**NASHMAN CENTER PROGRAMS**

**Changemaker Bootcamp**

Em-Dee-Trav from the Washington Sun will lead a workshop on social impact and advocacy. Em will share her experiences with the audience, including insights from her work with activists and advocates. Participants will have the opportunity to reflect on their own experiences and engage in discussions with Em and other participants. The workshop will be held on Thursday, November 19th, from 10am to 12pm EST.

**Mindful Minute**

November 16th - 12:30pm EST

Mindful Minute is a short, discussion-based stress-reduction workshop that focuses on simple mindfulness and meditation techniques. Students will learn about the basics of mindfulness and meditation, and will be given tips and techniques to incorporate mindfulness into their daily lives.

**Civic Leadership Dialogue**


**500 Virtual Mentor Challenge**

This campaign will provide mentoring programs with the opportunity to promote their program and the mentors they are seeking. The campaign includes a virtual mentor recruitment video, social media posts, and a website to promote the mentor and the program. The campaign will run from November 19th, 2020, to January 31st, 2021.

**Join the Change**

GW’s 25th annual MLK Day of Service and Community Engagement will take place virtually on Monday, January 18th, 2021. The theme for this year is “MLK DoS” and will include a virtual Opening Ceremony, a Social Justice Awards Ceremony, a virtualMLK DoS Bike Ride, and many more! We will also offer three break out groups one of which will gather some of our most successful past recipients to share about their projects and any tips on how to get involved in the parks of service and public engagement.

**Give-A-Gift**

We are currently looking for student leaders for Give-A-Gift, a virtual gift campaign to continue GW's support for our neighbors with gifts for the holidays. This year due to COVID-19 restrictions, we are unable to collect and distribute physical gifts, so we are now launching a campaign to encourage GW's support for our neighbors. To learn more about Give A Gift visit http://nashmandc.gwu.edu/giveagift/.

**You Voted, What Now?**

Learn more about the GW community! Organize your vote and the ways you can use your voice to promote our nation's democracy. These resources will provide guidance and inspiration for citizens to participate in the political process and to take action on issues that matter to you.

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**Community Opportunities**

Fill Your Plate at DC Central Kitchen

Apply to be the Donor Relations Coordinator at DC Central Kitchen! Full Time Job At DC Central Kitchen

Honey W. Nashman Center for Civic Engagement and Public Service

**Honey W. Nashman Center FOR**

CIVIC ENGAGEMENT AND PUBLIC SERVICE

*“Give us more joy, not envy of joy in others. If you should put a good deal of thought into the happiness that you are also to give.” — Eleanor Roosevelt*