Visit the Lone Star College-Kingwood Women’s Center in SCC 201, a place where women can find connections, resources, a room for nursing moms, mentoring, and two computers for your use!! Our hours are 8:30 a.m. to 4:30 p.m., Monday, Tuesday and Wednesday, 281-318-4332. You may also contact the director to receive your monthly newsletter by email or for additional information about the Women’s Center. Diane.K.Blanco@Lonestar.edu.

The Women’s Self-Defense Class teaches simple ways we can protect ourselves. The next class begins September 25th, 6-8 p.m., Thurs. for 4 weeks. Register in Continuing Education online or call 281-312-1660. Cost is $67 for ages 14 to senior citizens. Course #17782.

Fall classes begin August 25th.

It is not too late to register for credit or Continuing Education!

Don’t miss these important FREE events:

Aug. 28th, Thurs., 11 a.m. - 1:30 p.m., Welcome Back to the Woods, SCC Patio, food, music, prizes.

Sept. 3 & 4, Wed. & Thurs,11 a.m.- 1:30 p.m., SCC Atrium, Club Rush, meet student organization leaders and find a group you’d like to join. Food, music, prizes.

Sept. 8, Mon., 9 a.m. - 4 p.m., Resume Assistance, walk-in help, The Career Center, SCC 205.

Sept. 9, Tues.,12 noon – 2:00 p.m., Career Connections Job Fair, SCC Atrium.

Sept. 15, Mon., 12 noon --1:00 p.m., CLA 114, Gynecologist Dr. Jessica Rosenstock will present a program on women’s health issues including birth control, STDs and answer questions.

Sept. 15, Mon., 1 – 2 p.m., Interview Workshop, SCC 205.

Sept. 16, Tues., 11 a.m. - 1:30 p.m., HSB Patio, Hispanic Heritage Month Kick-Off Festival. You are invited for fun, music, and food!

Sept. 23, Tues., 12:30-1:20 p.m., PAC 125, Dr. Karen Snauffer, psychologist, will present a program on stress in our lives and how we can control it with effective stress reduction techniques.