On the cover: Chinaka Hodge (foreground), Tara Jepson (skater).
In March 2019, the San Francisco Public Library presents HERstory, a month-long celebration of Women’s History Month, honoring and acknowledging the contributions of women and the unique experience of being female today with a diverse array of lectures, films, performances and programs for all ages at every library location.

HERstory 2019: Women’s History Month Festival
March 1-31, 2019
San Francisco Public Library – All branches
FREEDOM – All programs and exhibits are free and open to the public.
HERstory Program Guide (PDF) | See full list of 100+ events

During HERstory, the public is invited to attend a discussion on the perceptions of women as decision makers; pet sexually healthy with Good Vibrations; discuss women rockers of the 60s and 70s; discover women who tackle big wave surfing; learn about the iconic Maia Hirano; meet four local woman entrepreneurs; learn to soul line dance with their neighbors; and much more.

Empowering “HERstory” Books to Check out
And of course, they wouldn't be a library without books! The librarians have curated HERstory book ideas for Women’s History Month. Check out Herstory Books, women and immigrants in the labor movement, and HERstory books for children and teens.
HEALTH/SAFETY

Sex Positivity: Feminist Sexuality
Saturday, March 7, 10:30 a.m. 
Lecturer, Kira Valley
Good Vibrations presents a sensual health workshop. Learning how to make sex feel amazing makes sense to everybody.

Introduction to Personal Safety
Friday, March 6, 6-8 p.m., Western Addition
An introduction to IWA/PACT, Bay Area’s style of nonviolent self-defense. Students learn to develop intuition, physical awareness, and an understanding of personal responsibility. Includes basic physical techniques. 

Exercises! Limited to 20 participants. Call (415) 395-2851 or stop by the branch to sign up.

Women's spirituality, Spring Cleansing of the Heart
Saturday, March 21, 1-3 p.m., Richmond
The healing power of spiritual harm reduction: With Joyce Kruse (J.K.), a holistic healer who balances race, spirituality, personal growth, and psychological health, we will cleanse the heart of the spirit and its four chakras to help you find health, balance, and stress reduction.

For adults, 18+.

The Women's Building Celebrates Sexual Assault Awareness Month
Wednesday, April 1, 6-7:30 p.m., Main Library
Let's talk about the personal and political aspects of gender-based violence. By Vymira Dietz, advocacy specialist for The Women's Building.

14th Annual Walk Against Rape
Saturday, April 11, 6-9 p.m., Mission District
March together with The Women's Building and San Francisco Women Against Rape.

Stand Up, Hold Your Own, First Hesitation
Saturday, March 28, 2-5:30 p.m., Alka
The first step in any situation is a clear head. During this workshop, Dr. Armin Hesitation will teach you how to identify, develop, and implement strategies to protect yourself, your friends, and your loved ones.

For adults, 18+.

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HERstory