

# WOMEN'S RESOURCE & ACTION CENTER

WRAC works to create greater equity for individuals and communities of all identities, with a particular focus on women, through activism, social justice initiatives, leadership training, advocacy, service, and personal and professional development. Two signature WRAC programs are the Women of Colour Network and WRACtivist Volunteer Program. Experiences of participants are highlighted below.

## Women of Colour Network (WCN) Program Series Experiences

"It showed me that some people care. In the world right now, there is so much hate against BIPOC and other demographic markers I cannot change about myself. **Finding this organization and being able to participate was a heartwarming moment.**" - undergraduate student, WCN participant

"It has been so great to know that **the spaces created by this organization will always be so unconditionally safe and welcoming.**" - undergraduate student, WCN participant

"**It has introduced me to a community of people** with experiences similar to mine and a support group I could turn to." - undergraduate student, WCN participant

"**I felt more empowered** and able to communicate and express my opinions and feelings toward any topic or gathering in the University of Iowa." - undergraduate student, WCN participant

"It's made me **feel more welcome** and helped me **gain a sense of community.**" - staff, WCN Lunch Series

**225%** 

% attendance increase for staff, faculty, and graduate/ professional student WCN lunch programming during the 20-21 year of virtual programming

## WRACtivist Volunteer Opportunities

"I loved my experience as a volunteer. I learnt how to be **mindful and empathetic** towards other people's feelings. I was part of the self-care project and had a lot of fun talking about ideas and executing them. For me personally, I need to start practicing the self-care ideas that I preach. It's an ongoing process and **my time at WRAC helped me on my journey to taking better care of myself.**" - WRAC Volunteer

"I learned a lot about activism and **how to engage with the community** during a global pandemic." - WRAC Volunteers

"I learned a lot about the election process! Working on the pre-election/get the vote out project forced me to look up information about the election, and then simplify the information so it could be put into smaller points. I also learned **how to be a better activist**...Laurie gave a presentation on the strategies of achieving a goal through activism and I found it to be very informative." - WRAC Volunteer

