

MDC NEWSLETTER

MAY 2020

“The struggle you’re in today is developing the strength you need tomorrow.” -Robert TewWriter

Follow us on all social media platforms!



@ CSUCI_MDC



@ CSUChannelIslandsMulticultural



@ CSUCI_MDC




@ MDC_CSUCI

The Multicultural Dream Center
will be closed until further notice.



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CI Info & Events: Commencement Update

April 8, 2020

Dear Campus Community:

We write today to provide a much anticipated update on the upcoming Class of 2020 Commencement celebration. Given the circumstances of COVID-19 and the sacrifices that everyone has made to ensure the educational progression of our students, we are fully committed to delivering an in-person ceremony that honors our 2020 graduates. However, given the dynamic and unpredictable nature of the pandemic, it is unclear when we will be able to finalize an appropriate date for such a large gathering. Despite that fact, we simply did not want to let this momentous occasion pass without a celebration and we will be holding a virtual commencement celebration on Saturday, May 23, 2020. The Class of 2020 virtual celebration will not only recognize our graduates for their accomplishments, it will also provide the opportunity to connect with our campus community as well as our loved ones – serving to inspire hope and celebrate resiliency during these unprecedented times. This event will focus on our graduates and will be interactive, allowing them to celebrate with their classmates, loved ones, faculty, and members of our campus community. To be clear, this celebration will not replace an in-person ceremony at a later date. Once a new date for our in-person Commencement ceremony has been identified, we will notify the campus community. We hope you will join us Saturday, May 23 to cheer on our Class of 2020. Details on the virtual celebration will be forthcoming. Despite all we have been through, we look forward to celebrating the dolphin pod that always swims fast, but swims faster together. Take good care of yourselves.

Sincerely,
The Commencement Team



CI Info & Events:

CAPS Info

Coping with COVID-19 with CAPS

Counseling and Psychological Services (CAPS) is now offering a daily support group for students dealing with the emotional strain of COVID-19, and the impact on them both personally and academically.

This group provides an opportunity for students to "get together" to discuss concerns, positive coping strategies, and ways to increase resilience during these difficult times.

Monday-Friday - 2:00-3:00 pm

No Registration Required - Just Zoom In!

Begins Thursday, April 9, 2020

**Hosted by: Rhonda Jean David LMFT,
CAPS Case Manager**

<https://zoom.us/j/890722601>

For more information contact CAPS at 805-
437-2088 or caps@csuci.edu



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Zoom Link: <https://zoom.us/j/890722601>

CI Info & Events:

Basic Needs Info

CSU CHANNEL ISLANDS

BASIC NEEDS RESOURCES DURING COVID-19



FOOD SECURITY

- CalFresh application assistance
- Referral to local pantries
- Gift card disbursement to grocery stores if denied CalFresh
- Hot meals and meal plan access if working with case manager

EMERGENCY HOUSING

- Placement in a regional hotel is available at no cost to a student
- Governor Newsom issued an executive order on March 27, 2020 banning the enforcement of eviction orders for renters affected by COVID-19 through May 31, 2020. The Basic Needs Program can work with students who fear they may be evicted.



FINANCIAL ASSISTANCE

- Students may have loans or grants they have not accessed, the Basic Needs Program may refer students to their financial aid counselor if there is aid available in their financial aid packages
- Emergency grants of a maximum of \$750 may be disbursed if the student meets the established criteria

CI Info & Events:

Basic Needs Info

HEALTH & WELLNESS

- Student Health Services may provide support to students who have contracted or may have contracted COVID-19.
- If a student is positive with or presumptive positive with COVID-19, it may impact their ability to attend class. Please contact the Dean of Students office and the office may notify faculty of a student's absence.
- Counseling & Psychological Services (CAPS) is providing remote counseling sessions to students and 24/7 phone counseling is available, call 805-437-2088.
- If you are concerned about a student's well-being check-in on them and/or refer them to the CARE Team for continued support.



ADDITIONAL SUPPORT

- Unemployment application assistance
- Referrals to local, state and federal resources
- The Basic Needs Program is actively updating materials, resources and support. The best way to support a student is by referring them to the program so their circumstances may be assessed in their totality.

**FOR MORE INFORMATION VISIT THE
BASIC NEEDS WEBSITE**

CLICK TO: REFER A STUDENT
EMAIL: BASICNEEDS@CSUCI.EDU
DONATE TO BASIC NEEDS



Follow us at @ci_basicneeds

CI Info & Events:

ADULTING 101

Do you know what it means to be financially well? Or would you say that you are financially well? Be a part of this workshop where you'll learn about various money management techniques and how poor budgeting skills can negatively affect your overall wellness.

FINANCIAL WELLNESS

HOSTED BY
WELLNESS PEER EDUCATOR
NICHOLE SPEZIALE

MAY 5, 2020

For more info please reach out to Natalie
Johnson @ natalie.johnson@csuci.edu

Session 1:

11-12 pm

Session 2:

2-3 pm



IN COLLABORATION WITH WELLNESS
PROMOTION AND EDUCATION

General Info:

Scholarship App Opportunity



CALIFORNIA LATINO LEGISLATIVE CAUCUS
FOUNDATION

2020 SCHOLARSHIP PROGRAM
APPLICATIONS ACCEPTED:
APRIL 1, 2020-JUNE 1, 2020

Apply online at **CLLCF.ORG**

The California Latino Legislative Caucus Foundation (CLLCF) is pleased to invite all qualified California residents to apply for a scholarship. This scholarship program was established to assist deserving students by offering financial assistance to help meet educational expenses.



Today, the CA Latino Legislative Caucus Foundation's Scholarship Program, now in its sixth year, starts accepting online applications from eligible students. The program was established to assist deserving students by offering financial assistance to meet educational expenses. Notwithstanding the current health crisis, the Foundation remains committed to awarding a yet undetermined number of \$5,000 scholarships this year. In order to be eligible for scholarship consideration students must meet the following requirements:

- Be a full time student in good academic standing at an accredited college or university, OR
- Be a graduating high school senior with written proof of acceptance at an accredited institution of higher learning.
- Have a minimum grade point average (GPA) of 2.5.
- Submit a completed online application with all required supplementary documents by the application deadline.

Complete scholarship requirements and details are available at the Foundation's website: **www.CLLCF.org**

Answers to frequently asked questions can be found at: **<https://www.cllcf.org/faq> or **contact us directly.****

The deadline for submitting the online application and all supporting documentation is June 1, 2020.

General Info:

Scholarship App Opportunity

AAUW Camarillo Branch
PO Box 882
Camarillo, CA 93011
Aauw.camarillo.president@gmail.com
805-216-8463



AAUW Camarillo Scholarship Announcement

AAUW (American Association of University Women) Camarillo Branch is accepting applications for scholarships of \$1,500- \$2,000 for female CSUCI students.

MUST MEET THE ELIGIBILITY REQUIREMENTS

- Be a woman enrolled and in good academic standing at CSU Channel Islands
- Earn a cumulative GPA of at least 3.0
- Be a "non-traditional student," e.g. someone whose family obligations required an interruption of several years prior to resuming a college program or someone who waited until later in life to start college.

Submit A COMPLETED APPLICATION by Friday, May 29, 2020 to address or email above

Copy of most recent transcript

Letter of Recommendation from at least one CSUCI faculty member

A PERSONAL ESSAY: Approximately 300-500 words

In your essay, please address the following:

- a. Describe your quest for a college education, and how it has taken a non-traditional route.
- b. Describe your financial situation and need (you do not need to submit a FAFSA form, just describe your/your family's situation).
- c. Describe how this scholarship will help you achieve your goals.
- d. Describe how your experience, interests and goals reflect AAUW's mission to "Advance equity for women and girls through advocacy, education, philanthropy, and research."

NO LATE OR INCOMPLETE APPLICATIONS WILL BE CONSIDERED.
Applicants will be notified by July 1, 2020.

Application available on next two pages

General Info:

Scholarship App Opportunity

SECTION A: PERSONAL DATA:

Name: _____
Last First Middle

Address while attending school: _____
Address City Zip Code

Telephone: _____ CI ID: _____ EMAIL: _____

SECTION B: STUDENT EDUCATIONAL BACKGROUND:

Name of High School you attended: _____ City _____ State _____

Date of High School Graduation Month Year

What is your cumulative GPA at CI? _____

Are you the first to attend college in your family? Yes No

Name of faculty providing letter of recommendation: _____

Referral's contact information: _____

SECTION C: STUDENT EDUCATIONAL PLANS:

Number of units you plan to enroll in for the 2019-2020 academic year: _____

Anticipated Graduation Date: _____

Degree Objective: BA BS in _____

DEADLINE DATE IS FRIDAY, May 29, 2020 at 5pm.

THIS IS NOT A POSTMARK DATE.

Mail completed AAUW Scholarship Application to:
AAUW Camarillo
PO Box 862
Camarillo, CA 93011
Or
Email all documents to
Aauw.camarillo.president@gmail.com

General Info:

Scholarship App Opportunity

2020-2021 Scholarship Application (continued)

SECTION D:

Describe your extracurricular involvement. Include memberships in organizations, offices you have held, volunteer experience or community service activities. List the most recent activities first.

Activity	Your role/leadership	Time spent last year	Dates Involved

Awards and honors received: (List both academic and non-academic awards.)

Honor	Awarded by	Date Awarded	Reason awarded

Employment History: (Include the last 2 years. Do not attach a resume or additional pages.)

Name of Employer And Location	Dates Employed	Duties	Hours/Week Worked

General Info

www.irs.gov/coronavirus

**IRS is offering
coronavirus tax relief.
Check for frequent updates.**



www.irs.gov/coronavirus

**El IRS ofrece alivio tribu-
tario por el coronavirus.
Verifique las actual-
izaciones frecuentes.**



Hello Everyone,

The IRS will soon be issuing Economic Impact Payments to every eligible American. We need your help to reach individuals who do not normally file because they do not have enough income that requires them to file. This includes the homeless, certain seniors and some limited English-proficient individuals who will need to provide information to the IRS to get their Economic Impact Payment. Eligible Social Security recipients and railroad retirees who are otherwise not required to file a return will not be required to file a return or provide further information. Please use your networks to reach these individuals. Attached is some information to get you started. More information is being added to IRS.gov/coronavirus. Please follow the IRS Social Media accounts to receive the latest information that they can share. Let me know what I can do to support you in this effort.

Thank You,

Stanette D. Reece

Senior Stakeholder Relationship Tax Consultant

Internal Revenue Service

W&I-SPEC, Santa Ana Territory

ID Badge No.: 02-35337

Phone: (213)372-4432

Cell: (213)435-8754

Fax: (213)372-4767

Fax: (888)981-4196

E-mail to: Stanette.Reece@irs.gov

General Info:

WE ARE STILL OPEN!

We are still offering **Online Tutoring** services at the **LRC**, **WMC**, & **STEM CENTER**
For updated schedules please visit our websites listed below!

HOURS OF OPERATION

LRC: MON-THURS **10AM-6PM**
FRI **10AM-1PM**

[HTTPS://WWW.CSUCI.EDU/LEARNINGRESOURCECENTER/LRCONLINETUTORING.HTM](https://www.csuci.edu/learningresourcecenter/lrconlinetutoring.htm)

WMC: MON-THURS **9AM-4PM**
FRI **9AM-2PM**

[HTTPS://WWW.CSUCI.EDU/WMC/WMC-REMOTE-SERVICE.HTM](https://www.csuci.edu/wmc/wmc-remote-service.htm)

STEM CENTER: MON-THURS **10AM-6PM**
FRI **10AM-3PM**

[HTTPS://WWW.CSUCI.EDU/PROMESAS/SSS/STEM-CENTER/ONLINE-TUTORING.HTM](https://www.csuci.edu/promesas/sss/stem-center/online-tutoring.htm)

General Info:

Hungry?
Not a Problem here.

SANTA PAULA FOOD PANTRIES & SERVICES

Brought to you by a variety of hosts
with special thanks to FOOD Share

DROP IN CENTER

For Homeless and Hungry

Food - Encouragement -- Basics

1498 E. Harvard Blvd. Santa Paula

Monday – Thursday from 9 to 2 pm

Friday we meet at One Stop - 1029 E. Santa
Paula Street

Tuesdays at 11 – Encouragement

Various Services Available:

Including Mental Health, Counseling

TB Tests Appointments - Services

Emergencies 805.340.5025

Church in the Park – Sundays at 11 am

ONE STOP

Ventura Co. Healthcare Agency

Every Friday 9 to Noon

El Buen Pastor Church

1029 E. Santa Paula Street

Homeless Services – CDR

Medical – TB Tests Flu Shots

Medical Assessment



Santa Paula's Investing in Relationships of Integrity and Trust

HOT MEALS

Many Meals

SPIRIT of Santa Paula

Hot Meal for take-out and/or dining room

Wednesdays 5 – 6 pm

First Presbyterian Church

121 N. Davis Street

805.340.5025

LOCAL FOOD PANTRIES

Santa Clara Valley CFL

217 N. 10th Street - 805.933.9800

2ND AND 4TH Fridays – 9 am to 1 pm

1 Friday 9 am to 10:30 am (fruits and vegs)

St. Vincent de Paul – St. Sebastian's

235 N. 9th Street - 805.525.2149

2nd and 4th Thursdays 1 pm to 4:30 pm

Valley Community Foursquare Church

611 E. Main Street

805.525.4273

Tuesdays from 9 – 10 am

A LITTLE LAUNDRY

1183 E. Main Street

Every Friday from 7:30 to 9 am

HMIS ID Required.

FOOD PANTRY

SPIRIT of Santa Paula – Food Pantry

First Presbyterian Church

121 N. Davis Street - 805.340.5025

Every Wednesday 5 pm – 6 pm

SPIRIT of Santa Paula – USDA plus

1498 E. Harvard Blvd.

805.340.5025

Every Saturday 2:30-4:30

Lottery for position in line -

Early birds not necessary

SHOWERS

Every Friday 9 to Noon

HMIS ID Card Required

1029 E. Santa Paula Street, Santa Paula

EMERGENCY FOOD BOXES BY APPOINTMENT

805.340.5025

**For more information,
call Kay Wilson-Bolton**

SPIRIT OF SANTA PAULA

805.340.5025

Espanol Lupe Servin 805.427.4750

www.spiritofsantapaula.org

facebook.com/spiritofsantapaula

3.2020

COVID-19 Info & Updates:

CAPS and mental health during COVID-19



TAKING CARE OF YOUR BEHAVIORAL HEALTH

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care

for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear related to:**
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping

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Taking Care of Your Behavioral Health:

TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

too little or too much

- Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider or one of the resources at the end of this tip sheet.

Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak (see page 3 for sources of reliable outbreak-related information).

BE YOUR OWN ADVOCATE

Speaking out about your needs is particularly important if you are in quarantine,

since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health officials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.
- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

WORK WITH YOUR EMPLOYER TO REDUCE FINANCIAL STRESS

If you're unable to work during this time, you may experience stress related to your job status or financial situation.

- Provide your employer with a clear explanation of why you are away from work.
- Contact the U.S. Department of Labor toll-free at 1-866-487-2365 about the Family and Medical Leave Act (FMLA), which allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions, or to care for a family member with a

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serious medical condition.

- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk "face to face" with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

Sources for Reliable Outbreak-Related Information

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the
World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you're worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive

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thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

AFTER SOCIAL DISTANCING, QUARANTINE, OR ISOLATION

You may experience mixed emotions, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS [español]: "Hablamos" al 66746

TTY: 1-800-846-8517

Website [English]: <http://www.disasterdistress.samhsa.gov>

Website [español]: <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-help-line>

National Suicide Prevention Lifeline

Toll-Free [English]: 1-800-273-TALK (8255)

Toll-Free [español]: 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website [English]: <http://www.suicidepreventionlifeline.org>

Website [español]: <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator

Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

**Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*

HHS Publication No. SMA-14-4894 (2014)



SAMHSA
Substance Abuse and Mental Health
Services Administration

COVID-19 Info & Updates

COVID
CORONAVIRUS
DISEASE
19

SYMPTOMS OF CORONAVIRUS DISEASE 2019

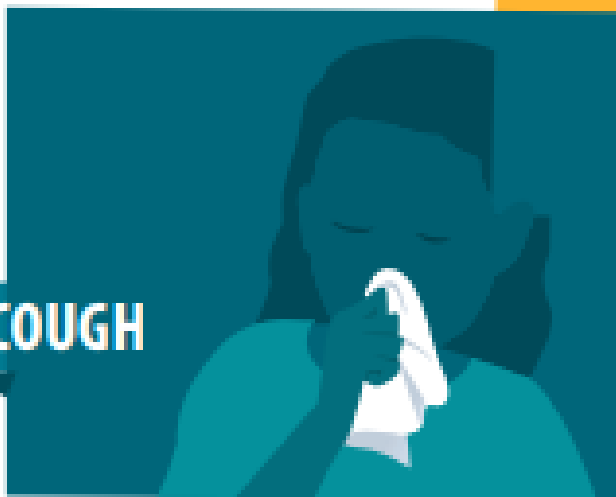
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



Call us if you have symptoms and our Backpack Medicine Team will come to you

**Non Emergent: Call Us at 805-515-6940
Emergent or after hours: 911**



COVID-19 Info & Updates



United Way of
Ventura County

For Immediate Release

Media Contact: Mitchel Sloan (805.427.6127)

UWVC's United to End Homelessness COVID-19 Rapid Response



Ventura, CA, April 8, 2020 – As a rapid response to the COVID-19 pandemic, United Way of Ventura County (UWVC) has mobilized to help our neighbors experiencing homelessness.

In consultation and partnership with the County Executive Office and Ventura County Continuum of Care team, UWVC's United to End Homelessness COVID-19 Rapid Response will provide motel vouchers and meals for our unsheltered homeless veterans (those not currently in transitional housing nor shelters), and hygiene kits for our unsheltered homeless population at large. The homeless care kits will be distributed by our county's Healthcare for the Homeless Backpack Medicine team.

"Our veteran neighbors experiencing homelessness cannot wait for help – they need it now, as the COVID-19 pandemic exposes and intensifies the homeless crisis," said Assemblymember Jacqui Irwin. "It is inspiring to see the community come together during this unprecedented public health crisis."

The County of Ventura, with guidance from the California Department of Public Health, has been taking steps to slow the spread of COVID-19 among vulnerable populations in the community.

More info on next page .

COVID-19 Info & Updates

County agencies are coordinating to provide housing options, transportation, medical and mental health care, nutritional needs and on-site security. Referrals are made by community homeless service providers including nonprofit organizations, county service providers, city partners and homeless liaison officers. Individuals are medically evaluated before they are cleared for intake.

"County agencies are placing medically fragile homeless individuals in shelters. This protects the homeless and our entire community," said County of Ventura CEO Mike Powers. "In that same spirit, we appreciate that United Way and all our community groups for focusing on housing our unsheltered homeless veterans and their families. They have sacrificed for us and it is our duty to shelter and support them for their benefit and the benefit of community health."

United to End Homelessness COVID-19 Rapid Response partners include:

- County of Ventura Veteran Services Office
- Ventura County Health Care Agency
- DJ's California Catering
- Gold Coast Veterans Foundation
- People Assisting The Homeless (PATH)
- Salvation Army Supportive Service for Veteran Families (SSVF)
- U.S. Department of Veteran Affairs, HUD-VASH Program

"The unprecedented COVID-19 emergency is mobilizing our community to respond to our most vulnerable population and dictating a shift in how we provide services," said Eric Harrison, President and CEO. "We're grateful to all of our community partners and local businesses that have stepped up to serve our unsheltered homeless veterans and veteran families."

United Way of Ventura County COVID-19 Rapid Response

United Way of Ventura County's COVID-19 Rapid Response has organized to temporarily house and feed an initial 25 veterans and their families. The number may increase as the public health crisis intensifies and exposes our most vulnerable population.

To make a donation, visit <http://uwnv.org/form/012020mg>

United Way of Ventura County COVID-19 Rapid Response Homeless Care Kits

United Way of Ventura County's COVID-19 Rapid Response Homeless Care Kits campaign aims to provide essential hygiene supplies for our unsheltered veterans and individuals during the COVID-19 public health crisis. These vital kits will be distributed by our county's Healthcare for the Homeless Backpack Medicine team. It costs \$7.50 to provide a care kit for an unsheltered individual in need. Since Monday, when the campaign launched, we've collected more than 600 kits. Help us reach the goal of 900 by contributing to the virtual collection drive at roomga.com/uwvchomelesscarekits.

More info on next page .

COVID-19 Info & Updates

For more information about the United to End Homelessness Landlord Engagement Program and COVID-19 Rapid Response, contact program manager, Amy Duganne at amy.duganne@vcunitedway.org or 805.485.6288, x228.

For more information, visit www.vcunitedway.org

About United Way of Ventura County

Since 1945, United Way of Ventura County has advanced the common good by creating opportunities for a better life for all. United Way identifies the root causes of poverty and works strategically to solve them by building alliances across all sectors, funding targeted programs and advocating for change. When we work together in common purpose, we LIVE UNITED. For more information about United Way of Ventura County, visit www.vcunitedway.org.

COVID-19 Info & Updates



Supporting College Students with Mental Health Conditions

In the Wake of COVID-19

Resources from the webinar hosted March 25, 2020

Transitions to Adulthood Center for Research
University of Massachusetts Medical School



Introduction: The following are a sample of resources that may be helpful to you and your students as we transition to off-campus learning and support. This is not an exhaustive list, but rather a few targeted resources that may be helpful. We will continue to develop resources that may be helpful to providers and students in the wake of COVID-19

Foster Social Connectedness:

- NITEO at Boston University's Center for Psychiatric Rehabilitation Free web-based, social connecting activities for college students: <https://cpr.bu.edu/app/uploads/2016/07/NITEO-ACTIVITIES-Spring-2020.pdf>
- Temple University Collaborative on Community Inclusion: <http://www.tucollaborative.org>

Physical Organization:

- Organizing physical space- https://www.youtube.com/watch?v=3f9hC4LF_j8
- Organizing your online classes- <https://www.youtube.com/watch?v=eE-21h167-Y>
- Organizing your computer- <https://www.youtube.com/watch?v=hKi8K2x-KY>
- Organizing files and folders- <https://www.youtube.com/watch?v=y-LeibeXAog>
- Organizing study space- <https://www.youtube.com/watch?v=kB6wIkWQ2SY>

Time management:

- Managing time and studying using (SMART theory)- <https://www.youtube.com/watch?v=gRE0WicGz4I>
- Using calendars- <https://www.youtube.com/watch?v=KcWnlarc2xY>
- Creating a daily routine- <https://blog.connectionsacademy.com/4-keys-to-establishing-schedules-and-routines-for-online-students/>
- Creating routine- <https://www.straighterline.com/blog/seven-habits-of-great-online-college-students/>

Online calls:

- How to look/ act professional: <https://www.youtube.com/watch?v=3cNVW3qM8bk>
- How to Navigate Google Classroom (if your child's school is using this to transition online): <https://docs.google.com/presentation/d/>
- How to Navigate Zoom calls: <https://support.zoom.us/hc/en-us/articles/206618763-Zoom-Video-Tutorials>



COVID-19 Info & Updates

Apps that help:

- 10 apps to help study/ work from home- <https://www.youtube.com/watch?v=Q8xCMzA4QEs>
- 10 apps to help study/ work from home- <https://www.youtube.com/watch?v=hNlIGtlbmhU>

Managing emotions/ stress:

- How to handle your panic attacks: <https://www.youtube.com/watch?v=8xZ2L8i16W4>
- Stress management- <https://www.youtube.com/watch?v=9dL-om80z-c>
- Stress management- <https://www.youtube.com/watch?v=IDecu0ME12g>

Journaling & Notes:

- Bullet Journal Setup for Productivity: <https://www.youtube.com/watch?v=ZK3WUux5YrQ>
- Study skills/note taking- <https://www.youtube.com/watch?v=3rENnhYM1QY>
- How to take great notes: <https://www.youtube.com/watch?v=UAhRf3U50IM>
- Notability App: <https://www.zinca.com/>

Additional questions or inquiries for our team?

- Contact us directly: HYPE@umassmed.edu
- Sign up for our e-mail newsletter: Text TRANSITIONSACR to 22828
- Visit us: www.UMassMed.edu/HYPE and www.UMassMed.edu/TransitionsACR

The contents of this document and the associated presentation were developed under a grant with funding from the National Institute on Disability, Independent Living, and Rehabilitation Research, United States Department of Health and Human Services (NIDILRR grant number A-90DP0063). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.



PATH Letter By Leticia Cazares

Hello PATH students, I would like to extend my congratulations to our graduating seniors. In addition, to our continuing and graduating students please note we are here to support as we transition in to summer. We hope you will have a restful and safe summer. Please let us know if there are any questions or concerns we can help with, feel free to schedule a meeting @ <https://go.oncehub.com/LeticiaCazares>

PATH STAFF



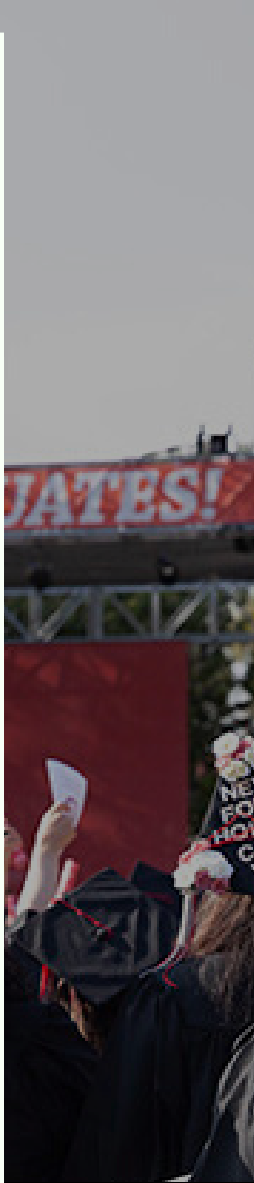
Precious Becerra
PATH Student Assistant
Psychology
Spring 2020



Leticia H. Cazares, M.S.
Coordinator of PATH
(805) 437-3528
leticia.cazares@csuci.edu



Andi Garcia
PATH Student Assistant
Liberal Studies & Spanish
Spring 2021



CONGRATS PATH SENIOR GRADUATE

LAURA ESCALERA
MAJOR PSYCHOLOGY

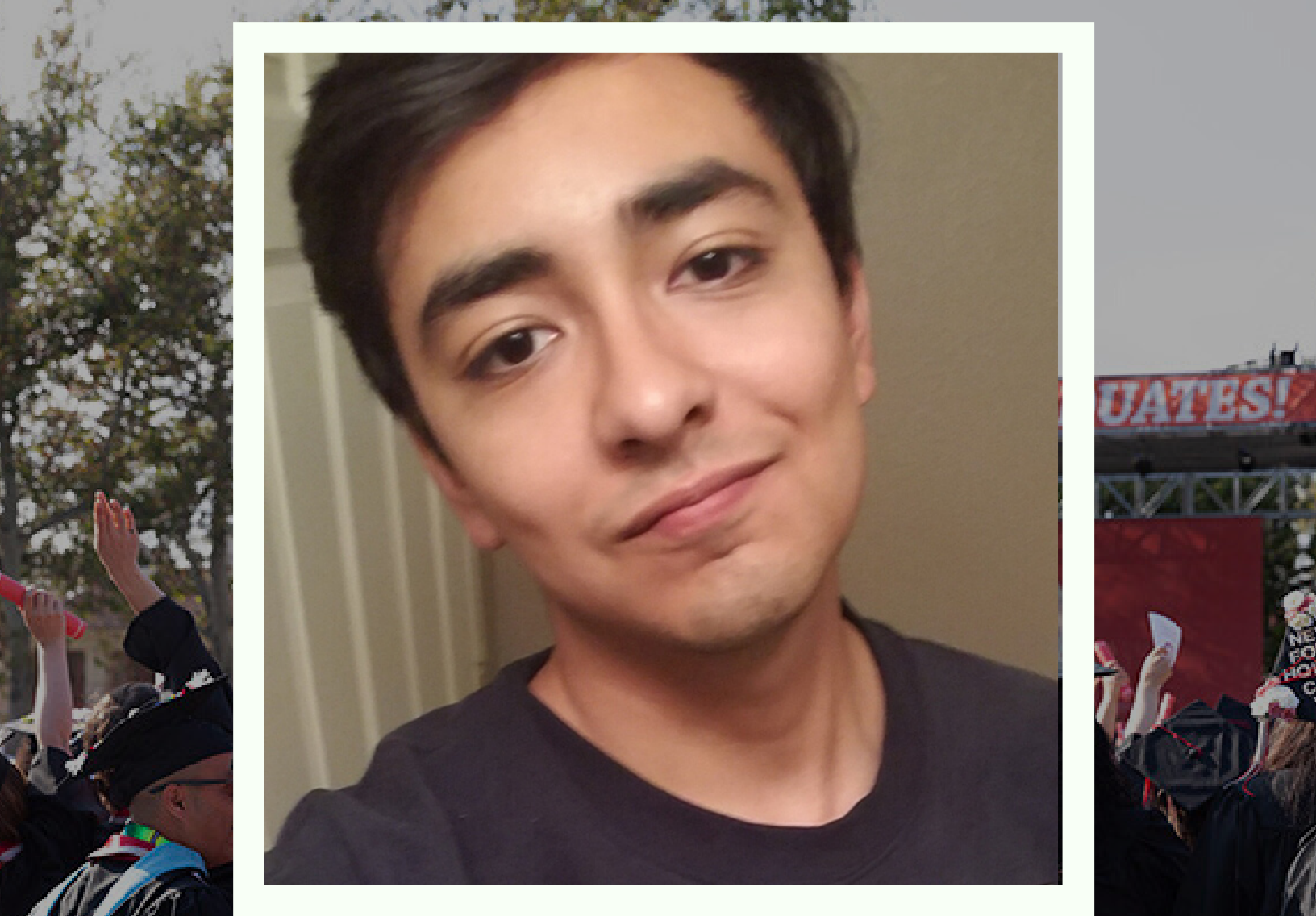
I LOOK FORWARD TO PURSUING MY EDUCATION TO OBTAIN MY MASTERS IN SCHOOL COUNSELING. I AM MOST GRATEFUL FOR ALL THE SUPPORTIVE AND POSITIVE PEOPLE THAT SURROUND ME AND MOTIVATE ME TO BE A BETTER PERSON



CONGRATS PATH SENIOR GRADUATE

ANDREW GUEVARA
MAJOR IN BIOLOGY
MINOR IN CHEMISTRY

NEXT STEPS IS TO OBTAIN MY MS IN BIOLOGY. I AM GRATEFUL FOR EVERYONE THAT HAS BEEN SUPPORTIVE THROUGHOUT THE YEARS OF MY UNDERGRADUATE JOURNEY. I ALSO ATTACHED THE PHOTO ONTO THIS EMAIL



CONGRATS PATH SENIOR GRADUATE

CARLOS CARREON
MAJOR IN BIOLOGY
MINOR IN CHEMISTRY

I AM CURRENTLY WORKING AT NUTRILITE AS A LAB TECHNICIAN II. MY GOAL IS TO FURTHER EXPLORE THE DIFFERENT JOBS IN MY FIELD BEFORE RETURNING TO SCHOOL TO GET A MASTER'S DEGREE. I'M GRATEFUL FOR MY FAMILY WHO HAS SUPPORTED ME AND ALLOWED ME TO GET WHERE I AM TODAY.

CONGRATS PATH SENIOR GRADUATES

Carmelita Cuellar - B.A. Sociology

Annabelle Alward - B.S. Nursing/ Minor in Psychology

Beyza Cetin - B.A. Global Studies/Minor in Political Studies

Deanna Villagran - B.A. Sociology/B.A. Psychology/Minor in Communication

Amanda Dudley - B.A. Global Studies/Minor in Political Studies

Alviana Johnson - B.A. Communication Organization Communication Emphasis



PGATH Senior Reception

TUESDAY, MAY 12TH, 2020 VIA
INSTAGRAM AT CSUCI_MDC

PATH Info: Student Resources



THE GEORGE & KATHY HICKER
CHAPTERS FOR SUCCESS
TEXTBOOK FUND

To qualify, student must verify as current/former foster youth, low-income, homeless, and/or undocumented student between the ages of 17-28

Students may receive up to \$300 per semester while funding is available

CONTACT NICOLE@ECHOESOFHOPE.ORG
FOR MORE INFORMATION



PATH Info:

Student Resources

Hi there,

Hope everyone is doing well and staying safe during this time. Echoes of Hope is excited to announce that we have been renewed for funding for the 2020 year with regard to our Chapters for Success textbook program. We will begin accepting applications on 4/25/20 for the next semester/quarter. Please only send (5) applications at a time, per school/nonprofit. Once we process those (5), we can then take another (5) applications. This is to ensure all schools and students are able to apply for funding knowing that semesters and quarters run at different points throughout the year.

As a reminder, students are being asked to reach out to our team once they are done with the books at the end of the semester to see if books can be returned. This is in an effort to reinvest those funds to support more students in need. If possible, please keep track of textbooks we order for your students. Please find an updated flyer as well as a revised application for students. While we understand that COVID-19 has required many students to learn from home, please advise students to list their home address for delivery of textbooks for this semester, if needed.

Look forward to working with you all again this year!

Nicole Knosp | Director
Echoes of Hope
nicole@echoesofhope.org

Application available on next two page

PATH Info:

More info about this application is on page



Echoes of Hope Textbook Application

Name:	
Gender (please circle):	Male Female Transgender
Age/Birthdate:	
Student ID #:	
Ethnicity:	
Please circle at least one and/or all that apply:	Former foster youth Low-income Adopted/Kinship Homeless Undocumented Other (specify):
Referred by:	
School currently attending:	
Major:	
Class Schedule (include copy from school website):	
Do you agree to send books back to our organization at the end of semester? Please contact us at the end of your semester.	
Books Needed (ISBN # and editions—include separate sheet of paper, if necessary): *If you have a preference on books, please list them in order of preference here:	
List any of your books that require access codes (we purchase used books that may not come with access codes):	
Shipping address for textbooks (Must list someone at the EOP/Guardian Scholar office at your school). We cannot ship to	

555 N. Nash St.
El Segundo, CA 90245
310.414.1600

Part 2 of this application is on next page.

PATH Info:

More info about this application is on page



<i>student's home addresses:</i>	
<i>Date books are needed:</i>	
<i>Student phone number:</i>	
<i>Student email address:</i>	

555 N. Nash St.
El Segundo, CA 90245
310.414.1600

PATH Info:

More info about housing resources

Ventura County Hotel Project for High-Risk Unsheltered Persons

Unsheltered persons who are well, medically cleared, and not symptomatic of Covid-19 can be referred to area hotel sites managed by Ventura County on a space available basis if they meet the following CDC criteria for risk of severe illness during the COVID-19 pandemic and local health emergency:

- People aged 65 years and older
- People with other high-risk conditions:
 - chronic lung disease or severe asthma
 - heart disease
- People who are immunocompromised including cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People of with underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease
- Pregnant women

A separate hotel site is available for unsheltered persons who:

- are exposed, but asymptomatic or symptomatic awaiting results of testing and require isolation
- Referrals to this location come directly from the healthcare system

Referral Process for Well and At-Risk Unsheltered Homeless Persons

Referrals have been accepted from Pathways to Home Service providers (see attached partner list) and community partners to establish a list of over 300 persons who meet the established high-risk criteria.

Referring entities will complete the intake document and client agreement form and submit the required documents via email.

Accepted referrals will be confirmed via email and will include instructions that include meeting client at the motel location to assist them through the intake process.

Clients will receive a 2,500 calorie per day sack lunch and an individual room placement with regular housekeeping service. Containers are onsite for storage of personal belongings. Well-behaved pets will be accepted. Clients not requiring isolation/quarantine can leave as needed for essential activities per the Public Health Officer's Stay Well at Home Order. 24/7 security is onsite. Clients are expected to sign a participation agreement which specifies that no room access will be provided to others during patient's stay.

More info on next page .

PATH Info:

More info about this application is on page

Please connect with one of the agencies below to ensure a service connection and referral can be made when appropriate:

- City of Oxnard Housing Authority
- City of Ventura- City Proactive Outreach Program
 - Community Action of Ventura County
- County of Ventura Health Care Agency, Behavioral Health PATH/ R.I.S.E
- County of Ventura Health Care Agency, Behavioral Health Adult Clinics
- County of Ventura Health Care Agency, One Stop/Whole Person Care/Hospital Case Management
 - County of Ventura Human Services Agency, Homeless Services
 - County of Ventura Human Services Agency, VCHMIS
- County of Ventura Human Services Agency, RAIN Transitional Living Center
 - Harbor House
- Housing Authority of the City of San Buenaventura
 - Help of Ojai
- Kingdom Center, Gabriel's House
 - Lutheran Social Services
 - Mercy House
- National Health Foundation
 - Project Understanding
 - Samaritan Center
- The Salvation Army Southern California Division, Ventura Social Services
- The Salvation Army Southern California Division, Supportive Services for Veterans Families
 - The Spirit of Santa Paula
 - Turning Point Foundation
- Ventura County Area Agency on Aging

PATH Info:



K.I.T.S. NATIONAL SHORT SCREENPLAY COMPETITION

FOR TAY FOSTER YOUTH

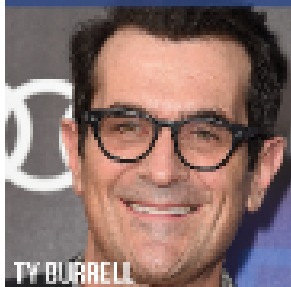
EVER THOUGHT ABOUT WRITING YOUR OWN SCRIPT?

Enter the K.I.T.S. National Short Screenplay competition today for a chance to turn your story into a real short film. All scripts entered into the competition will be read by our industry professional judges.

Important Dates & Deadlines:

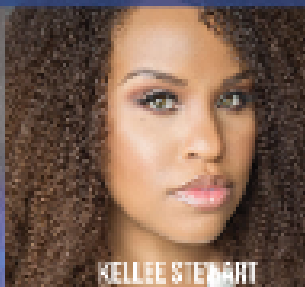
April 25th - Deadline to apply to 5-week Virtual Screenwriting Course
April 27th - 5-week Virtual Screenwriting Course Begins
June 8th - Deadline to Submit Scripts for Competition
June 19th - Top Ten (10) Semi-Final Scripts Announced
June 23rd - Top Three (3) Script Finalists Announced
June 26th - Winning Script Announced

MEET A FEW OF OUR INDUSTRY PROFESSIONAL JUDGES WHO WILL BE READING YOUR SCRIPTS.



TY BURRELL

ACTOR/K.I.T.S. AMBASSADOR



KELLEE STEWART

ACTOR/K.I.T.S. AMBASSADOR



MARY LOU BELLI

DIRECTOR/PRODUCER/AUTHOR



MALCOLM-JAMAL WARNER

ACTOR/DIRECTOR

RULES AND ELIGIBILITY

- Must be a current or former foster youth between the age of 18 to 22 living in the United States to participate.
- If you would like to learn how to write a script before you submit it to the competition, you can take our free, 5-week Virtual Screenwriting Course via Zoom that starts on April 27th, 2020.
- You will need access to a computer, smartphone or tablet to participate in the Virtual Screenwriting Course.



ACCEPTING APPLICANTS FOR 2020

ENTER
NOW!

To sign up for the 5-week Virtual Screenwriting Course, go to: <https://bit.ly/3emtfgo>

For more information, contact Martin Russell Johnson at Martin@Kitsinc.org or visit www.kitsinc.org.

MAR / W O C Letter

By Natalie Johnson

May 2020

I hope you all are staying safe and well during the time of the coronavirus (COVID-19) pandemic. With the transition to virtual support services the MDC has adopted online and virtual modes to support our different student populations. If you would like to chat or need support either email me or set up a meeting with me at the link below

<https://go.oncehub.com/NatalieJohnson>

M A R / W O C S T A F F



Natalie Johnson, M.Ed.
Coordinator of Underrepresented
Student Initiatives



Emily Quiñonez
Political Science,
Anthropology, & Chicanx
Studies
Spring 2022



Megan Keleta
Health Science major & Psychology
minor
Spring 2021

Women of Color Resources





WOODPOND Closing Ceremony

Join us in a Celebration
of a great year

Friday May 15th, 2020


2-3pm

on Zoom

[https://csuci.zoom.us/j/969690
48592](https://csuci.zoom.us/j/96969048592)

Submit Testimonials for
Video Here

[https://csuci.qualtrics.co
m/jfe/form/SV_0c8sNY4
1U6VeDqt](https://csuci.qualtrics.com/jfe/form/SV_0c8sNY41U6VeDqt)



Women of Color Peer Mentor Program

INTERESTED IN BECOMING A PEER MENTOR?

If so please join us for a informational session where mentors will be sharing their experiences and you'll have the chance to asks any questions you might have.

**FRIDAY MAY 8TH, 2020
11-12 AND 3-4**

[RSVP HERE](#)



Undocumented Resources



Financial Support for Undocumented Immigrants affected by COVID-19

Gov. Gavin Newsom announced a **\$125 million in disaster relief assistance** for working Californians that will provide financial support to undocumented immigrants impacted by the COVID-19 crisis.



To learn more please go here: <https://covid19.ca.gov/guide-immigrant-californians/>



CARECEN WEBINAR

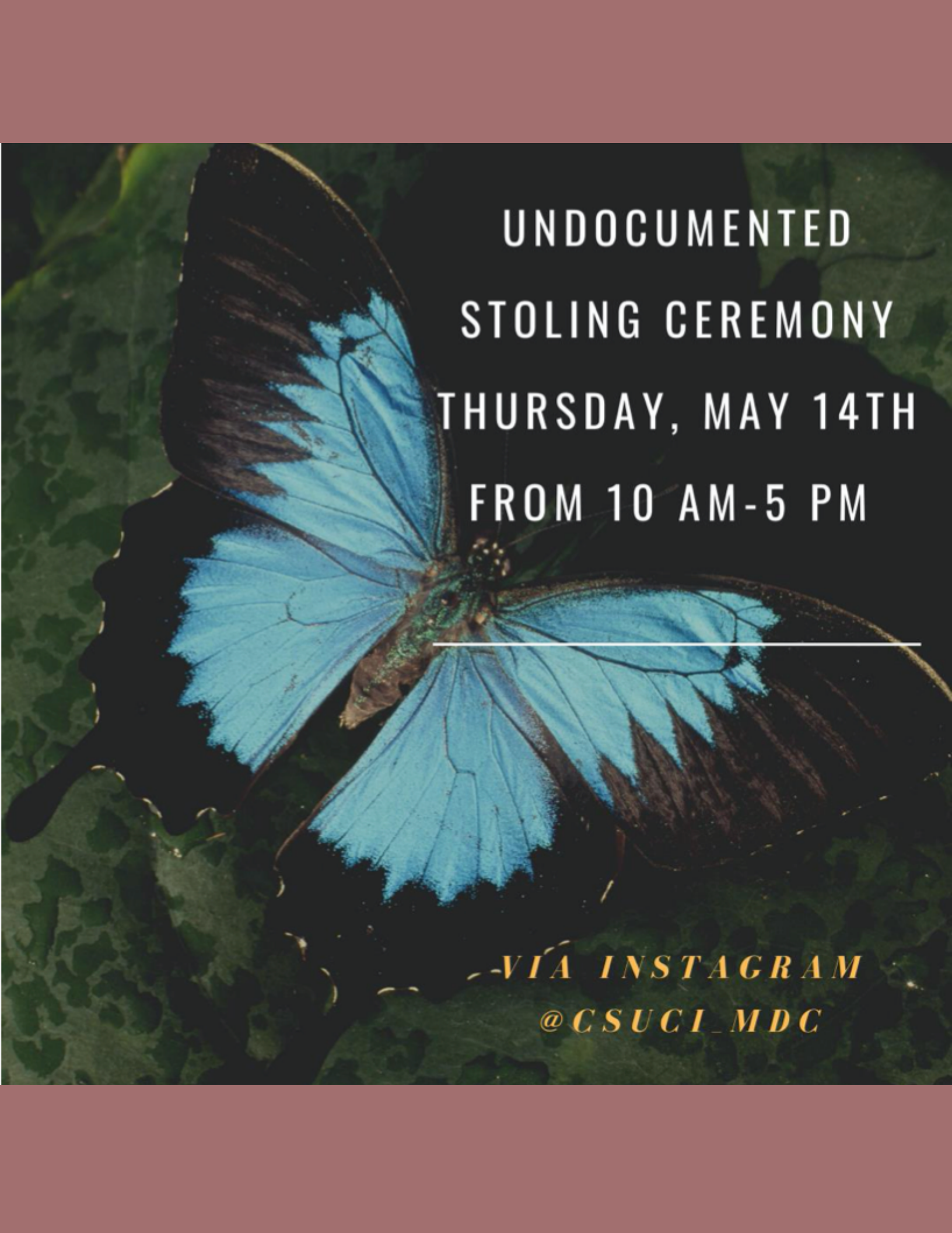
FEDERAL UPDATES WEBINAR
MONDAY, MAY 11
1-2PM

RSVP Here

<https://tinyurl.com/qt46whc>

**JOIN CARECEN ATTORNEY TESSA
COPELAND TO HEAR ABOUT THE
LATEST FEDERAL IMMIGRATION
UPDATES. TOPICS WILL INCLUDE
WHAT IS CURRENTLY HAPPENING
WITH DACA, THE RECENT PUBLIC
CHARGE RULE, AND HOW COVID-19
IS AFFECTING IMMIGRATION CASES**

You can learn more about CARECEN here
www.carecen-la.org

A close-up photograph of a butterfly with vibrant blue wings and black borders, resting on a large green leaf. The butterfly is positioned in the center-left of the frame, with its wings spread. The background is a soft-focus green leaf.

UNDOCUMENTED
STOLING CEREMONY
THURSDAY, MAY 14TH
FROM 10 AM-5 PM

VIA INSTAGRAM
@CSUCI_MDC

CARECEN'S CSU & Community College Project Continues to Provide Immigration Services to Students, Staff & Faculty

We Can Help With:
DACA Renewals
Citizenship Applications
General Consultations
U-Visa
Family Petitions
Etc.



For the health and safety of everyone all legal
appointments are currently being held through
Zoom

To make an appointment you can visit:
<https://carecenla.simplybook.me/v2/>

Or scan the QR code



CARECEN



California
Community
Colleges

IMMIGRANTS **RISING**


Immigrants Rising is committed to serving undocumented communities during the Coronavirus (COVID-19) pandemic. We put together this list of resources to help undocumented immigrants navigate the crisis

Link: <https://tinyurl.com/t3vclo6>

IMMIGRANTS RISING

**UNDOCUMENTED?
GOING TO COLLEGE?
HAVE QUESTIONS?**

**Join us LIVE on Instagram!
Mon. 3 - 4 PM & Tues. 12 - 1 PM**

 [immigrantsrising](https://www.instagram.com/immigrantsrising)



MENTAL HEALTH CONNECTOR

Immigrants Rising's Mental Health Connector provides undocumented young people with psychological support, allowing you to access your strengths and resiliency in order to achieve your personal goals and healing.



[Link:](https://immigrantsrising.org/mental-health-connector/)

<https://immigrantsrising.org/mental-health-connector/>



MICOP's team has been actively creating videos and posting them on our social media platforms, as well as, recording PSA and informative segments to be played on our Radio Indígena 94.1FM to keep our community informed on COVID19 in various indigenous languages such as Mixteco, Zapoteco and Purepecha, including Spanish language

Link: <http://mixteco.org/>



The 805 UndocuFund is a collective effort among Ventura and Santa Barbara County-based grassroots organizations to assist local undocumented immigrant individuals and families who are excluded from federally funded safety net programs; that have been economically impacted by the loss of their homes, wages, and/or employment due to disasters in our community like wildfires, mudslides, and the coronavirus.

We are currently fundraising and hiring staff to serve our community. We will open applications to receive assistance soon. We know many affected families are facing hardship right now and we hope to support as soon as we can. Thank you for your patience and understanding.

Link: 805undocufund.org/



Healthcare access for Undocumented Folks in the Time of COVID19

In the middle of this pandemic, there is a lot of misinformation and fear being spread in regards to seeking medical assistance. If you feel sick, with symptoms of fever and dry cough, do not be afraid to seek medical assistance and call a doctor first

Link: <https://tinyurl.com/rsbxq5t>

Immigration Updates

A constantly changing landscape

- COVID-19
- Deferred Action for Childhood Arrivals (DACA)
- Temporary Protected Status (TPS)
- Public Charge rule

COVID-19

- Undocumented people are **not eligible** for most federal relief (unemployment, stimulus checks, emergency grants to college students).
- Agricultural workers were deemed essential and their guest worker visas are being processed.
- [CDC order](#) March 20, 2020 banning entry of foreigners without valid travel documents.
- Asylum seekers are being expelled within 2 hours of arrival at Canadian or Mexican border.

COVID-19 (cont.)

- Suspension of new immigration, for 60 days, starting April 23, 2020.
- **Exceptions** for health care workers, investors, spouses/children of citizens.
- “Immigrants” do not include tourists, temporary visa holders.
- But the order also state Administration will “review nonimmigrant programs” and recommend further action.

Status of Deferred Action for Childhood Arrivals (DACA)

- People who have received DACA in the past can and should [apply for renewals](#).
- People who have never had DACA status before **cannot** apply.
- It is not advisable for DACA recipients to leave the country, as Customs and Border Patrol officers can deny re-entry at their discretion.
- The U.S. Supreme Court will issue a decision on the legality of DACA any time between now and June (case heard 11/12/19).

Temporary Protected Status (TPS)



- Temporary immigration relief for people from countries impacted by natural disasters, civil war, epidemics, or other emergencies.
- The Trump Administration had ended TPS for many countries, but the issue is now in the courts.
- El Salvador, Haiti, Honduras, Nepal, Nicaragua, Sudan have court cases pending.
- Somalia and Yemen also are likely to be litigated.

“Public charge” rule

- Receipt of public benefits is grounds to deny legal permanent residence, a visa, or admission to the US.
- Does not apply to asylees/refugees, T/U visa holders, others.
- Not a new rule, but the Trump Administration expanded [what is considered to be a “public benefit.”](#)
- Upheld by Supreme Court in January, took effect in February, 2020.

- Applicable timeline: 12 aggregate months of benefits in a 3-year period.
- **Included:**
 - SSI, TANF SNAP
 - Section 8 and subsidized public housing
 - Medicaid (except as part of school program, including IDEA)
- **Not included:**
 - McKinney-Vento services
 - Free meals
 - Any other education benefit, including Head Start and financial aid for college
 - WIOA, WIC, CHIP
 - COVID-19 related free health care

Resources

- [Immigrant Students](#): How Schools Can Help in English and Spanish)
- [McKinney-Vento webinar in Spanish](#) (including a student presenter)
- Help for Immigrant Families: [Guidance for Schools](#)
- Undocumented Student [Tuition Overview](#)
- Know Your Rights in 8 languages:
 - <https://www.ilrc.org/know-your-rights-and-what-immigrant-families-should-do-now>
 - <https://www.ilrc.org/red-cards>
- “MigraWatch” hotline: 1-844-363-1423
- [National directory](#) of free or low-cost immigration legal services providers
- DACA [renewals](#)
- [TPS](#) updates
- [Public charge](#) rule

LGBTQ+

Resources



DID YOU MISS TOGETHER IN PRIDE?

**Here is your chance to see the whole
event again!**

GLAAD is proud to present Together in Pride: You Are Not Alone, featuring many of the people we know and love paying tribute to the frontline LGBTQ heroes at CenterLink and our Community Centers across the country. We salute the work of all essential workers.

**USE THE LINK HERE TO ACCESS THE VIDEO OF GLAAD'S
TOGETHER IN PRIDE: YOU ARE NOT ALONE
[HTTPS://YOUTU.BE/P9ESLPP5XKM](https://youtu.be/p9eslpp5xkm)**



GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love.

<https://www.glaad.org>



CENTERLINK

THE COMMUNITY OF **LGBT** CENTERS

CenterLink was founded in 1994 as a member-based coalition to support the development of strong, sustainable LGBT community centers.

The organization plays an important role in supporting the growth of LGBT centers and addressing the challenges they face, by helping them to improve their organizational and service delivery capacity and increase access to public resources.

Based in Fort Lauderdale, FL, CenterLink works with other national organizations to advance the rights of LGBT individuals and to provide LGBT community centers with information and analysis of key issues.

<https://www.lgbtcenters.org>



Diversity Collective is a community-based 501(c)3 nonprofit governed by a volunteer board of directors and volunteer advisory board. It is our mission to promote advocacy, education, mental and physical health for the LGBTQ community and those affected by HIV and AIDS in Ventura County, California. We do this work via our community resource center, programs, and community-building events.

<http://www.diversitycollectivevc.org/home.html>



Our mission is to build on
a foundation of loving
families united with
LGBTQ people and allies
who support one another,
and to educate ourselves
and our communities to
speak up as advocates
until all hearts and minds
respect, value and affirm
LGBTQ people

<https://pflag.org/mission>



Family & Friends Living
United In Diversity
(FFLUID) is dedicated to
offering “streams” of
unconditional love,
heartfelt support and
quality resources to
members of the
LGBTQIA+ community,
their families and
friends.

<https://fffluid.org>

Take Time to De-Stress

During this tough time don't forget to take some time to de-stress by:

Breathing

BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Meditating

Beginners' Guide

to

Meditation



SPACE

Choose somewhere quiet where you won't be disturbed.

Remove distractions such as internet and TV.



POSTURE

Sit on the floor or on a straight backed chair.

The key is to be comfortable, you don't have to sit cross-legged! You can even lie down if you can stay awake.

BREATH

Take deep slow breaths, try to breathe into your belly.

Focus on where you feel the breath most. The feeling of air in your throat, your chest or your belly rising?



THOUGHTS

Your thoughts will wander, this is normal!

Try not to judge yourself or think you are 'doing it wrong'. Acknowledge the thought and bring your focus back to your breath.

TIME

Start small! Just 2 to 5 minutes is fine to begin with.

You can increase the time with experience.



EASE BACK IN

Ease back into your day gently.

Open your eyes slowly, stretch, take a few deep breaths. Don't rush. You may also find it useful to spend a few minutes journalling what has come up for you during the meditation.

Yoga

8 Minutes Yoga Beginner Sequence Video

1. Child Pose



1:00

2. Table Top



1:00

3. Half Kneeling Bow



1:00

4. Rag Doll



1:00

5. Forward bend



0:30

6. Upward salute



0:30

7. Plank



0:30

8. Upward Facing Dog



0:30

9. Downward Dog



1:00

10. Warrior



1:00