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Oregon's midterm election: how will the results impact Oregon women? - Thursday, December 1st at 7 pm via Zoom*



Trish Garner will address the election results and how these results will impact Oregon women. Trish brings a wealth of legislative experience as an AAUW member and we look forward to hearing the implications of the election results. Trish will also explain her role as our first state DEI officer.

*Click [HERE](#) to Join the Zoom meeting.

Meeting ID: 696 356 6931

Dial by your location

+1 253 215 8782 US (Tacoma)



Holiday Connections - Monday, December 19th at 4 pm via Zoom*

Oregon Online Branch Friends You're Invited!

It's that time of year for togetherness and connecting.
We are getting together for a Holiday Connection,
so come one and all to share and to enjoy.

Monday, December 19th at 4 pm

Your branch leadership wants to see you and hear from you!
See you on the 19th.

*Click [HERE](#) to join
the Celebration



<https://us02web.zoom.us/j/6963566931>

Meeting ID: 696 356
6931



"Surviving the Pandemic and Taking Care of our Mental Health" - Saturday, January 28th at 11 am via Zoom*



Dr. Amy La

This program is a collaboration between the Oregon Online Branch and the California Online Branch. Dr. La is a member of both the California Online Branch and the Long Beach Branch. With her training and experiences in the mental health field, Dr. La will help us navigate the new reality of mental health self-care.

Brief Description: Why is this topic (*still*) relevant? Approximately two-thirds of women stated that their stress and/or anxiety increased during the pandemic according to U.S. News & World Report (April 2022). Please join us to gain more coping strategies to improve your well-being and to support the people, particularly the women around you.

This is a Zoom session and will be recorded for members unable to attend. (If you are unable to attend but would still like to share your questions with Dr. La, please email your questions to Jean

Questions will be fielded in the chat.

*Click [HERE](#) to join the January 28th Zoom meeting

<https://us02web.zoom.us/j/7290010503>

Meeting ID: 729 001 0503

One tap mobile

+16699006833



**A reminder email will be sent out a couple of days
before each event.**



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