



Join us for our launch
Sister Circle!

Sunday 13 March, 6-8.30pm

Yogatown,
Almond Brook Road,
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Sister Circle

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Sister Circle:

The Sister Circle Vonette Z. Bright, Nancy Moser, 2003 A Victorian house becomes a refuge for seven women of all ages and backgrounds as they bond together in sisterhood

Soothe Your Nerves Angela Neal-Barnett, 2010-06-15 Do you or someone you love suffer from bad nerves Denise is constantly on edge She's convinced something bad is going to happen Ruth will drive an hour out of her way to avoid driving over a bridge When she has to do it her chest thumps her heart starts racing and she breaks out in a sweat She's beginning to think she shouldn't leave her house Bernice hasn't slept in two months for fear that the witch is going to ride her again What do these women have in common They are struggling with crippling anxiety disorders Thousands of Black women suffer from anxiety What's worse is that many of us have been raised to believe we are Strong Black Women and that seeking help shows weakness So we often turn to dangerous quick fixes that only exacerbate the problem like overeating and drug and alcohol abuse or we deny that we have problems at all In *Soothe Your Nerves* Dr Angela Neal Barnett explains which factors can contribute to anxiety panic and fear in Black women and offers a range of healing methods that will help you or a loved one reclaim your life Here finally is a blueprint for understanding and overcoming anxiety from a psychological spiritual and Black perspective

Disrupt the "Not-Telling" Tara B. Blackshear, Raquel Muñiz, 2026-03-03 Black women earn 67% of all doctorates earned by Blacks in the United States yet their presence in higher education as tenured professors remains dismally low This drastic gap between educational attainment and employment can largely be traced to the structural constraints of both racism and sexism and continues to create obstacles for talented Black women scholars and researchers In *Disrupt the Not Telling* Leah P Hollis Tara B Blackshear and Raquel Muñiz have gathered an expert group of Black scholars to examine why Black women have been excluded from tenured roles in higher education institutions Broken into two sections the first focuses on empirical research and narratives from Black women in predominantly white institutions detailing their tenure and promotion experiences The second unit sheds light on the challenges faced within Historically Black Colleges and Universities HBCUs and Minority Serving Institutions MSIs Employing a range of theoretical approaches case studies and phenomenological approaches the book analyzes higher education processes and their inequitable impact on Black women Beyond highlighting the problem this volume offers theoretically sound approaches and recommends solutions that can assist colleges and universities in creating and maintaining an equitable path to tenure

Feminist Mentoring in Academia Leandra Hinojosa Hernández, Stevie M. Munz, Jessica A. Pauly, 2023-09-25 *Feminist Mentoring in Academia* offers a varied collection of autoethnographic and research based accounts of support struggle and resilience from the ivory tower Contributors write about the moments in between where feminist mentoring initiates renews thrives and sometimes struggles The work presented in this book highlights how feminist mentoring happens between professor and student junior faculty and tenured and occurs repeatedly Featuring contributions from scholars at varying points in their academic careers the chapters of this book propose best

feminist mentorship practices disclose personal narratives and critique traditional forms of mentoring with visions for feminist mentorship futures Scholars of communication feminist studies higher education and sociology will find this book of particular interest

Still Working While Black Antione D. Tomlin, 2023-06-12 This book shares the experiences of Black student affairs practitioners offering advice on navigating the field It addresses challenges like racism and discrimination emphasizing the need for equity and inclusivity in higher education The book provides strategies to support Black professionals in student affairs

The Chautauquan Theodore L. Flood, Frank Chapin Bray, 1890

Proceedings of the ... Annual Convention of the Ladies of the Grand Army of the Republic Ladies of the Grand Army of the Republic. Department of Kansas, 1921

The Field Afar ,1921 **The Chautauquan** ,1885 **Comfort** ,1921 *The Bay View Magazine* ,1895 **The Silver Cross** ,1918 *The Canadian Magazine* ,1909 **Circle** ,1909 **The Railway Conductor** ,1928 **Eastern Star of Michigan** ,1928 *The Alpha Phi Quarterly ...* ,1914 *Vision* ,1915 **Catholic Reading Circle Review** ,1897 **Journal of the Annual Encampment** Grand Army of the Republic. Dept. of Idaho, 1928

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