



MARCH IS *Women's Herstory* MONTH

CALENDAR OF EVENTS

LITERARY LEGENDS: A CELEBRATION OF WOMEN AUTHORS

**HN-GREENSPPOINT
STUDENT LOUNGE**
Tuesday, March 24
10:30 A.M. – Noon

Explore the literary impact of women through book displays, poetry readings, and spoken word performances. Students, faculty, and staff are invited to share excerpts from their favorite women authors or original works inspired by them.

TRIGGER POINTS: WOMEN'S WELL- BEING EDITION – UNDERSTANDING EVERYDAY ANXIETY

**HN-FALLBROOK
ROOM 125/126**
Wednesday, March 25
Noon – 1 P.M.

Everyone has stressors—how we respond makes the difference. Join us for Trigger Points, an interactive session designed to help students

recognize their personal anxiety triggers and learn practical, evidence-based strategies for reducing daily stress. Through guided discussion, reflection, and take-home tools, you'll leave empowered with steps to identify, manage, and ease anxiety while maintaining your mental wellness throughout the semester.

LITERARY LEGENDS: A CELEBRATION OF WOMEN AUTHORS

**HN-FAIRBANKS
STUDENT LOUNGE**
Monday, March 30
10:30 A.M. – Noon

Explore the literary impact of women through book displays, poetry readings, and spoken word performances. Students, faculty, and staff are invited to share excerpts from their favorite women authors or original works inspired by them.

CANVAS & COURAGE: ART AS A VOICE FOR WOMEN

**HN-VICTORY
LIBRARY SERVICES**
Tuesday, March 31
10:30 A.M. – Noon

Unleash your creativity and celebrate Women's History Month through the power of art. This inclusive, hands-on workshop invites students to express their voices, stories, and identities on canvas while exploring the experiences of women across diverse backgrounds. Whether you're honoring personal journeys or collective history, this event encourages reflection, dialogue, and self-expression in a welcoming space for all abilities. All materials provided—just bring your passion and your voice.



Four Locations Close to Home.

Fairbanks • Fallbrook • Greenspoint • Victory



LoneStar.edu/HoustonNorth

