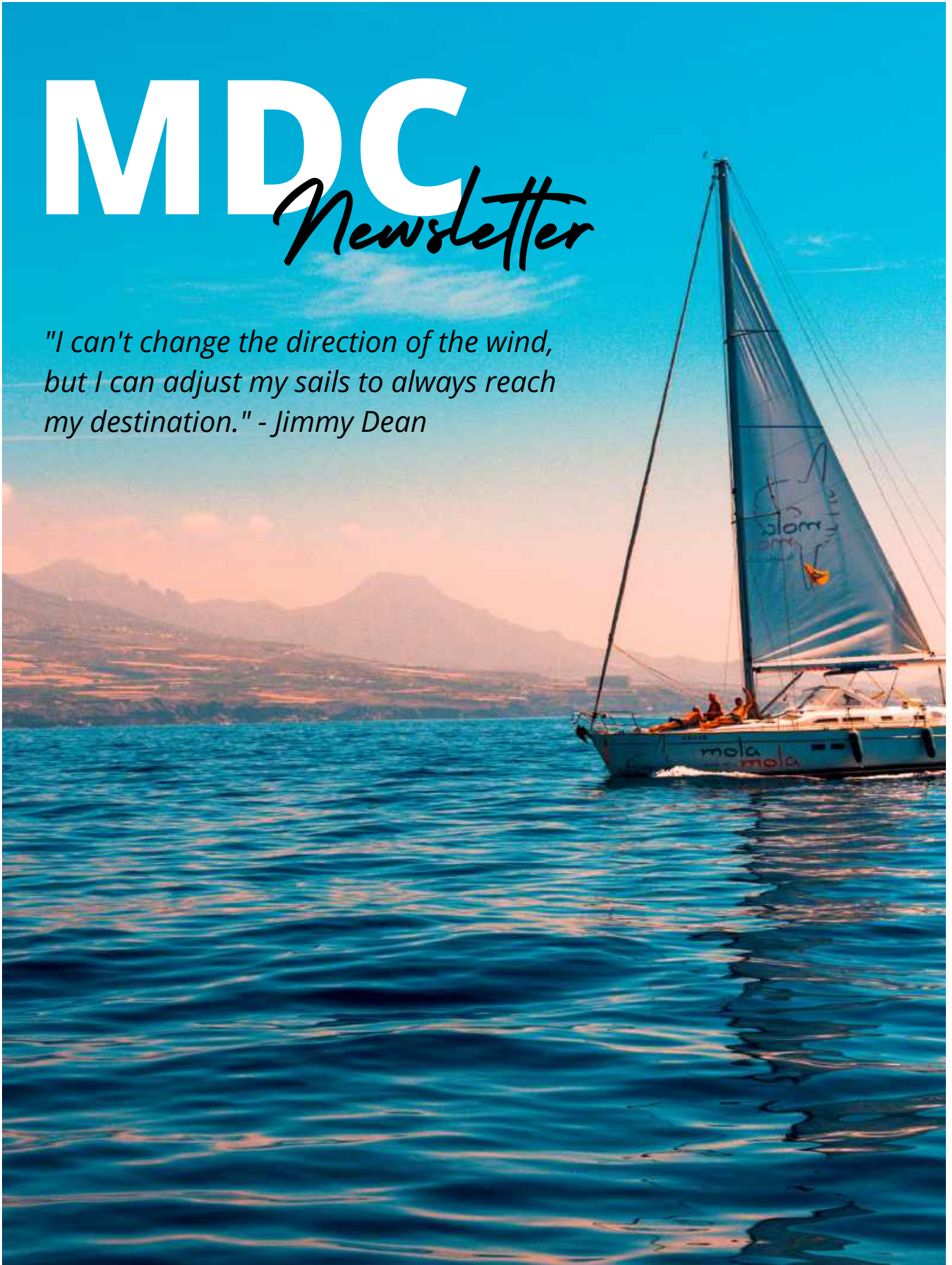


SEPTEMBER 2020

MDC

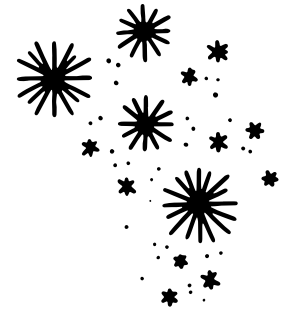
Newsletter

*"I can't change the direction of the wind,
but I can adjust my sails to always reach
my destination." - Jimmy Dean*



VOLUME 2 | ISSUE 1

TABLE *of Contents*



00

CSUCI

00

MDC: Multicultural Dream Center

00

COVID-19

00

IS: Intercultural Services

00

LGBTQ+

00

PATH: Promoting Achievement Through Hope

00

USI: Underrepresented Student Initiatives

00

WOC: Women of Color

00

MAR : Mariposa Achieving & Resisting

WELCOME MDC STUDENT ASSISTANTS

FALL 2020



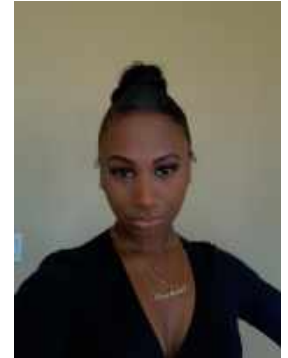
Ramona Ornelas
She/Her/Hers
PATH Student Assistant
History
Minor in Chicanx Studies
Graduating Spring 2023



Isaiah Ball
He/Him/His
PATH Student Assistant
Organizational
Communication
Graduating Spring 2021



Anthony G. De La O
He/Him/His
ISS Student Assistant
Chicanx Studies
Minor in Psychology
Graduating Spring 2022



Taylor Duncan
She/Her/Hers
MDC Student Assistant
Liberal Studies w/
Emphasis in Teach and Learning
Sub-plan in Human Psychology
and Development
Graduating Spring 2021



Mandavi Chattopadhyay
She/Her/Hers
Graduate Student
pursuing M.S in
Counseling and College
Student Personnel at Cal
Lutheran Universtiy
Previous Education: MA in
Political Sc, North Bengal
University, India




Gun Arunvongse
He/Him/His
IS Student Assistant
Business
Minor in Business
Marketing
Graduating Spring 2021



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



Yessica Arreguin
IS Student Assistant
Psychology
Graduating Spring
2022



CSUCI

*Information
& Updates*

Campus Events - September 2020

The image contains three promotional posters stacked vertically. The top poster is for 'The CI View Student News', featuring a logo with 'ASSOCIATED STUDENTS INC. CSU CHANNEL ISLANDS' and 'The CI View STUDENT NEWS'. It invites members to join meetings every Monday from 11:00am to 12:15pm via Zoom. The middle poster is for the 'CI Life Support Group', showing silhouettes of people celebrating at sunset. It is a drop-in group on Tuesdays and Wednesdays from 12:30 to 1:30 p.m. from Sept. 8 to Nov. 17, 2020. The bottom poster is for the 'FIFA Esports League (PS4)', showing hands playing a game on a PS4. It begins on Tuesday, Sept 8, and runs through Friday, Sept 18, 2020. Sign-up is on m.leagues.com.

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

FIFA 20 Esports League (PS4)

The "FIFA 20 Esports League" begins Tuesday, September 8 at 8:00am and will run through Friday, September 18, 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, September 3 at IMLeagues.com.

Here is the League Schedule:

- **Regular season: Tuesday, Sept 8 - Tuesday, Sept 15**
- **Playoffs: Wednesday, Sept 16 & Thursday, Sept 17**
- **Championship: Friday, Sept. 18**

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

Campus Events - September 2020

NBA 2K20
Intramural Esports League

XBOX 1
Sign-up on
IMLeagues.com

Sept. 8, 2020
through
Sept. 16, 2020

FANTASY FOOTBALL

JOIN THE CSUCI REC
FANTASY FOOTBALL LEAGUE
SIGN-UP ON IMLEAGUES.COM

STUDENT GOVERNMENT INVITES YOU TO ATTEND

WEEKLY SENATE MEETINGS

CSU CHANNEL ISLANDS
STUDENT GOVERNMENT
ASSOCIATED STUDENTS INC.

9-11AM WEDNESDAYS **ZOOM LINK IN BIO**

NBA 2K20 Esports League (Xbox One)

The "NBA 2K20 Esports League (Xbox One)" begins Tuesday, September 8 at 8:00am and will run through Friday, September 18, 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, September 3 at IMLeagues.com.

Here is the League Schedule:

- **Regular season: Tuesday, Sept 8 - Tuesday, Sept 15**
- **Playoffs: Wednesday, Sept 16 & Thursday, Sept 17**
- **Championship: Friday, Sept. 18**

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

Campus Rec Fantasy Football League Draft Day

Fantasy Football Season is HERE!!! Draft Day is **Tuesday, September 8 at 5:00pm**. To secure your spot, sign up on IMLeagues.com today. ALL participants MUST Register by Tuesday, September 8th.

For questions or more information, please email:
campusrecreation@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

Campus Events - September 2020

MY BEATS IN Spanish
Adelante Dolphins!
Drop-in Support Group for Latinx Students
Wednesdays 11:00 AM – 12:15 PM
Sept. 9 – Oct. 28, 2020

JOIN SPB
5:30 PM – 6:30 PM
THURSDAYS FOR OUR GENERAL BOARD MEETINGS
ZOOM Link:
<https://csuci.zoom.us/j/94173151956>

GRAD CHECK WORKSHOPS
Calling all seniors...want to check to make sure you are on track for graduation? Sign up for one of our upcoming grad check workshops and advisors will assist you in reviewing your CI Academic Requirements Report (CARR) to verify requirements for graduation have been met.
Tuesday 9/1 10:30am - 11:30am
Wednesday 9/9 1:30pm - 2:30pm
Thursday 9/17 3:00pm - 4:00pm
Monday 9/21 9:00am - 10:00am
Wednesday 9/30 1:30pm - 2:30pm
RSVP AT [GO.CSUCI.EDU/ADVISINGWORKSHOPS](https://go.csuci.edu/advisingworkshops)

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

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.

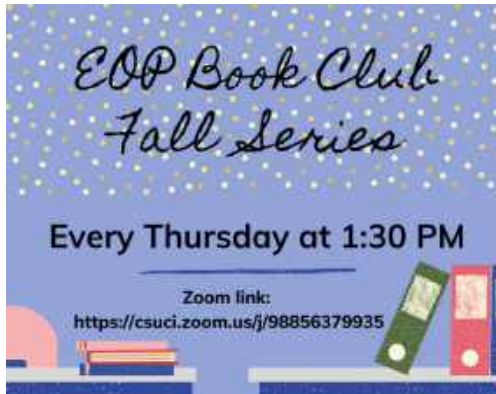
The Zoom Link is: <https://csuci.zoom.us/j/94173151956> For more information or if you have any questions, please email us at asi.spb@csuci.edu.

Grad Check Workshop: Sept. 17

Calling all seniors...want to check to make sure you are on track for graduation? Sign up for one of our upcoming grad check workshops and advisors will assist you in reviewing your CI Academic Requirements Report (CARR) to verify requirements for graduation have been met.

RSVP for this or other Grad Check Workshops **HERE!**
RSVP at [GO.CSUCI.EDU/ADVISINGWORKSHOPS](https://go.csuci.edu/advisingworkshops)

Campus Events - September 2020



*EOP Book Club
Fall Series*

Every Thursday at 1:30 PM

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

The poster features a blue background with white stars and a stack of books at the bottom.

EOP Book Club – Fall Series (Open to EOP Students) 9/17/20

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>

CSUCI does not discriminate in the admission programs or activities it conducts on the basis of race, ethnicity, color, national origin, gender, gender identity, gender expression, age, marital status, religion, mental or physical disability, genetic information, sex, sexual orientation, pregnancy, medical condition, or special disabled military status, and regardless of whether the status is covered under state law. The University encourages persons with disabilities to participate in its programs and activities. If you wish to receive any type of accommodations or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (909) 477-3333 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.



VIRTUAL SCHOOL
Survival Skills

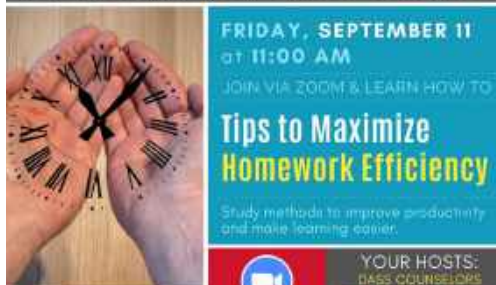
WEEKLY DROP-IN • LEARN SKILLS • GET SUPPORT

The poster has a blue background with yellow and white text.

Virtual School Survival Skills: “Tips to Maximize Homework Efficiency”

Join Disability Accommodations and Support Services (DASS) Counselors on **Friday, September 11, from 11:00 am - 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 we will discuss ways to study more efficiently.**

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



FRIDAY, SEPTEMBER 11
at 11:00 AM

JOIN VIA ZOOM & LEARN HOW TO

**Tips to Maximize
Homework Efficiency**

Study methods to improve productivity
and make learning easier.

The poster features an image of hands holding a clock face.



DISABILITY ACCOMMODATIONS & SUPPORT SERVICES
CHANNEL ISLANDS

Join via Zoom
Meeting ID:
991 9106 6890

YOUR HOSTS:
DASS COUNSELORS

Ramon Bonnie



VIRTUAL SCHOOL
Survival Skills

WEEKLY DROP-IN • LEARN SKILLS • GET SUPPORT

The poster has a blue background with yellow and white text.

Virtual School Survival Skills: “How to Access Virtual Tutoring”

Join Disability Accommodations and Support Services (DASS) Counselors on **Friday, September 18, from 11:00 am - 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 share all about tutoring services available on campus while also providing details on how to access these services.

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



FRIDAY, SEPTEMBER 18
at 11:00 AM

JOIN VIA ZOOM & LEARN HOW TO

**How to Access
Virtual Tutoring**

Study methods to improve productivity
and make learning easier.

The poster features an image of a person using a laptop.



DISABILITY ACCOMMODATIONS & SUPPORT SERVICES
CHANNEL ISLANDS

Join via Zoom
Meeting ID:
991 9106 6890

YOUR HOSTS:
DASS COUNSELORS

Ramon Bonnie

Campus Events - September 2020



Call of Duty Warzone (Cross-Platform) Esports League:

Sept. - Oct. The "COD: Warzone (Cross-Platform) Esports League" begins Monday, September 21 at 8:00 am and will run through Friday, October 16, until 5:00 pm. 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, September 17 at IMLeagues.com.

Here is the League Schedule:

- **Regular season: Monday, Sept 21 - Friday, Oct. 16**
- **Playoffs: Saturday, Oct. 17 - Monday, Oct. 19**
- **Championship: Tuesday, October 20**

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



Madden 20 Esports League (PS4) The "Madden 20 (PS4) Esports League"

begins Monday, September 21 at 8:00 am and will run through Friday, October 2, until 5:00 pm. 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, September 17 at IMLeagues.com.

Here is the League Schedule:

- **Regular season: Monday, Sept 21 - Monday, Sept 28**
- **Playoffs: Tuesday, Sept 29 - Thursday, October 1**
- **Championship: Friday, October 2**

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



HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders

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 3:30 pm - 4:30 pm (Sept. 22, Oct. 6 & 20, Nov. 3 & 17, and Dec. 1)**. Using the zoom link: <https://zoom.us/j/98421432236> Facilitated by Jill Huang, Ph.D.

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

Campus Events - September 2020



General Anxiety Support Group

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



Social Anxiety Support Group

Thursdays: 11:30a.m. – 12:30 p.m.
Sept. 24 – Dec. 17, 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 1:30 pm - 2:45 pm, 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

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 11:30 am - 12:30 pm, 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

NOTE TAKERS



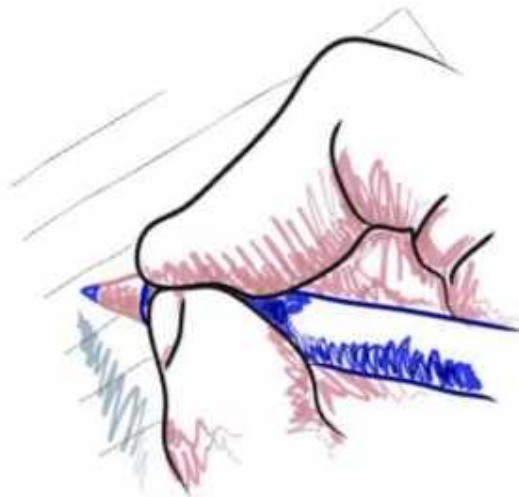
WANTED



Get paid **\$13.00** per hour
for taking notes!!!

For more information please email

notetaking@csuci.edu



DISABILITY
ACCOMMODATIONS
& SUPPORT SERVICES
CHANNEL
ISLANDS



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

September: Latinx Heritage Month

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





Latinx Heritage Month Kick off

Wednesday, Sept. 2
All Day

Instagram: @csuci_mdc

Join the MDC via Instagram for the kickoff of Latinx Heritage Month. Throughout the month we will continue to celebrate the history, culture and contribution of Latinx people.

Informational Session: Women of Color Undergraduate Peer Mentoring Program

Wednesday, Sept. 2 Via Zoom

Noon-1 p.m. and 3-4 p.m.

Bell Tower 1530 RSVP Here:

https://csuci.qualtrics.com/jfe/form/SV_1e9Mz7Nj2Wwaf



These informational sessions will be an opportunity to ask questions about the program for both undergraduate students interested in being mentors and mentees.

Women of Color Undergraduate Peer Mentoring Program Application Deadline
Friday, September 4th
Midnight on Friday, Sept. 6

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



PATH/MAR Retreat

Friday, Sept. 11
1-5 p.m.

This retreat is a community building and leadership opportunity for students who are in PATH (former foster youth, experienced homelessness, adoption, kinship/guardianship), or in MAR (undocumented students).

RSVP at <https://cidsa.wufoo.com/forms/x1bgr9b1sub41b/>

For additional information contact Leticia Cazares at leticia.cazares@csuci.edu

Immigration Legal Services Workshop:

Monday, Sept. 14 Via Zoom
1-2 p.m.

This workshop will be focused on educating the campus community about confidentiality of students who render services with the Immigration Legal Services provided in the MDC.

Trauma Informed Practices for Schools (TIPS) Training

Tuesday, Sept. 15
1:30-3:30 p.m.

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.).



Latinx Heritage Month Social

Wednesday, Sept. 16
4 p.m. to 5 p.m.

Instagram Live: csuci_mdc

Join the MDC as dedicated time to thoughtfully honor, celebrate, and thank prominent Hispanic Americans for their many contributions. Attendees will have the opportunity to participate in games, giveaways and community builders.

The first 15 students to join us and participate will receive an event exclusive surprise.

Adulting 101: Time Management Via Zoom

Tuesday, Sept. 22
1-2 p.m.

and

Wednesday, Sept. 23
2-3 p.m.

There are 168 hours in every week. How are you spending yours? Come learn how to manage your time to help you achieve your academic, personal, and professional tasks.

WOC Speaker Series

Monday, Sept. 28

2:30-4:00 pm Via Zoom

Come join us to celebrate and educate those on the women of color lived experience. This is a monthly speaker series highlighting women of color in leadership. They will be sharing their experiences, journeys, expertise, and research.

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 & Support Services at accommodations@csuci.edu or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.

For more information, please contact the Multicultural Dream Center, at 805-437-8407 or mdc@csuci.edu.



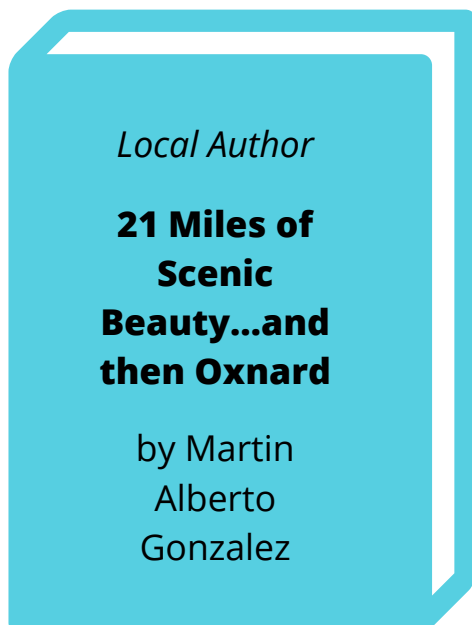
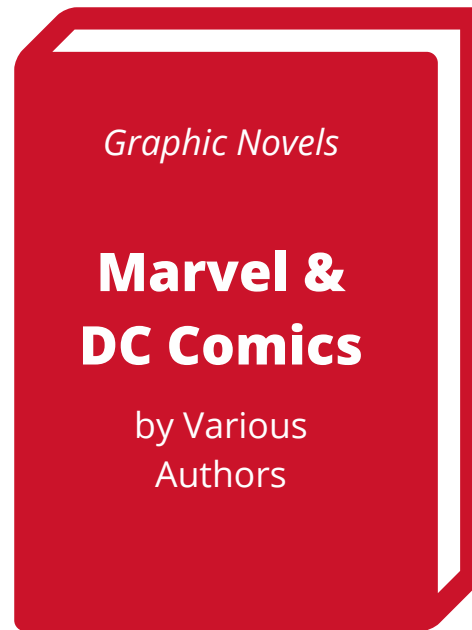
MULTICULTURAL DREAM CENTER
CHANNEL ISLANDS



Fun Fact: Sept. 15 through Oct. 15 is Latinx Heritage Month

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

Sample Body Text



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

Fall 2020 MDC Study Groups

Join a group of students to explore ways to use study groups to enhance your academic success at CSUCI!

Attend as many bi-weekly sessions as you can to learn fun tips on how to study successfully each week. You'll get free goods and prizes the more you participate!

General - Kem

Science - Natalie

Writing -

Math - Leticia

If you are interested, sign up before midnight on Wednesday, September 2nd at tinyurl.com/StudyGroupFA20



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**



COVID-19 Information & Updates

COUNTY OF VENTURA

COVID-19 TESTING

The County of Ventura has expanded free COVID-19 testing throughout the county for residents who have the slightest suspicion of having COVID-19 or have been exposed to someone with it. You don't need to have health insurance, but may be asked for it if you do.

Symptoms of COVID-19 can be:

- Cough or shortness of breath
- Or other symptoms: fever greater than 100.4°F, chills, muscle pain, headache, sore throat, new loss of taste or smell

Close contact means:

- Sharing a home
- Being closer than 6 feet for more than 15 minutes without wearing a mask
- Having contact with the body fluids (snot, blood) of the sick person through coughing, sneezing, sharing utensils

OPTUMSERVE STATE LOCATIONS

COVID-19 testing for all community members. Please register by calling or registering online.
Online: www.optumserve.com/testing • **Phone:** 1-888-624-7123 • **Hours of Operation:** Monday-Friday 9am - 8pm

Donald Park Learning & Care Center
300 Johnson Ave., Seward, CA 93303

Thousand Oaks Library - Herberty Park Branch
223 Herberty Road, Thousand Oaks, CA 91320

DRIVE-UP TESTING SITES

Hours of Operation: Monday-Friday 10am - 7pm • No appointment or insurance is needed

Rozspark College
715 Carpinteria
Moorpark, CA 93428

Ford Dealership
125 S. Harbor Blvd.
Santa Paula, CA 93056

Occidental College (Beverly Hills)
1401 S. Penn Ave., Beverly Hills, CA 90232
Hours: Tuesday - Friday

WALK-UP TESTING SITE

No appointment or insurance is needed • **Hours of Operation:** Monday-Friday 9am - 8pm

Ventura County Fairgrounds - 10 W. Harbor Blvd in Ventura - Enter at Gate 2

VENTURA COUNTY URGENT CARE LOCATIONS

For pre-arranging and appointments, call the hotline at 805-632-7060.

SEWARD
Lax Auto Family Medical Group - South
125 West Seward Road, Seward, CA 93303
Hours: Tuesday - Friday 9am - 8pm

Hogwinkle Family Medical Center
2241 E. Sycamore St., Seward, CA 93308
Hours: Monday - Friday 9am - 8pm

VENTURA
Academic Family Medicine Center
210 Westwood Ave., Suite 104, Ventura, CA 93001
Hours: Tuesday - Friday 9am - 8pm

West Ventura Medical Clinic
123 W. Santa Clara St., Ventura, CA 93001
Hours: Monday - Friday 9am - 8pm

EAST COUNTY
Castro Valley Family Medical Group
111 W. Thousand Oaks Blvd., Suite 201, Thousand Oaks, CA 91320
Hours: Tuesday - Friday 9am - 8pm

Santa Rita Family Medical Clinic
227 East Los Angeles Ave., Santa Rita, CA 93070
Hours: Monday - Friday 9am - 8pm

SANTA CLARA RIVER VALLEY
Fitzmore Family Medical Group
819 W. Ventura St., Ukiah, CA 95524
Hours: Monday - Friday 9am - 8pm

COUNTY OF VENTURA

Resource List

COVID-19: Stay Informed

Mental Health Wellness

- Ventura County Behavioral Health Crisis Line: **1-800-998-2243**
- Upperville Behavioral Mental Health Wellness Checkup: **805-873-5220**

Health Care

- Health Care for All (Application available for Health Care Covered CA & other low cost programs): **805-981-5212**
- Multi-City: **1-888-472-4463** or www.mybenefitcalwin.org
- WIC (Women, Infants, & Children): **805-961-4361**

Business

- Business Assistance Economic Development Collaborative: **805-408-8181** or www.edcollaborative.com

Housing

- Area Housing Authority of Ventura County: **805-680-9901** or www.ahcvc.org (Disseminated areas of Ventura County and the cities of Camarillo, Fillmore, Moorpark, El Estero, Pico, Ojai, Santa Rita, and Thousand Oaks)
- San Buenaventura Housing Authority: **805-948-5008**
- Santa Paula Housing Authority: **805-525-3338**
- Thousand Oaks Housing Authority: **805-385-8041**

Food

- CalFresh & CalWORKS Programs: **1-888-477-4463** or www.mybenefitcalwin.org
- Food Share: **805-943-7000** or www.foodshare.com
- School meals: www.rcpsd.org/meal
- Food for Justice: **805-477-7308** or www.food4justice.org

Transportation

- VCTD: **1-800-438-7112** or www.ventura.org
- Sold Coast Transit: **805-487-4222** or www.getcoasttransit.org

Utilities

- Southern California Edison: **1-800-950-2356** or www.sce.com
- Southern California Gas Company: **1-877-231-0882** or www.socalgas.com

Unemployment

- Unemployment Benefits Insurance: **1-888-333-4606** or www.edd.ca.gov

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
 @CountyofVentura
 @countyofventura

Are You a Farmworker with Financial Hardship Due to COVID-19?

Help is Available!

The **Farmworker Household Assistance Program (FHAP)** is intended to serve as bridge funding for residential household expenses to help stabilize housing for low-income farmworkers who live in Ventura County and are at greatest risk of homelessness. The program provides a grant amount of \$1,500 per eligible household.

A farmworker is defined as a person whose primary income is earned through permanent, seasonal, or migrant agricultural labor, including those employed in animal food, feed and ingredient production, packaging and distribution, field crop, and other agricultural facilities.

Basic Eligibility Criteria

- Applicant must be a farmworker.
- Have lived in Ventura County for at least the last 30 days.
- Income was impacted due to COVID-19 in one or more of the following ways:
 - Loss or reduction of income due to workplace closures, reduced hours, or layoffs.
 - Inability to work due to infection with COVID-19.
 - Need to miss work to care for school-age children due to school and daycare closures or need to care for a family member infected with COVID-19.
 - Unanticipated expenses due to mandated government health orders to stay home or self-quarantine.
- Have a need for assistance because of an inability to meet the most basic needs of food, housing and medical support. Priority will be given to those with an annual household income of less than 50% Area Median Income (AMI), followed by 51%-80% AMI.

Household Income Levels		
Family Size	Very Low Income (30% AMI)	Low Income (51.0% AMI)
1	\$36,550	\$61,250
2	\$45,200	\$71,300
3	\$56,850	\$81,350
4	\$56,450	\$96,250
5	\$61,000	\$124,000
6	\$65,300	\$204,850
7	\$70,000	\$132,050
8	\$74,550	\$189,200

Note: Those who have received funding through the Ventura County Pandemic Rental Assistance Program are not eligible for this program.

Online applications will be accepted **September 1 (at 5 p.m.) - September 30, 2020 (by 11:59 p.m.)**
 This is not a first-come, first-served process. All applications will be reviewed after the application window closes.

You will need to ...

- Answer all mandatory questions.
- Provide your email address.
- Upload scan of identity verification.
- Upload scan of most recent pay stub.
- Provide further documentation if requested during program audits.

Amount of assistance issued is based on a one-time payment and dependent on available funding. A paper check will be issued directly to eligible applicants approved for funding.

For more information and to apply, visit vhfa.org/fhapp.



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: Writing & General, Cultural Book Club

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,

Welcome back to the start of the semester! I recognize this may not have been what you anticipated your semester to be. However, I would like to let you know that through the PATH Program we encourage you to stay connected and reach out to us if you need any support. This Friday we will be hosting our bi-weekly PATH Virtual Community which was sent to you via an invitation. If you have not received it yet, please feel free to email me at leticia.cazares@csuci.edu. I would also like to introduce our stellar student assistants Ramona and Isaiah who are both here to support your educational journey.

In addition, you can schedule a meeting with me at <https://go.oncehub.com/LeticiaCazares>.

PATH Staff



Ramona Ornelas
She/Her/Hers

PATH Student Assistant
History
Minor in Chicax Studies
Graduating Spring 2023



Leticia H. Cazares, M.S.

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

PATH PROGRAM HOSTING TRAUMA INFORMED PRACTICES FOR SCHOOLS (TIPS) TRAINING

Becoming “trauma-informed” means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them. Often, trauma survivors can be re-traumatized by well-meaning caregivers and community service providers.

Participants will:

1. Learn about the physiological impacts of trauma on the brain and possible emotional, behavioral, social and intellectual/academic impacts on students in foster care (e.g., attachment issues, externalized behaviors, disabilities, etc.)
2. Learn about the Adverse Childhood Experiences (ACES) studies and how they relate to life-long impacts for students impacted by trauma.
3. Learn about what is being done at schools and in classrooms to create trauma sensitive learning environments and strategies for responding to these impacts.
4. Develop an understanding of the importance of self-care: addressing our own traumatic experiences/history.



**TUESDAY,
SEPTEMBER 15, 2020
9:00AM-11:00AM**

**RSVP: [HTTP://VCOE.K12OMS.ORG/1627-191856](http://VCOE.K12OMS.ORG/1627-191856)
QUESTIONS OR CONCERNS: EMAIL
LETICIA.CAZARES@CSUCI.EDU**

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.



**PROMOTING
ACHIEVEMENT
THROUGH
HOPE**
C H A N N E L
I S L A N D S



PATH Program & Resources

Virtual Community Building Retreat



Friday, September 11th, 2020

1:00-4:30pm

<https://csuci.zoom.us/j/93676244364>

Password: 373057

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.



**MULTICULTURAL
DREAM CENTER**

C H A N N E L
I S L A N D S



USI:

**UNDERREPRESENTED
STUDENT INITIATIVES**

Program

USI Letter by Natalie Johnson

I hope you all are staying safe and well during the time of the coronavirus (COVID-19) pandemic. With the transition to virtual support services the MDC has adopted online and virtual modes to support our different student populations.

If you would like to chat or need support either email me or set up a meeting with me at this link: <https://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

USI Program Events - September 2020

**02 WOCMP Mentee
Informational**

12:00-1:00 PM
& 4:00-5:00 PM

03 WOCMP Mentor Training
01:00-05:00 PM

**10 Immigration Legal Services
Workshop**
01:00 - 2:00 PM

11 PATH/MAR Retreat
01:00 - 04:30 PM

**14 WOCMP Opening
Informational**
02:00 - 03:00 PM

**16 WOCMP Faculty/Staff
Informational**
02:00 - 03:00 PM

**18 Undocumented Student
Empowerment Circle**
01:00 - 02:00 PM

**22 Adulting 101: Time
Management**
12:00 - 01:00 PM

**23 Adulting 101: Time
Management**
04:00 - 05:00 PM

23 WOCMP Study Group
TBD

24 WOC Healing Circle
01:30 - 2:30 PM

25 WOC Movie
03:30 - 05:00 PM

28 WOCMP Mentor Training
TBD

29 WOC Speaker Series
02:30 - 04:00 PM

30 WOCMP Book Club
TBD

General USI Events

WOC Events

MAR Events

USI Program Events - September 2020



02 WOCMP Mentee Informational

Wednesday, September 2nd
via Zoom from 12:00 to 1:00 PM and 4:00 to 5:00 PM

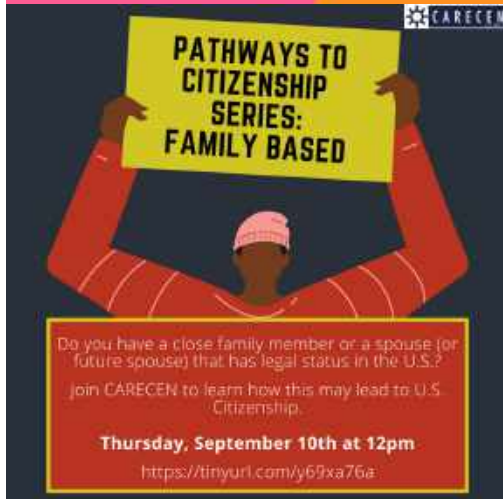
Are you a freshman at CSUCI that identifies as a woman of color? RSVP for the 2020-2021 WOCMP Mentee Informational at tinyurl.com/y6hv62zx.



03 WOCMP Mentor Training

Thursday, September 3rd
via Zoom from 01:00 PM to 05:00 PM

This is a joint training led by Natalie Johnson and Leo Sun for the WOCMP and the MOCMP, together united under the Students of Color Mentor Initiative (SOCMI).



10 Immigration Legal Services Workshop

Thursday, September 10th
via Zoom at 12:00 PM

Do you have a close family member, spouse, or future spouse that has legal status in the US? Join CARECEN to learn how this may lead to US citizenship. RSVP at <https://tinyurl.com/y69xa76a>.

USI Program Events - September 2020



11 PATH/MAR Virtual Community-Building Retreat

Friday, September 11th
via Zoom from 01:00 PM to 04:30 PM

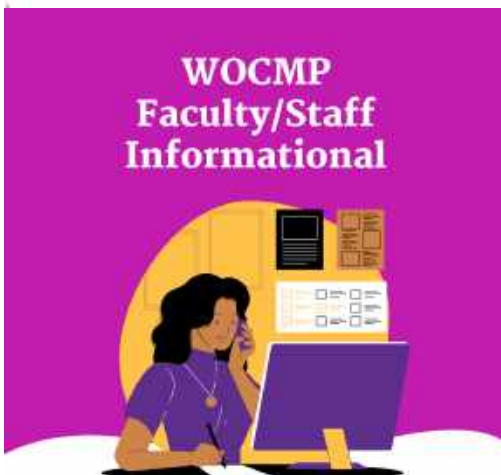
This is a joint community-building retreat for students in the MAR program as well as the PATH program.
RSVP at <https://cidsa.wufoo.com/forms/k1ffcpd00tvyvio/>



14 WOCMP Virtual Opening

Monday, September 14th
via Zoom from 02:00 PM to 03:00 PM

The WOCMP Opening Informational is our kickoff event where mentees will find out who their mentors are for the school year and learn what the next steps are for the program.
RSVP at <https://tinyurl.com/y3kmlymn>



16 WOCMP Faculty/Staff Virtual Opening

Tuesday, September 16th
via Zoom from 02:00 PM to 03:00 PM

The WOCMP Faculty/Staff Informational is meant to get faculty and staff caught up with the goals for the school year and learn who their mentees are.
RSVP at <https://tinyurl.com/yxbsdsvy>

USI Program Events - September 2020



Undocumented Student
Empowerment Circle

18 Undocumented Student Empowerment Circle

Friday, September 18th
via Zoom from 01:00 PM - 02:00 PM

The MAR (Mariposa, Achieving, and Resisting) Program and Norma Lopez Magana (CAPS) have come together to support undocumented students by providing a space to help process emotions of grief, anxiety, and stress. RSVP at https://csuci.qualtrics.com/jfe/form/SV_6fGqkZCBDSwQ2AR

22 Adulting 101: Time Management

Tuesday, September 22nd
via Zoom from 12:00 PM to 01:00 PM

There are 168 hours in every week. How are you spending yours? Come learn how to manage your time to help you achieve your academic, personal, and professional tasks. RSVP at <https://tinyurl.com/yxndrk5o>

23 Adulting 101: Time Management

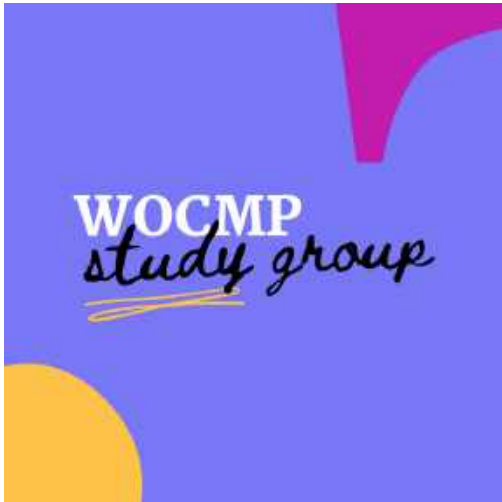
Wednesday, September 23rd
via Zoom from 04:00 PM to 05:00 PM

There are 168 hours in every week. How are you spending yours? Come learn how to manage your time to help you achieve your academic, personal, and professional tasks. RSVP at <https://tinyurl.com/yxndrk5o>

adulting 101:
**TIME
MANAGEMENT**

adulting 101:
**TIME
MANAGEMENT**

USI Program Events - September 2020



23 WOCMP Study Group

Wednesday, September 23rd
via Zoom from TBA to TBA

The WOCMP Study Group is a closed study group for all individuals involved in WOCMP. We will decide a time for this study group that most of our mentees can attend.



24 WOC Healing Circle

Thursday, September 24th
via Zoom from 01:30 PM to 02:30 PM

This is a healing circle open to all women of color on campus (not just those in the WOCMP program) to be in community with one another and share their thoughts and feelings about the state of our lives.

RSVP at <https://tinyurl.com/y26hgcb>



25 WOC Movie

Friday, September 25th
via Zoom from 03:00 PM to 05:00 PM

This is a movie viewing open to all women of color on campus (not just those in the WOCMP program). We will vote on a movie to watch together when the date nears.

RSVP at <https://tinyurl.com/y6c8t2bc>

USI Program Events - September 2020



28 WOCMP Mentor Training

Monday, September 28th
via Zoom from TBA to TBA

As part of our mission for WOCMP, mentors will participate in ongoing trainings to make mindful efforts for growth.

29 WOC Speaker Series

Tuesday, September 29th
via Zoom from 02:30 PM to 04:00 PM

This ongoing series of presentations is open to all students who would like to hear the perspectives of insightful and passionate women of color from around our community. We will announce this month's speaker and topic as the date nears.

RSVP at <https://tinyurl.com/y5xddslx>

30 WOCMP Book Club

Wednesday, September 30th
via Zoom from TBA to TBA

This book club is a closed club for those involved in WOCMP. This is part of our efforts to support women of color in learning more about their cultures, histories, and identities.

Adulting 101 Series for the Fall 2020 Semester

We have three workshops planned for our Fall 2020 adulting series, which you can see below. To RSVP for these three, visit https://csuci.qualtrics.com/jfe/form/SV_2l9zlvjEp4WqYR?Q_CHL=qr or scan the QR code in the image below!

ADULTING 101

Time Management

Tuesday, September 22 | 1:00 to 1:00 pm
Wednesday, September 23 | 4:00 to 5:00 pm

Via Zoom

There are 168 hours in every week. How are you spending yours? Come learn how to manage your time to help you achieve your academic, personal, and professional tasks.

Mindfulness for Students

Tuesday, October 20 | 12:00 to 1:00 pm
Wednesday, October 21 | 4:00 to 5:00 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.

In collaboration with Wellness Promotion & Education

Virtual School Survival Skills: Minimize Distractions

Tuesday, November 16 | 12:00 to 1:00 pm
Wednesday, November 17 | 4:00 to 5:00 pm

Via Zoom

Virtual School Survival skills. Drop-In and get support. Learn how to minimize distractions via virtual learning and maximize study time.

In collaboration with Disabilities Accommodations & Support Services

RSVP Link Here
https://csuci.qualtrics.com/jfe/form/SV_2l9zlvjEp4WqYR

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.

MULTICULTURAL DREAM CENTER
CHANNEL ISLANDS

WOC:

WOMEN OF COLOR

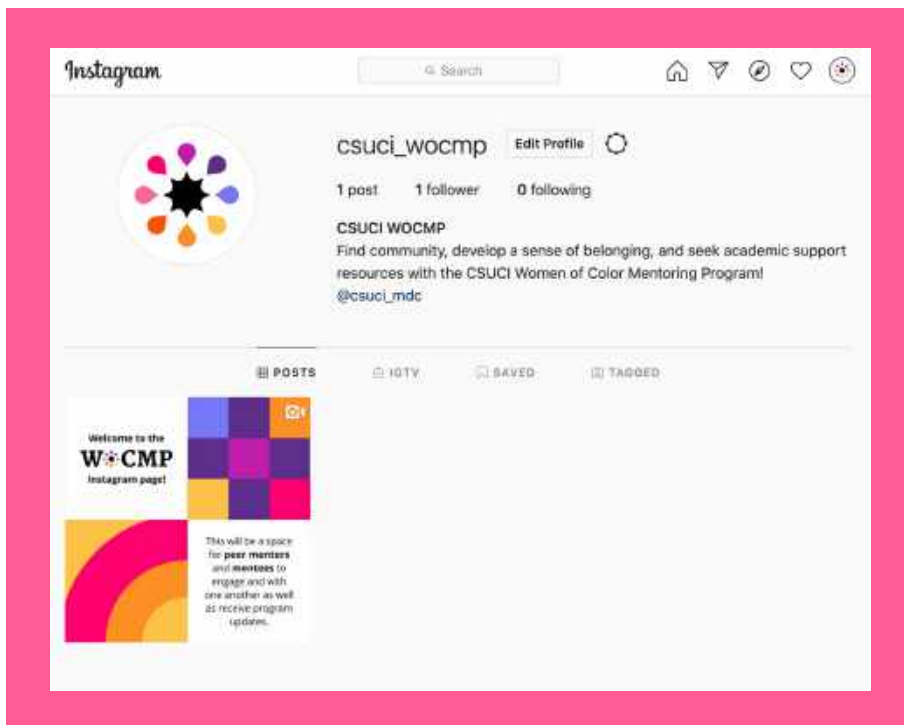
*Information
+ Resources*



Introducing the WOCMP Instagram Page!

Due to popular demand, we have created an Instagram page for our Women of Color Mentoring Program. We'll be using this page to connect with each other and stay updated on program news and events.

The account is currently public as of September 1st, but we will be making it private once our mentors and mentees go through the opening informational so as to create a safe space for connection, vulnerability, and growth.





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
CHANNEL
ISLANDS



CARECEN

FREE IMMIGRATION LEGAL SERVICES

For students, faculty, and staff and
their immediate family*.

*Immediate family: spouses, parents, siblings, and children

WHEN

- Every Monday
- 10:00 am to 4:00pm
- Due to Covid-19, all appointments are via Zoom or phone call

WHAT WE OFFER

- DACA Renewal
- Green Card Renewal
- Family Based Petitions
- Citizenship/ Naturalization
- General Consultation
- And more!

Book an
appointment:

<https://carecen/a.simplybook.me/v2/>



PATH & MAR

Virtual Community Building Retreat

Friday, September 11th, 2020
1:00-4:30pm

<https://csuci.zoom.us/j/93676244364>
Password: 373057

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.



**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/