Exploring Sanctuary & Story — Abigail Maynard
“Everyone has a sanctuary, if only in the mind. Even if we can’t say what it is, we know its power. It is a place where we feel grounded, unhurried and renewed.” — Terry Hershey. This time will be spent exploring the role sanctuary & story play in helping us connect with our higher selves and each other.

September 28 @ 12pm

Lessons in Gender from East Africa — Sherwood Smith
This talk shares cross cultural experiences, especially work in East Africa, that expanded the way Dr. Smith thinks about gender roles, behavior and status here at home. He will share how it has impacted him personally & professionally.

October 5 @ 12pm

Energy Healing Practices for Self Care & Empowerment — Katrina Dreamer
Participants will learn techniques to ground themselves, create boundaries & let go of negative energy they might encounter during the day.

October 12 @ 12pm

Do-it-Yourself Ayurvedic Facials — Reshma Sinu
Participants will learn to make authentic Ayurvedic facial treatments with all natural, common household ingredients. Ayurvedic Doctor, Reshma Sinu, will wrap up the session with some tips for skin health.

October 19 @ 12pm

Religion: Does it Help or Hinder Women’s Empowerment — Laura Engelken
Religion plays a profound role in shaping how individuals and institutions spend their time & money & construct their societies. In the United States, it’s currently influencing conversations about immigration, health care & other civic concerns. Come discuss whether religion might be a helpful or harmful force when it comes to women’s empowerment.

October 26 @ 12pm

“Where you at?” Textual Harassment in Relationships — Sarah Mell
Exploring the use of electronics in intimate partner violence & stalking within relationships.

November 2 @ 12pm

Women’s Relationship with Capitalism — Kelsey Aaron & Scarlett Moore
A socialist perspective on feminism, challenging the ideas that women can achieve equality under capitalism & that feminism can exist separately from other struggles against oppression.

November 9 @ 12pm