



### Equal Means Equal

**Tuesday, March 5 | 4:00–7:00pm | H-210**

Join us for a viewing of “Equal Means Equal,” a groundbreaking documentary shedding light on the gender inequality in the USA. The screening will be followed by a question-and-answer session and an open discussion on women’s history and the current state of women’s experiences in our society. For questions or accommodations, please contact Laura Sweeney at [lsweeney@sdccd.edu](mailto:lsweeney@sdccd.edu)

### Mindfulness Meal & Music Event

**Thursday, March 7 | 11:30am–1:30pm | K1-107**

Engage in mindful djembe drumming to decrease stress! Join in on a group drumming exercise and learn about the drum / origin / culture and how it can create community & foster inclusion! For questions or accommodations, please contact Julia Kamp at [jkamp@sdccd.edu](mailto:jkamp@sdccd.edu)

### We Are Living History

**Thursday, March 7 | 6:00–7:30pm**

**Zoom: [sdccd-edu.zoom.us/j/84430948610](https://sdccd-edu.zoom.us/j/84430948610)**

Join the San Diego Community College District (SDCCD) in celebrating Women’s History Month and a continuation of Black History Month with Black Studies Emerita Professor Starla Lewis, and co-Author of “I Am: My Own Self-Validation” who will speak about understanding history while weaving together highlights of her book. Initiated by Miramar College & sponsored by SDCCD. For questions or accommodations, please contact Judy Patacsil at [jpatacsi@sdccd.edu](mailto:jpatacsi@sdccd.edu)

### Discussion of Contemporary Women’s Literature with an International Focus

**Friday, March 8 | 10:00–11:30am | H-106**

Enjoy a discussion of contemporary women’s literary works of fiction and non-fiction with an international focus by authors representing Ghana, Japan, Mexico, Somalia, and other countries. The authors portray fascinating, complex women with unique experiences and perspectives. Attendees will receive a free book on a first-come, first-served basis. For questions or accommodations, please contact April Koch at [akoch@sdccd.edu](mailto:akoch@sdccd.edu)

### Sonic Connections: Music-Based Mindfulness Event!

**Monday, March 11 | 12:30–2:00pm | K2  
Welcome Center, Community Lounge**

Sonic Connections is an art and music-based mental health program that equips college students with life and leadership skills to thrive amidst challenges. RSVP at Mindfulness Meal & Music Event. For questions or accommodations, please contact Julia Kamp at [jkamp@sdccd.edu](mailto:jkamp@sdccd.edu)

### Historical Trauma & Eating Disorders: What’s the connection?

**Tuesday, March 12 | 10:00–11:00am | M-101  
Zoom: [bit.ly/3TisdE6](https://bit.ly/3TisdE6)**

This presentation by Gloria Lucas will embark on a journey through history, shining a spotlight on the intersection of eating disorders and social justice, with a specific focus on the experiences of people of color. Gloria Lucas established Nalgona Positivity Pride (NPP) in 2014. NPP stands out with its approach that integrates body liberation, harm reduction, and indigenous knowledge. Event sponsored by Miramar College Nutritional Sciences, Mental Health Counseling, and IDEA Committee. For questions or accommodations, please contact Mardi Parelman at [mparelman@sdccd.edu](mailto:mparelman@sdccd.edu)

### Documentary Film: Native America: Women Rule

**Tuesday, March 12 | 12:30–1:30pm | K1-211**

Join the Student Affairs Office as we watch this episode of Native America series: Women Rule. Native women are leading, innovating, and inspiring in the arts, politics, and protecting the planet. For questions or accommodations, please contact Josheph Hankinson at [jhankins@sdccd.edu](mailto:jhankins@sdccd.edu)

### Celebrating Nowruz with the Women’s Freedom Forum: New Day, New Hope

**Monday, March 18 | 6:00–7:00pm**

**Zoom: [sdccd-edu.zoom.us/j/81067277071](https://sdccd-edu.zoom.us/j/81067277071)**

Every year, around the spring equinox, various ethnic groups around the world celebrate Nowruz. Learn about this celebration with the Women’s Freedom Forum and their advocacy work for women’s rights. Sponsored by the Inclusion Diversity Equity Antiracism (IDEA) Committee and the Leading Equity Antiracism & Diversity (LEAD) Office. For questions or accommodations, please contact Judy Patacsil at [jpatacsi@sdccd.edu](mailto:jpatacsi@sdccd.edu)

### Documentary Film: Harriet Tubman: Visions of Freedom

**Tuesday, March 19 | 12:30–1:30pm | K1-211**

Learn about Harriet Tubman, one of the greatest freedom fighters in American history. For questions or accommodations, please contact Josheph Hankinson at [jhankins@sdccd.edu](mailto:jhankins@sdccd.edu)

### “Queer Women Writers” Lecture

**Tuesday, March 19 | 2:00–3:00pm | H-210**

Please join Professor Heather Paulson and her Women in Literature students for a lecture and discussion on intersectional queer women writers and activists. The lecture will highlight the contributions queer women have made to literary studies, feminist theory, and social activism. Sponsored by GAIA Workgroup. For questions or accommodations, please contact Heather Paulson at [hpaulson@sdccd.edu](mailto:hpaulson@sdccd.edu)

### Women in Business Expo

**Wednesday, March 20 | 12:00–2:00pm |  
Compass Point**

In celebrating Women’s History Month, the Miramar College Student Affairs Office is highlighting our community’s Women-Owned Businesses. Come interact with our community’s women-owned businesses and our student services representatives. Free lunch and fun activities. For questions or accommodations, please contact Josheph Hankinson at [jhankins@sdccd.edu](mailto:jhankins@sdccd.edu)



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