

Culture

& Community Circle



CUYAMACA
COLLEGE

FEBRUARY 2025



**Black
History
Month**

Arriving From Ghana

February 4 | 11:30 am to 1:00 pm
Student Center, I-104

Presented by: Dr. Sade Burrell

Join Dr. Burrell 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!

Coping with Anxiety & Stress as a College Student

February 6 | 12:00 to 1:00 pm

Zoom

Presented by: 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.

Umoja Game Night: Super Smash Bros Tournament

February 11 | 4:30 to 6:30 pm
Student Center, 1st Floor

Presented by: Umoja

Umoja will host a Super Smash Brothers tournament with prizes! Come be in community with us!

Black History Month Event: Black Leadership Through Entrepreneurship

February 13 | 11:00 am to 1:30 pm
B-101

Presented by: Emmy Award Winner Cassandra Schaeg

Join us for a screening of an episode of Fresh Glass followed by an inspiring conversation with Emmy Award Winner Cassandra Schaeg focused on Black History and the connection to Entrepreneurship.

In the Footsteps of Heroes: Buffalo Soldiers Remembered at Cuyamaca

February 19 | 11:30 am to 12:30 pm
Student Center, 1st Floor

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

Presentation and imagery narrated by guest representative of Buffalo Soldier organization.

Umoja Porch Talk, Honoring our Ancestors

February 19 | 1:00 to 2:00 pm
Student Center, I-104

Presented by: Umoja

Porch Talks are a safe space for Umoja students to build a sense of connectedness with others and learn to advocate

for themselves while discussing important topics in the Black community. Topics may change based upon student-led conversations. The conversation will follow a viewing of Echoes of the Buffalo Soldier: A Black History Tribute where we will uplift and honor our ancestors.

Umoja Watch Party, Cultural Movie Night

February 25 | 5:00 to 6:30 pm
Student Center, I-104

Presented by: Umoja

Students will watch The Last Black Man in San Francisco and reflect on the lasting effects of gentrification in California and the San Diego community.

Black Art Gala

February 26 | 6:00 to 7:00 pm
Black Student Success Center, Library

Presented by: Young, Gifted, and Black Student Club

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

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 9, 2025 will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government leadership awards ceremony in May 2025.