

SHARE:



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Soma is Greek for 'body.' We all have one, but how conscious are we of our mind's relationship with our body and our body's relationship with our mind and our spirit? Strengthening the mind-body connection is the primary objective of somatic-oriented mental health practices in the U.S. including Somatic Experiencing and somatic psychotherapy. Though somatic-based mental health treatment is relatively new in the settler-colonial U.S., body-oriented healing and mental health practices are a global wisdom practiced across cultures in some way, shape and form.

When we strengthen our mind's ability to listen to our body, we strengthen our awareness of our experience in the present moment, as well as how past experiences continue to impact us, and how to heal ourselves.

[Try Out Somatic Movement](#)

Share Your Story of Joy

In honor and celebration of Black History Month, the Women's Center will be gathering and sharing stories of achievement and joy from the Black women* in our community. During the entire month of February, we will be featuring stories shared with us on our podcast, Gen(der) Ed.

If you would like to share your story of joy with us, review the initial prompt and follow the instructions at the link below. We will be accepting story submissions through February 19th.

[Submit your story.](#)



Faculty Women of Color in the Academy

Early Bird registration which ends February 28th.

The 9th annual Faculty Women of Color in the Academy Virtual National Conference, April 9-11, 2021. Given our extraordinary times, we know that it is even more important than ever to be “in community,” with other women of color. We are thankful for the incredible effort and commitment of our keynote speakers and presenters.

[Learn more.](#)

Hokie Collective

We are very excited to introduce the newly launched Hokie Collective opportunity for students! The Hokie Collective is an interdepartmental* program that provides ongoing opportunities for student education at the organization or individual level on topics related to actively caring for their community.

[Learn more.](#)



CELEBRATE ACHIEVEMENT
9th
FWCA
FACULTY WOMEN OF COLOR
at Virginia Tech

**FACULTY WOMEN OF COLOR
IN THE ACADEMY
NATIONAL CONFERENCE
VIRTUAL EVENT**
APRIL 9-11, 2021

CONNECT SUPPORT EMPOWER

The conference offers women of color faculty, university administrators, post-doctoral fellows, and graduate students a unique educational and professional opportunity to network, engage, and learn with peers from around the country.

CONFERENCE HIGHLIGHTS

- Keynote Speakers, Dr. Bettina Love, Dr. France Cordova
- University President's Panel: Dr. Ana Mari Cauce, Dr. Francine McNairy, and Dr. Astrid S. Tuminez
- The Pre-conference Academic Writing Retreat will take place April 9th
- Thought-provoking & interactive workshops
- The Zenobia Lawrence Hikes Woman of Color in the Academy Award



**FEATURING:
PERFORMANCES BY**
**Angel's
pulse** [ANGELASPULSE.ORG](https://angelaspulse.org)



INCLUSION AND DIVERSITY
VIRGINIA TECH

EARLY BIRD REGISTRATION OPEN UNTIL FEBRUARY 28
VISIT <https://bit.ly/38u6Mcd>

WE LOOK FORWARD TO WELCOMING OVER 500 WOMEN OF COLOR.

Upcoming Events

Black History Month Events





ACEC PRESENTS



THE INAUGURAL LAUNCH OF THE INSPIRASIAN SERIES

PRESENTATIONS ON CASTE, THE HINDU
GODDESS KALI, AND DISASTER RESPONSES
IN NEPAL

FEBRUARY 17, 2021
5 PM EST

REGISTER HERE:
[HTTPS://RB.GY/ORYAG9](https://rb.gy/oryag9)

MEET THE PRESENTERS



DR. SWETA BANIYA
ASSISTANT PROFESSOR OF RHETORIC
PROFESSIONAL AND TECHNICAL
WRITING
DEPARTMENT OF ENGLISH



DR. BONNIE ZARE
ASSOCIATE PROFESSOR
DEPARTMENT OF SOCIOLOGY



DR. SUCHITRA SAMANATA
COLLEGIATE ASSOC. PROFESSOR
WOMEN'S & GENDER STUDIES
DEPARTMENT OF SOCIOLOGY

The Inaugural Launch of the InspirASIAN Series
This panel features presenters who will share their
respective research and reflections on South Asia.

FOR QUESTIONS, CONTACT DR. HA AT NHA@VT.EDU

[Register here](https://rb.gy/oryag9) for the Inspiration Series

BLACK HISTORY MONTH PRESENTS:
AN EVENING WITH
STACEYANN CHIN
February 24th 7PM EST
Register to attend.



& A STUDENT WORKSHOP FACILITATED BY
February 26th 11 AM EST Register to attend. **STACEYANN CHIN**
For information or accommodations, contact Dr. Nina Ha at nha@vt.edu

Sponsored by: The Asian Cultural Engagement Center; Women and Minority Artists and Scholars Lecture Series; Women's Center; Department of Religion and Culture; Ulick Cultural Center; HokieVIBID; School for Performing Arts; Office for Inclusion and Diversity; Department of English; Creative Writing; Dean of CLAHS; Laura Belmonter; LGBTQ+ Resource Center; Office of Recruitment, Diversity, and Inclusion; Graduate School; Center for Refugee, Migrant, and Displacement Studies; Crenwell International Center; Asian American Student Union; Center for Rhetoric in Society; University Libraries Diversity Council; & Cultural and Community Centers.

[Register here.](#)



GRADUATE SCHOOL
VIRGINIA TECH.

GIVE SHOES. GIVE LOVE.

We're hosting a shoe drive to collect new and gently used shoes to create opportunities for women in developing nations to start and sustain a small business.

You can help by simply donating your shoes!

Bring your new or gently worn shoes on:



Men's,
Women's, and
Children's
shoes
accepted!

**Virginia Tech Graduate
School Lobby**
**Monday, January 18, 2021
through
Friday, February 26, 2021**
Questions? Please contact the Office of Recruitment, Diversity,
and Inclusion at ordi@vt.edu
(bags and sanitizer will be available on site)

All shoes
sizes are
welcome!

Stay connected!



[Subscribe Here](#)