Join us for a conversation about both actively supporting and advocating for our LGBTQ community. Darcy Corbitt-Hall, a Ph.D student in Psychological Clinical Science at North Dakota State University, will talk about her personal experience of coming out as transgender and transitioning. Her story has inspired countless people, as well as highlighted needs for policy and social change in her home state of Alabama. Audience members will receive tools for how to be active, supportive, and compassionate allies. The Campus Representative for The Society for the Psychology of Women collaborated with the UND Women’s Center to host this speaker.

Meet, Eat, & Learn
Wednesday December 2nd, 12:00PM- 1:00PM
International Centre

De-Stress Fest
December 9th
12:00PM – 3:00PM
2nd Floor, Memorial Union

It’s that time of year again when we all need to De-Stress. UND Health and Wellness is hosting the annual De-Stress Fest in collaboration with many other UND organizations. Come and join in this relaxing event and learn techniques to lower stress levels during finals week. Enjoy free food, massages, mini yoga sessions, therapy dogs, various study and relaxation tips, games, henna, and a booth to make holiday cards for local nursing homes.

Love Your Body Week
SAVE THE DATE
Monday, January 25 through Thursday, January 29

The UND Women’s Center will be hosting events Monday, January 25 through Thursday, January 29 to celebrate its annual Love Your Body Week. These events are hosted in collaboration with others within the UND community and focus on body positivity, body acceptance, and the value of our bodies however they are! Some of the events will include Zumba, free fondue, and speakers. More information coming soon!

Important Dates:
Meet, Eat, & Learn
December 2nd, 2015
12:00 pm-1:00 pm
International Centre

De-Stress Fest
December 9th, 2015
12:00 PM – 3:00 PM
Memorial Union 2nd Floor

Love Your Body Week
More information coming soon

Stop by the Women’s Center
Hours: Monday-Friday
8:00am-4:30pm
Or visit our website at:
www.und.edu/student-life/womens-center
Or email us at:
und.womenscenter@und.edu
Kay Mendick: Director
Patty McIntyre: Program Associate

Like us on Facebook
UND Women’s Center

Follow us on Twitter
@womenscenterund

If you require this document in an alternative format, such as large print or a colored background, please contact: UND Women’s Center at: und.womenscenter@und.edu
Reading blogs online is a great way to gather information that isn’t picked up by mainstream news sources. If you aren’t sure what a blog is, it is a casual website that has one or more contributor(s) who regularly write interesting articles or material. Many blogs have links within their articles to the sources of their information. Any topic can be covered, including parenthood, teaching, sports, current events, cooking experiments, and politics.

In some blogs, authors share information about what it’s like to be part of a minority group. People shown positively in mainstream media usually include many of these identities: being excessively rich, straight, white, cis-bodied, able-bodied, and young. A person who doesn’t fit into these categories is often left out of the conversation. Having one’s own site gives an individual the space to share experiences related to their ethnicity, sexual orientation, and/or gender identity that wouldn’t be easily available to the general public or isn’t accurately displayed through well-known media sources. With regards to blogs about the experiences of varying individuals, here are a few suggestions for you to check out. The blogs listed below offer material from many different individuals and have tabs on their site for further resources if you like what you’re reading.

Finally, A Feminism 101 Blog
https://finallyfeminism101.wordpress.com/
If you are someone who has heard of feminism, but aren’t quite sure what it means, this is a great place for you to start! Not only does it offer basic definitions of feminism and related terms, it also responds to many of the questions or concerns made about feminism. Although much of this blog’s content is intended for an audience without a lot of knowledge about feminism, there are parts within this site that are geared for people who do have an understanding of feminism or identify as feminists.

Last Real Indians
http://lastrealindians.com/
Several contributors write for this site with the purpose of informing readers on perspectives of Indigenous peoples. As an independent media source, authors are able to write freely and honestly about the effects of current legislation, environmental desecration, and racism on both Indigenous groups today and future generations. Whether you identify as Indigenous or not, this is a wonderful place to gain insight on topics that aren’t being discussed in other places.
All who identify as women are welcome to sign up for a new one credit course offered this spring: Women’s Sexuality and Society (COUN 399 Section 02). Some topics discussed are myths in the media, female sexuality, sex education, and how to assert oneself in and out of the bedroom. This highly interactive course has only twelve classroom hours and focuses on collaborative sharing amongst class members. All class periods will be held at the UND Women’s Center.

Four different sessions are available:
Session One: Saturday, January 30 and Sunday, January 31: 9:00am-3:00pm
Session Two: Wednesday Nights in February (2/3, 2/10, 2/17, 2/24) 4:30pm-7:30pm
Session Three: Saturday, February 27 and Sunday, February 28: 9:00am-3:00pm
Session Four: Tuesday Nights in April (4/5, 4/12, 4/19, 4/26) 4:30pm-7:30pm

Please contact Natalie Raymond at UNDseminarforwomen@gmail.com for course permission number and to choose a session that works for you!

Racism Review
http://www.racismreview.com/blog/
Contributing authors for RacismReview are scholars and researchers from multiple social science disciplines. They come from a variety of academic institutions from the United States, Canada, Europe, and elsewhere. This blog is intended to provide a credible and reliable source of information for journalists, students and members of the general public who are seeking solid evidence-based research and analysis of "race," racism, ethnicity, and immigration issues.

Jezebel
http://jezebel.com/
Both serious and snarky, this blog offers commentary on current events, politics, fashion, celebrities, and more. Articles are often written with an awareness of social justice, oppression, LGBT rights, race relations, and feminism tied together with a bit of humor.
Self-care is not selfish

The biggest obstacle to self-care may be the mistaken belief that when we take care of ourselves, we are being selfish. Self-care is not selfish. Selfishness is defined as: “seeking or concentrating on one’s own advantage, pleasure or well-being without regard for others.” By contrast, self-care means taking care of our basic needs. If we don’t do this, who will?

Guilt is another obstacle to practicing self-care. Many women and parents wrestle with guilt when they take time for themselves. Guilt is meant to stop people from doing something illegal, unethical or immoral. Taking care of basic needs, which include balancing work and relaxation, does not meet any of these criteria! When we start practicing self-care a sense of well-being quickly replaces unnecessary guilt.

Holidays and Self-care

Maintaining healthy boundaries during the holidays is one way to practice self-care. A helpful tool is to “Let your yes mean yes, and let your no mean no.” In other words, when you decide to do something (host gatherings, buy gifts, make pies from scratch, organize a Christmas drive for needy families), it must be for your own good as well as for others. We can surely experience real joy in our hearts doing any of these activities, but when our physical or emotional stress levels are too high, we can say, “no, not this year.”

Saying no can not only free us, but it also allows others to develop skills or leadership in family or work settings. Thoughts such as, “No one else will do this if I don’t,” or “It won’t get done right if I don’t do it,” are often irrational or perfectionistic. Such thoughts increase our burden and prevent others from stepping up. Even children are very capable of taking on tasks that we have previously done for them. During the holidays, children, friends and partners are more likely to accept changes in holiday traditions when told, “I will be happier and less stressed with this change.” Healthy boundaries are a must during the holidays; remember to “Let your yes mean yes, and your no mean no.”

Do You Need Help?

If you have experienced violence, sexual assault, or harassment of any kind, there are a number of places that can help.

University Police: 701-777-3491
Community Violence Intervention Center: 701-746-0405
CVIC Campus Confidential Advisor: 701-777-6550
UND Women’s Center: 701-777-4300
Grand Forks Police Department: 701-787-8000
UND Dean of Students: 701-777-2664
Altru Emergency Room: 701-780-5280
UND Counseling Center: 701-777-2127
Suicide Prevention Lifeline: 1-800-273-TALK

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND’s students, such as the Women’s Center. To support the Women’s Center, go to www.undalumni.org and designate your donation to “Women’s Center” in the comments.