

MARCH 2025



CUYAMACA
COLLEGE

Culture & Community Circle

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

March 12 | 5:30 to 6:30 pm

Zoom

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.

Femtors: Lifting as We Climb

March 13 | 12:00 to 1:00 pm

Zoom

Presented by: Jennifer Cosio
This workshop will cover a brief history of the women's movement toward equal rights, along with helpful and empowering tips for students to network, gain femtorship, and request letters of recommendation from employers and professors.

Celebrate the Women in Your Life Event

March 19 | 11:00 am to 2:00 pm

Location: Together We Rise Center (C-102)

Stop by the Together We Rise Center for an opportunity to write cards honoring the incredible women in your life! Whether it's your mother, mentor, sister, friend, or colleague, this is your chance to show your appreciation. All materials will be provided as well as light snacks and refreshments.

Wellbeing as Women Leaders

March 19 | 2:00 to 3:00 pm

Zoom

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.

Movie Day!: Love Letters

March 20 | 11:00 am to Noon

Location: Queer Student Center

This documentary tells the remarkable story of esteemed professor and feminist scholar Catharine R. Stimpson and Australian musicologist Elizabeth (Liz) Wood. Now in their 80s, they recall a time when living openly and loving unapologetically was a radical act and chronicle their experiences as they endeavored to create a life together.

Middle Eastern Women in Higher Education at Cuyamaca College

March 20 | 4:30 to 5:30 pm

Location: 1st Floor, Student Center
Facilitated by:

Rana Hanna - Al Shaikh

Join us for an empowering panel discussion featuring Middle Eastern women from diverse backgrounds from the Middle East, sharing their experiences and insights as they serve in key roles across Administration, Faculty and Classified Staff at Cuyamaca College. Each will share their journeys, educational backgrounds, and unwavering commitment to fostering student success in higher education and the significant contributions they make to the students and campus community.

Fearless & Fierce: The Women King Movie Event

March 25 | 11:00 am to 12:30 pm and 1:30 to 3:00 pm

Location: Student Center, 1st Floor
Presented by: Veterans Center

Join the Veterans Center for a viewing of

"The Woman King" to honor Women's History Month and celebrate the courage of women in military history who defied limits and shaped the world. Inspired by true events, it tells the story of the Agojie, an elite all-female military force that protected the Dahomey Kingdom and fought for people's freedom in the 1800s, led by the fearless General Nanisca (played by actor Viola Davis).

Si Se Puede!

A Film Screening of Dolores: A Rebel, Activist, Feminist, & Mother

March 27 | 11:30 am to 1:30 pm

Location: Student Center, I-104

Presented by: Brown Students United Club

Join us for a viewing of this film about Dolores Huerta, a labor leader, feminist, and civil rights activist. In the late 1950's, she led many civil rights movements and co-founded the National Farm Workers Association, and at the age 94, still continues to advocate for Women's Rights, LGBTQ Rights, and Immigration Rights.

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.