

NOVEMBER 2020

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

William Arthur Ward

MDC

Newsletter

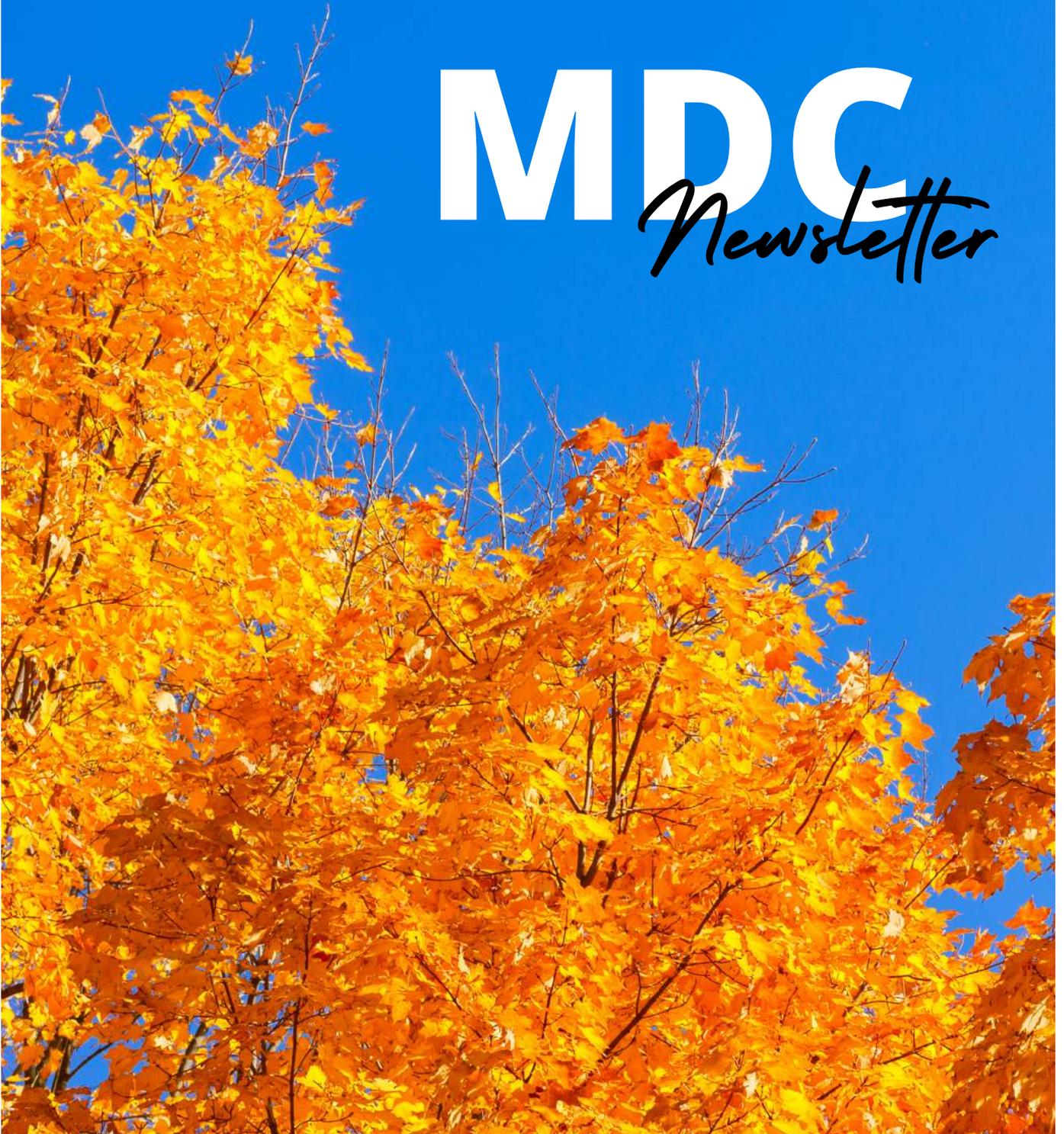


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Events Overview



Madden 20 Esports League (Xbox One)

The "Madden 20 Esports League (Xbox One)" begins **Monday, November 2 at 8:00am and will run through Friday, November 13, 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 29 at <https://www.imleagues.com/spa/portal/home>

Here is the League Schedule:

- Regular season: Monday, November 2 - Monday, November 9
- Playoffs: Tuesday, November 10 - Thursday, November 12
- Championship: Friday, November 13

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

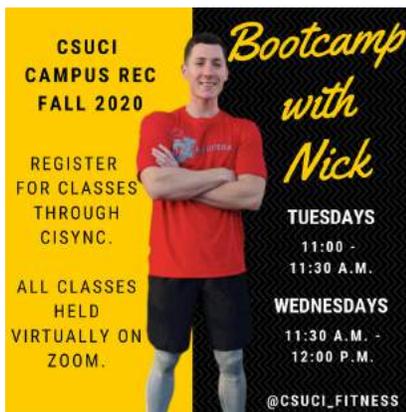


El Cielo or Bust: El Dia de Los Muertos Art & Cultural Workshop

The Michele Serros Living-Learning Community presents "El Cielo or Bust: El Día de Los Muertos Art & Cultural Workshop" on Monday, Nov. 2 from Noon - 1:15pm. During this event, Dr. Nicholas Centino will speak about the history of El Día de los Muertos from the lens of the poem El Cielo or Bust by the late Michele Serros, a Chicana author who lived in Ventura County. During the event, participants will have a chance to view a reading of this poem and to hear recorded work from current students in Chicana/o Studies 100.

The event will end with a craft of making a Maravilla (Marigold) from tissue paper. The Maravilla is often referred to as the flor de los muertos (flower of the dead), whose scent and color guides spirits of loved ones passed to the ofrenda (altar) that is erected in their honor. RSVP for this event at <https://www.tinyurl.com/elCieloorbust>. If you would like to participate in the craft, all you will need is tissue paper (Maravillas are generally goldenrod in color, but any color is fine), green pipe cleaners (optional, only if you would like a stem on your Maravilla), scissors and clear tape. Students living in university housing can come to the Santa Cruz Village office to get their supplies.

For more information on this event, please email Venessa Griffith at: venessa.griffith@csuci.edu.



Bootcamp with Nick – Nov. 3

Join our Certified Fitness Instructor Nick for his weekly Bootcamp classes. Every Tuesday from 11:00 - 11:30 a.m. and every Wednesday from 11:30 a.m. - Noon 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.

Events Overview



Financial Wellness Workshop (11/03/20)

Learn about financial wellness every 1st and 3rd Tuesday of the month from Noon - 1:00pm. This workshop will teach you important financial skills such as how to utilize and build credit, how student loans and interest works, and the importance of budgeting. Students will meet with a peer educator through Zoom in this interactive workshop. Attendees will receive a workbook, a resource guide, and various other resources related to financial wellness. **To participate, please RSVP by emailing wpe@csuci.edu for the Zoom link.**



Working Through Grief and Loss (11/2/20)

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

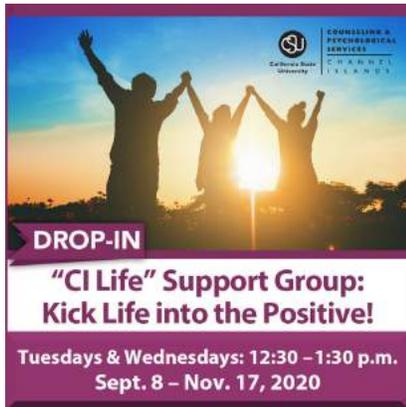


Join The CI View Student News Member Meetings

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>

Events Overview

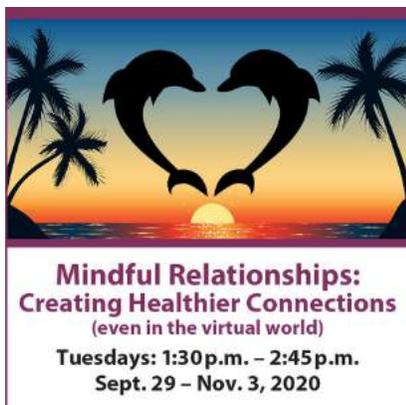


DROP-IN: "CI Life" Support Group – Kick Life into the Positive!

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 (11/3/20)

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



HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders (Drop-in Event) 11/3/20

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

Events Overview



Weekly Senate Meeting (11/4/20)

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)



17th Annual Graduate & Professional School Fair

The Academic Advising Center invites you to attend our "17th Annual Graduate and Professional School Fair" on Wednesday, November 4, from 10:00am - 1:00pm. At this event, students and alumni are offered a wide variety of graduate and professional school programs to choose from. This fair is your opportunity to network with local, regional, and national institutions that are actively recruiting for their schools and programs.

Register to attend TODAY at: <https://www.csuci.edu/advising/gsc/workshops-events/graduate-school-fair/for-students.htm>

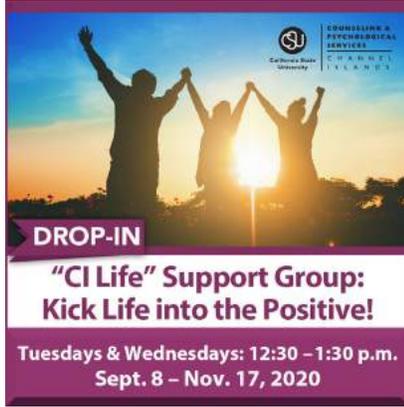


Bootcamp with Nick - Nov. 4

Join our Certified Fitness Instructor Nick for his weekly Bootcamp classes. Every Tuesday from 11:00 - 11:30 a.m. and every Wednesday from 11:30 a.m. - Noon 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.

Events Overview

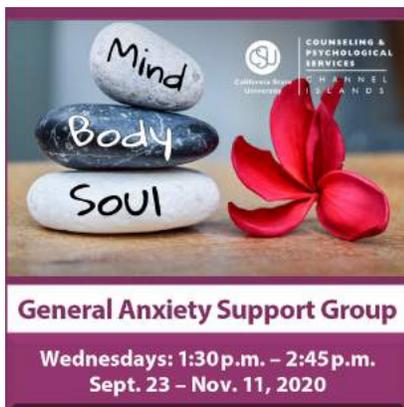


DROP-IN: "CI Life" Support Group – Kick Life into the Positive! (11/4/20)

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

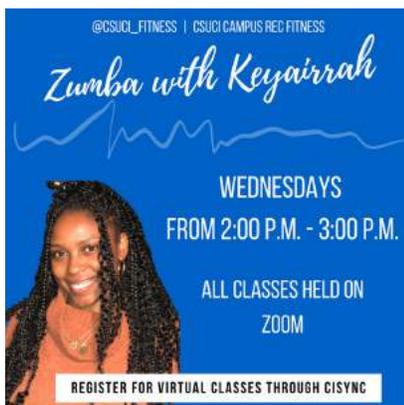


General Anxiety Support Group (11/4/20)

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



Zumba with Keyairrah – Nov. 4

Join our Certified Fitness Instructor Keyairrah for her weekly Zumba class. Every Wednesday from 2:00 - 3:00 p.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.

Events Overview



A group of diverse students sitting on a bench outdoors, smiling. The background shows a building with large windows. The text on the poster includes the university logo and the title of the event.

Social Anxiety Support Group

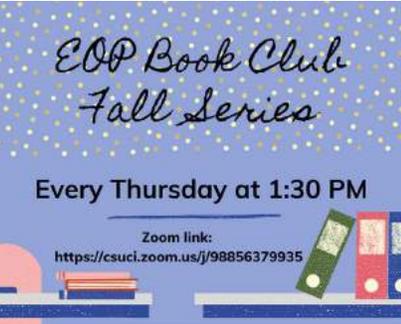
Thursdays: 11:30a.m. – 12:30 p.m.
Sept. 24 – Dec. 17, 2020

Social Anxiety Support Group (11/5/20)

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



A blue background with white stars and a bookshelf at the bottom. The text is in a mix of fonts, including a large cursive font for the title. The Zoom link is provided at the bottom.

*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, national origin, gender, gender identity, gender expression, age, marital status, religion, sexual or physical disability, genetic information, sex, sexual orientation, pregnancy, medical conditions, or special disability revenue status. We welcome veterans status or other covered veteran status. The University encourages persons with disabilities to participate fully in programs and activities. If you include needs or any type of accommodations or have questions about the physical access provided, please contact Disability Accommodation and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but not later than 7 business days prior to the event.

EOP Book Club – Fall Series (Open to EOP Students) 11/5/20

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>



A stack of four smooth stones on a rocky surface. The stones are labeled from top to bottom: spirit, soul, mind, and body. The background is a soft-focus landscape with a sunset or sunrise. The university logo and event title are at the bottom.

*spirit
soul
mind
body*

Mindfulness for Wellness

Thursdays: 3:00p.m. – 4:15p.m.
Oct. 8 – Nov. 26, 2020

Mindfulness for Wellness (11/5/20)

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

Events Overview



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

ASSOCIATED STUDENTS INC.
STUDENT PROGRAMMING BOARD
CSUCI CHANNEL ISLANDS

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

Student Programming Board (SPB) Weekly Meetings 11/5/20

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.



CSUCI CAMPUS RECREATION FITNESS
HIIT WITH KEYAIRRAH

REGISTER FOR VIRTUAL CLASSES ON CISYNC

FRIDAYS FROM 10:00 - 10:30 A.M.

@CSUCI_FITNESS

ALL CLASSES HELD ON ZOOM

HIIT Class with Keyairrah - Nov. 6

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.



Outdoor Adventures

Plan a trip to Win a trip

Submit suggestions on a new trip Outdoor Adventures should do in the future and the winner gets a free trip.

Enter your suggestion today at:
<http://go.csuci.edu/oaavp>

Plan a Trip / Win a Trip: Now - Nov. 9

Submit suggestions on a new trip Outdoor Adventures should do in the future and the winner gets a **FREE TRIP!**

Rules are:

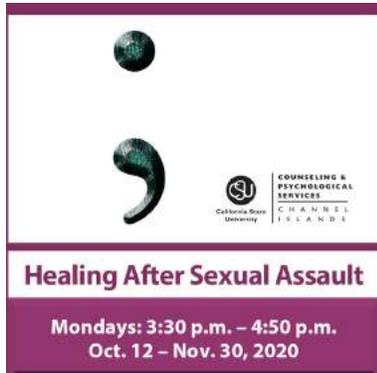
- The contest excludes flight travel
- You **MUST** be a current CI student
- The trip could be from 1 to 3 days in length
- The location must be driving distance from CI (No more than 150 miles away from campus)

To enter the contest, follow the link:

https://csuci.qualtrics.com/jfe/form/SV_b4xWkxX1oAbV0xf.

For questions or more information, please visit our website:
<https://www.csuci.edu/recreation/oa-virtual-programming.htm>

Events Overview



Healing After Sexual Assault (11/9/20)

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

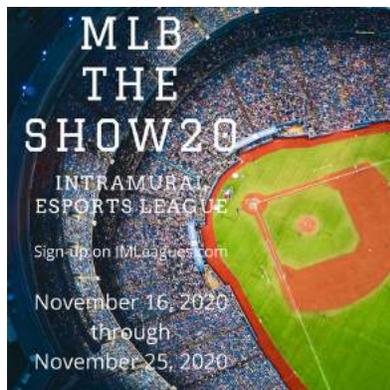


The Rainbow Café Support Group (11/10/20)

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



MLB The Show 20 Esports League (PS4)

The “MLB The Show 20 (PS4) Esports League” begins Monday, November 16 at 8:00am and will run through Wednesday, November 25, 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, November 12 at IMLeagues.com.**

Here is the League Schedule:

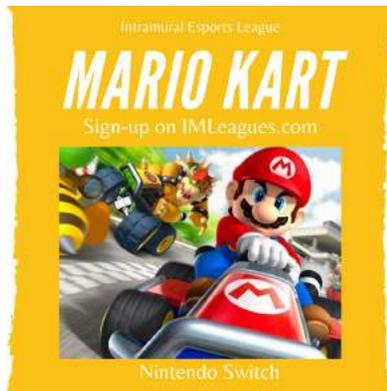
Regular season: Monday, November 16 - Monday, November 23

Playoffs: Tuesday, November 24

Championship: Wednesday, November 25

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

Latest Resources



Mario Kart Esports League (Nintendo Switch) – November 16

The "Mario Kart (Nintendo Switch) Esports League" begins Monday, November 16 at 8:00am and will run through Wednesday, Nov. 25, 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, November 12 at IMLeagues.com.**

Here is the League Schedule:

Regular season: Monday, November 16 - Monday, November 23

Playoffs: Tuesday, November 24

Championship: Wednesday, November 25

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



Outdoor Adventures Webinar Series: "Backcountry Skills" – Nov. 11

Join us 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



Financial Wellness Workshop (11/03/2020 and 11/17/2020)

Join the Financial Wellness Workshop to learn about how to utilize credit cards to build credit and avoid debt, the various types of students loans and how internet works, and the importance of budgeting and how to create a budget.

Join Wellness Promotion and Education (WPE) every first and third Tuesday of the month from 12:00pm-1:00pm, Nov. 3 & 17, Dec. 1st.

Register at: https://csuci.qualtrics.com/jfe/form/SV_bjTYMSM7QzAbi6N . Follow @ci_wellness on Instagram for more updates and information!

Latest Resources



Virtual Networking & Mentorship- Nov. 17 5:30-6:30pm

Join Career Development & Alumni Engagement and MVS School of Business & Economics **November 17 from 5:30pm to 6:30pm** for this fun and informational workshop on how to gain mentors, networking, and career paths. Register for this event at go.csuci.edu/networkingnight by November 10th

For more information, email career.services@csuci.edu

MDC

Updates

Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

I hope you are well and in high spirits!

As the semester continues to move forward, we want to remind you that we are here to support you! We have some exciting events lined up as we wrap up the semester. We will be celebrating Native American Heritage Month this semester, and I cannot wait to celebrate another one of our cultural heritage months with you all! If you have not done so thus far, please add us on IG or Facebook - so you can see all of the great content the team is pushing out. We also wanted to share that we are hosting an MDC Engagement Survey this semester.

So we can hear from you and learn what you want for Spring 2021. So please take the 10-15 minute survey to tell us what you want us to do next semester.

As always feel free to reach out to any of the staff if you have questions, need support, or just want to chat!

In Solidarity,
Hiram Ramirez

Multicultural Dream Center Staff



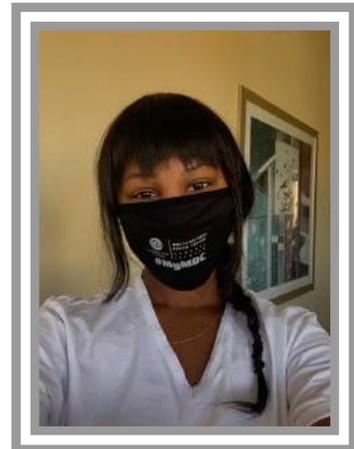
Hiram Ramirez, Ph.D.

He / Him / His
Director of Inclusive Student
Services & the Multicultural
Dream Center
hiram.ramirez@csuci.edu



Anthony De La O

He / Him / His
Student Assistant
Graduating 2022



Taylor Duncan

She / Her / Hers
Student Assistant
Graduating 2021

MDC Hours of Operation

MDC Virtual Hours: 8 AM - 5 PM

MDC Live Chat Hours: 10 AM - 2 PM



GET HELP

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

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



@CSUChannelIslands
Multicultural

MDC ENGAGEMENT SURVEY

Take this 15 minute survey to share how your semester has been and what type of events/support you need to be successful next semester! We appreciate your time and look forward to seeing you at our next event!

[**CLICK HERE TO START!**](#)

César Chavez Predoctoral Dissertation Fellowship



Dartmouth College invites applications for the César Chávez Dissertation Fellowship.

The fellowship supports scholars whose research addresses aspects of Latinx experience and culture. Particular attention will be given to candidates whose work augments and complements current faculty in Latin American, Latino, and Caribbean Studies (LALACS). Applicants will be selected on the basis of their academic achievement, promise in both research and teaching, and their demonstrated commitment to educational diversity.

This is a two-year residential fellowship. Fellows are expected to complete the dissertation before the second year and then transition to a postdoctoral appointment. Throughout, fellows are expected to pursue research activities while participating fully in the intellectual life of the department and the college.

The first year, fellows receive an annual stipend of approximately \$36,000 plus benefits and an allocation for research expenses; as a postdoctoral fellow in the second year, the stipend is approximately \$55,200 plus benefits and an allocation for research expenses (exact funding levels for 2020-22 will be set at the time of offer).

The position will begin in Fall 2021. Applications will be accepted until January 1, 2021.

To apply for this program, visit apply.interfolio.com/79467.

Maintaining Mental Health During Election Season



Mindfully limit your media exposure

24/7 connection to media can negatively impact our mental health, especially as negative campaigning and frequent news alerts can heighten stress. Stay informed, but take digital breaks to take care of yourself.



Find What's in Your Control & Be Productive

- Make a specific plan for when, where, and how you'll vote.
- Participate in ways that feel helpful. If you can't alter your focus from the election and the political events occurring, use that focus for good and consider volunteering and make a difference in your community.
- Know when it's time to focus on something else. Finding balance is important.
- When uncertainty is present, be sure to maintain your routine. Do things that give you a sense of control. Clean your room, organize your space. Focus on tasks that make you feel useful and make time to do those things you enjoy, take breaks, exercise, go for a walk, and spend time with friends/family.



Regularly Use Stress Management Techniques

- Set a reminder on your phone to schedule relaxation breathing breaks throughout your day. Tense? Take 20 slow deep breaths. While you breathe, focus on breathing in calm and relaxation, breathing out stress and worry.
- If you notice worry present, work to calmly review the facts of the situation rather than predicting the future.
- Read and repeat positive and reassuring statements (i.e. "I am safe. I am calm. I can focus on other things.")
- Spend time being creative. Create a mood lifting playlist of favorite songs. Create a photo album of loved images of family/friends or places you've been or are looking forward to going in the future. Draw, paint, color, take photos, build something, and/or play music. Express yourself.
- If you notice stress and tension in your muscles, take time to stretch and move.
- Download stress management apps like: Headspace, Calm, Insight Timer, etc. to practice relaxation and breathe.



Connect With Others & Something Larger Than Yourself

- While meaningful conversation and debate can be energizing, know your support system and what your needs are. Be intentional about who you spend time with and the topics that may be most helpful to discuss and when. Know you're not alone and find those you can connect with.
- Connecting with something bigger can help you maintain perspective and improve your emotional health. Connect with a spiritual or religious practice, spend time in nature, spend time with children or animals, check in with a mentor, enjoy art (i.e. music, a theater performance, visit an art gallery), etc.



For Professional Support & Additional Resources :

JAMES MADISON UNIVERSITY
COUNSELING CENTER



SSC 3rd Floor, Suite 3100
540-568-6552
visit <https://www.jmu.edu/counselingctr/>

COVID-19

Updates

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

316475-A_07/21/2020

How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-doth-face-coverings.html>

WEAR YOUR FACE MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 10/07/2020

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Do it for Yourself and Your Friends

If you have or think you have COVID-19

Stay home, get rest, and hydrate



And later you can...



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

- 1. Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.


- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.


- 3. Get rest and stay hydrated.**


- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.


- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.


- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow.


- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.


- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.


- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.


- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





CS 315822-A 07/01/2020

IS *Updates*

Intercultural Services Staff



Kem A. French, M.S.W

He / Him / His
Assistant Director of Inclusive
Student Services
kem.french@csuci.edu



Yessica Arreguin

She / Her / Hers
Student Assistant
Major in Psychology
Graduating Spring 2022



Andrea Murillo

She / Her / Hers
Student Assistant
Graduating Spring 2022



INDIGENOUS COMMUNITY
Resources

[Google Doc Link](#)

PATH

Updates

Promoting Achievement Through Hope

Monthly Letter by Leticia Cazares

Hello PATH Students,

As we enter the month of November you are all in my thoughts. I am grateful to work with such resilient and inspiring students. The month of November will be bringing some changes that may pose some challenges in the months ahead. I urge you to surround yourself with supportive networks that you can depend on. With that, I want you all to know that the PATH Program and staff are here to support as well.

On another note, I have not met with all of you for your semester check-in. Hence, please schedule your appointment as soon as possible at go.oncehub.com/LeticiaCazares. Once you meet with me that will allow you to partly fulfill your PATH Pass. Use the links below for your academic standing:

Freshmen & Sophomores:

csuci.qualtrics.com/jfe/form/SV_8DhOhu0ZIErDYjP

Juniors and Seniors:

csuci.qualtrics.com/jfe/form/SV_0DqSUjS3sg2rdJj



Promoting Achievement Through Hope Staff



Leticia H. Cazares, M.S.

She / Her / Hers
Coordinator of PATH
(805) 437-3528
leticia.cazares@csuci.edu



Ramona Ornelas

She / Her / Hers
Student Assistant
Major in History
Minor in Chicanx Studies
Graduating Spring 2023



Isaiah Ball

He / Him / His
Student Assistant
Major in 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 PATH in partnership with the Ventura County Office of Education



November 18th, 2020 from 1 - 3 PM

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

Questions? Contact leticia.cazares@csuci.edu!

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.



National Foster Youth Institute (NFYI): Application for a Los Angeles Organizing Internship



The poster features the NFYI logo at the top, followed by the text 'NATIONAL FOSTER YOUTH INSTITUTE'. Below this, the main heading reads 'NOW HIRING: ORGANIZING INTERNS'. A central purple box contains the following text: 'National Foster Youth Institute is now accepting applications for our Los Angeles Organizing Internship Program (LAOIP). To Apply, all you need is:'. This is followed by a bulleted list of requirements: '• To be a current or former foster youth (ages 18-29)', '• Submit an application: ○ Applications will be accepted until roles are filled.', and '• Reside in Los Angeles County'. At the bottom, an illustration shows four diverse individuals in a cityscape. One person on the left holds a megaphone with a speech bubble saying 'YOUR VOICE MATTERS!'. Another person in the center holds a sign that says 'WHAT POWER? PEOPLE POWER!'. A third person on the right has a speech bubble saying 'YOU ARE WORTHY!'. The fourth person stands with hands on hips.

NFYI
NATIONAL FOSTER YOUTH INSTITUTE

NOW HIRING:
ORGANIZING INTERNS

National Foster Youth Institute is now accepting applications for our Los Angeles Organizing Internship Program (LAOIP).

To Apply, all you need is:

- To be a current or former foster youth (ages 18-29)
- Submit an application:
 - Applications will be accepted until roles are filled.
- Reside in Los Angeles County

YOUR VOICE MATTERS!

WHAT POWER? PEOPLE POWER!

YOU ARE WORTHY!

Source: <https://nfyi.org/wp-content/uploads/2020/10/LA-Organizing-Coordinator-Position-Description-.pdf>

National Foster Youth Institute (NFYI): Application for a Los Angeles Organizing Internship

NFYI IS SEEKING:

Passionate young leaders ready to mobilize, organize and empower peers to create transformative change within the child welfare system. Selected Interns will work alongside decision makers at local, state and national levels to bring awareness to various issues, and ensure that the current and former foster youth voice is represented when decisions are made and programs are being developed.

RESPONSIBILITIES INCLUDE:

- Mobilize current & former foster youth, lifting the collective foster youth voice;
- Facilitate trainings and host advocacy events such as town halls & speak-outs;
- Attend regional events and collaborate with relevant partners and stakeholders;
- Build collective foster youth voice around an area of concern or impact in LA County;
- Work collaboratively with partner organizations to recruit and organize peers;
- Engage in relevant workshops, trainings and activities to achieve intern outcomes;
- Assist with development of presentation, educational and promotional materials;
- Develop and execute strategies that help to transform the child welfare system;
- Build grassroots support for transformative campaigns designed by young leaders;
- Develop recommendations for decision makers with guidance from NFYI staff; and
- Be ready to learn and grow with a group of talented young leaders like yourself!

CRITERIA TO MEET:

Young leaders who are selected will have access to political & policy education, and will receive organizing training from NFYI staff. Organizing interns will engage with experts across a range of fields including: child welfare, government, and advocacy. To apply, you **MUST** be a current or former foster youth between the ages of 18-29 and:

- Have a desire to build collective power and amplify foster youth voices;
- Be passionate about community, social justice and achieving systemic change;
- Be able to work autonomously, and among a team of peers; and
- Harness direct life experiences to relate to peers and build collective consensus around issues that impact constituents of the child welfare system.

TO SUBMIT AN APPLICATION:

• [CLICK HERE](#) OR, send an email expressing your interest •
• in the internship to: kenneth.chancey@nfyi.org •

FOSTER. POWER. 

Source: <https://nfyi.org/wp-content/uploads/2020/10/LA-Organizing-Coordinator-Position-Description-.pdf>

PATH to SUCCESS WORKSHOP SCHEDULE

PATH TO SUCCESS

Building Community

OPEN TO ALL PATH AND CI STUDENTS | GET CONNECTED | EXPAND YOUR KNOWLEDGE

The Power of Being Resilient

Learn about the power of being resilient, and how it can positively impact your college experience

Nov. 10th @ 10-11am & Nov. 20th @ 12-1pm

Zoom Interview prep with the Career Center

Learn How to prepare for zoom interviews in a discussion facilitated by the Career Development and Alumni Engagement program

Nov. 16th @ 3-4pm

Adapting as a College Student in virtual world

Learn tips on how to stay motivated and learn how to create your own workspace at home

Nov. 17th @ 10-11 am

Stress management during COVID

Learn effective strategies for managing stress from COVID-19

Nov. 23rd @ 4-5pm

RSVP at go.csuci.edu/MDCEvent



USI *Updates*

Monthly 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. We have a few upcoming healing circles to reflect on the elections for those who are in search of a place to reflect and share. As well as some community partnerships I hope you enjoy.

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

Best,
Natalie Johnson



Underrepresented Student Initiatives Staff



Natalie Johnson, M.Ed.

She / Her / Hers
Coordinator of USI



Evelyn Torres

They / Them / Theirs
Student Assistant
Studio Arts Major

Underrepresented Student Initiatives

Event List

CARECEN Free Immigration Legal Services

November 2nd
10:00 AM - 04:00 PM

WOCMP Study Group

November 2nd
11:00 AM - 12:00 PM

WOCMP Social

November 4th
11:00 AM - 12:00 PM

Undocu Student Empowerment Circle

November 4th
01:00 PM - 02:00 PM

Scholarship Search for Undocu Students

Date TBA (Rescheduled)
11:00 AM - 12:00 PM

CARECEN Free Immigration Legal Services

November 9th
10:00 AM - 04:00 PM

CARECEN Legal Services Workshop

November 12th
01:00 PM - 02:00 PM

Undocu Workshop: Know Your Rights

November 13th
05:00 PM - 06:00 PM

CARECEN Free Immigration Legal Services

November 16th
10:00 AM - 04:00 PM

WOCMP Study Group

November 16th
11:00 AM - 12:00 PM

Adulting 101: Minimize Distractions

November 16th
12:00 PM - 01:00 PM

Adulting 101: Minimize Distractions

November 17th
04:00 PM - 05:00 PM

WOCMP Mentor Training

November 18th
11:00 AM - 12:00 PM

Movie Screening: Empire of Dirt

November 20th
03:00 PM - 05:00 PM

MAR Virtual Community Check-In

November 20th
11:00 AM - 12:00 PM

CARECEN Free Immigration Legal Services

November 23rd
10:00 AM - 04:00 PM

Women of Color Speaker Series

November 23rd
02:00 PM - 03:30 PM

WOCMP Book Club

November 30th
11:00 AM - 12:00 PM

General

WOC

WOCMP

MAR

Events Overview



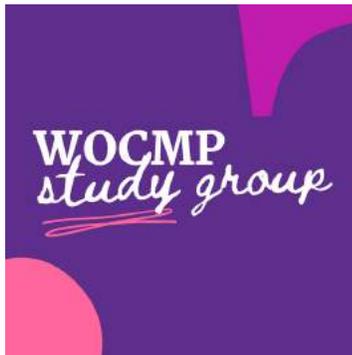
CARECEN Free Immigration Legal Services

November 2nd

10:00 AM - 04:00 PM via Zoom

RSVP: <https://tinyurl.com/carecencsuci>

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.



WOCMP Study Group

November 2nd

11:00 AM - 12:00 PM via Zoom

RSVP: [Google Classroom](#)

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



WOCMP Social

November 4th

01:00 PM - 02:00 PM via Zoom

RSVP: [Google Classroom](#)

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



Undocumented Student Empowerment Circle

November 4th

01:00 PM - 02:00 PM via Zoom

RSVP: <https://tinyurl.com/y5hr5or>

The MDC recognizes the importance of creating a space to process and take care of the inner beings, minds, emotions, and spirits of our undocumented community. This circle will focus on the 2020 elections.

Underrepresented Student Initiatives



Scholarship Search for Undocumented Students

Date TBA (Rescheduled)

11:00 AM - 12:00 PM via Zoom

RSVP: <https://tinyurl.com/y37bag5k>

Need help paying for college? In this session you will learn to conduct a successful scholarship search, take away invaluable resources for finding scholarship opportunities, and learn helpful tips on using the internet to research scholarships!



CARECEN Free Immigration Legal Services

November 9th

10:00 AM - 04:00 PM via Zoom

RSVP: <https://tinyurl.com/carecencsuci>

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.



CARECEN Legal Workshop

November 12th

01:00 PM - 02:00 PM via Zoom

RSVP: [TBA](#)

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.



Undocumented Workshop: Know Your Rights

November 13th

05:00 PM - 06:00 PM via Zoom

RSVP: <https://tinyurl.com/y2jv6xb3>

The United Farm Workers Foundation invites you to attend a workshop on undocumented students' rights and updates on DACA and naturalization.

Underrepresented Student Initiatives



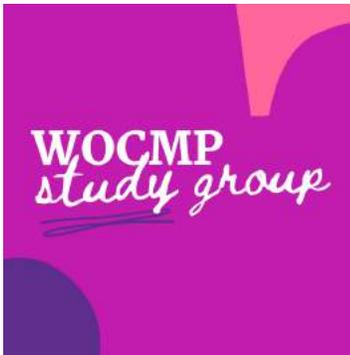
CARECEN Free Immigration Legal Services

November 16th

10:00 AM - 04:00 PM via Zoom

RSVP: <https://tinyurl.com/carecencsuci>

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.



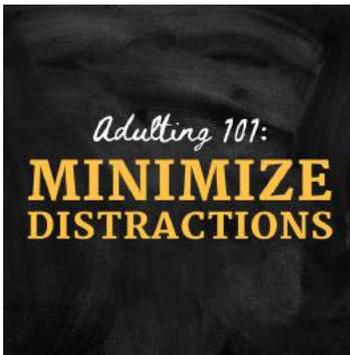
WOCMP Study Group

November 16th

11:00 AM - 12:00 PM via Zoom

RSVP: [Google Classroom](#)

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



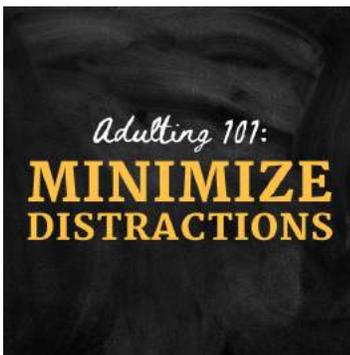
Adulthood 101: Minimize Distractions

November 16th

12:00 PM - 01:00 PM via Zoom

RSVP: <https://tinyurl.com/y4f2tjr8>

Learn how to minimize distractions when it comes to virtual learning so you can maximize your study time! This workshop is organized in collaboration with Disabilities Accommodations & Support Services.



Adulthood 101: Minimize Distractions

November 17th

04:00 PM - 05:00 PM via Zoom

RSVP: <https://tinyurl.com/y4f2tjr8>

Learn how to minimize distractions when it comes to virtual learning so you can maximize your study time! This workshop is organized in collaboration with Disabilities Accommodations & Support Services.

Underrepresented Student Initiatives



WOCMP Mentor Training

November 18th

11:00 AM - 12:00 PM via Zoom

RSVP: [Google Classroom](#)

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



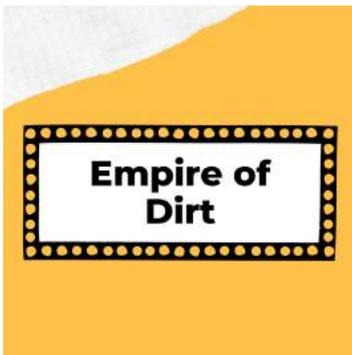
MAR Virtual Community Check-In

November 20th

11:00 AM - 12:00 PM via Zoom

RSVP: <https://tinyurl.com/y5hvr5or>

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!



Women of Color Movie Screening: Empire of Dirt

November 20th

03:00 PM - 05:00 PM via Zoom

RSVP: <https://tinyurl.com/y6de8weh>

Lena, a young single First Nations mother, flees to her rural hometown after her 13-year-old daughter's overdose attracts the attention of child services. She reunites with her estranged mother and is forced to face a past she has tried to ignore.



CARECEN Free Immigration Legal Services

November 23rd

10:00 AM - 04:00 PM via Zoom

RSVP: <https://tinyurl.com/carecencsuci>

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.

Underrepresented Student Initiatives



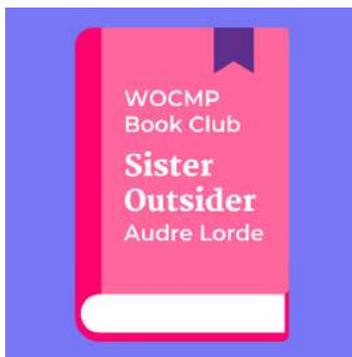
Women of Color Speaker Series: Exploring WOC Leadership Development

November 23rd

02:00 PM - 03:30 PM via Zoom

RSVP: <https://tinyurl.com/y3k8ephh>

Presenter Kristina Garcia will share key findings from a recent study examining the leadership development of Latina college students and explore connections to the experiences of WOC. She will also share personal insights from her experiences as a scholar-practitioner, faculty member, and entrepreneur.



WOCMP Book Club

November 24th

11:00 AM - 12:00 PM via Zoom

RSVP: [Google Classroom](#)

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.



CARECEN Free Immigration Legal Services

November 30th

10:00 AM - 04:00 PM

RSVP: <https://tinyurl.com/carecencsuci>

CARECEN offers free immigration legal services to CSUCI students, faculty, staff, and their immediate family (which includes spouses, parents, siblings, and children). Book your virtual appointment today by visiting the url.

WOMEN OF COLOR *Resources*



WOCMP: Women of Color Mentoring Program

On behalf of the mentees and peer mentors of the 2020-2021 WOCMP, the MDC would like to use this page of the newsletter to recognize the Faculty/Staff Mentors of WOCMP for their generous, voluntary contributions to our campus's women of color. Thank you for all that you do!

THANK
YOU

2020-2021 WOCMP Faculty/Staff Mentors



Helen Alatorre
Executive Director
Associated Students, Inc.



Kristen Linton
Assistant Professor
Health Science



Raquel Baker
Assistant Professor
English Program



Rosean Moreno
Transfer Success & HIP Pathways Lead
Student Academic Success and Equity
Initiatives (SASEI)



Bethany Banuelos
Operations Coordinator
Student Union



Monica Ocampo
University Culture Pathways Manager,
Student Academic Success and Equity
Initiatives (SASEI)



Karina Chavarria
Assistant Professor
Sociology



Monica Rivas
Associate Director,
Academic Advising



Czarina Gutierrez
Advisor,
Academic Advising



Elizabeth Sowers
Associate Professor
Sociology



Jill Huang
Psychologist
Counseling and Psychological
Services (CAPS)



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."

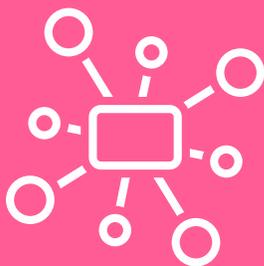
<https://www.ethelsclub.com/>



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.

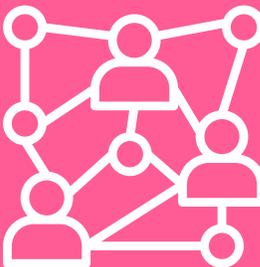
<https://www.api-gbv.org/>



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>



UNDOCUMENTED STUDENT *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/y68tvtfq>



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



MULTICULTURAL
DREAM CENTER
CHANNEL
ISLANDS

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/