




# International Women's Week

March 3 - March 7, 2025



MARCH 3	MARCH 4	MARCH 5	MARCH 6	MARCH 7
Daily Trivia Challenge • Social Media (stories) • Posted in the mornings				
<b>Survivors Circles</b> Student Equity Centre Arts Building, A-126 1 - 3 pm	<b>Puppy Room</b> Women Centre Parker Building, P-222 11 am - 2 pm	<b>Film Screening and Discussion:</b> <b>ANALOGUE REVOLUTION</b> How Feminist Media Changed The World Sudbury Indie Cinema Co-op 162 Mackenzie Street 7 pm	<b>Self-Advocacy Workshop (for students)</b> Executive Learning Centre Fraser Building, FA-386 11 am - 12 pm <b>(presentation in English)</b>	<b>Lunch and Learn</b> PACSGE led hybrid event ISLC Round Room or via Zoom 11:30 am - 1 pm
<b>Women’s Only Fitness Class</b> Alphonse Raymond Gym 5 - 6 pm		<b>The Academic Journey: Women, Challenges, and Triumphs</b> Atrium, Parker Building Panel from 10:30 am - 12 pm Lunch will be served at 12 pm	<b>« Atelier sur l’autodéfense des intérêts » (for students)</b> Executive Learning Centre Fraser Building, FA-386 12 - 1 pm <b>(presentation in french)</b>	<div>Scan or click code to join via Zoom!</div> <div></div>
<b>Yoga Class</b> Alphonse Raymond Gym 6 - 7 pm			<b>Speed Friending with Crafts</b> ISLC Round Room 6 pm	<b>Movie Under the Stars</b> Planetarium Fraser Building, Lower level 6 - 9 pm
Women’s History Timeline Posters • Bowling Alley Windows • All day				



Peer **Wellness**  
at Laurentian University



Laurentian University  
Université **Laurentienne**

Equity, Diversity  
and Human Rights Office

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# International Women's Week

## Daily Trivia Challenge

Put your knowledge to the test with our Daily Trivia Challenge! Every day, we'll post five trivia questions on our social media stories, each focusing on a unique and thought-provoking theme, from sports and history to social awareness and environmentalism. Play along, challenge your friends, and see how many you can get right!

Instagram accounts and day where the trivia questions will be posted:

- Monday: @luwomeninsport
- Tuesday and Thursday: @luwomenscentre
- Wednesday: @historysocietylu
- Friday: @lusustainability

## Women's History Timeline Posters

Explore the journey of women and gender equality through an engaging visual timeline showcasing key historical events. This inspiring display will be set up in the Bowling Alley the day before Women's Week kicks off and will be available for viewing until the end of the week. Don't miss the chance to walk through history and celebrate the progress and achievements of women over time!

## Survivors Circles

Survivor Circles is a safe, empowering gathering specifically for survivors of sexual violence. This space is designed for women to come together, share their stories, find strength in community, and support one another on their healing journeys. During International Women's Week, we invite survivors to join us for a compassionate space of connection, healing, and mutual support. Whether you choose to speak, listen, or simply be uplifted by the stories of others, this circle is here to help energize and empower. Participants can also engage in crafting activities as a creative way to reflect, connect, and heal. All survivors are welcome to experience a nurturing environment of shared wisdom, resilience, and hope.

## Women's Only Fitness Class

Description: Join us for a fitness class for women and femmes, open to all students, staff, and faculty! This women's-only session is all about moving together in a supportive and empowering space. Get ready to sweat and have fun while working out to an all-women soundtrack filled with powerful anthems. Whether you're a beginner or a fitness pro, this class welcomes all levels—let's move, uplift each other, and celebrate strength in community!

## Yoga Class

Join us for a rejuvenating Deep Flow and Empowerment yoga session, open to all students, staff, and faculty! This class will guide you through a dynamic yet grounding flow, designed to build strength, confidence, and inner balance. Whether you're a beginner or an experienced yogi, come connect with your breath, move with intention, and leave feeling empowered.

## Puppy Room

Join us at the women centre in partnership with the Peer Wellness Team and Pet Save to relax in the company of some cute, cuddly and furry friends!

## Film Screening and Discussion: ANALOGUE REVOLUTION -

How Feminist Media Changed The World

Join us for a screening of ANALOGUE REVOLUTION – How Feminist Media Changed the World, followed by a thought-provoking panel on the power of feminist media activism. Award-winning filmmaker, author, and media scholar Marusya Bociurkiw will share insights from her research on feminist/queer archives, media activism, and migration studies, exploring how radical storytelling has shaped social movements and continues to drive change today. This event is brought to you in collaboration with the Sudbury Indie Cinema, Laurentian's Faculty of Arts, the Equity, Diversity and Human Rights Program, the Presidential Advisory Committee on the Status of Gender Equity and the Laurentian University Women's Centre.

## The Academic Journey: Women, Challenges, and Triumphs

Join us for a panel discussion featuring professors and deans from Laurentian University as they share their experiences as women in academia. The discussion will explore the challenges they have faced, how they overcame them, and their perspectives on gender equality and feminism in higher education. A moderated discussion will be followed by an audience Q&A. Lunch will be provided after the event.

## Panelists:

### Dr. Leslie Nichols

Assistant professor, School of Social Sciences  
*Area of research: Studies the experience of work on social well being, with a particular focus on equity-deserving groups*

### Dr. Christine Sansalone

Associate Professor, English Literature, Media and Writing Program, School of Liberal Arts  
*Area of research: Studies modern and Contemporary literature, Creative Writing, Film Studies, Drama and Theatre Studies.*

### Dr. Joy Gray-Munro

Dean, Faculty of Science, Engineering and Architecture  
*Area of research: Researches in the area of surface chemistry with an emphasis on the surface modification of biomedical implant materials to improve their biocompatibility. One particular focus is on the development of coatings to control the biodegradation rate and biocompatibility of biodegradable metallic implants for orthopedic applications.*

### Dr. Mélanie Girard

Associate professor, School of Social Sciences  
*Area of research: Studies sociological theory, relational studies, intimate partner homicide and sexual identity*

### Dr. Sara MacDonald

Full Professor, History Program, School of Liberal Arts  
Vice-Dean, Faculty of Arts  
*Area of research: Research in the field of gender in the history of higher education, with a particular focus on the challenges faced by women students, researchers, and faculty in achieving equity in Canadian universities.*

## Self-Advocacy Workshop (english)

This interactive workshop is offered to LU students to empower them with the knowledge and skills necessary for self-advocacy. Join us to learn about your rights and engage in activities that promote self-advocacy.

## Speed Friending with Crafts

LU Pride presents a Speed Friending with Crafts event! Join us for a fun and inclusive evening designed to help you meet new people in a relaxed and welcoming environment. Engage in quick, meaningful conversations while working on simple and creative crafts. Whether you're new to campus or looking to expand your social circle, this is the perfect opportunity to connect with fellow students and celebrate diversity.

## Lunch and Learn (PACSGE led hybrid event)

Balancing multiple roles with limited time is a challenge many of us face, and women often feel this pressure more acutely due to societal and cultural expectations. In this interactive Lunch and Learn session, Dr. Reeshma Haji will share practical strategies for carving out time for ourselves and the things that matter most. Drawing from her expertise as a life coach and time-management coach—and her personal experience of juggling work, family, and culinary passions—Dr. Haji will discuss how she balanced her life and published her Gourmand-award shortlisted time-saving cookbook. Presenter: Dr. Reeshma Haji

## Movie Under the Stars

Join us for an inspiring evening at the planetarium, celebrating women in space and astrophysics. The event begins at 5:30 pm with doors opening for guests. At 6:00 pm, Laurentian professor Hoi Cheu and scientists from SNOlab will lead a discussion on the contributions of Canadian and U.S. women in space. Following the discussion, enjoy a special screening of *Proxima* at 7:00 pm. This bilingual (French-English) film, directed by a woman and featuring a strong female lead, tells the story of an astronaut preparing for a space mission while balancing the challenges of motherhood. The PG-13 drama will be shown with subtitles, offering a compelling look at ambition, science, and family—all under the planetarium's shining stars for an immersive experience.

Snacks and light refreshments will be provided. Open to students, staff, faculty, and their families, this is a night of learning, inspiration, and entertainment you won't want to miss!



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