

Culture

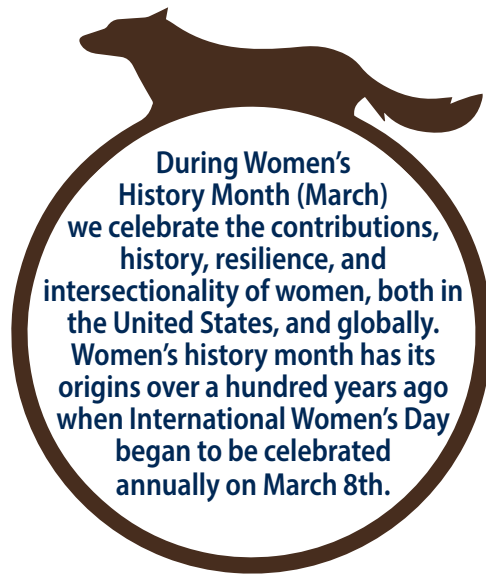
& Community Circle

SPRING SEMESTER

March 2023



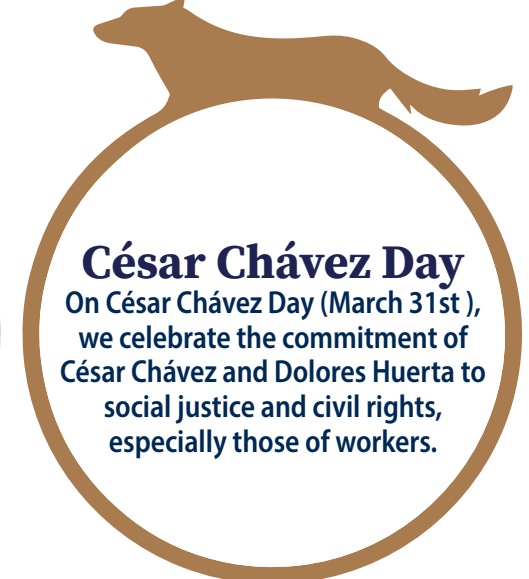
**Women's
History
Month**



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.



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.

**Women's Mental Health:
Empowering Women to better
Understand Oneself**
March 2, 2023

11:00 am to 12:00 pm

Presented by:

Tori Duan and Tasneem Alhomsoy

In this workshop we will be discussing the importance and essence of Women's History Month, reviewing some of the contributions women have made for this country, the most common mental health issues among women, and how to empower women to seek help when they need it. We will go into more detail about the impact and intersection of women rights and mental health and how it has progressed over time.

ZOOM LINK:

https://bit.ly/cc_wmh_march2



Why do we Self Sabotage?

March 7, 2023

10:00 to 11:00 am

Presented by:

Halima Eid

Why do we self sabotage: This workshop will focus on outlining how unconscious self sabotaging behaviors impact future opportunities for women.

ZOOM LINK:

https://bit.ly/cc_wdwss_march23



Breaking the Glass Ceiling
March 8, 2023

12:00 to 1:00 pm

Presented by:

Jennifer M. Cosio

A workshop on empowering yourself through networking and mentorship in the classroom and workplace.

ZOOM LINK:

https://bit.ly/cc_btgc_march23



**A Womxn's Place is in the
Courtroom**

March 14, 2023

1:00 to 2:00 pm

Presented by:

Annie Rios

This workshop will focus on advocating for Social Justice within the law from a queer femmes perspective.

ZOOM LINK:

https://bit.ly/cc_womxnplace_march23



**Conquistadoras: Women &
Conquest in the Americas**

March 15, 2023

6:30 - 7:30PM

Presenter:

Javier Gonzalez-Meeks

Join us for a presentation on Spanish women like Isabel de Guevera and Catalina de Erauso and their roles and experiences during the conquest of the Americas.

ZOOM LINK:

https://bit.ly/cc_conquistadoras_march23



Open Mic

March 16, 2023

11:30 am to 12:00pm

Presented by:

Karen Marrujo

Come celebrate the power of our individual voices. Share your work or interests by taking the mic or just drop in to listen or make new friends.

ZOOM LINK:

https://bit.ly/cc_openmic_march23



BIPOC Women's Healing Circle
March 21, 2023

10:00 to 11:00 am

Presented by:

Halima Eid

This session will provide a supportive space for women who identify as black, indigenous, or persons of color. Participants will come together and have honest discussions around struggles in the academic world related to their cultural identity.

ZOOM LINK:

https://bit.ly/cc_BIPOC_march23



C U Y A M A C A
· C O L L E G E ·

Students who complete a minimum of four workshops by May 12, 2023, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government virtual awards ceremony in May 2023.

Sponsored by: Office of Institutional Effectiveness, Success and Equity, Student Affairs, and Associated Student Government

For additional information on the Culture and Community Circle workshops, please contact Lauren Vaknin in the Student Affairs Office at 619-660-4295.