

# WOMEN'S CENTER

WEEKLY NEWSLETTER

## WHAT'S HAPPENING

### WOMEN'S WEEK

March 1st through the 8th, the Women's Center is hosting events that embody this year's theme: Creating Change through Courage and Compassion. From Andi Zeisler, the co-founder of B\*tch Media, to Emerald LaFortune, a fly fishing and raft guide, there is sure to be an event for everyone.

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### EATING DISORDER AWARENESS WEEK

Nebraska's Healthy Outlook Peer Educators (HOPE) is honoring eating disorder awareness week starting February 26th - March 4th. The theme: "Come As You Are: A Week of Positivity, Learning and Self-Care." <https://involved.unl.edu/eating-disorders-awareness-week>

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### FEMINIST FUN TIME

Come join the Women's Center on Fridays this semester! We will explore gender-related issues and helps others learn more about present-day feminism. This week we are having a book discussion at 11:30 am on Andi Zeisler's book, "We Were Feminists Once."

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### UNPACKING PERFECTIONISM

Join our weekly support group on Wednesdays at 11:30 am - 12:30 pm. This is a support group for unpacking expectations of perfectionism in your life, relationships, and culture. Open to UNL students, staff, and faculty.

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### STUDENT-PARENT SUPPORT GROUP

The support group allows students with children to connect with other student-parents while processing emotions related to student life and parenting in a safe space. If you're interested in joining, fill out the doodle poll with times you can meet.

<https://doodle.com/poll/g8b8asf3w7qdr5fp>