

Women's Services

At Metropolitan State University

Inside this issue:

Women's Services and Community	1
Sexual Violence Support Group Forming	1
Sexual Assault Awareness Month	2
Other Groups for Men and Women	2
Women's Services: Not Just for Women!	2
MN Childcare Resource and Referral	3
Join the Advisory Board	3
Women's Services on the Minneapolis Campus	3
Mission and Contact Information	4

Volume 1, Issue 3

April, 2007

Women's Services and Community

Jess Helle-Morrissey

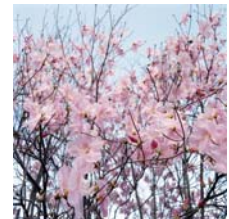
First, a big thanks to everyone who helped with a successful Women's History Month! We pulled off several fun and informative events. If you weren't able to attend any of these events, I'm working on some great programming for fall. A few sessions in the works: Childcare 101 for the Student Parent, and Personal Finance and Budgeting for Women. Keep checking the website for more details as they become available. And as always, I love hearing from students, staff, and faculty about ideas for workshops and programming.

In light of the recent tragic events at Virginia Tech, I wanted to take some

time to offer a few words about community. Even though we at Metropolitan State are not a traditional campus with residence halls and sports teams, we are still very much a university community.

I know that sometimes Metro can feel like a place where you come, take your class, and leave. But please know that if you are struggling, suffering, or just need a place to feel connected, you *belong* to the Metropolitan State community. We're not just a place to learn, we are also a group of wonderfully diverse people with much to offer each other in times of need. So come talk to me in Women's Services, or visit any of the other cultural

student coordinators: GLBT, African-American, Chicano-Latino student services, and more. Or take the time to make an appointment with Student Counseling Services. Start a group on campus about an issue important to you. We all live busy lives, and we sometimes try to take on too much by ourselves. Let's use this time of tragedy to connect with the Metropolitan State University community in a meaningful way. Let's not let the chance to connect pass us by.



Sexual Violence Survivor's Support Group Forming

If you are a survivor of a sexual assault, sexual abuse, incest, or another form of sexual violence, *you are not alone*. With that in mind, we're currently doing intakes for a support group for survivors of sexual violence. The group will be 6 weeks long and will start

toward the end of May. Members can expect to learn about issues that affect survivors, and to hear from others who are in a similar situation.

Group will be free of charge, will be facilitated by two female counselors, and will be held on the St.

Paul campus. Details on dates and times will be dependant on member availability. If you or someone you know could benefit from this group, please email women.services@metrostate.edu or call 651-793-1558.

Sexual Assault Awareness Month

It is estimated that 1 in 4 women and 1 in 6 men will experience sexual assault at some point in their lives. And these numbers only reflect those incidents that are reported. Given the unfortunate taboo nature of sexual violence in our culture, one could guess that these numbers may be even higher.

In the Women's Services Office, I have a lot of resources and information to help survivors of sexual assault. This is an issue that I am pas-

sionate about, having spent two and a half years at the Rape and Sexual Abuse Center working with survivors and their loved ones. So stop by the office or schedule an appointment if you'd like to talk about your experience with a supportive advocate.

Maybe you have not experienced sexual violence yourself, but someone you care about has. We can help with that, too. There are very real emotions that people experience when a loved one has

been violated. It's a good idea to talk with someone about how best to help your loved one.

Finally, I've also compiled a brochure for faculty and staff on assisting students who disclose sexual violence. If you do not have a copy, stop by the Women's Services Office to pick one up.



Other Support Groups to be Offered for Men and Women

We are excited to be partnering with Student Counseling Services to offer two additional support groups that will be open to both men and women. These groups will be offered during the summer quarter and are free of charge for students. Both groups are based in the idea that in order for students to succeed academically, it is important to receive support in personal areas that may be impeding

academic and personal success. **Relationship Group** will provide opportunities for members to both give and receive support regarding their relationships with other people. Group members will help each other with increasing self-awareness and satisfaction with the relationships in their lives. **Parenting Support Group** will provide an opportunity for students who also function as parents to discuss the joys and

challenges of balancing their multiple roles.

Both groups are currently accepting members, but space is limited. Please call 651-793-1558 to schedule an intake session. If you have ideas on other groups you'd like to see offered, please let me know. Stay tuned for more group offerings in the future.

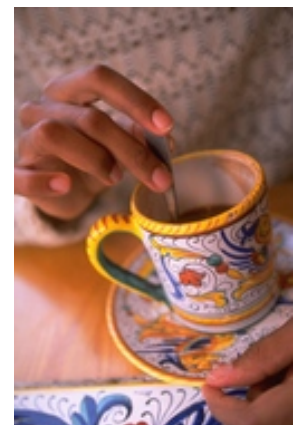
**April is Sexual
Assault
Awareness
Month**

Women's Services: Not Just for Women!

If you are not a woman, I'm guessing you know someone who is. "Women's Issues" is a very broad term—I can think of few things that are not "women's issues". But this does not mean that men cannot be affected by those same issues, or that men are not affected by what the women in their lives experience.

Women's Services does not exist solely to serve women, but also to serve the entire community on issues relating to women. If you have questions about issues facing a woman you know, stop on by. Or maybe you are concerned with women's issues on a broader level—reproductive rights, equal pay, or the representation

of women in the media. Either way, you're welcome to make an appointment with Women's Services or to come to any of our Women's Services events.



Resource of the Month: MN Childcare Resource and Referral

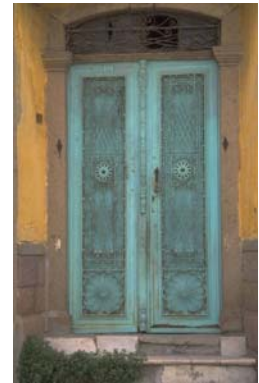
Another reason to stop by Women's Services is the information we have on hand about resources in the community. With that in mind, I'm going to start highlighting one of the resources each month in the newsletter.

Perhaps the issue that I hear about more than any other is that of childcare. Many students, staff, and faculty have approached me to talk about the difficulty of finding affordable, quality childcare that works with students' class schedules.

I've been networking with some different groups in the community, and wanted to point out one resource in particular that we have in the office. The Minnesota Child Care Resource and Referral Network (www.mnchildcare.org) is a great agency that works to connect people with childcare resources. They have several childcare counselors who specialize in various counties. I've been assured that they often work with student parents and have info on financing options for students. Start with their website – it's informative and

user-friendly. I've also got some of their printed information in my office in 137 Founder's Hall – stop by if you'd like to grab a brochure. Or we can just talk a bit about the challenges you're facing.

If you are affiliated with a group that has resources to offer Metropolitan State students, please let me know, and we may be able to feature your group in an upcoming newsletter.



Make Your Voice Heard: Join the Women's Services Advisory Board

Do you have ideas about how Women's Services can best serve the Metropolitan State community? Interested in making a difference on campus? Consider applying for the Women's Services Student Advisory Board. This is a great way to gain experience for your resume, to make professional contacts, and to make your voice heard in a way that directly affects women on campus.

Women's Services is most meaningful when it works in a participatory way with the students we serve. Applications will be considered based on compiling a group of students that reflects the diversity of Metropolitan State students. Members can expect to offer input on programming and services, as well as assist with publicity and promotion of Women's Services events.

I'm looking for 6-8 delegates to serve on the board. Delegates will be expected to attend a monthly meeting and to serve a full year. Terms would start in the Fall Semester. For more information or to apply, email women.services@metrostate.edu

**Consider
applying for the
Women's
Services
Advisory Board!**

Women's Services on Minneapolis Campus Beginning in May

Beginning in May, Women's Services will begin offering programming one afternoon at week on the Minneapolis Campus at Minneapolis Community and Technical College. We will kick off with a tabling event on May 3rd in the skyway in the afternoon. Stop by and say hello! After that, I'll begin offering individual appointments for resources, support, advocacy, and information, just as I do here on the Saint Paul Campus. We may

also be able to offer a support group on the Minneapolis Campus on Thursday afternoons, so be on the lookout for that as well.

I'm especially interested to hear from students who take classes on the Minneapolis campus as to what services they might use. Drop me a line and let me know. Our services are also available to MCTC students, so if you know anyone at MCTC who

you believe is in need, send them my way on Thursday afternoons. As always, services are free of charge.

**WOMEN'S SERVICES
AT METROPOLITAN
STATE UNIVERSITY**

Jess Helle-Morrissey, MA
Coordinator
137 Founder's Hall
700 E 7th Street
Saint Paul, MN 55106,

Phone: 651-793-1510
Fax: 651-793-1546
Email:

women.services@metrostate.edu
www.myspace.com/womens_services

www.metrostate.edu/women

Supporting and advocating for the diverse needs of women seeking higher education.

Women's Services provides programming, advocacy, support, outreach, information, and referrals that serve to educate and empower the Metropolitan State community on issues that affect women. Our services are available to women and men regardless of age, race, ethnicity, religion, disability status, sexual orientation, or socioeconomic status. We value all women and their varied identities and experiences, and we seek to create a university-wide climate that supports and advocates for the diverse needs of women. Women's Services recognizes that there are issues that affect women disproportionately. These include (but are not limited to): Domestic and dating violence, sexual assault and harassment, body-image concerns and disordered eating, childcare concerns, and gender discrimination. We exist to directly address these and any other issues that are keeping women from being successful both academically and personally.

A Quick Note....

I will be out of the office on May 7th and returning on May 21st. So if you leave me a message or send me an email and I'm a little slow returning it, it's not because I don't want to hear from you! I'll return calls and emails as quickly as I can when I get back.

-Jess

How to Reach Women's Services: Website, MySpace, and More

There are many ways to get in touch with us. We currently have a MySpace page with nearly 300 members. If you're not already on MySpace, it's a great way to stay connected and it's free of charge. If you're already on MySpace, but haven't found us yet, send us an invite. Check out our page at

www.myspace.com/womens_services

If you haven't done so already, take a look at our newly redesigned web

page at

www.metrostate.edu/women.

You can sign up for the listserv, receive the newsletter, and get information on offerings and programming. I also want to encourage everyone—faculty, staff, students, men, women—to fill out the survey on the website. Again, I want to hear from the community about the best use of the

Women's Services office, and the survey is a great way to give some input.

Finally, if you're in need of an individual appointment, or would like to chat, give me a call at 651-793-1510 or email at women.services@metrostate.edu