

Culture

& Community Circle

FEBRUARY 2024



During Black History Month (February) we celebrate the cultures, contributions, history, and resilience of Black and African American communities. National celebrations of Black history began almost 100 years ago in 1926 through the efforts of historian Dr. Carter G. Woodson. Month long celebrations began almost 50 years ago in 1976 as a result of advocacy by the Association for the Study of African American Life and History.

The Griot Talent Showcase How History is Passed Down

February 1, 2024 • 11:00 am to 1:00 pm • Location: B Bld

Presented by: Young, Gifted, and Black, Outreach Center, and Black Xpression

Storytellers or Griot pronounced "Gre Oh," are the bearers of history. They bring history and our culture. Griots or storytellers, tell stories and preserve culture through Spoken word. There will be various performers at this talent showcase.

Being Black in the Workplace

February 5, 2024 • 11:00 am to 12:00 pm • Location: Student Center, I-209

Presented by: Sade Burrell

Join Dr. Sade Burrell in her Black History workshop, "Being Black in the Workspace," as she offers a firsthand exploration of the challenges and triumphs faced by Black individuals working in higher education. Dr. Burrell, drawing from her experiences, will shed light on the nuances of navigating the professional landscape as a Black person. This workshop is not only an opportunity for personal growth but also aims to educate allies, supporters, and students on how they can contribute to creating a more inclusive and supportive workspace for Black professionals. It is a valuable session for anyone keen on understanding the Black experience in a professional setting and seeking insights into fostering a more inclusive work environment.

Kuumba Day

February 6, 2024 • 11:30 am to 1:00 pm • Location: Cross Cultural Center, Student Center (I-104)

Presented by: Young, Gifted, and Black and UMOJA

Stop by the Cross Cultural Center for the Black Card Revoked game, Black Trivia, and snacks.

Black Art Gala (The Viewing) and Reception

February 8, 2024 • 6:00 to 8:00 pm • Location: Student Center, I-208

Presented by: Young, Gifted, and Black, Outreach Center, and Black Xpression

Black Art for viewing and educating visitors on the historical and cultural significance of the art.



Healthy Love Workshop: Nurturing Relationships

February 9, 2024 • 12:00 to 1:00 pm

Presented by: Nicole Jannesari and Vicky Nguyen

Join us on a journey to cultivate nurturing relationships! Our workshop offers practical insight for building healthy connections in romance, family, and friendships. We will be exploring topics such as boundaries & respect, communication, and dynamics.

Zoom: <https://gcccd-edu.zoom.us/meeting/register/tZUrduuvrj4oEtaVZuc4VECU1GGOL6Ezxxqo>

Black Love and Relationships Mental Health Workshops ~Attachment Theory

February 12, 2024 • 11:30 am to 2:00 pm • Location: Student Center, I-207

Presented by: Ebony Panelle, Therapist

Healing through Attachment is a workshop centered on educating students about the impactful components of attachment styles particularly in the black community. Participants will learn information about attachment theory and its influence on mental health, relationships, and communication. Participants will have opportunities to explore creative exercises to cultivate elements of healthy attachment strategies in a compassionate, and curious atmosphere.



FEBRUARY 2024



C U Y A M A C A
· C O L L E G E ·

Kuumba Day

February 13, 2024 • 11:30 am to 1:00 pm • Location: Cross Cultural Center, Student Center (I-104)

Presented by: Young, Gifted, and Black and UMOJA

Stop by the Cross Cultural Center for the Black Card Revoked game, Black Trivia, and snacks.

Coping with Anxiety & Stress as College Student



February 13, 2024 • 1:00 to 2:00 pm

Presented by: Tasneem Alhomsy & Manmeet Kaur

This workshop aims to foster a supportive environment, promote mental well-being, and empower students to navigate stressors more resiliently. Through interactive discussions, guided exercises, and expert insights, participants will explore effective coping mechanisms, stress reduction techniques, and mindfulness practices tailored to the unique challenges faced during the college journey.

Zoom: <https://gcccd-edu.zoom.us/j/8471886940>

Black Physical Health: Yoga on the Lawn with Movement Matters Collective

February 14, 2024 • 12:00 to 1:30 pm • Location: Outside the B Building (Lawn)

Presented by: Movement Matters Collective

Embark on a journey of holistic well-being and cultural celebration with our workshop, "Black Yoga on The Lawn," in honor of Black History Month. Join us for a unique blend of mindfulness and cultural appreciation as we come together to commemorate the rich heritage of the Black community. Led by the esteemed Movement Matters Collective, this workshop not only promotes physical wellness through yoga but also fosters a sense of community and connection. Discover the unique benefits that yoga can offer, tailored to the experiences and needs of the Black community.

Kuumba Day

February 20, 2024 • 11:30 am to 1:00 pm • Location: Cross Cultural Center, Student Center (I-104)

Presented by: Young, Gifted, and Black and UMOJA

Stop by the Cross Cultural Center for the Black Card Revoked game, Black Trivia, and snacks.

Arriving From Ghana

February 20, 2024 • 1:00 to 2:00 pm • Location: Student Center, I-207

Presented by: Sade Burrell

Join Sade for an immersive experience as we navigate the landscapes of Ghana together, weaving a tapestry of shared stories, cultural appreciation, and professional insights. "Arriving from Ghana" is not just a workshop; it's a celebration of the transformative power of travel. Pack your curiosity, and let's embark on this journey of discovery together!

The Student Entrepreneur - a Black Perspective

February 21, 2024 • 11:30 am to 1:00 pm • Location: Student Center, I-207

Presented by: Michael Van Keith, Professor of Business & Entrepreneurship at Southwestern College

An exciting, thought-provoking workshop, where Professor Michael Van Keith unpacks three traits that are the impetus for the theory that African Americans are natural-born entrepreneurs: Spirituality, Intellectual Prowess, and Genetics.

Level Up

February 22, 2024 • 12:30 to 3:00 pm • Location: Career Services

Presented by: Lena Heckbert and Jonathan Ng

Participants will learn how to network and receive headshots. Hors d'oeuvres will be provided.



The Art of Storytelling: Black Voices as a Champions for the Culture

February 22, 2024 • 5:30 to 6:30 pm

Presented by: Ebony Wiley-Campbell & Manmeet Kaur

As we honor Black History Month, this workshop aims to deepen our understanding of the profound impact storytelling has on shaping collective memory and fostering unity. This event is a vibrant exploration of storytelling as a means to preserve and share the diverse experiences, struggles, triumphs, and contributions of the Black community.

Zoom: <https://gcccd-edu.zoom.us/j/8471886940>

In the Footsteps of Heroes: Buffalo Soldiers Remembered at Cuyamaca

February 27, 2024 • 11:30 am to 12:30 pm Location: Cross Cultural Center, Student Center, I-104

Presented by: San Diego Chapter of Buffalo Soldiers 9th & 10th (Horse) Calvary Association

Presentation and imagery narrated by guest representative of Buffalo Soldier organization

The HBCU - Historically Black College/University

February 27, 2024 • 1:00 to 2:00 pm • Location: Student Center, I-207

Presented by: Jason Allen and Jonathan Ng

HBCUs were born at a time when Black students were barred from attending traditional colleges and universities due to segregation. Now, HBCUs offer a rich cultural history to their students. HBCUs not only offer students a quality education but also culture and history.

Close Out Events with Hip Hopera! Concert/Family Reunion Cookout

February 29, 2024 • 11:00 am to 1:00 pm • Location: B Building Lawn

Presented by: Young, Gifted, and Black, Black Xpression, Outreach Center, and Claudette Clark

Stop by the Close Out event for a homecoming style cookout and food and games.