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HSLIC News - LibGuides at University of New Mexico

Zine Workshops! Self-Care and Making Your Voice Heard

by Kelleen Maluski on March 30th, 2021 | [0 Comments](#)

The Health Sciences Library and Informatics Center is excited to be hosting a 3 Part Zine Workshop Series!



Join zinesters Rhonda Kauffman, Amanda Meeks, and the Indigenous Honeys to learn about what zines are, their history as an alternative publishing mechanism, and how to utilize them for your own and your community's care. You can attend any or all of the sessions, but you do need to register for each session you plan to attend. The first 20 people to register for any one of the workshops will also receive a zine and self-care kit that can be picked up at the Library (instructions will be sent closer to the date of the workshops). Click the titles of each workshop to be taken to their registration.

[Virtual Zine Tour: The History and Techniques of Zine DIY with Rhonda Kauffman on Wednesday April 7th from 12-1pm](#)

Zines (rhymes with "beans") are independently published, photocopied, do-it-yourself publications that -- particularly during times of social/economic unrest -- provide an outlet for creative, emotional, and personal exploration. Join zinester and zine librarian, Rhonda Kauffman, as she shares the

history of the diy culture of zines. She will browse through some zines from her collection, examine their aesthetics and construction, and then share techniques and tips on making zines on your own.

[Rhonda Kauffman](#) (she/her) is the Metadata management librarian at University of Connecticut Library. As metadata management librarian, Rhonda manages metadata necessary for the discovery, access, and stewardship of UConn Library collections. Previously, she worked as metadata librarian at the Massachusetts Institute of Technology (MIT), and metadata/catalog librarian at Lehigh University. Her research interests include diversity, equity, and inclusion in library collections and technical services; and zine librarianship. She's been making zines since the 1990s and likes to incorporate zines and zine ethos into librarianship whenever she can.

[Creating Empowering Mental Health Care Plans: From \(A\)dvance Directives to \(Z\)ines with Amanda Meeks on Wednesday April 14th from 12-1pm](#)

In this zine workshop, participants will be introduced and encouraged to explore mental health [advance directives](#) as a starting place for developing radical and empowering care plans. Each person will then create a mini zine on wishes and preferences for their own mental health care, which can be shared with anyone they choose. The creative prompts and guidance provided in this workshop will be intentionally designed to help destigmatize the topic of mental illness in our communities, families, and professions.

[Amanda Meeks](#) (she/they) is an interdisciplinary maker, artist, and librarian living in Tucson, AZ. Their work takes on various forms including zines, artist books, pins, painting, collage, letterpress, and a participatory social art practice. Their current Tucson-specific project, Outspokin' & Bookish, is part pop-up feminist zine/art object collection and part playful, mobile (via bicycle) maker space focused on print media, which has evolved into a regional zine collective and exchange open to all during the COVID-19 pandemic. The Outspokin' & Bookish mission includes cultivating social connectedness, sense of belonging, celebration of difference, and pride of place through sharing DIY publishing and print media-making practices and tools. In her free-time Amanda studies death care work, disability justice/mental health, and does some light gardening. [Outspokin' & Bookish, Tucson, AZ.](#)

[Engaging Your Senses and Honoring Your Body Through Zine-Making with the Indigenous Honeys on Wednesday April 21st from 12-1pm](#)

Indigenous Honeys invites you to a virtual zine workshop on self-care! In this workshop we will focus on our senses and create zines that will involve collages, writing and more. You are encouraged to bring personal digitized photos of people, places and/or items that are important to you.

[Indigenous Honeys](#) is Chantal Jung (she/they), Michelle Bernardino (she/they), Marina Perez (she/they) - an interdisciplinary arts collective dedicated to cultivating space for Indigenous zinesters, artists, writers, and storytellers. Our work centers the voices, experiences, realities, histories,

perspectives and talents of Indigenous peoples. We have experience working as a small scale distro, supporting Indigenous artists from diverse geographical spaces. We are dedicated to promoting self-published material because we recognize self-publishing as an accessible and autonomous strategy that interrogates settler colonialism and capitalism. You can find them on [Instagram](#).

Registration for each workshop is capped at 20 participants to allow for increased engagement, so be sure to book your spot as soon as possible!



We also have a virtual exhibit called [Zines for Alternative Publishing: Making Your Voice Heard](#) that accompanies these workshops. Be sure to take a look and engage with the materials, history, and creating playlist!

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