



The Red Tent

The Gift of Emotions:
Celebrating the Spice of Life



Save the date!

Family Weekend



October 13, 2007

2:00-5:00 p.m.



Common Grounds

in the BMU Wildcat Den



Keynote Speaker

Ginny Conger, MFT

In many cultures, a special place was set aside for menstruating women to gather, sometimes referred to as the Red Tent. Once seen as an example of women's oppression, we are now coming to appreciate this powerful women-only space as an opportunity for women of all ages to take a break from routine, share their experiences, nurture their relationships, and pass on their wisdom.

Join us (whether or not you are menstruating!) as we gather in our own multi-generational Red Tent for food, drink, and sharing of our lives as women: our questions, worries, laughs, scars, and accumulated wisdom. This fall, we will focus on the theme of "The Gift of Emotions: Celebrating the Spice of Life." In a comfortable and intimate setting we will explore such topics as listening to our emotions, learning from our emotions, and enriching our lives by embracing all of our emotions.



The Red Tent is co-sponsored by the A.S. Women's Center and the Campus Wellness Center and is an Activity Fee funded event.