

## DISCUSSION & SUPPORT GROUPS

### S.E.A.P.I.E.

Asian Pacific Women's Group  
Mondays, 2:00 p.m. - 3:00 p.m., UH 205

This discussion and support group is for all women of Southeast Asian, Asian, Pacific Islander, and East Indian decent. The group meets weekly for good conversations. They talk about relationships, navigating the college experience, and shares the challenges and stresses of college. New faces are always welcomed.

### VETERANS' DISCUSSION GROUP

Tuesdays & Wednesdays, 1:00pm-2:00pm, Aloha Java Café

Join us as we discuss veteran issues, needs, build connections, friendships, and encourage fellow student veterans. Facilitated by Joseph Chang, CSUF, Veteran Services Coordinator.

### PARA MUJERES

Chicana/Latina Women's Group  
Tuesdays, 4:00 p.m. - 5:00 p.m., UH 205

This discussion group is designed to help the Chicana/Latina student explore current issues and concerns inherent in her personal and professional growth. Learn and share the Chicana/Latina culture, the stressors with family and college life. Facilitated by Lorena Lopez, Human Services Major and Anna Vasquez, Graduate Student in Counseling.

### ADULT REENTRY DISCUSSION & SUPPORT GROUP

Wednesdays, 2:30 p.m. - 3:45 p.m., UH 205

Are you returning to college after a break in your education? Adult Reentry students are some of our best student's, maturity has its advantages! Our group is aware of the unique issues you face and will assist you in successfully balancing your commitments and achieving your academic goals. Bring your questions and concerns to our weekly meeting that was designed specifically for you. Facilitated by Catherine VanRietten, MFT.

### SISTERTALK

African American Women's Group  
Wednesdays

Club meetings: 5:00 p.m. - 6:00 p.m.  
Discussion Group 6:00 p.m. - 8:00 p.m. in UH 205

Sistertalk is a women's group for sharing and discussing issues relevant to the African American community. It is a great place to build strong friendships and gain support while in college. Facilitated by Faith Onwusa, Kinesiology Major and Rashidat Quadri, Business Major.

### STRONG WORDS FOR MEN

Mondays, 12:00 p.m. - 1:00 p.m., UH 205

A discussion & support group for males who identify themselves as gay, bisexual or questioning. We will be discussing issues such as coming out, personal feelings, sexual identities, Prop 8 and much more. This group stresses the challenges of being a gay or bisexual college male student in the 21st Century. Facilitated by Eric J. Spaich and Jeffrey Park, Human Services Majors.

### ADULTS MOLESTED AS CHILDREN SUPPORT GROUP

Thursdays, 3:00 p.m. - 4:00 p.m., UH 205

This support group provides discussion & support for adult survivors of childhood sexual abuse (AMAC). The group helps reduce feelings of isolation and offers a chance to express emotions about the abuse. Returning the responsibility to the abuser, and developing healthy coping skills are two strong themes of our group. AMAC survivors are welcome to attend in an environment of support, confidentiality and safety. Facilitated by Susan Leavy, MFT.

### THRIVE

A workshop series presented in collaboration with the Academic Advisement Center. These workshops assist students who may be struggling to achieve academic success due to ineffective learning styles, test taking skills or stress. Presented by Catherine VanRietten, Adult Re-entry Coordinator and Jessica Hadlock, Transitional Support Specialist, Academic Advisement Center. See THRIVE Workshop schedule above or call (657) 278-3928.

### THRIVE Workshop Schedule

Mondays, 11:00am - 11:50am

Study Skills & Exam Tips	Catherine VanRietten, MFT
<b>February 22</b>	
Effective Learning Style for Women & Men	Catherine VanRietten, MFT
<b>March 15</b>	
Creating Life Balance through Stress Management	Jessica Hadlock, Transitional Support Specialist, Academic Advisement Center
<b>April 19</b>	

### Women's Cultural Resource Centers

These resource centers are student driven; they offer discussion groups, special events and a library of resources addressing contemporary women's issues through the lens of ethnicity. The library is filled with books written by female authors about their respective cultures. Stop by and check out a book or attend one of the support groups offered weekly.

### Adult Reentry Center

(ARC) at CSUF is dedicated to issues encountered by students returning to school. The Center's mission is to provide support services to prospective students and current students who have multiple responsibilities outside the student role. The center serves as a resource to the CSUF community in providing an educational environment for students' success and retention. Come in to formulate a plan to effectively manage your time and commitments, reduce stress in your life, prepare for a graduate program interview and much more. Stop by UH-205, or call Catherine at (657) 278-3889.

### Veterans Student Services (VSS)

(VSS) assists CSUF veterans in successfully navigating the academic environment through guidance, resources and support services. Transitioning from the military to the university presents challenges and stressors not experienced by the general university population. VSS is committed to providing personalized services to veterans and assisting them with a seamless transition.

### Step Up & Stop It:

#### Sign up for your presentation

The history of rape prevention suggests that women can prevent rape if they take responsibility for their own safety. Females have been told to take self defense classes, watch carefully who pours their drinks and stay in the company of other well defended women. In short, rape is considered a woman's problem.

"Step Up and Stop It" begins a conversation to change the focus of sexual assault prevention. The outcome of this program shifts the social norms from "female as victim/male as perpetrator" to "a female/male alliance in sexual assault prevention." This formal program includes print media and a professionally created video that is available for viewing and classroom lectures upon request.

## Women's CENTER

EXPLORE, ENLIGHTEN, EMPOWER

CAL STATE FULLERTON

Spring 2010

University Hall 205

(657) 278-3928

Hours

8:00 am - 5:00 pm

(7:00 pm on select days)

www.fullerton.edu/womencenter

**Faculty:** To insure adequate space **PLEASE RSVP** when bringing your class to our workshops.



Our staff: Catherine, Susan, Rosalina, Jerri, & Joseph

## REAL WOMEN, REAL MEN,

## REEL WORLD

Join the CSUF Women's Center  
every TUESDAY

TIME: 5:00 p.m. ~ LOCATION: UH 205  
for a look into men's and women's lives in the  
REEL WORLD

This movie series is intended to depict women & men in a variety of roles, both real and imagined. The films will project them in such a way as to promote discussion on topics related to gender both historically and in today's society. The series will feature a wide variety of issues, including culture, historical accomplishments, life challenges and healthy/unhealthy relationships.

### SCHEDULE

FEB:	2/9	GREY GARDENS
	2/16	THE JOSEPHINE BAKER STORY
	2/23	THE VISITOR
MAR:	3/2	WATER
	3/9	PRAY THE DEVIL BACK TO HELL
	3/16	(500) DAYS OF SUMMER
	3/23	MIDDLESEXES: Redefining He & She
	3/30	NO MOVIE--SPRING BREAK
APR:	4/6	SENTENCING THE VICTIM
	4/13	THE POWER OF GOOD
	4/20	ANGELS IN THE DUST
	4/27	TSOTSI
MAY:	5/4	ABOUT A BOY

FREE POPCORN & SNACKS!!!

### 1-DAY CONFERENCE March 6<sup>th</sup>, 2010 -- Global Perspectives on Violence Against Women

The Women's Center 2010 Domestic Violence Conference is dedicated to the plight of women around the globe who suffer from unspeakable oppression and violence and addressing how we can help.

#### Who should attend?

Everyone is welcome! Students, faculty, staff and community members who are concerned about global women's issues and want to learn how to get involved.

Conference is FREE and includes Lunch sponsored by COACH Leatherwear.

Resource fair and bazaar featuring fair trade products.

Professional CEU's available: Five hours of CEU's for BBS (\$50 fee).

Limited seating. For more information or to register call (657) 278-3928.



WOMEN'S CENTER and ADULT REENTRY

## February Black History Month

Tuesday, February 2<sup>nd</sup>  
2:00 - 5:00 p.m.

### Women's Cultural Resource Centers Open House

Join us for food and conversation, and discover what these exciting centers can offer you. Don't wait until your senior year to take advantage of these great opportunities and be one of the many who say "I wish I'd have found this center when I was a freshman."

Wednesday, February 3<sup>rd</sup>  
12:30 - 3:30 p.m.

### Adult Reentry Center Open House

Have you "come back to school" to complete your education after a break? Then this is the group for you! Come to our Open House and meet other students with similar issues and goals and get the "synergetic effect" of meeting with your peers. Drop in to say "Hello" and enjoy some refreshments.

Thursday, February 11<sup>th</sup>  
12:00 - 3:00 p.m.

### Veterans Open House

This event is open to new and continuing student veterans. Come to learn about the resources and services available for veterans on campus. This is a great opportunity to meet and network with other student veterans and campus staff. Lunch and refreshments will be provided.

Friday, February 19<sup>th</sup>  
5:00 p.m. - 11:00 p.m.

Pavilions AB

### My Legends Ball

The ladies of Sistertalk invite you to an evening of history and culture.

Please RSVP to (657) 278-3928 by Wednesday, Feb. 17<sup>th</sup>.

Monday, February 22<sup>nd</sup>  
12:00 - 1:00 p.m.

### Caring for the Caretaker

Mary Read, Ph.D., LMFT, Dept. of Counseling  
At some point in our lives many of us will become caregivers for aging or disabled loved ones. Often this role is assumed without warning or preparation and it's extremely stressful. For working professionals, the added responsibilities strain an already high-stress life. Self care for the caretaker will be addressed including reducing stress and anxiety.

Tuesday, February 23<sup>rd</sup>  
12:00 - 1:00 p.m.

### Study & Exam Tips

Catherine VanRietten, MFT, Reentry Center.  
When you read your textbook, do you ever get to the bottom of the page and don't remember what you just read? It happens to us all! Don't get frustrated. Attend our STUDY & EXAM TIPS Seminar and learn how to "make it stick." You will receive information and learn techniques that will help you retain what you've read and make it easier to remember at exam time.

Wednesday, February 24<sup>th</sup>  
12:00 - 1:00 p.m.

### What Veterans Face Coming Back to College

Joseph Chang, Coordinator for Veterans Student Services. When our most recent veterans return to school they face transition issues, adjustment concerns, anxiety, and a new and unfamiliar civilian environment. Joseph will address the support services CSUF has to offer for veterans.

## MARCH

### Women's History Month

Tuesday, March 2<sup>nd</sup>  
12:00 - 1:00 p.m.

### Self-Esteem: Mapping Your Future

Barbara McDowell, M.S., Human Services Dept. How's your "self-esteem"? Do you know what we mean by this? Here's a chance to look at your "self-esteem collage" and gain a better understanding of the reputation you have with yourself!

Wednesday, March 3<sup>rd</sup>  
12:00 - 1:00 p.m.

### He Loves Me...He Loves Me Not

Robert Diaz, Community Educator, Human Options will share the story of an abusive teenage relationship. They seem like the perfect couple; so their friends think. Does he love her or not? The audience will see firsthand how complex and potentially dangerous a relationship can be.

Tuesday, March 9<sup>th</sup>  
12:00 - 1:00 p.m.

### Gossip & Gender

Robey Callahan, Ph.D., Anthropology Dept. will discuss the content of Maya gossip. It is high in fantasy and evinces a remarkable fascination for the perverse and the morally deviant. One social function of Maya gossip is to keep women "in their place".

### 11<sup>th</sup> ANNUAL WoMen's Center Conference:

## Global Perspectives on Violence Against Women

Saturday, March 6, 2010  
TSU Pavilions  
9:00 a.m. - 4:00 p.m.

For more information call (657)-278-3928

Wednesday, March 10<sup>th</sup>  
12:00 - 1:00 p.m.

### Financial Literacy for Women

Jacqueline Lauder, MSG, HICAP Program Director, Council on Aging - Orange County This workshop will offer an understanding of the financial vulnerability faced by women. Jacque will explain how to take control of your financial future. There will always be roadblocks ahead, but learning about the available tools necessary to navigate those roadblocks will empower your financial future.

Thursday, March 11<sup>th</sup>  
10:00 a.m. - 2:00 p.m.

### Veterans Affairs Rep. Visit

James Malone, Veteran Vocational Rehabilitation Counselor, Long Beach VA Hospital will be available to meet with student veterans for individual follow up. For more information contact Joseph Chang at (657)-278-8660

Tuesday, March 16<sup>th</sup>  
12:00 - 1:00 p.m.

### The Sociocultural and Ethnic Issues in Intimate Partner Violence

Julie Stokes, Ph.D., Afro-Ethnic Studies and Psychology Dept. Minimal attention has been given to the experiences of ethnic minorities on violence against women. The influence of structural inequalities and culture in creating victims and perpetrators of interpersonal violence will be explored within African American and Latino cultures.

Wednesday, March 17<sup>th</sup>  
12:00 - 1:00 p.m.

### Dealing with Difficult Students

Sandi Rhoten, Dean of Students, Student Affairs. A well-managed classroom free of disruptive behavior can make a difference in how effectively students learn. Find out how to manage disruptive behavior in the classroom to help

Thursday, March 18<sup>th</sup>  
7:00 p.m. - 9:00 p.m.  
TSU Alvarado

### Men and Women Dialogue

Hosted by Sistertalk & Women's Cultural Resource Centers How often do men and women get together to discuss issues that affect the community? Sistertalk's Dialogue provides students with the opportunity to discuss issues that affect us: love, relationships, adulthood, racism and college life. This event facilitates positive debate and discussion where students can share ideas about a topic and agree to disagree. Join us for an interesting and eye opening discussion.

Refreshments and food for the first 25 people.

Tuesday, March 23<sup>rd</sup>  
11:30 a.m. - 1:00 p.m.

### How Can I Let a Career Find Me?

Sally Star, Director, Corporate Relations & Workforce Solutions, University Extended Education will discuss a variety of career concepts, which are based on the work of Michael Driver, Ph.D., that define one's style and behavior. You may resonate with the linear, spiral, roamer, or expert, career style of behaviors.

Wednesday, March 24<sup>th</sup>  
12:00 - 1:00 p.m.

### Keep Your Professional Edge

Dr. Irene Matz, Associate Dean, College of Communications & Associate Professor, Dept. of Human Communications Studies. Dr. Matz has studied and written extensively on women in leadership. She will share her insights on how to stay sharp even after reaching success in your career. Keeping your edge personally & rationally will also be discussed. Join us and share your thoughts.

### Native American Awareness

Saturday, March 27<sup>th</sup>  
11:00 a.m. - 10:00 p.m.  
ECS Lawn

### Inter-Tribal Spring Pow Wow

Inter-Tribal Student Council will host the Annual Pow Wow to celebrate Native American culture. Join us for a weekend full of beautiful cultural performances, arts and crafts. For more information call (657) 278-3603

### Sexual & Intimate Partner Violence Prevention Training for Latina/Chicanas

Mondays  
March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>  
9:00 a.m. - 1:00 p.m. UH-205

The Women's Center will conduct CAVAW a four-day training for CSUF Latina students interested in becoming community outreach volunteers. This training will offer basic education on D.V. sexual assault, healthy relationships and examine them through the lens of gender and culture. Limited seating! To register or for more information call (657) 278-3928. All four days must be completed to receive a certificate.

Sunday, March 28<sup>th</sup>  
8:00 a.m. - 4:00 p.m.  
TSU Pavilions

### Día de Los Padres

MESA Cooperativa and CSUF cordially invite students and parents of the Chicano/Latino community to learn about college life, support resources, and parent-student struggles. This one-day conference will host workshops on financial aid/scholarships, campus and college life resources and AB 540 updates. breakfast and lunch will be provided.

R.S.V.P. by March 22<sup>nd</sup> to (657) 278-3928.

## APRIL

### Sexual Assault & Asian American Awareness Month

Tuesday, April 6<sup>th</sup>  
12:00 - 1:00 p.m.

### Women and the Jeopardy of Ageism

Valerie O'Krent, M.A., Child & Adolescent Studies & Secondary Education will discuss Ageism, a "stealth" prejudice which needs to be examined and eliminated. We are living longer but our society is not supportive of aging; it's focused on "youthing". What does this discrepancy represent for women, especially since women outlive men?

Wednesday, April 7<sup>th</sup>  
12:00 - 1:00 p.m.

### Verbal Aggression in Sitcoms: Understanding the Comedic Frame

Dr. Jeanine Congalton, Human Communications Department will discuss the nature of sitcoms and the viewers' tendency to overlook verbal aggression. In sitcoms, verbal aggression functions as "comic relief".

Tuesday, April 13<sup>th</sup>  
12:00 - 1:00 p.m.

### Improving Your Brain Function

Jessie Jones, Dept. of Health Science. No matter what your age the brain continues to remake itself in response to our thoughts, environment, and behaviors. This interactive presentation shares key lifestyle strategies to enhance brain function, health and vitality.

Wednesday, April 14<sup>th</sup>  
12:00 - 1:00 p.m.

### Identity Theft 101

Hayley McCormick, Fraud Investigator, Bank of the West. Anyone can be the victim of identity theft. This workshop will: define identity theft, educate you as to how criminals steal your personal information, offer tips to minimize your risk and let you know what to do and what to expect if you become a victim.

Tuesday, April 20<sup>th</sup>  
12:00 - 1:00 p.m.

### Men & Depression

David Shepard, Ph.D., Counseling Department. Male hidden depression is a serious problem not only for millions of men, but also for their female partners. We will discuss why men are vulnerable to depression, why the depression lingers, and the role male depression plays in relationship difficulties women experience.

Wednesday, April 21<sup>st</sup>  
12:00 - 1:00 p.m.

### Sexual Addiction and Offending

Carlos Protzel, LCSW, Psy.D. Counseling and Psychological Services. What is sexual addiction? What behaviors indicate sexual addiction and what are the personal and professional consequences? Who is at risk and why do some act out sexually while others do not? What is the borderline between sexual acting out and criminal offending? These questions and more will be addressed at this informative presentation.

Tuesday, April 27<sup>th</sup>  
12:00 - 1:00 p.m.

### Internet Porn and Your Relationship: What You Need to Know

Paul McCardless MFT, Counselor. When a significant other is involved with internet pornography, it can have a devastating effect on the relationship. Research and clinical observations will be presented to shed light on factors involved when a partner is involved with internet pornography.

### 3<sup>rd</sup> Annual Veterans Appreciation Night

Sunday, May 2<sup>nd</sup>  
6:00pm - 9:00pm  
TSU Pavilions

Veterans Appreciation Night recognizes all military veterans at CSUF who bravely served our country and returned to school to complete their education. It also celebrates veteran graduates of 2010 and honors those who will be deploying to the Middle East. The ceremony of both appreciation and recognition simultaneously honors 400 CSUF student veterans and their family members. Free Admission!

(RSVP to 657-278-3928 by April 16<sup>th</sup>)