

May 2020



It's Mental Health Month, and We're Here For It

How are you doing? Really?

Did you know that depression in cats is going through the roof right now? Funny right? But, I'm not even kidding. Depression in humans is on a similar trajectory. People are experiencing overwhelming anxiety. Trouble sleeping. Mysterious illnesses.

On the other hand, some people are benefiting from more time with family, longer hours of sleep, more time for exercise, more time for recreation and relaxation, and a whole host of other fabulous outcomes.

And some people are experiencing all of these things at once.

Turns out the fallout from the COVID-19 pandemic is not limited to those who are actually battling the illness itself. Its impacts are far-reaching for us all.

At WFM we had already planned on focusing on mental health in our communication this May before the pandemic hit, as this is Mental Health Month. Now, we feel like it is a more important topic than ever, because all of us are struggling with a roller-coaster of emotions as we navigate this uncertain time ourselves and help support our friends and families through the journey.

We were pleased to be able to offer three Power Hours, online training and connection opportunities, in April (more than ever before!). These offerings were aimed at making sure people knew how to connect with the available federal relief funding, had the skills they need to negotiate for what they need now, and had a chance to connect and talk with others about their feelings about women's empowerment at this moment in history. These new opportunities are being led by our PowerHouse Montana community leaders, who have stepped up to move their usual in-person gatherings to online offerings, available to all. Thanks Bozeman, Flathead and Helena women leaders!



This month, we are excited to be able to offer a dynamic **Power Hour**, “**How We Respond to Change: Leading the Way to Our New Normal**”, led by our Great Falls **PowerHouse** leaders, and featuring **Susan Clarke and CrisMarie Campbell of Thrive Inc.** [Join us!](#) This is going to be a good one.

Right now life feels a bit uncertain. And that’s probably not changing in the near future. But one thing is for certain: now, more than ever, we’re so glad to be in this together with you.

Hug your (non-socially-distanced) loved ones and get out in the great Montana outdoors this beautiful Memorial Day weekend!

Onward Together,

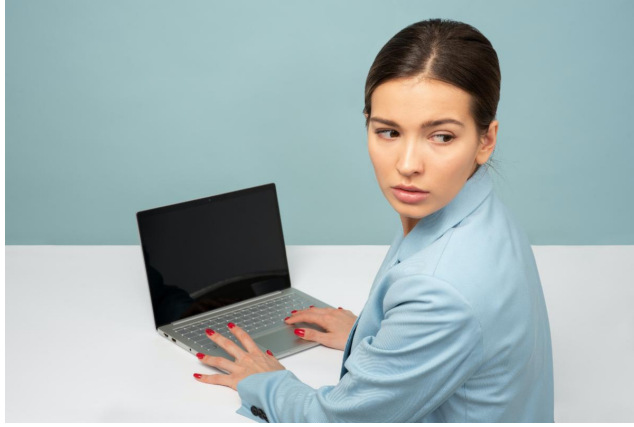


P.S. Don't forget to vote!



Thanks to our amazing WFM community,
this year we raised \$1, 225 during Missoula
Gives for women and girls in Montana!





Impostor Syndrome

Have you ever felt like you're a fraud in your workplace? That you have no idea how you got to where you are, and that you just don't belong? You are not alone.

This phenomenon is known as impostor syndrome, the belief that you're inadequate and incompetent despite clear evidence that you're capable and skilled.

[Read More!](#)



WFM's 2020 Grant Cycle

The Women's Foundation of Montana is thrilled to award \$36,000 in grants to organizations serving women and girls across the state.

These grants will support the survival of STEM programs, advocacy programs, leadership programs, entrepreneurship, and wage-negotiation classes.

[Find out more!](#)



PowerHouse Montana Meetings and Gatherings

Our PowerHouse Meet-ups have all been transitioned to online gatherings for the near future. Join us for the PowerHouse Great Falls: How we Respond to Change training on Wednesday, May 27!

Wednesday, May 27th @ 5:00 PM
Power Hours: How We Respond to Change

Join PowerHouse Great Falls and the women from Thrive! Inc. in discussion on how we respond to change in our personal and professional lives, as a result of COVID-19. For more information, take a look at the [event page](#)! The event is **free**, but registration is required. The link for registration is [here](#).



Have an event to submit to WFM? Email Erika at Erika@mtcf.org

PowerHouse Montana is an online platform designed to connect Montana women to the mentors and resources they need to succeed. In-person gatherings are held on a bi-monthly/quarterly basis. Learn more and sign up at powerhousemt.org.

Women in the News

Coronavirus Treatments—If More Women Are On The Board, It's Likely Safer, New Study Finds

"As the FDA is fast-tracking promising treatments, vaccines and tests for the coronavirus, a ground-breaking, first-of-its kind study is telling us that women serving on a medical company's board could literally save your life." [Read more](#)

Bozeman City Commission talks equal pay, acknowledges challenges persist

"The Bozeman City Commission recognized Equal Pay Day and approved Monday evening a measure aimed at further closing the pay gap between men and women. The new resolution reinforces best practices that have been used by the city, but aren't outlined specifically by existing policies. Those practices include not requesting salary history during the hiring process, advertising pay ranges for a position and requiring applicants to acknowledge that they understand those pay ranges." [Find out more](#)

Montana sees most female statewide candidates in decades

"Female candidates are positioned to make significant gains in Montana this election year with the highest number seeking statewide political office in at least three decades, including races for governor, U.S. House and other high-profile posts." [Continue reading](#)

Leadership Opportunity Roundup



At WFM, we are focused on increasing the number of women serving in leadership positions, including statewide boards and commissions. Consider applying for one of these leadership opportunities!

State of Montana Board, Council and Commission Openings, from the Office of the Governor, Statewide, [Website](#)

Montana Heritage Preservation and Development Commission

Description: Commission preserves and manages historic resources in Virginia City, Nevada City and Reeder's Alley and promotes the appreciation of history through quality visitor experiences. Two additional members serve, appointed by President of the Senate, Speaker of the House.

Position: Public At-Large

Website: <https://montanaheritagecommission.mt.gov/>

Commitment: Moderate, meets about quarterly but for a couple of days

Compensation: Travel Only

Take Away: Be a part of the team that helps keep these Montana gems available to residents and visitors alike.

State Library Commission

Description: Commission sets forth policies and funding priorities that empower the Montana State Library to meet its mission and statutory obligations and to advocate for the State Library and the Montana library and information communities wherever possible. Commissioner of Higher Education also appoints a member in addition to the six listed.

Position: (two) Public Representative

Website: http://about.msl.mt.gov/commission_councils/commission/

Commitment: High – Meets about every other month (more during this time)

Compensation: \$50/day plus travel

Take Away: Stay involved in education and community service by helping the Montana State Library as it supports libraries and educational programs across the state.

Youth Justice Council

Description: Council works with the Board of Crime Control to improve the juvenile justice system through planning, research and development of statewide juvenile justice programs under the Montana Youth Court Act, Federal Juvenile Justice and Delinquency Prevention Act of 2002, and related regulations.

Position: All positions including under the age of 28, some of whom have been through the court systems

Website: <http://mbcc.mt.gov/>

Commitment: Moderate – meets twice a year to review grant proposals, review time also needed

Compensation: \$50/day plus travel

Take Away: Help influence funding for youth prevention and services in justice, and stay involved and network with a group of individuals involved in all spectrums of the criminal justice system.

Western Native Voice, Multiple Positions, Digital Organizer and Program Director, Statewide/Billings Area, [Website](#)

Looking for a paid gig?
Check out our PowerHouse Montana Jobs Board [here](#).

Other Opportunities

Red Ant's Pants Girls Leadership Program

The Red Ants Pants Foundation Girls Leadership Program is designed to inspire hope for our youth, develop pride in our rural communities, and foster strength and courage in our leadership. The Girls Leadership Program builds highly competent and confident leaders, cultivated specifically to build upon the strength of girls from rural Montana. Topics include communication, team building, self-awareness, self-care, emotional intelligence, project planning, project management, conflict resolution, and resiliency.

For more information and registration, click [here](#).

Audience Awards Curbside Shorts: A 2 Minute Film Challenge

Female and non-binary North American filmmakers are invited to create and submit a two-minute film shot in one week while social distancing.

In the spirit of keeping filmmaking alive, and to capture this moment of profound interconnectivity, Women In Film, ReFrame and IMDbPro have joined forces in support of filmmakers during COVID-19 to stay productive, creative, and inspired while abiding by measures taken to tackle the spread of the virus.

Find out more [here](#).

Statewide COVID-19 Resources for Montanans

We understand that the impacts of COVID-19 are being felt throughout the state, and that the economic impacts of closures are going to be significant - especially for our rural communities. We are here for you.



During this time, in addition to the creation of the **Montana Community Foundation COVID-19 Resiliency Fund** - we have partnered with a statewide Resiliency Task Force, including the Governor's Office, and MSU Extension, to provide the most current and descriptive resources available to all Montanans.

Check [out this link for a cohesive list of services and opportunities being offered](#) - and take care out there, friends.



**Support Montana
Women and Girls!**

Together we can empower Montana women and girls to pursue their dreams.

Give Now

About the Women's Foundation of Montana

Established in 1999, the Women's Foundation of Montana is a program of Montana Community Foundation and on a mission to advance women's economic independence and create a brighter future for our girls. Learn more at wfmontana.org.





MONTANA COMMUNITY FOUNDATION