

Workshop Session #1

1. "Considering Grad School: Assessing Your Options and Becoming Your Best Advocate"

Dr. Shannon Gleeson UCSC, Assistant Professor of Latin American & Latin@ Studies
Porter 249

Interested in attending Grad School? Join Assistant Professor Gleeson as she explains and discuss the various options provided to undergraduates.

2. Self Love, "You are perfect just as the creator made you"

Veronica Hernandez UC Riverside
College8 242

This workshop is a self-empowering session, where we will look at how the media, traditions, and even how our own families portray our bodies, our skin, and our whole sense of self. We will be breaking those barriers, those assumptions, and all the BS that we have been fed. This workshop is made for you to look at yourself, and love who you are and what you see. Remember we must first love ourselves before we can love another. Believe me after this workshop one will have no problem having sex with the lights on! You are Beautiful QUEEN just the way Creator made YOU!

3. Networking & Sisterhood...the perfect combination for success

Imani Tyus & Mia Vaughness UC San Diego & AXA
College8 250

Navigating through Life, finding balance with nurturing friendships while obtaining successful connections to a path of empowerment & growth.

4. Unspoken Stories: The Double Minority Mix

Marilyn Chavez, Kim Nguyen Mixed Student Union of UCSB and MESH of UCSC
College8 252

Multiracial and multiethnic Americans have become one of the fastest growing demographic group; a minority group that challenges the traditional notions of race. Because of our growing population, we now have more opportunity to fully identify and express ourselves. However, even amongst our mixed community those who are of the "double minority mix" are often not represented in these mixed RACE spaces. Come learn about the double minority mix experience through presentation and discussion. Because being mixed does not always = being part European/white.

5. "On the road to graduate school and lessons learned in it"

Jesica Fernandez, Yvonne Kwan, Claudia Lopez, Jimiliz Valiente-Neighbours UCSC-Graduate Students
Oakes 102

Curious about graduate school? Wondering about what life is like in it or despite of it? Thinking of applying but don't know where or how to start? Join us (four graduate students) to talk about these and more. We will share our individual and collective experiences about our process of applying and now attending graduate school. Please bring your questions!

6. Breaking Away from Traditional Activist and Feminine Roles

Maria Vega & Nidia Melissa Bautista MEChA de UCSC and Los Mejicas
Porter 144

Exposing through our experiences and perceptions of being involved in the organizing/activist realm the traditional activist and feminine binary roles womyn fall into. Through the discussion and self-realizations of these binaries, this workshop aims to bring short and long term solutions that push for safer organizing/activist spaces.

7. Inclusivity @ Work: Celebrating Diversity in the Workplace

Alma Sifuentes UC Santa Cruz Dean of Students/Associates Vice Chancellor
Porter 148

As a Woman, I am a ... wife, mother, friend, boss, sister, daughter, colleague, role model, and many others. This workshop will focus on the importance of Diversity in the workplace, how underrepresented populations contribute in the work place, and what it means to be a woman in the workplace.

8. Belly Dance

Sari Beliak
Oakes Lower Lawn

UC Santa Cruz

Learn to connect with your body in a positive way through the art of belly dance. Open yourself up to new movement and music and connect with your sisters in a body-positive environment. Bring your belly and an open mind. No dance experience necessary.

9. Mujeres Making Media: Working in Solidarity for Our DREAMs

Yunnie Snyder & Carolina Hernandez UC Santa Cruz
Oakes 222

This workshop will be used as a space to discuss the power and urgency for making social and cultural media in grassroots organizing efforts, the digital storytelling project, and the political purposes of these stories/testimonials, and the complexity and necessity of working in solidarity and coalition for social change and equity.

Workshop Session #2

1. Screw You: Stimulating Empowerment through Female Sexuality

Naomi Gomez & Ally Mayer FamiliaX, Sabrosura Dance Troupe, C.A.U. of UCSC
Oakes 222

The purpose of this workshop is to provide a safe environment for womyn to learn about their bodies and explore their sexuality by engaging in self-challenging dialogue with their peers. In this workshop we will be discussing the following topics: female sexual health, cultural influences, female anatomy and physiology, orgasms, masturbation, fantasies, and skills to develop a healthy relationship with your body and sexuality.

2. Radical consent for the Lover Activist

Xochitlquetzal Students Informing Now of UCSC
Oakes 102

This Workshop is aimed establish consent not just as a "Yes/No" reactionary process. Rather, to provide the basic principles of the practice of establishing a deeper relationship(s) with consent as sexual beings but also as activist. By connecting consent to all relationships where there is an imbalance of power.

3. Decolonization in real life: Empowerment through direct action

Elena Brown & Anna Nelson UC Santa Cruz
College8 242

A workshop and collaborative discussion to assess how womyn of color can turn theory and words into direct action. We will examine the past struggles and successes of womyn of color activists, and develop our own plans for action.

4. Gender Roles and Mexican Folklorcio Dance

Jasmin Avila, Nidia Bautista, Estrellita Munoz, Edgar Ontiveros UC Santa Cruz
College8 252

This workshop will analyze the gender roles that traditional Mexican folklorico dance displays. It will include a brief history, coloniality of power and discussion about impressions of folklorico dance.

5. Roles of Women of Color in Media

Samantha Alemania & Robert Bisquera Jr. MESH of UCSC
Porter 148

The ways in which womyn of color are portrayed in the media have a direct effect on how womyn of color are treated and valued in everyday life. This portrayal is also a reflection of how people think of womyn of color. Participants who attend this workshop will learn how to analyze how womyn of color are presented in different forms of media. Participants will also learn how beauty is portrayed in media, and how it directly affects the roles of womyn of color in modern media.

6. Performance, Self Expression and Healing Through the Sharing of Our Stories

Katie Ventura, Eugene Negrete
Porter 249

Rainbow Theater of UCSC

This workshop is designed for participants to explore the intersections of one's identity and the ability to express one's self through performance, creativity, and storytelling. Participants will be introduced to different outlets of theatrical expression, such as forum theater, image theater, and the practice of writing as tool of healing. In relation to this year's theme Celebrating our Stories: Breaking Traditional Constraints and Striving for Empowerment this workshop will strive towards the sharing of our diverse and unique stories and bringing forth recognition to the historic struggles and movements that womyn of color have undergone. Open to everyone.

7. Domestic Violence

Vanessa Fletes & Edward Frutis
College8 250

UC Santa Cruz

Discuss how domestic violence affects woman and allies equally. How we are pron to forgive celebrates right away when they ask for forgiveness like Chris Brown after committing acts of violence, but if it was any ordinary person we would shun them away. We also need to realize that domestic violence doesn't just include physical abuse but verbal abuse as well. And lastly we must learn how to empower ourselves and learn what to do if we are witness or suspect that someone we know and love is getting abused.

8. Living Poetry Outloud! Writing & Performing Spoken Word

Kelly Zen-Yie Tsai
Porter 144

Moving Earth Productions LL

So often as womyn of color we are expected to be not seen, not heard. Our bodies, our experiences, our languages, our thoughts, and emotions are distorted and misrepresented in mainstream culture. If you're feeling like you want to start to flip that for yourself and the people in your world around you, come to this highly interactive spoken word poetry writing and performance workshop where HBO Def Poet Kelly Zen-Yie Tsai will guide participants through exercises designed to free your inner voice to speak out on your life in your rhythms, your images, and your own words! No writing or performance experience necessary. Just come ready to write, move, and live your poetry outloud!

9. Expressing Stories through Hip-Hop Dance

Uyenmy Yamamoto & Lara Verwer
Oakes Lower Lawn

FSA & Haluan Hip-Hop Troupe of UCSC

Using hip hop dance as an artistic form of expression to tell stories of one's personal struggles and triumphs; this workshop seeks to provide participants with tools of healing and self-empowerment through dance.

Workshop Session #3

1. Self-Empowerment

Elizabeth Martinez & Melissa Valencia
Porter 148

Sigma Lambda Gamma Chapter of UCSC

It will begin with a discussion of what self-confidence and self-empowerment is. We will offer techniques to help with self-confidence and self-empowerment.

2. Letting Your "Inner Vagina" Out: Panocha Platica!!

Omar Villa & Tracy Garcia
Oakes 222

UC Santa Cruz

This workshop will be used as a healing space to celebrate, acknowledge and share the stories of our "inner vaginas" with each other. This is a space focused for womyn of color to come together and dialogue about how our sex and sexuality, and how our bodies have been wounded and how they need healing. This is a way to claim ourselves, our sexuality, our bodies, our being, and a way to resist how our herstories have been denied and silenced. There will be a series of activities throughout this workshop where you will be communicating and sharing stories with other participants. So be ready to interact and let your "inner vagina" out!

3. Restoring Hearts: Moving on & Forward

Cynthia Juarez & Maria Vega
Oakes 106

Sabrosura, CAU, MEChA of UCSC

This workshop will focus on life experiences that have molded womyn. The purpose of this workshop is to provide solutions to inner conflicts womyn face by facilitating a safe space to discuss and explore who we are, breaking away from painful traumatizing memories that have kept us from leading a healthy and stable emotional life.

4. Shadeism

Jeanette Diaz, Ana Karen Manjarrez, Edith Cadena-Salinas MEChA de UCSC
College8 252

A basic introduction to the issue of shadeism which is the discrimination that exists between the lighter-skinned and darker-skinned members of the same community. This workshop will explore where Shadeism comes from, how it directly affects womyn of color, and open up a safe space for dialogue and discussion.

5. Construction of Latina Womyn in Magazines

Centro Americanos Unidos (CAU) C.A.U. of UCSC
Porter 249

This workshop will incorporate how Latina Womyn are portrayed in the media, specifically magazines. We will provide them with information about how Latina Womyn are being negatively affected by the stereotypes and beauty standards created by famous known magazines like Latinas, Cosmopolitan and Vogue.

6. Womyn of Color in Entertainment

Lauren Manalo UC San Diego
College8 250

This workshop seeks to promote discourse about the stereotyping, underrepresentation, and obstacles facing WOC in the world of entertainment, specifically comedy, theater, TV, and film. Through discussion and activities, we hope to find solutions and resources for WOC in the entertainment industries as fellow writers and performers.

7. Undocumented Feminism: Collaborative Research through a woman's circles and journaling

Charlene G., Carmen M., Karla J., Adriana A., Sheila S
Students for Equal Rights of East Los Angeles College
College8 252

Emulating the student activism approach, through women's circles and journaling 5 women collaboratively explored the role of mujer student activism, undocumented status, and sexuality in our lives and how they worked together within the spaces of our life like our home, body, relationships, education and social justice community. We wish to share with you a discovery of not only what we found, but of how to deconstruct the hierarchical research process and interject a more egalitarian dynamic that honors the feminine voice.

8. Identity Strands: Recollecting Stories and Memories for Empowerment

Victor Velasco Queer Student Union & UC Santa Cruz
Porter 144

Society often forces individuals to choose between separate identities, when in reality, we have multiple identities that we identify with. Through this activity, we hope to give participants an opportunity to explore multiple identities and how they play a role in forming one's identity. The activity allows us to recollect memories from the past and the present, and narrate our stories the way we want to tell them. By revealing our personal stories, we hope to empower ourselves, and those around us.