

From: Inform
Subject: EM: Upcoming EmPOWER Center Events

From: Rima Shah

There are lots of EmPOWER Center events coming up!

Please join us for **Cookies & Trivia** (11/10 – location changed to EmPOWER);
and the last sessions of **Let's Talk About It** (11/9), **Title IX Administrator Drop-in** (11/15),
and **Restorative Yoga** (11/17). Details below and on our Instagram @empowercenterclaremont.

The EmPOWER Center presents

Let's Talk About It:
A Conversation Series on Healthy Relationships
Conversations facilitated by a House of Ruth educator

Alternate Wednesdays, 3:30-4:30pm
in the SCORE Living Room at Scripps
Oct. 12: Healthy Relationships 101
Oct. 26: Boundaries and Communication
Nov. 9: Stress Management

All 7C students welcome. Join for one or more sessions.
First three attendees at each session win a tote bag!

There will be Boba!!

EmPOWER Center

FMI: BarbaraR@claremont.edu

EmPOWER x CMC Advocates

COOKIES & TRIVIA

- **LOCATION CHANGE: EVENT NOW HAPPENING AT EmPOWER Center (1030 DARTMOUTH AVE)**
- **Thursday, November 10 from 7-8pm**
- **Open to all 7c students**

Come join the EmPOWER Center and CMC Advocates for a relaxing evening of cookie baking/decorating and trivia. The trivia questions will be all things related to sex, healthy relationships, and consent. "I Like Pie" gift cards will be awarded to the top trivia players. See you there :)

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FMI: Email ocarusi23@cmc.edu

SCORE

Title IX Administrator Drop-In Sessions at the EmPOWER Center

Do you have questions about the TCC Title IX Policy and process? Want to know what the process entails? Wondering what happens when you file a complaint, which types of alternative resolution options are available, and what the live hearing is like? Come meet the TCC Title IX Administrator, Barbara Reguengo, and have your questions answered. Speaking with her does not constitute a report.

Thursday, Oct. 13th & Tuesday, Nov. 15th
from 3-4:30pm
at 1030 Dartmouth Ave.

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Restorative Yoga

Instructor Tracy Brennan has been teaching yoga for 18 years & believes in the healing benefits of yoga. She is the owner of Claremont Yoga.

Alternate Thursdays, 4-5pm at Pomona College
Oct. 6 - Loeb Pavilion, Benton Museum of Art
Oct. 20, Nov. 3, Nov. 17 - Richardson Garden, Seaver House

7C students, staff, & faculty of all backgrounds, identities, & abilities are welcome. **Bring your yoga mat & join for one session or more!**

EmPOWER Center

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