

FALL WORKSHOP SERIES

COMMUNITY CONNECTIONS RESOURCE CENTER
Campus Center 103

RESPONDING TO “RACIAL BATTLE FATIGUE”

Presented by Elena Favela and Matt Portwood

Wednesday, October 18

1:00pm-1:50pm

A workshop for students, faculty and staff who are seeking support in dealing with race-based stressors and their harmful effects to the body and mind; featuring information on self-care practices and coping mechanisms to combat racial battle fatigue. Presented by NHCC's Dean of Student Development and Matt Portwood, a renowned yoga/meditation instructor from Minneapolis.

SEEKING HEALTHY RELATIONSHIPS

Presented by Tubman Center

Monday, October 30

11:00am-11:50am

Meaningful relationships are important, but they aren't always easy to achieve. Tubman is an organization dedicated to building peaceful communities of thriving people and healthy relationships. In this workshop, practice how to resist abuse and violence in your relationships, and how to support those who are affected by relationship violence.

CREATING CARING COMMUNITIES

Presented by National Alliance on Mental Illness

Thursday, November 16

11:00am-11:50am

This workshop will feature five things we can all do to make our community a better place for people who are experiencing a mental illness. Learn more about how mental illnesses impact NHCC and what you can do to advance change!