location: Student Center I-207, I-208, and I-209

Chris will be discussing his journey in becoming a writer, exploring his Indigenous roots, and excerpts of his award-winning poetry collection, *One-Sentence Journal: Short Poems and Essays from the World at Large*, as well as his new memoir, *Becoming Little Shell*, which won the Pacific Northwest Book Award, Kirkus Reviews Best Nonfiction of the Year, and Book Riot's Best Book of the Year.

Healthy Relationships & Emotional Safety

April 13, 2026
11:00 am to Noon
Presented by: Lauren Cardoso, Mental Health Counselor

Have you ever had a gut feeling that something in a relationship wasn't right, but couldn't explain why? Come and learn about common green and red flags in relationships, healthy communication patterns, and how to set and respect boundaries. You'll leave with skills for navigating dating, friendships, and conflict while maintaining your emotional safety.

Together We Remember: Middle Eastern North African History Month

April 14, 2026
11:00 am to 12:30 pm
Location- C-102

Celebrate MENA culture with us! Sip tea, enjoy music, and create your own art inspired by Middle Eastern and North African patterns and designs.

Success Talks: Inspiring Stories from the Middle East

April 16, 2026
12:30 to 2:00 pm
Presented by Aklas Sheai

Highlighting many mighty notable women who have achieved groundbreaking success and use their voice to empower and uplift others. They are still paving new ways despite prejudicial barriers to become invaluable resources for the community in creating change for women.

Breaking the Silence: Debunking Sexual Assault Myths

April 17, 2026
10:00 to 11:00 am
Presented by: Lauren Cardoso, Mental Health Counselor and Amanda Gunn, Mental Health Counselor

The presenters will examine common myths about Sexual Assault, including victim blaming and cultural misconceptions that contribute to stigma.

Arab American Immigrants: Cultural Identity, Historical Roots, and Contemporary Challenges

April 17, 2026
12:30 to 1:30pm
Presented by: Roula Aoneh

This workshop explores the historical roots and evolving cultural identity of Arab Americans, highlighting their contributions to American society. It also addresses the challenges they have faced, including stereotypes and social tensions, while emphasizing their ongoing role in shaping the nation's growth and progress.

Watch Party: ROI as Economic Liberation: Higher Education's Moral Obligation

April 21, 2026
12:00 to 1:00pm
Location: Black Student Success Center (C-102)

Speakers will examine how institutions must shift their framing away from access-focused metrics toward outcomes that produce true economic mobility. Food will be provided.

Watch Party: Basic Needs Support is Institutional Infrastructure, Not Intervention

April 21, 2026
12:00 to 1:00pm
Location: Queer Student Center (I-107)

This session will explore how institutions must operationalize support for food, housing, mental health, and financial stability needs, and develop these resources as part of institutional infrastructure rather than peripheral services. Food will be provided.

Eternal Black Eye: Identity, Performance & Healing Together

April 23, 2026
3:00 to 5:00 pm
Presented by: Dr. Toshua Cornwell-Clark, Author of *Eternal Black Eye*

Location: Student Center, I-207
Join us for an inspiring workshop with Dr. Toshua Cornwell-Clark, Author of *Eternal Black Eye*. She will examine the relationship between rest, resilience, and identity and engaging in dialogue that validates lived experiences and collective healing.

Bridging Dialect and Standard Arabic: Strategies for Learning Heritage

April 27, 2026
4:30 to 5:30 pm
Student Center, I-207
Presented by: Ghassan Zakaria

This workshop explores how spoken dialects can support Arabic heritage learners in developing Modern Standard Arabic. It highlights key challenges, teaching strategies, and practical applications that strengthen both language skills and identity.

Expressions: MENA Artists

April 30, 2026
12:00 to 2:00 pm
Location: C-102

Middle Eastern and North African artists and culture. Middle Eastern food will be provided.

For workshop details and zoom links visit us at cuyamaca.edu/communitycircle or connect using the QR code below:



Students who complete a minimum of four workshops by May 8, 2026 will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government leadership awards ceremony in May 2026.

Sponsored by: Office of Institutional Effectiveness, Success, and Equity; Student Engagement and Belonging; and Associated Student Government. For additional information on the Culture & Community Circle workshops, please contact Lauren Vaknin in the Student Engagement and Belonging Office at (619) 660-4295.