

OCTOBER 2020



MDC

Newsletter

"In a world where you can be anything, be kind."

-Anonymous

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CSUCI

*Information
& Updates*

This Month's Campus Events



Join The CI View Student News Member Meetings

Are you interested in telling stories, photography, social media, videography, graphic design, or journalism? Then come join The CI View student news! Member meetings are every **Monday from 11:00am - 12:15pm during the fall 2020 semester.**

Our virtual meetings will be via Zoom:
<https://csuci.zoom.us/j/94398919085>

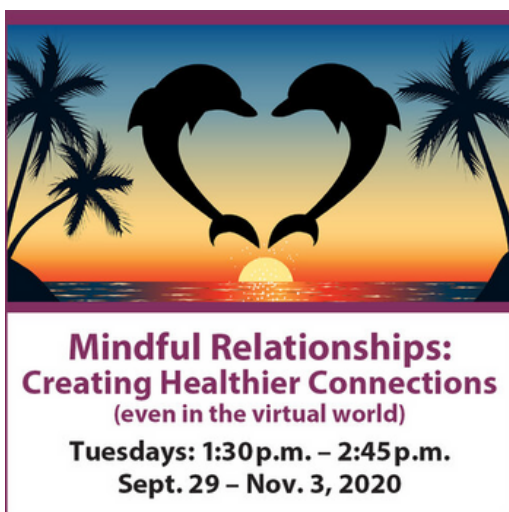


DROP-IN: "CI Life" Support Group – Kick Life into the

Join your student peers and Counseling and Psychological Services (CAPS) **Tuesdays and Wednesdays from 12:30pm - 1:30pm** as we address student-led topics on stress, coping, resources and more. Bring your questions and get answers. This open group gives the opportunity for students to connect with each other and talk about stress, coping skills, community resources and other student-led topics. Facilitated by Rhonda Johnson-David, LMFT

Zoom at <https://zoom.us/j/95205248022>

For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu



Mindful Relationships: Creating Healthier Connections (even in the virtual world)

Whether you are struggling with a specific relationship or desire a relationship with parents, significant others, friends, co-workers, or roommates, this six-week group offers a safe and confidential space to discuss your concerns. The goal of this supportive group environment is to assist you with developing better communication skills, improve awareness, and find satisfaction in healthy relationships.

Join Counseling and Psychological Services (CAPS) each Tuesday from **1:30pm - 2:45pm, Sept. 29 - Nov. 3**. Facilitated by Stacy Udolph, LCSW For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu

This Month's Campus Events



The Rainbow Café Support Group

The Rainbow Café is a support group for those who identify as lesbian, gay, bisexual, asexual, pansexual, transgender, intersex, queer, genderqueer, questioning, and more. Come and experience a unique environment where individuals can connect with one another and explore challenges, celebrate successes, and build community.

Join Counseling and Psychological Services (CAPS) in a group setting every other **Thursday from 3:30pm -4:30pm: Sept. 29, Oct. 13 & 27, Nov. 10 & 24.**

Facilitated by Jill Huang, Ph.D. For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu



Weekly Senate Meeting

Do you like advocating for student voices? Or want to hear what is going on at CI?

Then come to Student Government Senate meetings every **Wednesday from 9:00 a.m. - 11:00 a.m. via**

Zoom: <https://csuci.zoom.us/j/96458424516>

For more information, visit Student Government's website: studentgov.csuci.edu or follow them on Instagram: [ci_studentgovt](https://www.instagram.com/ci_studentgovt)



Adelante Dolphins! Support Group for Latinx Students (Drop-in Event)

What does it mean to be a Latinx student at CSUCI? College life can be exciting, difficult and scary all at the same time. Juggling real life issues while staying school-focused can feel overwhelming! Let's talk about family, aspirations, relationships and daily challenges in a nurturing and encouraging environment **each Wednesday from 11:00am - 12:15pm.** Join your student peers and Counseling and Psychological Services (CAPS) **Wednesdays, Sept. 9 – Oct. 28,** for group discussions. Facilitated by Norma Lopez Magaña, LCSW

Zoom at <https://zoom.us/j/93920616729>

For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu

Campus Events - October 2020



JOIN SPB
5:30PM – 6:30PM
THURSDAYS
FOR OUR
GENERAL
BOARD
MEETINGS

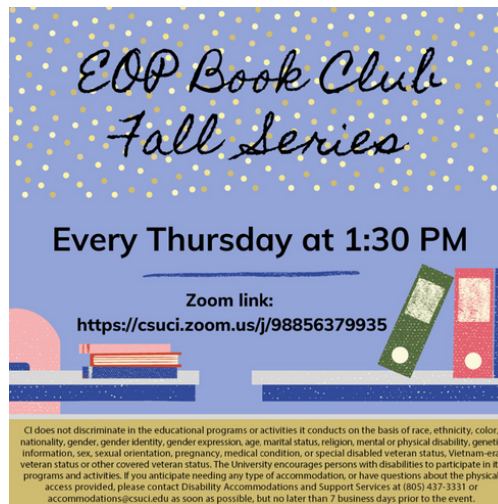
ASSOCIATED STUDENTS INC.
STUDENT
PROGRAMMING
BOARD
CSU CHANNEL ISLANDS

ZOOM Link:
<https://csuci.zoom.us/j/94173151956>

Student Programming Board (SPB) Weekly Meetings 9/10/20

Join Student Programming Board for our General Board Meetings Every **Thursday from 5:30pm - 6:30pm** via Zoom.

The **Zoom Link is:** <https://csuci.zoom.us/j/94173151956>For more information or if you have any questions, please email us at asi.spb@csuci.edu.



EOP Book Club
Fall Series

Every Thursday at 1:30 PM

Zoom link:
<https://csuci.zoom.us/j/98856379935>

CSUCI does not discriminate in the educational programs or activities it conducts on the basis of race, ethnicity, color, nationality, gender, gender identity, gender expression, age, marital status, religion, mental or physical disability, genetic information, sex, sexual orientation, pregnancy, medical condition, or special disabled veteran status, Vietnam-era veteran status or other covered veteran status. The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.

EOP Book Club – Fall Series (Open to EOP Students)Join your

EOP peers to read a book and engage in literacy group discussions! EOP Book Club meetings will be every **Thursday at 1:30pm**. Please direct all questions to Ricardo Rico in the Educational Opportunity Program at ricardo.rico@csuci.edu.

This is a **Zoom event:**
<https://csuci.zoom.us/j/98856379935>



DROP-IN

HAAPI:
Supporting
Healthy
Asian/Asian
American
Pacific Islanders

Every other Tuesday: 3:30 – 4:30 p.m.
Sept. 22, Oct. 6 & 20, Nov. 3 & 17, Dec. 1

COUNSELING & PSYCHOLOGICAL SERVICES
CALIFORNIA STATE UNIVERSITY
CHANNEL ISLANDS

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders (Drop-in Event)

HAAPI is a support and discussion space of South Asian, Southeast Asian, East Asian, Pacific Islander, multi/bi-cultural and multi/bi-racial identified students. HAAPI provides students a safe space to discuss topics that are relevant to their experiences. Come together via Zoom with others in a group setting every other **Tuesday from 3:30pm - 4:30pm (Sept. 22, Oct. 6 & 20, Nov. 3 & 17, and Dec. 1)**.

Facilitated by Jill Huang, Ph.D. Zoom at <https://zoom.us/j/98421432236>

For more information visit: go.csuci.edu/CAPSgroups, call (805) 437-2088, or email: caps@csuci.edu

Campus Events - October 2020



General Anxiety Support Group

Wednesdays: 1:30 p.m. – 2:45 p.m.
Sept. 23 – Nov. 11, 2020

General Anxiety Support Group

Stressed about grades, money, your relationships and/or the future in general? Feeling nervous and panicky more than you would like? Learn how to help yourself cope with stress, panic attacks and anxiety. Come practice skills that you can use to optimize your success. Join Counseling and Psychological Services (CAPS) and your fellow dolphins each **Wednesday from 1:30pm - 2:45pm, Sept. 23 – Nov. 11**. Facilitated by Stacy Udolph, LCSW

For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu



Social Anxiety Support Group

Thursdays: 11:30 a.m. – 12:30 p.m.
Sept. 24 – Dec. 17, 2020

General Anxiety Support Group

Is anxiety impacting the self from socializing with others in meaningful ways? Does the thought of socializing bring about negative thoughts, clammy hands, or a nervous stomach? Whether offline or online, learn how to cope with social anxiety. Come practice skills that will help reduce social anxiety and increase connection with others.

Join Counseling and Psychological Services (CAPS) in a group setting **Thursdays from 11:30am - 12:30pm, Sept. 24 – Dec. 17**.

Facilitated by Kristina Rodriguez, Psy.D.

For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu



Virtual 5K Challenge: October 1 - 8

Join the Campus Recreation team in completing one of the 5K Challenges! This challenge will last 1 week and is open to all students, staff, and faculty who are game to try.

Download the FREE Strava App and sign up on IMLeagues.com for more information about the challenge.

The registration deadline is Wednesday, September 30th.

Campus Events - October 2020



TV Show Discussion Night: "LoveCraft Country"

SPB & MDC present "Lovecraft Country Discussion Night" on **Thursday, October 1, from 7:00pm - 9:00pm**. Join us through Zoom as we watch Episode 1 of "Lovecraft Country" and then engage with other students in a discussion and conversation about the episode.

Register **HERE** before **Friday, Sept. 25** to receive a **FREE** Snack Box with a variety of candy and chips. This is a great opportunity to make new friends and build new connections on campus.

<https://theisland.csuci.edu/virtual-events/tv-show-discussion-night-lovecraft-country>



HIIT Class with Keyairrah - Oct. 2

Join our Certified Fitness Instructor Keyairrah for her weekly HIIT class. **Every Friday from 10:00 - 10:30 a.m. on ZOOM.**

To participate in this class, please **REGISTER**. **You will be sent weekly emails with the Zoom links.** This class is open to all CI Students, Faculty, & Staff.

Follow @csuci_rec and @csuci_fitness pages for Fitness class updates throughout the semester.



Virtual School Survival Skills: "Create and Manage a Virtual Study Group"

Join Disability Accommodations and Support Services (DASS) Counselors on **Friday, October 2, from 11:00am - Noon** as we provide a drop-in workshop for Virtual School Survival Skills. Each week we will be covering a new topic and answering your questions. This week our PIER Mentors will give you tips on how to connect with fellow students to create and manage a virtual study group.

Join us via Zoom and use this Meeting ID#: 991 9106 6890

Campus Events - October 2020



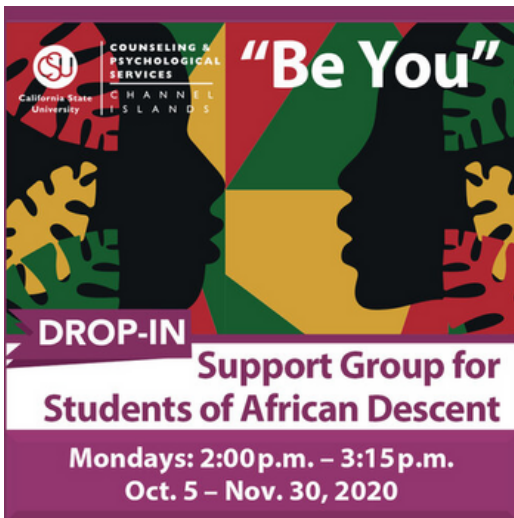
MLB The Show 20 Esports League (XBOX ONE)

The "MLB The Show 20 (XBox One) Esports League" begins Monday, October 5 at 8:00am and will run through Friday, October 16, until 5:00pm. All Esports Leagues are played in a ladder league format where participants are able to challenge players ranked two above and two below them. ALL participants MUST Register by Thursday, October 1 at IMLeagues.com.

Here is the League Schedule:

- Regular season: **Monday, October 5 - Monday, October 12**
- Playoffs: **Tuesday, October 13 - Thursday, October 15**
- Championship: **Friday, October 16**

For questions or more information, please email: campusrecreation@csuci.edu



"Be You" Support Group for Students of African Descent (Drop-in Event)

This is a group that offers discussion and support intended to address issues faced by students of African descent across campus. Goals of the group are to support and empower one another, discuss and reflect on issues important to students of African descent designed to close the achievement gaps and address equity issues important to students of African descent.

Join Counseling and Psychological Services (CAPS) and your fellow dolphins **each Monday from 2:00pm - 3:15pm, Oct. 5 - Nov. 30**. Facilitated by Grenisha Holmes, LCSW

Zoom at <https://zoom.us/j/93920616729>

For more information visit: go.csuci.edu/CAPSgroups, call (805) 437-2088, or email: caps@csuci.edu



13th Annual Major Fair

A representative from each major program, club, student organization, and Advising will host an open forum or presentation on **October 6 from 11:00am - 1:00pm**. Log-in via Zoom any time during the sessions to listen in and feel free to ask questions.

The **Zoom log-in information will be posted on the Major Fair web page on October 6**. For additional information, please email advisement@csuci.edu.

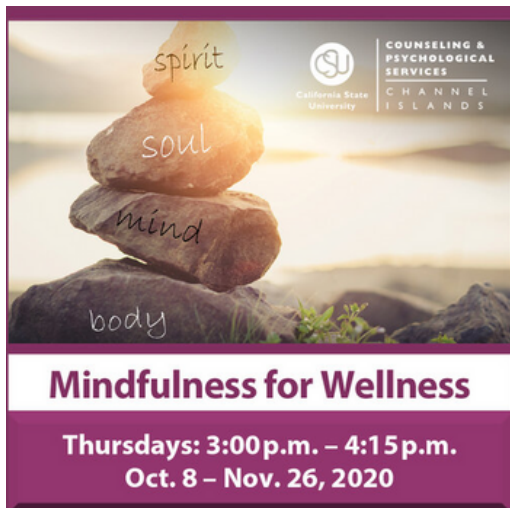
Campus Events - October 2020



Outdoor Adventures Webinar Series: "Backcountry Skills"

Join us October 8 and/or November 11 from Noon to 12:45pm for this fun and FREE interactive platform where you will learn various outdoor skills to be successful for your next trip. Topics such as tracking, 10 essentials, and navigation will be covered. **Click Here to RSVP for this event** and to learn about ALL of the topics that will be covered throughout this webinar series.

For questions about this webinar series, please email: cibc@csuci.edu



Mindfulness for Wellness

Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Learning to be mindful of our thoughts, feelings, and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress in daily life. Group members will learn mindfulness practices designed to calm the mind and relax the body.

Join Counseling and Psychological Services (CAPS) and your peers Thursdays from 3:00pm - 4:15pm, Oct. 8 - Nov. 26. Facilitated by Grenisha Holmes, LCSW. For more information visit: go.csuci.edu/CAPSgroups, call (805) 437-2088, or email: caps@csuci.edu



Working Through Grief and Loss

Coping with the loss of a loved one can feel overwhelming and isolating. However, you are not alone on this journey. Sharing your own experience with others suffering from a similar loss may provide a special type of understanding and interpersonal connection. While we understand that you may feel like you can never return to the way you were, this six-week group can assist in your healing as you discover your new normal.

Join Counseling and Psychological Services (CAPS) and your peers Mondays from 10:00am - 11:15am, Oct. 12 - Nov. 16. Facilitated by Stacy Udolph, LCSW

For more information visit: go.csuci.edu/CAPSgroups, call (805) 437-2088, or email: caps@csuci.edu

Campus Events - October 2020



The Porter Collaborative Event – Oct. 9

Outdoor Adventure is excited to collaborate with other universities to virtually show The Porter film with a presentation and Q & A with filmmaker Nathaniel J. Menninger. The film follows Nathaniel, one of the first ever foreign-born Porters (commonly known as Sherpas) to aid a Mt. Everest Expedition. Eating, sleeping, dressing, speaking and working as similarly as he could to other Porters. During his journey he ended up learning a lot about the injustice that the Porters endure every day and the way it sharply contrasts with the very different experience that the Porters' clients have.

Watch the video ahead of time, type in the video URL and join us for one of two interactive presentations and discussions in October: Friday, October 9, 6:00pm - 7:30pm or Tuesday, October 13, 1:00pm - 2:30pm. Please RSVP to this event: https://csuci.qualtrics.com/jfe/form/SV_8djukw0pazFhF6R

For questions or more information, please visit: <https://www.csuci.edu/recreation/oa-special-events.htm>



Healing After Sexual Assault

Counseling and Psychological Services (CAPS) is providing a “Past Events” environment for individuals who have experienced sexual assault. Participants will have the opportunity to connect with others, share experiences, and receive support in regaining a greater sense of control and empowerment in their lives. The group will explore common reactions to assault and the ways in which it can impact one's life; as well as develop skills for improved coping, and working through common challenges in the healing process.

Come together with others in a group setting **Mondays from 3:30pm - 4:50pm (Oct. 12 - Nov. 30)**. Facilitated by Jill Huang, Ph.D. For more information visit: go.csuci.edu/CAPSGroups, call (805) 437-2088, or email: caps@csuci.edu



Call of Duty Warzone (Cross-Platform)

Esports League: Oct. - Nov. **The “COD: Warzone (Cross-Platform) Esports League” begins Wednesday, October 21 at 8:00am and will run through Friday, November 20, until 5:00pm.** All Esports Leagues are played in a ladder league format where participants are able to challenge players ranked two above and two below them. **ALL participants MUST Register by Thursday, October 15 at IMLeagues.com.**

Here is the League Schedule:

- **Regular season: Monday, October 5 - Friday, November 20**
- **Playoffs: Saturday, November 21 - Monday, November 23**
- **Championship: Tuesday, November 24 - Wednesday, November 25**

For questions or more information, please email: campusrecreation@csuci.edu.

Campus Events - October 2020



FIFA 20 Esports League (Xbox One)

The "FIFA 20 Esports League (Xbox One)" begins Monday, October 19 at 8:00am and will run through Friday, October 30, until 5:00pm. All Esports Leagues are played in a ladder league format where participants are able to challenge players ranked two above and two below them. **ALL participants MUST Register by Thursday, October 15 at IMLeagues.com.**

Here is the League Schedule:

- **Regular season: Monday, October 19 - Monday, October 26**
- **Playoffs: Tuesday, October 27 - Thursday, October 29**
- **Championship: Friday, October 30**

For questions or more information, please email: campusrecreation@csuci.edu.



Mario Kart Esports League (Nintendo Switch) – October

The "Mario Kart (Nintendo Switch) Esports League" begins Monday, October 19 at 8:00am and will run through Friday, October 30, until 5:00pm. All Esports Leagues are played in a ladder league format where participants are able to challenge players ranked two above and two below them. **ALL participants MUST Register by Thursday, October 15 at IMLeagues.com.**

Here is the League Schedule:

- **Regular season: Monday, October 19 - Monday, October 26**
- **Playoffs: Tuesday, October 27 - Thursday, October 29**
- **Championship: Friday, October 30**

For questions or more information, please email: campusrecreation@csuci.edu

Tutoring

Learning Resource Center

Located in Broom Library 2760

All services offered virtually through our

Zoom Tutoring Center

For Fall 2020



Other Services:

Online Zoom Tutoring
Study Rooms
Proctoring

Available Resources:

Laptops
Textbooks
Calculators
Concept review worksheets

Current schedules on our website:

[https://www.csuci.edu/
learningresourcecenter/](https://www.csuci.edu/learningresourcecenter/)

Subjects Tutored:

Accounting/Economics/
Finance/Business
Biology/Chemistry
Computer Science
Mathematics
Nursing
Physics
Psychology
Statistics
Sociology

Tutoring Hours Fall 2020:

Mon.-Thurs. 10 am - 9 pm

Fri. & Sat. 10 am - 3 pm

Sunday 5 pm - 8 pm

Contact us at lrc@csuci.edu



The LRC is supported through MSFT funding



Tutoring

STEM Center

Located in El Dorado Hall

All services offered virtually through our
Zoom Tutoring Center
For Fall 2020



Tutoring Hours for Fall 2020:

Mon—Thurs: 10 AM — 9 PM
Fri—Sat: 10 AM — 3 PM
Sun: 5 PM—8 PM

Tutoring available for lower and upper division:

- Biology
- Chemistry
- Computer Science and IT
- Mathematics
- Physics
- Environmental Science



Available Resources:

- Laptops
- Textbooks
- Anatomical Models
- Microscopes



Tutoring schedules are available on our website!

<https://www.csuci.edu/promesas/sss/stem-center/index.htm>

Contact Information:

STEMCenter@csuci.edu

El Dorado Hall 121 | (805) 437-3596 |

Funding for this program is provided by a Title III
US Department of Education federal grant.



PROMESAS



MDC

*Information
& Updates*

Fall 2020 MDC Hours of Operation

MDC Virtual Hours: 8 AM - 5 PM

MDC Live Chat Hours: 10 AM - 2 PM

Due to the online transition, the Multicultural Dream Center has added live chat hours for students who would like to communicate directly with a program coordinator.

To access this live chat, visit <https://www.csuci.edu/mdc/> and click the "Get Help" button on the bottom of the screen.



MDC Social Media Profiles

If you want more to see more updates than the monthly newsletter, follow us on Instagram, Twitter, Tik Tok, or Facebook for announcements about events and resources from the MDC and other organizations.



@CSUCI_MDC



@CSUCI_MDC



@MDC_CSUCI



@CSUChannellIslands
Multicultural

October:

Follow our Instagram account to stay updated with our upcoming Heritage month content. @csuci_mdc





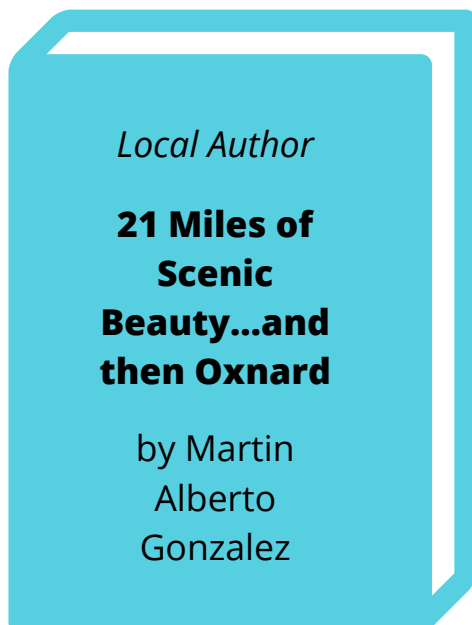
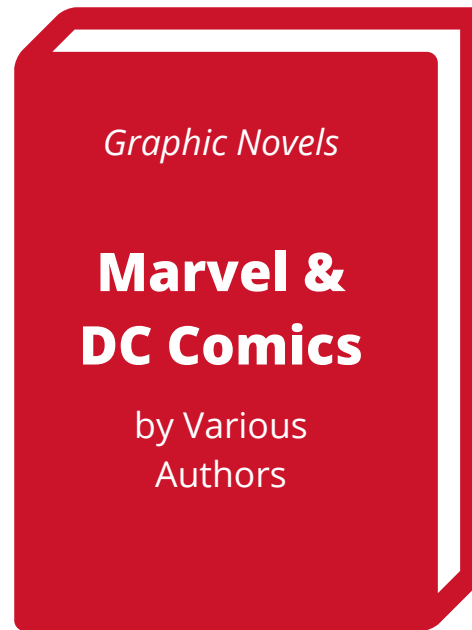
To fill out the California Census 2020: click [here](#)

Census 2020 Information in Spanish:

<https://gem.godaddy.com/p/dbc5411?pact=242659-159988879-10542668605-96174798fe5b09f206440222c9cf60dc8d81c89c>

Fall 2020 MDC Cultural Book Clubs

Join your peers to read a book/comic and explore the cultural themes together. **Sign up at today at [tinyurl.com/MDCBookClub!](https://tinyurl.com/MDCBookClub)**



Fall 2020 Virtual Communities



FALL 2020

MDC VIRTUAL COMMUNITIES

DIVERSITY &
INCLUSION
COUNCIL

OUTDOOR
ACTIVITIES

NERDS OF
COLOR

Our virtual communities are open to all students. These groups will meet on a bi-weekly basis to build community, discuss issues important to the group, and have fun! Each meeting will be a bit different and will be driven by what the group wants to do.

SIGN UP TODAY!
tinyurl.com/MDCVComm



**MULTICULTURAL
DREAM CENTER**
CHANNEL
ISLANDS



COVID-19

*Information
& Updates*



SYMPTOMS OF CORONAVIRUS DISEASE 2019

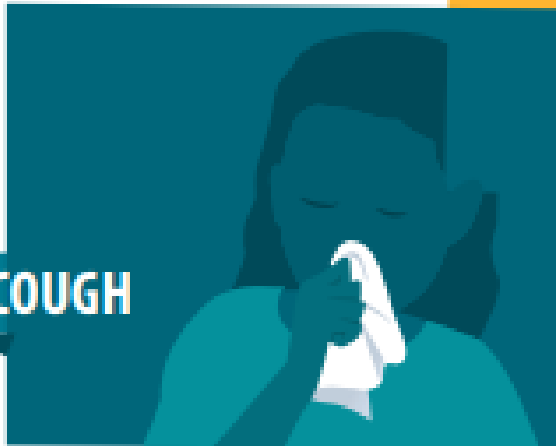
Patients with COVID-19 have experienced mild to severe respiratory illness.

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**



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COVID-19 Information & Updates

COUNTY OF VENTURA Resource List

COVID-19: Stay Informed

Mental Health Wellness

- Ventura County Behavioral Health Crisis line: **1-866-998-2243**
- Logrando Bienestar - Mental Health Wellness Checkup: **805-973-5220**

Housing

- Area Housing Authority of Ventura County: **805-480-9991** or **www.ahacv.org**
(Unincorporated areas of Ventura County and the cities of Camarillo, Fillmore, Moorpark, El Rio, Somis, Piru, Ojai, Simi Valley, and Thousand Oaks)
- San Buenaventura Housing Authority: **805-648-5008**
- Santa Paula Housing Authority: **805-525-3339**
- Oxnard Housing Authority: **805-385-8041**

Health Care

- Health Care for All (Application assistance for Medi-Cal, Covered CA, & other low cost programs): **805-981-5212**
- Medi-Cal: **1-888-472-4463** or **www.mybenefitscalwin.org**
- WIC (Women, Infants & Children): **805-981-5251**

Food

- CalFresh & CalWORKs Programs: **1-888-472-4463** or **www.mybenefitscalwin.org**
- Food Share: **805-983-7100** or **www.foodshare.com**
- School meals: **www.vcoe.org/meals**
- Food for seniors: **805-477-7300** or **www.vcaaa.org**

Unemployment

- Unemployment Benefits Insurance: **1-866-333-4606** or **www.edd.ca.gov**

Business

- Business Assistance, Economic Development Collaborative: **805-409-9159** or **www.edcollaborative.com**

Transportation

- VCTC: **1-800-438-1112** or **www.goventura.org**
- Gold Coast Transit: **805-487-4222** or **www.goldcoasttransit.org**

Utilities

- Southern California Edison: **1-800-950-2356** or **www.sce.com**
- Southern California Gas Company: **1-877-238-0092** or **www.socalgas.com**

Homeless Services

- Call **2-1-1**



Please stay informed at **www.vcemergency.com**
Call **2-1-1** to speak to an operator 24/7 about resources

@CountyOfVentura
 @county_ventura_news
 @CountyVentura
 @countyofventura

CONDADO DE VENTURA Lista de Recursos

COVID-19: Manténgase informado

Salud Mental

- Línea de crisis del Departamento de Salud Mental del Condado de Ventura: **1-866-998-2243**
- Logrando Bienestar - Chequeo de Salud Emocional: **805-973-5220**

Vivienda

- Autoridades de vivienda del área del Condado de Ventura: **805-480-9991** o **www.ahacv.org**
(Áreas no incorporadas del Condado de Ventura, Camarillo, Fillmore, Moorpark, El Rio, Somis, Piru, Ojai, Simi Valley, y Thousand Oaks)
- San Buenaventura Housing Authority: **805-648-5008**
- Santa Paula Housing Authority: **805-525-3339**
- Oxnard Housing Authority: **805-385-8041**

Servicios para Personas sin Hogar

- Llame al **2-1-1**

Cuidado de la Salud

- Health Care for All (Asistencia para solicitar seguros de salud: Medi-Cal, Covered CA y otros programas de seguro de salud a bajo costo): **805-981-5212**
- Medi-Cal: **1-888-472-4463** o **www.mybenefitscalwin.org**
- WIC (Women, Infants & Children): **805-981-5251**

Alimentos

- CalFresh (Estampillas de comida) y CalWORKs (Asistencia monetaria para familias con niños): **1-888-472-4463** o **www.mybenefitscalwin.org**
- FoodShare: **805-983-7100** o **www.foodshare.com**
- Servicio de comidas escolares: **www.vcoe.org/meals**
- Alimentos para personas mayores: **805-477-7300** o **www.vcaaa.org**

Negocios

- Asistencia para negocios Economic Development Collaborative: **805-309-5874** o **www.edcollaborative.com**

Desempleo

- Beneficios para el Seguro del Desempleo: **1-800-326-8937** o **www.edd.ca.gov**

Transportación

- VCTC: **1-800-438-1112** o **www.goventura.org**
- Gold Coast Transit: **805-487-4222** o **www.goldcoasttransit.org**

Utilidades

- Southern California Edison (Luz): **1-800-950-2356** o **www.sce.com**
- Southern California Gas Company: **1-877-238-0092** o **www.socalgas.com**



Por favor, manténgase informado en **www.vcemergency.com**
Llame al **2-1-1** para hablar con un operador los 24 horas al día sobre recursos

@condadodeventuraespanol
 @county_ventura_news
 @CountyVentura
 @countyofventura



IS:

**INTERCULTURAL
SERVICES**

Program

IS Letter by Kem French

Welcome Back Dolphins!

Intercultural Services is excited to welcome ya'll to the 20-21 school year.

We are aware that we are in an era where our students are being impacted by COVID-19, social unrest, and financial crises. The MDC team seeks to be a comfort and support to students during these challenging times.

We will continue our purpose to educate the campus community, specifically students, on issues of diversity and equity, while advocating for those who are historically underrepresented, underserved and undocumented. We are committed to affirming and celebrating the unique heritage of our students through promoting awareness, understanding, and appreciation for all peoples and cultures

If you should have any questions or need support please feel free to reach out to myself or any of the MDC Team members.

Upcoming Fall Events include: Cultural Heritage Events, Cultural Films, Diversity & Inclusion Council, Nerds of Color Virtual Community, Study Groups: General, Cultural Book Clubs.

IS Staff



Gun Arunvongse

IS Student Assistant
Business

Minor in Business Marketing
Graduating Spring 2021



Kem A. French, M.S.W

Assistant Director of ISS
kem.french@csuci.edu



Yessica Arreguin

IS Student Assistant
Psychology
Graduating Spring 2022



LGBTQ+

*Information
+ Resources*



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>



PATH:

**PROMOTING ACHIEVEMENT
THROUGH HOPE**

*Program
& Resources*

PATH Program & Resources

PATH Letter by Leticia Cazares

Hello PATH Students,

I would like to share that given our virtual programming efforts: I have created electronic PATH Passes for you all to submit at the end of the semester. For freshmen and sophomore please complete the following https://csuci.qualtrics.com/jfe/form/SV_8DhOhu0ZIErDYjP
For junior and senior standing please complete the following https://csuci.qualtrics.com/jfe/form/SV_0DqSUjS3sg2rdj.
They must be completed by Friday, December 4th, 2020.

In addition, don't forget to schedule your semester check-in with me at <https://go.oncehub.com/LeticiaCazares>.

PATH Staff



Ramona Ornelas
She/Her/Hers

PATH Student Assistant
History
Minor in Chicanx Studies
Graduating Spring 2023



Leticia H. Cazares, M.S.
She/Her/Hers

PATH Coordinator
(805) 437-3528
leticia.cazares@csuci.edu



Isaiah Ball
He/Him/His

PATH Student Assistant
Organizational
Communication
Graduating Spring 2021



Path Virtual Community (Closed group)

Will be meeting: The 1st & 3rd Friday of the Month
from 3pm to 4pm.

Description: Support group for PATH students to
build community and support each other
throughout the semester.

RSVP: Email Leticia Cazares at
leticia.cazares@csuci.edu if you are interested in
attending.

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior

TRAUMA INFORMED PRACTICES FOR SCHOOLS (TIPS) TRAINING

Hosted by the PATH Program



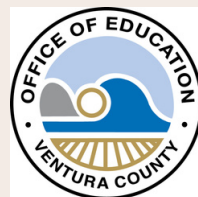
November 18th, 2020
1-3 pm

Register at:
<http://vcoe.k12oms.org/1627-193865>

Please contact
leticia.cazares@csuci.edu or
(805) 437-3528 if you have any
questions

In partnership with Ventura County Office of Education.

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Resource Programs at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.



SPIRIT Santa Paula Food Pantries and Resources:

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



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.

3.2020

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

SPIRIT Santa Paula Newsletter

<https://spiritofsantapaula.dm.networkforgood.com/emails/755488?>

[recipient_id=xNu51ioUqqeRMp9gmf1iag.l_|bGV0aWNpYS5jYXphcmVzQGNzdWNpLmVkdQ==](https://spiritofsantapaula.dm.networkforgood.com/emails/755488?recipient_id=xNu51ioUqqeRMp9gmf1iag.l_|bGV0aWNpYS5jYXphcmVzQGNzdWNpLmVkdQ==)

Foster Nation

<https://www.fosternation.org/>

Foster nation is an organization that engages the community to support and empower foster youth aging out of the system to become self-sufficient

Why is it a problem?

By the age of **18**, the average foster youth has moved through **8** different foster homes



24%

WILL HAVE NO HIGH SCHOOL
DIPLOMA OR GED

75% HIGHER THAN THE GENERAL POPULATION



1 IN 5

WILL BECOME
HOMELESS AFTER
AGE 18



\$0

MORE THAN HALF

OF FOSTER YOUTH REPORT
\$0 IN WAGES IN THE FIRST
FOUR YEARS AFTER
LEAVING THE SYSTEM

VC Public Health Drive-Up Flu Vaccines



DRIVE-UP FLU VACCINES

Ventura County Public Health Immunization Program and the
Emergency Medical Services Agency are offering
Influenza Vaccine at **NO CHARGE**
MASKS REQUIRED

WHERE: Oxnard College - North Parking Lot
4000 S. Rose Ave, Oxnard CA 93033
WHEN: Wednesday, September 30, 2020
12:00 pm – 6:00 pm

ESTACIÓN MÓVIL DE VACUNA CONTRA LA GRIPE

El Programa De Inmunización de Salud Pública del Condado de
Ventura Y La Agencia de Servicios Médicos de Emergencia
ofrecerán la vacuna contra la Gripe Gratis.

CUBREBOCAS REQUERIDO

DÓNDE: Oxnard College – Estacionamiento Norte
4000 S. Rose Ave, Oxnard CA 93033
CUANDO: Miércoles, 30 de Septiembre, 2020
de 12:00 pm – 6:00 pm


Distance Learning Student Resource Guide

https://drive.google.com/file/d/1y_XpiCELDudY197BL9IeRJuVE3zM_Pft/view?usp=sharing

*Note: Please download the file if you are experiencing trouble viewing

This CA Department of Social Services guide includes resources for

- Free or Low Cost Internet Access
- Digital Literacy
- Virtual/Video Conferences
- Community Colleges Updates
- California Department of Education Updates
- English Language Learners
- California Adult Education Program
- Workforce Skills
- Outreach and Technical Assistance Network



USI:

**UNDERREPRESENTED
STUDENT INITIATIVES**

Program

USI Letter by Natalie Johnson

Hello all! I hope you are staying safe and well. Please do check out our upcoming events and resources for additional support.

If you would like to chat or have questions either email me or set up a meeting with me at this link: go.oncehub.com/NatalieJohnson.



USI Staff



Natalie Johnson, M.Ed.
She/Her/Hers
Coordinator of USI



Evelyn Torres
They/Them/Theirs
USI Student Assistant
Studio Arts Major

Monthly Event Overview

05 **WOCMP Study Group**
11:00 AM - 12:00 PM

07 **WOCMP Mixer**
05:00 - 06:00 PM

07 **Immigrant's Rising's Wellness Wednesdays**
05:00 - 06:00 PM

08 **And Still We Rise Honoring Identities in Stem**
01:00 - 2:00 PM

08 **Legal Services Workshop**
01:00 - 2:00 PM

14 **WOCMP Social**
02:00 - 03:00 PM

14 **Immigrant's Rising's Wellness Wednesdays**
05:00 - 06:00 PM

16 **Women of Color Movie Viewing: Mosquita y Mari**
03:30 - 05:30 PM

19 **WOCMP Study Group**
11:00 AM - 12:00 PM

20 **Adulting 101: Mindfulness for Students**
12:00 - 01:00 PM

21 **Women of Color Speaker Series**
02:00 - 03:30 PM

21 **Adulting 101: Mindfulness for Students**
04:00 PM - 05:00 PM

21 **Immigrant's Rising's Wellness Wednesdays**
05:00 - 06:00 PM

26 **WOCMP Book Club**
11:00 AM - 12:00 PM

27 **Women of Color Healing Circle**
02:00 - 03:00 PM

28 **WOCMP Training**
11:00 AM - 12:00 PM

30 **MAR Virtual Community Check-In**
11:00 AM - 12:00 PM

General

WOC

WOCMP

MAR

Monthly Event Details

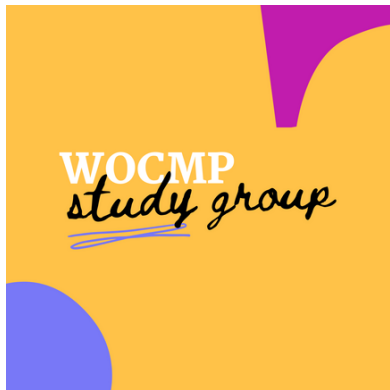


CARECEN's DACA Workshop

Monday, October 5th
All Day by Appointment

Do you need to renew your DACA? Sign up for CARECEN's first DACA clinic of the semester at CSUCI! Filing fee assistance may be available to those who qualify.

RSVP: Book your appointment at [tinyurl.com/carecencsuci](https://carecenla.simplybook.me/v2/).



WOCMP Study Group

Monday, October 7th
from 11:00 AM to 12:00 PM via Zoom

This is a closed study group for members of the Women of Color Mentoring Program.

RSVP: Available in WOCMP Google Classroom.



WOCMP Mixer

Wednesday, October 7th
from 05:00 to 06:00 PM via Zoom

This is a closed mixer for mentees, peer mentors, and faculty/staff mentors of the Women of Color Mentoring Program to be in community with one another.

RSVP: Available in WOCMP Google Classroom



Immigrants Rising Wellness Gathering

Wednesday, October 7th
from 05:00 to 06:00 PM via Zoom

Immigrants Rising's virtual Wellness Gatherings for undocumented young people hosted by mental health advocate Liliana Campos help undocumented young people stay grounded and connected to one another.

RSVP: immigrantsrising.org/wellnessgatherings

This Month's Events in Detail



And Still We Rise: Honoring Our Identities in Stem

**Thursday, October 8th
from 01:00 to 02:00 PM via Zoom**

This panel will be an opportunity for honest conversations about working in the STEM field as a person who holds a marginalized identity.

RSVP: tinyurl.com/ASWR20.



Legal Services Workshop

**Thursday, October 8th
from 01:00 to 02:00 PM via Zoom**

This legal services workshop is hosted by the Central American Resource Center (CARECEN).

RSVP: Link will be shared when the date nears.



WOCMP Social

**Wednesday, October 14th
from 02:00 to 03:00 PM via Zoom**

This is a closed social for members of the Women of Color Mentoring Program.

RSVP: Available in WOCMP Google Classroom



Immigrants Rising Wellness Gathering

**Wednesday, October 14th
from 05:00 to 06:00 PM via Zoom**

Immigrants Rising's virtual Wellness Gatherings for undocumented young people hosted by mental health advocate Liliana Campos help undocumented young people stay grounded and connected to one another.

RSVP: immigrantsrising.org/wellnessgatherings

This Month's Events in Detail

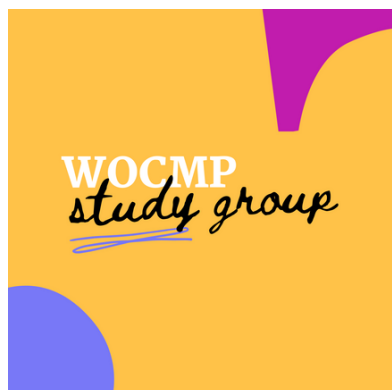


Women of Color Movie Viewing: Mosquita y Mari

**Friday, October 16th
from 03:30 to 05:30 PM via Zoom**

This viewing is open to all. This exquisitely crafted coming of age tale follows a pair of Latina teens who fall gradually in love against the backdrop of Southeast LA.

RSVP: tinyurl.com/yy8nhtwq

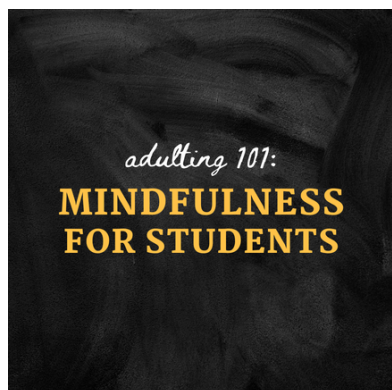


WOCMP Study Group

**Monday, October 19th
from 11:00 AM to 12:00 PM via Zoom**

This is a closed study group for members of the Women of Color Mentoring Program.

RSVP: Available in WOCMP Google Classroom



Adulting 101: Mindfulness for Students

**Tuesday, October 20th
from 12:00 to 01:00 PM via Zoom**

Mindfulness is an evidence-based practice for stress relief. In this interactive workshop, students will develop mindfulness skills in an activity-driven format. Campus resources are also covered.

RSVP: tinyurl.com/yxndrk5o



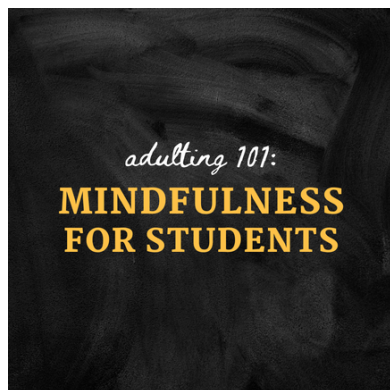
Women of Color Speaker Series: Spiritual Activism for Black and Indigenous Women of Color by Dr. Lorri 'Many Rivers' J. Santamaría

**Wednesday, October 21st
from 02:00 to 03:30 PM via Zoom**

Using mindfulness, self-care, Talk Story, Counter-Story, and Testimonio as methods of culturally sustaining, grounding, and decolonizing methodologies.

RSVP: tinyurl.com/y3jzctwn

This Month's Events in Detail



Adulthood 101: Mindfulness for Students

Wednesday, October 21st
from 04:00 to 05:00 PM via Zoom

Mindfulness is an evidence-based practice for stress relief. In this interactive workshop, students will develop mindfulness skills in an activity-driven format. Campus resources are also covered.

RSVP: tinyurl.com/yxndrk5o



Immigrants Rising Wellness Gatherings

Wednesday, October 21st
from 05:00 to 06:00 PM via Zoom

Immigrants Rising's virtual Wellness Gatherings for undocumented young people hosted by mental health advocate Liliana Campos help undocumented young people stay grounded and connected to one another.

RSVP: immigrantsrising.org/wellnessgatherings

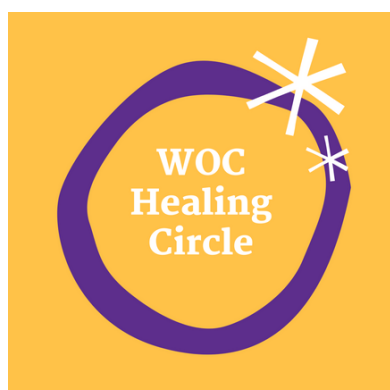


WOCMP Book Club

Monday, October 26th
from 11:00 AM to 12:00 PM via Zoom

This is a closed book club for members of the Women of Color Mentoring Program in which we will be discussing essays by Audrey Lorde.

RSVP: Available in WOCMP Google Classroom



Women of Color Healing Circle

Tuesday, October 27th
from 02:00 to 03:00 PM via Zoom

This healing circle is a space to validate your experiences and for you to share and express feelings with others who identify similar to you.

RSVP: tinyurl.com/yynhwwwx

This Month's Events in Detail



WOCMP Training

Wednesday, October 28th
from 11:00 AM to 12:00 PM

This is a closed training for peer mentors of the Women of Color Mentoring Program.

RSVP: Available in WOCMP Google Classroom



MAR Virtual Community Check-In

Friday, October 30th
from 11:00 AM to 12:00 PM

This is an opportunity for MAR students to get support. With transitioning into virtual learning and virtual support, we wanted to reach out to you to get your feedback and opinions on how you want to be engaged and build community virtually!

WOC:

WOMEN OF COLOR

*Information
+ Resources*





The Safe Place App

"The Safe Place" Is a Minority Mental Health App geared towards the Black Community. African Americans are 20% more likely to experience serious mental health problems than the rest of the general population. However, many black people still do not wish to seek professional help for their mental illnesses.

<https://apps.apple.com/us/app/the-safe-place/id1349460763>



BlackLine 24/7 Hotline

BlackLine provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. <https://www.callblackline.com/>



Therapy for Black Girls

Therapy for Black Girls, founded by Joy Harden Bradford, PhD, compiled a useful directory of therapists who actually *get it*. (The organization also produces a podcast, publishes a weekly newsletter, and hosts free support groups on Thursday nights.)

<https://therapyforblackgirls.com/>



Ethel's Club

A community designed for intention, healing, and creation. "At Ethel's Club, we see our members as unique individuals that deserve care, celebration, and healing. We believe that when we're given the tools to thrive as individuals, we create new worlds when we come together as a community. We're dedicated to providing those tools to encourage healing, inspiration, and communal care."

<https://www.ethelsclub.com/>



Scholarships for Women of Color

Minority women have many scholarships and grants available to them for continuing their education. Some are widely publicized, while others tend to fly under the radar. Many of the grants and scholarships available to minority women are need-based, and some are based in merit. Some awards are based on a mixture of need-based and merit-based criteria. Other programs focus on areas of study and some depend on the applicant's geographical area.

<https://www.scholarshipsforwomen.net/minorities/>



Latinx Therapists Action Network

"We are a network of Latinx mental health practitioners that are committed to honoring and affirming the human dignity of Latinx immigrant communities marginalized by violence, criminalization, detention, and deportation. The current political assaults on the migrant community can devastate the spirits, livelihoods, and wellbeing of these communities, leaving deep emotional, physical, spiritual, and political wounds. We form this network as an affirmation of our humanity, our worthiness, our power, and all our people's beauty."

<https://www.latinxtherapistsactionnetwork.org/home>



Brown Girl Self Care

Brown Girl Self Care is a blog, podcast, and collection of courses aimed at providing guidance for self care practices for brown women.

<https://www.browngirlselfcare.com/>



Latino Rebels

Latino Rebels believe in authentic, unfiltered and independent voices. With over 500 contributors, their stories range from reported articles to opinion pieces.

<https://www.latinorebels.com/about/>



Resilient Sisterhood Project

The Resilient Sisterhood Project's mission is to educate and empower women of African descent regarding common but rarely discussed diseases of the reproductive system that disproportionately affect them. We approach these diseases and associated issues through a cultural and social justice lens, because we believe that poor knowledge of reproductive health is primarily related to health, racial, and socioeconomic disparities.

<https://www.rsphealth.org/>



The Asian Pacific Institute on Gender-Based Violence

This is a national resource center on domestic violence, sexual violence, trafficking, and other forms of gender-based violence in Asian and Pacific Islander communities. It analyzes critical issues affecting Asian and Pacific Islander survivors; provides training, technical assistance, and policy analysis; and maintains a clearinghouse of information on gender violence, and culturally-specific models of intervention.

<https://www.api-gbv.org/>



National Organization of Sisters of Color Ending Sexual Assault (SCESA)

The National Organization of Sisters of Color Ending Sexual Assault (SCESA) is a Women of Color led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.

<https://sisterslead.org/>



The Colored Girl Online Community

"The Colored Girl is a global community of women of color, whom we serve through immersive experiences and curated content. We gather inspiring, passionate, ambitious and open-minded women, to spark conversations around topics that range from wellness, women's issues, to personal & professional development. We cover all topics that affect women of color." <https://www.thecoloredgirl.com/about>



MAR:

**MARIPOSA ACHIEVING
AND RESISTING**

*Information
+ Resources*

Mariposa Achieving & Resisting

M.A.R. is a program for undocumented students at CI to ensure academic success. The program is focused on meeting students individually to support their academic, personal, and post-graduation goals as well as providing fun and purposeful community-building opportunities.

To learn more, visit
<https://tinyurl.com/yyztv5n5>

To apply, visit
<https://tinyurl.com/y68tvtqf>



For more information, contact Natalie Johnson at natalie.johnson@csuci.edu.



**MULTICULTURAL
DREAM CENTER**
C H A N N E L
I S L A N D S

About Immigrants Rising

Immigrants Rising empowers undocumented young people to achieve educational and career goals through personal, institutional and policy transformation. Below are some of their current programs and services.



Immigrants Rising Resources



Immigrants Rising Tangible Support Doc

We have put together this list of resources to help undocumented individuals and allies navigate the crisis. We will continue to update the list as the situation develops: <https://tinyurl.com/t3vclo6>



Immigrants Rising Wellness Gatherings

Sundays and Wednesdays
via Zoom from 05:00 to 06:00 PM

Immigrants Rising's virtual Wellness Gatherings for undocumented young people hosted by mental health advocate Liliana Campos help undocumented young people stay grounded and connected to one another.

Visit immigrantsrising.org/wellnessgatherings for more information.



Immigrants Rising 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. Therapists receive ongoing training to better understand the unique experiences of undocumented young people.

All undocumented young people who reside in California and are comfortable conversing in English are eligible for our service. Visit immigrantsrising.org/mental-health-connector/ to learn more.

Immigrants Rising Resources (Continued)



Immigrants Rising Scholarship List

Immigrants Rising continually updates a list of scholarships that do not require proof of U.S. citizenship or legal permanent residency, are offered to various levels of education, and are open to various programs of study.

https://immigrantsrising.org/resources?_sft_keyword=scholarships

Other Resources



United We Dream Healthcare Access

Healthcare access for Undocumented Folks

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.

<https://tinyurl.com/rsbxq5t>



805 UndocuFund

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. We will open applications to receive assistance soon. Thank you for your patience and understanding. 805undocufund.org/