FALL 2016 NEWSLETTER

WELCOME TO THE WRC:

Happy fall! The beginning of a new semester, and a new academic year, is always an exciting time full of possibilities and new plans. We’ve been very busy expanding programs, building new programs, and creating an exciting selection of activities for you. It is also a great time to reflect on successes and lessons learned, and to say goodbye to people who continue their journeys elsewhere and welcome new people into our community.

Sandra, Faith, Michelle, Ari and Joella

Those of you who are returning to campus may have noticed a few changes as well as many new faces. I want to welcome the newest members of the WRC team, Ari will be working with our women in STEM program, Sarafina will be running our IMPACT: Women’s Mentorship Program and Olivia is joining the team from Amy Biel High School for her senior project. Together this bright, creative group of students brings an array of experiences and ideas that will enrich life on our campus.

This summer Sarafina lit up campus promoting our IMPACT mentoring program. The program had such a positive response last year and grew by 1000%! I can’t wait to see what they accomplish this year! Our 2016-2017 leaders are an incredible group of dynamic, smart, creative trailblazers! Together they are working to create community, easier navigation and strong support for their fellow Lobos. I have LOVED getting to know them and have been so happy and excited to get to meet many of the incoming mentees. This year will be an incredible adventure for them. Please check out our website for more information on The Impact Project http://women.unm.edu/services/impact-womens-leadership-and-mentorship-program.html

We have so much planned for you all this Fall. We can’t wait to have you back in the center. Please remember that there are so many ways to get involved with and to support the WRC. Check out our semester calendar often, sign up for our listerv messages and follow our blogs! You can support us financially by making a donation to the WRC in general or to our Sabrina Single Mothers Scholarship—just call to find out how.

Don’t forget, we always have coffee and tea, and condoms, feminine hygiene products, and…a stash of chocolate. Looking forward to seeing you soon. Have a great semester!

~Caitlin Henke
Interim Director/Program Specialist
A letter to the WRC

Dear Women’s Resource Center,
Recently I went to our 19th annual Theta Nu Xi Multicultural Sorority Incorporated convention in Ft. Lauderdale, Florida. This event is a requirement for every chapter or else we get fined. Currently the chapter in New Mexico (Psi) only has one member, that member is me Cheyenne Trujillo.
While I was there I got bystander training, gender equality workshops, networking for graduate/law school, group discussions on improving small multicultural organizations, grow, a workshop on activism, a workshop on sisterhood mental health workshop and most important a workshop on multiculturalism in our society workshop. Now coming back to campus I have pushed to embrace and educated people/organizations on what I learned.
I have been more active on my campus in helping bring awareness on multiple topics and helping other small multicultural Greek organizations learn how to grow. I am promoting community outreach to all my organizations. I am involved with and have been getting my interest involved with bystander workshops, safety walks, red rally, time management workshops and zumba classes.
If it was not for this great opportunity given to me from WRC, I would have never known how powerful I am in creating change and how education is a way to implement change. It’s great to know that I have a department that truly saw the importance of this convention and gave me a chance to grow and learn in a new environment. Thank you Women’s Resource Center; I am so grateful!!!
Sincerely,
Cheyenne Trujillo

WRC Impact: Mentorship and Leadership Program

Our mentorship leadership program is off to a running start this year with a cohort of twenty-four amazing individuals! From all different disciplines, our group of students meets weekly to build personal development skills by networking and improving communication skills. What’s more, our mentors are working so hard to be there for their incoming first-year student mentees. Even just a few weeks into the semester, I feel so lucky to be a part of a group with such dedication and passion that continues out in different sectors of our community at the University of New Mexico.

Best, Sarafina

Sarafina Tabrum
Graduate Assistant

DAYS for GIRLS UPDATE

Thanks to your contributions we were able to assemble and sew 25 shields. Plus donate many yards of fabric and thread to the chapter, Women2Be. Every bit goes towards raising awareness of the importance of empowering women to control their lives.

If anyone is interested in donating more time and/or money please contact https://women2be.org/

Shelley and volunteers sewing fabric inside our grouproom.

1 of the many beautiful pads we sew for girls/women in need!
TAKE ADVANTAGE OF ACADEMIC RESOURCES:

CAPS- The Center for Academic Program Support is the learning assistance program available to UNM students enrolled in undergraduate classes. They offer learning assistance in most undergraduate courses in a variety of formats: Supplemental Instruction, online tutoring, drop-in tutoring, workshops, and language conversation groups.
http://caps.unm.edu

ARC- The Accessibility Resource Center’s primary duty of the department is to help all qualified students with disabilities gain equal educational access and opportunities throughout the UNM community. http://arc.unm.edu

LLC- The Language Learning Center is a technology-enhanced language learning facility. It is open to all registered students taking a language class at UNM. http://llc.unm.edu

ASK FOR HELP WHEN YOU NEED IT:

SHAC. Student Health & Counseling. Schedule an appointment with a mental health professional to address any symptoms that may be interfering with your academic performance.

The Manzanita Counseling Center. Manzanita is part of the College of Education at UNM and offers FREE Counseling 505-277-7311

WRC. Remember we are here for you too! The Women’s Resource Center is a place of advocacy, support, and safety for all members of the University of New Mexico and greater community.

Introducing Tampon Stations on campus!

LGBTQ Resource Center provide service to UNM students, faculty, and staff of all gender identities and sexual orientations through support, advocacy, education, and safety.

LRAC. LoboRESPECT Advocacy Center Provides a safe and welcoming environment and serves as a confidential/anonymous reporting location for students, staff and faculty to receive support and advocacy services for a number of areas. The LoboRESPECT Advocacy Center is committed to helping students understand and navigate UNM’s structure and assist in resolving issues they may encounter at the university. They provide personal advocacy from start to finish with a single point of entry for students to come for information, assistance and support.

Find one at these departments:
Women’s Resource Center
LGBTQ Resource Center
El Centro
Children’s Campus
AAIS SHAC CEP
OEO ARC AASS
FIND US
MSC 06 3910
Mesa Vista Hall 1160
1 University of New Mexico
Monday - Friday: 8am - 5pm

SERVICES WE OFFER
ADVOCACY
The WRC is a safe space. We provide resources and start by believing.

BREASTFEEDING SUPPORT PROGRAM
We facilitate 20 lactation stations on UNM Campus for students, staff, faculty, and their partners/spouses to use.

COFFEE AND CHOCOLATE
Stop by the center for free coffee, tea, and chocolate everyday!

COMPUTER POD AND FREE PRINTING
The only family friendly computer pod on campus, with 6 MAC computers and free printing.

COUNSELING
Short Term counseling and immediate support and referrals are available for students, staff, faculty, and community.

LIBRARY
Book and video libraries contain materials on a variety of topics, available for check out by students, staff, and faculty.

CONTACT US
Phone: 505.277.3716
Fax: 505.277.2913
WEB: women.unm.edu

AA:
Meets every Wednesday from 12pm-1pm

STUDENT GROUPS
FEMINIST MAJORITY GROUPS
FMLA at UNM id dedicated to advancing women's equality and self-determination. Please contact: feministunm@gmail.com

STUDENT ALLIANCE FOR REPRODUCTIVE JUSTICE
This organization works to end abortion stigma and understand the intersectionalities of reproductive justice. Please contact: unmsanj@unm.edu

THETA NU XI
Theta NU Xi Multicultural Sorority, INC. represents the Psi Chapter at UNM. Please contact: llyz2007@unm.edu

LOBO PARENTING CUBS
Group for pregnant women, children, and families. They meet twice a month. Please contact: mmarti79@unm.edu

LET'S STAY IN TOUCH!
Facebook: www.facebook.com/unmwrc
Twitter: @unm_wrc
Instagram: @UNMWRC