

### Womxn's Support Collective

By participating in the Womxn's Support Collective, we acknowledge the challenge and trauma associated with a female identity, and celebrate the courage and persistence of womxn across history and today. We commit to come together in a spirit of learning and support, and create a safe space for womxn to be seen and heard as they are. We believe wholeheartedly that when womxn feel safe and heard, they can heal, grow, and that our society benefits as a whole.

#### Introduction

Community Commitment 15 minutes- Trigger Warnings, Safe Space, Deep Listening

Mindful Minute

#### Share Groups

1. Discussion & Writing When was a time you felt your body, time, or ideas were the property of another?
2. Write down all the words, expressions, drawings, or anything that expresses the emotions you feel.
3. Gallery Walk

#### Expressing Emotion & Healing Through Art

Destroying

#### Collective Healing

Each individual will stand up and unapologetically say something she loves about herself. Positive group will response

#### Expressing Emotion & Healing Through Art

Creating

#### Closing

1. Minute of Mindfulness
2. Commitment to Sustained Support

### When participating in listening groups, we will commit to these ground rules on how to listen and why:

1. Womxn are free to flesh out ideas here, and to vent.
2. We acknowledge that we are all in different stages of our own journeys.
3. We will not try to "correct" or "teach" one another's experiences, feelings or perspectives.
4. We will practice deep listening with kindness, and sympathy.
5. We will ask permission to ask kind, curious questions.
  - a. For example, **this is a helpful question** "(I identify as male and) I hear that this situation looked unsafe for you. Would someone be willing to tell me more about that?"
  - b. For example, this is **not helpful**: "(As a man) I don't agree that this has anything to do with XYZ. I think..."
6. If we think another womyn's processing from an experience is wrong or unfair, it's okay to let that go uncalled and to offer your support instead.
  - a. Examples of support: "I'm so sorry this happened to you this way. It sounds so hard, and I'm glad you're taking space to process and grieve."
  - b. **It does not look like** "Don't you think you're being a little hard on your partner?" or "Maybe you should cut him some slack, he didn't mean it that way!" Again, these things may be true, and chances are the individual is well aware, but they are not helpful words.

"Deep listening is the kind of listening that can help relieve the suffering of the other person. You can call it compassionate listening. You listen with only one purpose: help him or her to empty (one's) heart. And if you remember you are helping him or her to suffer less, and then even if he says things full of wrong perceptions, full of bitterness, you are still capable to continue to listen with compassion. Because you know that listening like that, with compassion, you give him or her a chance to suffer less." -Thich Nhat Hanh

**ALL  
ARE  
WELCOME**



**The Womxn's Support Collective**

**FRIDAY, NOV 9TH  
10:00 AM- 12:00 PM  
LANEY COLLEGE  
TOWER BUILDING, RM 850**

**“  
HEAR &  
BE HEARD.  
”**

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