



MARCH IS Women's History Month

THURSDAY, MARCH 10

11 am | Postpartum Support Group

In honor of Women's History Month and to honor the work of motherhood, the Health & Wellness Center is hosting a Pregnancy and Postpartum Support Group on March 10, 17, 24, and 31 at 11 am. All are welcome to join this safe and supportive group where we discuss issues related to mothering. Zoom ID: 983 7383 8981

2 pm | Vision Board Workshop: Visualize - Create- Inspire

Where: Grossmont College, Building 10, Room 172
Create a vision board to bring clarity to your dreams and turn them into achievable goals. We will go through the basics of designing a digital vision board. You may use whichever platform you are familiar with: Google slides or Canva. *Facilitated by FYE counselors Diana Ramirez and Carissa Cardenas.*

TUESDAY, MARCH 15

12 pm | Hyde Art Gallery Presents: Saving Grace Art Exhibit: Artist's Talk with Suda House

Where: Hyde Art Gallery
Join us for an artist-led walkthrough of the Hyde Art Gallery's current exhibition, "SAVING GRACE: Photographs of the Seven Sisters of the Pleiades" with Suda House. Learn about the artist's process, her extensive background as a photographer, and her evolution into art activism. A Q&A session to follow. Attendees can RSVP by emailing alex.decosta@gcccd.edu. Further information is available at www.hydeartgallery.com.

WEDNESDAY, MARCH 16

12 pm | Women in Trades

A webinar highlighting women in trade industries. Please register in advance: [Register Here](#)

11 am | Postpartum Support Group

All are welcome to join this safe and supportive group where we discuss issues related to mothering. Zoom ID: 983 7383 8981

FRIDAY, MARCH 18

1 pm | Campus Hike

Where: Location to be announced.
Brought to you by Women's History Month planning partners Shardai Zaragoza, Christine Ho, and Julie Schanze

TUESDAY, MARCH 22

12 pm | A Day in the Life

Officer Pamela Sosa is a background Investigator with the National City Police Department. Join us as she shares her Day in the Life story. [Register Here](#)

1:30 pm | Title 9 Presentation

Where: Grossmont College, Griffin Gate Calendar:
Women's History Description:

Title 9 offers lots of protections you may not know about. Come learn about the protections you have as a parent, an expecting parent and other rights based on your sexual identity. This presentation is offered in person and via Zoom. Please use the link below to let us know how you would like to attend: [Register Here](#)

4- 7 pm | Hyde Art Gallery Presents: Artist's Reception with Suda House

Where: Hyde Art Gallery
The Hyde Art Gallery invites you to an artist reception with Suda House. Covid restrictions apply. No RSVP necessary.

WEDNESDAY, MARCH 23

10 am | Melanin Milk San Diego

Where: Location TD
Melanin Milk was birthed by a passionate, progressive and experienced black doula and mom who believes every birthing person should have a fully-supported and empowering pregnancy and birth experience. www.melaninmilk.com

1:30 pm | Refugee Voices Interview Panel

Description: Placeholder

THURSDAY, MARCH 24

11- 12 pm | Postpartum Support Group

Description: Placeholder



National Women's
History Alliance

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