



The DIGNITY INITIATIVE

Evolving through Action

Fall 2025 Schedule of Events

Creating Safe Spaces: Inside and Out Part I Workshop

Thursday, Oct. 9 • 3-4:30 p.m.
**Plano Campus
Art Gallery**

Participants in this workshop will engage in discussions on different topics to learn about creating and maintaining good boundaries, healthy ways to deal with trauma, what it means to be a good ally for others, and the resources they have access to at Collin College and the larger community to support them. This workshop will also involve creative activities to help participants express their feelings and thoughts about what it means to feel safe. Collin counselors, members of the community, who work with victims of trauma, and faculty will facilitate this workshop.

Pizza will be served.

Mental Health is Not a Weakness!

Workshop
Thursday, Oct. 9 • 5:30-6:30 p.m.
**Celina Campus
Room 110**

Students will gain tools and learn techniques for empowerment, mindfulness, and intention-ality. In the workshop, students will create a symbolic token to keep. The techniques for this event are designed to help participants navigate emotions during times of stress and adversity.

Snacks will be served.

Finding Her Voice: Domestic/Dating Violence Awareness

Guest Speaker

Tuesday, Oct. 28 • 2:30-4 p.m.
**Frisco Campus
Conference Center**

In honor of Domestic Violence Awareness Month, Latasha Williams from Cheryl's Voice will come speak about her organization, her history with domestic/dating violence, and her story of survival despite a challenging start to life.

Pizza, drinks, and dessert will be served.

Resilience

Lunch and Learn

Monday, Nov. 10 • 11 a.m.-Noon
**Technical Campus in Allen
Kone Conference Room (B-106)**

This event is designed to cultivate well-being, focus, and emotional strength in both personal and professional settings. This session begins with a brief introduction highlighting the importance of resilience in today's fast-paced and often stressful environments. Participants will then engage in a series of guided activities, including gratitude journaling to foster positivity, exercises to build mental focus, and mindfulness practices paired with deep breathing techniques to reduce stress and enhance clarity.

Pizza and drinks will be served.