

# Culture



C U Y A M A C A  
· C O L L E G E ·

## & Community Circle

MARCH 2024



### Women's History Month

During Women's History Month (March) we celebrate the contributions, history, resilience, and intersectionality of women, both in the United States, and globally. Women's history month has its origins over a hundred years ago when International Women's Day began to be celebrated annually on March 8th. It became a month-long celebration in the 1980s and occurs in March to coincide with International Women's Day and the passage of Title IX.

### Celebrating Women's History Month

March 1, 2024 • 11:00 am to Noon

**Presented by: Nicole Jannesari and Vicky Nguyen**



Join our workshop to explore inspiring women throughout history, examine women's contributions to society, and reflect on challenges and progress. Let's honor and empower women's stories!

Zoom link: [https://gcccd-edu.zoom.us/meeting/register/tZUtdO6urjwoEtX-G5isAznNGRL9n8haE5vLN](https://gcccd-edu.zoom.us/join/https://gcccd-edu.zoom.us/meeting/register/tZUtdO6urjwoEtX-G5isAznNGRL9n8haE5vLN)

### Wellbeing as Women Leaders

March 5, 2024 • 12:00 to 12:50 pm

**Presented by: Chelsea Lombrozo**



Join us for an empowering workshop in celebration of Women's History Month as we dive into the multifaceted aspects of wellbeing as women leaders. In this engaging session, we will explore the dimensions of wellness that are integral to thriving in leadership roles and beyond.

Zoom link: [https://gcccd-edu.zoom.us/meeting/register/tZUodO6prT8pHtEB-5vqeyJeCS-XqNmV76lrz](https://gcccd-edu.zoom.us/join/https://gcccd-edu.zoom.us/meeting/register/tZUodO6prT8pHtEB-5vqeyJeCS-XqNmV76lrz)

### Foundations of a Relationship

March 7, 2024 • 11:00 am to Noon

**Presented by: Tasneem Alhomsy and Manmeet Kaur**



To build a strong foundation for a relationship, reflect on your core values and desires, then seek alignment with a partner who shares similar principles and communicates openly. Join us to discuss what it would look like to foster mutual respect, under-



### César Chávez Day

On César Chávez Day (March 31st), we celebrate the commitment of César Chávez and Dolores Huerta to social justice and civil rights, especially those of workers.

standing, and trust, so that you can cultivate a relationship built on solid ground!

Zoom link: [https://gcccd-edu.zoom.us/meeting/register/tZcvdeqorT0vGtKad-VmMfAhYAfGyr7zwwI-R](https://gcccd-edu.zoom.us/join/https://gcccd-edu.zoom.us/meeting/register/tZcvdeqorT0vGtKad-VmMfAhYAfGyr7zwwI-R)

### Breaking the Glass Ceiling

March 12, 2024 • 12:00 to 1:00 pm

**Presented by: Jennifer Cosio**



This workshop will cover a brief history of the women's movement toward equal rights and pay in the workforce. Then, it covers helpful and empowering tips for students to network, gain mentorship, and request letters of recommendation from employers and professors.

Zoom Link: [https://gcccd-edu.zoom.us/meeting/register/tZ0ude-vqDwuEtDxX-NB2k09C3Tcm5k8Dn\\_es](https://gcccd-edu.zoom.us/join/https://gcccd-edu.zoom.us/meeting/register/tZ0ude-vqDwuEtDxX-NB2k09C3Tcm5k8Dn_es)

### Prioritize Your Well-Being: Femme-Identifying Mental Health Workshop

March 14, 2024 • 11:00 am to Noon

**Presented by: Nicole Jannesari and Vicky Nguyen**



Join us to discuss the importance of nurturing mental wellness in everyday life, coping strategies for stress and anxiety, and learning to build resilience and self-care practices.

Zoom link: [https://gcccd-edu.zoom.us/meeting/register/tZMrcuGvrTgjHdV9d-VknyYWqY73krVcEILta](https://gcccd-edu.zoom.us/join/https://gcccd-edu.zoom.us/meeting/register/tZMrcuGvrTgjHdV9d-VknyYWqY73krVcEILta)

### Open Mic

March 14, 2024 • 12:30 to 1:30 pm

**Location: In front of the Library**

**Presented by: Karen Marrujo & the Creative Writing Club**

Share your voice by taking the mic or just drop in to listen or make new friends.

### Dive into the Inspiring World of Women's History with Dr. Burrell!

March 18, 2024 • 11:00 am to 12:30

**Location: Student Center, I-209**

**Presented by: Dr. Sade Burrell**

Join us for a captivating exploration as Dr. Burrell shares her insights through the lens of HOPE – an empowering acronym designed to illuminate, uplift, and support women throughout history.

### Shattering Stereotypes: The Triumphs of Women in the Buffalo Soldiers

March 19, 2024 • 11:30 am to 12:30 pm

**Location: Student Center 1st Floor**

**Presented by: Rachael Hilliard**

Experience the lively monologue of a Female Buffalo bringing the rich history of the Buffalo Soldiers to life. With a dynamic video presentation, tangible memorabilia, and interactive Q&A, guests are immersed in a captivating journey through this remarkable legacy.

### Women in your Life

March 20, 2024 • 12:00 to 2:00 pm

**Location: Together We Rise Center**

Stop by the Together We Rise Center for a celebration during Women's History Month.

### Women, Art, & Her story

March 20, 2024 • 11:00 am to Noon

**Location: Samuel M. Ciccati Theatre**

**Presented by: Black Xpression**

A walkthrough of American history. Through song, music, and art, participants will have the opportunity to look at specific events in time that were led by women.



**MARCH 2024**

**Finding Hope  
in Difficult Times**

**March 21, 2024 • 11:00 am to Noon**

**Presented by: Tasneem Alhomsy and Manmeet Kaur**



A lot may be happening with school or in our personal lives, which might make it difficult to find and instill hope to move forward. Join us to learn and talk more about finding that optimism, reminding us that brighter days lie ahead, fostering the strength to endure adversity with courage and determination.

**Zoom link: <https://gcccd-edu.zoom.us/meeting/register/tZc-qdeqrqTwvEtPL7e4wv5xOBfU2eBXUxYJA>**

**International Women’s Celebration Event**

**March 20, 2024**

**2:00 to 3:30 pm**

**Location: Grass area outside the B Building**

Presented by: Percussionfest  
The West African dancers will be performing with the African Diaspora Percussionfest.



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