

# November Calendar

## Immigration Legal Services Workshop: Immigration Relief

Monday, Nov. 11  
1-2 p.m.  
Bell Tower 1471

This workshop will provide information on public charge, Know Your Rights, and deportation information. This workshop is open to students, faculty, staff, and off-campus community members.



## Adulting 101: Stress Less & Mindfulness

Tuesday, Nov. 12  
1-2 p.m.  
Bell Tower 1530  
and  
Tuesday, Nov. 13  
2-3 p.m.  
Bell Tower 1530

This workshop will support students in exploring healthy coping skills to better identity and manage stress.  
*In collaboration with Wellness Promotion & Education*

## Native American Heritage Month Social

Thursday, Nov. 14  
11 a.m. to 2 p.m.  
Bell Tower 1530

Join the MDC Team for light refreshments, community building, information on upcoming events, and celebrate Native American Heritage Month.



## Cultural Excursion: Los Angeles City/County Native American Indian Commission Pow Wow

Saturday, Nov. 16  
10 a.m. to 4 p.m.  
Off-Campus

Join us and attend the 4th Annual LACCNAIC Pow Wow in downtown Los Angeles to enjoy arts & crafts vendors, dance contests, Native foods, Hoop Dancers, and more. Transportation will be provided to and from the event. For additional information please contact Natalie Johnson at [natalie.johnson@csuci.edu](mailto:natalie.johnson@csuci.edu)

## Trauma Informed Practices for Schools (TIPS) Training

Tuesday, Nov. 19  
3-5 p.m.  
Broome Library 1360

This training will teach attendees about the physiological impacts of trauma of the brain and possible emotional, behavioral, social and intellectual / academic impacts on students in foster care (e.g. attachment issues, externalized behaviors, disabilities, etc.).



## And Still We Rise: Indigenous Ways of Knowing and Healing

Wednesday, Nov. 20  
4-5:30 p.m.  
Petit Salon

And Still We Rise is a series of panel events where individuals from intersecting backgrounds come together to share their personal narratives. This panel will engage in conversations about indigenous ways of knowing and health practices.

## Transgender Day of Remembrance

Wednesday, Nov. 20  
All Day  
Bell Tower 1530

TDOR allows us to call attention to the continued violence and injustice transgender people face every day. Visit the MDC to learn more and gain resources to support the Trans\* community.



For more information, please contact the Multicultural Dream Center, at 805-437-8407 or [mdc@csuci.edu](mailto:mdc@csuci.edu).



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# Fun Fact: November is Native American History Month