

DECEMBER 2020

*"When you learn, teach. When you get, give." -
- Maya Angelou*

MDC *Newsletter*



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CSUCI

Updates

Events Overview



ACUI 2020 Region 1 Virtual Conference – Day 1

December 1st

10:00 AM - 4:00PM

RSVP: <https://theisland.csuci.edu/virtual-events/acui-2020-region-1-virtual-conference-46b9d>

The 2020 ACUI Region 1 Conference is a student activities conference that will be held virtually on Tuesday, December 1 – Thursday, December 3 and YOUR campus registration fee has already been paid for, courtesy of your ASI Student Union! This year's conference theme is "RESILIENCE AND REINVENTION!" A variety of engaging educational workshops, keynote speakers, and a "What's New" Showcase will be offered. Take advantage of this FREE Leadership and Student Activities opportunity!*



Bootcamp with Nick

December 1st

Tuesday 11:00 AM - 11:30 AM

Wednesday 11:30 AM - 12:00 PM

RSVP: Register on CI SYNC

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.



Financial Wellness Workshop

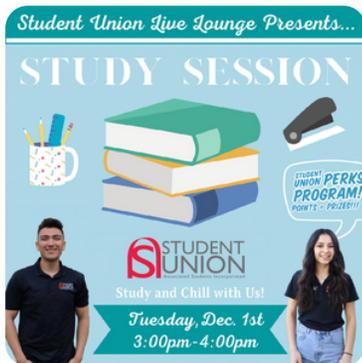
December 1st

12:00 PM - 1:00 PM

RSVP: [email wpe@csuci.edu](mailto:wpe@csuci.edu) for the Zoom link.

Learn about financial wellness every 1st and 3rd Tuesday of the month from Noon - 1:00 pm. 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.

Events Overview



Student Union LIVE Lounge: "Study Session"

December 1st

3:00 PM - 4:00 PM

RSVP: https://calendly.com/csuci_studentunion/live-lounge-1?month=2020-12

Join Kayla and Bryan from the Student Union Engagement Team on Tuesday, Dec. 1, from 3:00pm - 4:00pm in the SU Live Lounge for a finals study session! Register by noon on Nov. 20th to receive a FREE stretchy stress ball set AND show up to study to be entered into a multi-prize giveaway with items to support your studies! Dolphins must also attend the Live Lounge Event to study in order to claim and receive any giveaways.



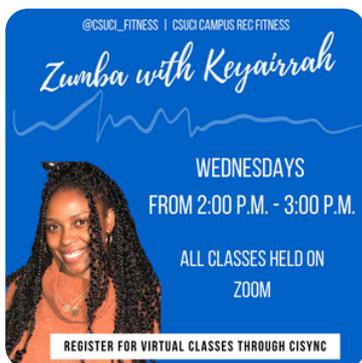
HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders

December 1st

3:30 PM - 4:30 PM

Zoom: <https://zoom.us/j/98421432236>

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.



Zumba with Keyairrah

December 2nd

2:00 PM - 3:00 PM

RSVP: Register on CI SYNC

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

Events Overview



ACUI 2020 Region 1 Virtual Conference – Day 2

December 2nd

10:00 AM - 4:00PM

RSVP: <https://theisland.csuci.edu/virtual-events/acui-2020-region-1-virtual-conference-46b9d>

The 2020 ACUI Region 1 Conference is a student activities conference that will be held virtually on Tuesday, December 1 – Thursday, December 3 and YOUR campus registration fee has already been paid for, courtesy of your ASI Student Union! This year's conference theme is "RESILIENCE AND REINVENTION!" A variety of engaging educational workshops, keynote speakers, and a "What's New" Showcase will be offered. Take advantage of this FREE Leadership and Student Activities opportunity!*



CSUCI's Virtual Career & Internship Fair

December 3rd

8:00 AM - 4:00 PM

RSVP: <https://www.csuci.edu/careerdevelopment/news/careerfair-students.htm>

Join Career Development & Alumni Engagement Thursday, December 3, from 8:00am - 4:00pm for the Virtual Career & Internship Fair. This annual fair offers students and alumni the opportunity to network with organizations that are actively recruiting to fill internship positions, as well as part-time and/or full-time employment opportunities.



ACUI 2020 Region 1 Virtual Conference – Day 3

December 3rd

10:00 AM - 4:00 PM

RSVP: <https://theisland.csuci.edu/virtual-events/acui-2020-region-1-virtual-conference-46b9d>

The 2020 ACUI Region 1 Conference is a student activities conference that will be held virtually on Tuesday, December 1 – Thursday, December 3 and YOUR campus registration fee has already been paid for, courtesy of your ASI Student Union! This year's conference theme is "RESILIENCE AND REINVENTION!" A variety of engaging educational workshops, keynote speakers, and a "What's New" Showcase will be offered. Take advantage of this FREE Leadership and Student Activities opportunity!*

Events Overview



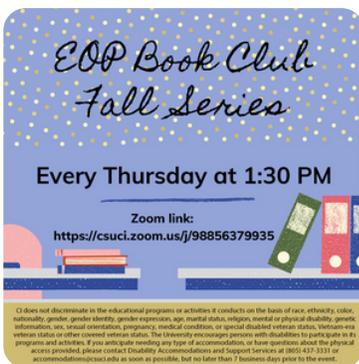
Social Anxiety Support Group

December 3rd

11:30 AM - 12:30PM

RSVP: caps@csuci.edu

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.



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

December 3rd

Starts 1:30 PM

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

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.



Student Programming Board (SPB) Weekly Meetings

December 3rd

5:30 PM - 6:30 PM

Zoom: <https://csuci.zoom.us/j/94173151956>

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

Events Overview



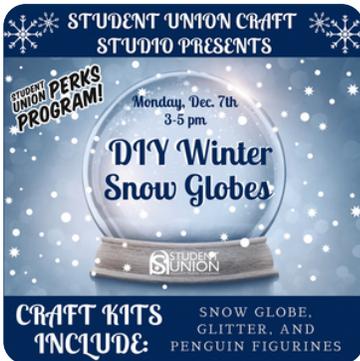
Student Union Game Room: "8 Ball Pool Tournament"

December 4th

12:00 PM - 1:30PM

RSVP: https://calendly.com/csuci_studentunion/live-game-room?month=2020-12

Join the Student Union Engagement and Student Services Team from Noon - 1:30pm on Friday, Dec. 4th, in the SU Live Game Room for our "8 Ball Pool Tournament!" Register NOW in the Live Game Room to compete and take home the grand prize (if you are champion of the tournament) or receive a special giveaway prize for participating! Anyone can attend (staff, faculty, students, alum, friends & family), but only enrolled students are eligible for giveaways. There are 14 bracket slots open for this tournament and it's FREE to play. Register to confirm your attendance by clicking the event date on the Student Union Game Room calendar! Following registration, you will receive a confirmation email with details to access the tournament on our Student Union Live Game Room Discord. See you there!



Student Union Craft Studio: "DIY Winter Snow Globes"

December 7th

3:00 PM - 5:00 PM

RSVP: https://calendly.com/csuci_studentunion/su-live-craft-studio-1?month=2020-12

Hey crafters! Join Sophia and Dejah from the Student Union Engagement & Student Services Team on Monday, December 7th, from 3:00-5:00pm for the next Live Craft Studio event: "DIY Winter Snow Globes!!!" Be one of the FIRST 20 CI students to register by Noon on Tuesday, December 1st, to be eligible to receive your FREE Crafting Supply Kit in the mail! Registration is NOW OPEN, so sign up TODAY in the craft studio! Register to confirm your attendance by clicking the event date on the Student Union Live Craft Studio calendar. Registration to attend the Craft Studio will remain open beyond the Free Craft Kit Deadline and you may use our Craft Studio Supply Lists (offered via the registration process) to bring your own craft supplies to participate! Dolphins that receive free kit supplies are required to attend the corresponding Live Craft Studio Event with their Free kit supplies to remain eligible for future kit giveaways! Tell your friends to register with you and join us for some fun! Don't worry if you are not eligible for a Free supply kit, everyone is welcome!



Bootcamp with Nick - Dec. 8

December 8th

11:00 AM - 11:30 AM

RSVP: Register on CI SYNC

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.

Events Overview



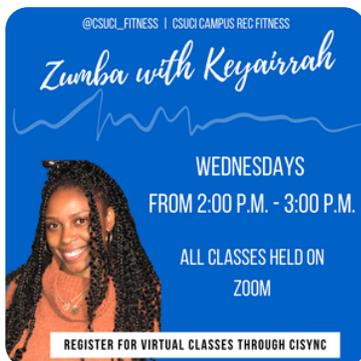
Bootcamp with Nick – Dec. 9

December 9TH

11:30 AM - 12:00 PM

RSVP: [Register on CI SYNC](#)

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.



Zumba with Keyairrah

December 9th

2:00 PM - 3:00 PM

RSVP: Register on CI SYNC

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



Social Anxiety Support Group

December 10th

11:30 AM - 12:30 PM

RSVP: email: caps@csuci.edu

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.

Events Overview



Fall 2020 Scholarship Workshop

December 16th

11:00 PM - 12:00 PM

RSVP: Click [here](#) or go to: go.csuci.edu/Scholarships

This workshop will provide you with the tips needed to be a competitive applicant. It will also provide an overview of the scholarship process along with various techniques on how to complete a successful application. CSU Channel Islands (CSUCI) offers outstanding scholarship opportunities each year. This is an excellent opportunity for you to apply for funding you do not have to pay back. Scholarship awards range between \$500 and \$10,000. We encourage all students to apply!

If you have any questions, please call the Financial Aid & Scholarships Office at (805) 437-8530 or email us at scholarships@csuci.edu.



Social Anxiety Support Group

December 17th

11:30 AM - 12:30 PM

RSVP: email: caps@csuci.edu

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.

HISTORY 302

Topics in North American History

Asian Pacific Islander American History



AAPI History at CSUCI

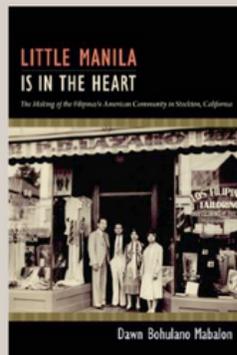
You will learn the historic and contemporary experiences of Asian American and Pacific Islanders communities in the U.S. Topics include early labor, legislation, international migration patterns to the U.S.; settlement and employment; demographic trends, sociocultural, economic, and political issues; and interethnic relations. Attention will be given to communities in Ventura County and the larger Southern California region. The course includes readings, films, discussions, and written assignments. Contact Prof. Frank Barajas for a permission # to enroll. frank.barajas@csuci.edu

Instructor: Lily Anne Welty Tamai, Ph.D.

When: Spring 2021

Date & Time: MW 1:30-2:45pm

Course: Online synchronous & recorded



CHS 490 AFRO LATIN AMERICA

Special Topics

ASYNCHRONOUS

SPRING 2021



THIS COURSE EXAMINES THE BLACK EXPERIENCE IN LATIN AMERICA AND THE CONTRIBUTIONS OF THE AFRICAN DIASPORA TO LATIN AMERICAN CULTURE, IDENTITY, SOCIETY, AND POLITICS

DR. RAUL MORENO CAMPOS

Fulfills Latin American Studies Requirement



CHICANA/O STUDIES




Channel Islands
CALIFORNIA STATE UNIVERSITY

**DISABILITY ACCOMMODATIONS AND
SUPPORT SERVICES**

**WE'RE HIRING
STUDENT ASSISTANTS FOR
SPRING 2021**

**Apply for the position through Dolphin
CareerLink!**

MDC

Updates

Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

As the semester slowly begins to end, I just want to take some time to share that you made it! We are almost to the finish line! I know this semester has been hard and you have all faced many challenges, but know that you are resilience and you have the entire CI community backing you up. If you ever need anything or just need to chat, our MDC Family is here to support you!

I also wanted to share that as you start the Winter Break, make sure to take time for yourselves and loved ones. This semester is one that will be remembered for many years to come, so make sure to reflect on the hurdles you have overcome and take time for self-care. And to reinforce this thought I leave you with this quote:

"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare," Audre Lorde in *A Burst of Light* and *Other Essays*.

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

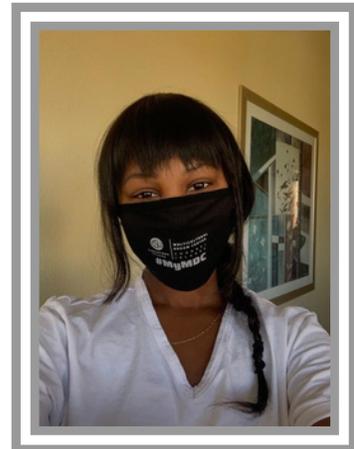
Multicultural Dream Center Staff



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



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



@CSUChannellIslands
Multicultural

Confidential Advocacy Services



Brooke Jacks
M.A., AMFT
Campus Advocate



2020-2021 Hours

Monday	Tuesday	Wednesday	Thursday	Friday
Out of Office	9am-4pm	Out of Office	9am-4pm	9am-3pm

To schedule an appointment:

Call **805-437-3527** or

Email campusadvocate@csuci.edu

If you need immediate help, please call our confidential 24-hour Bilingual Crisis Hotline **805-620-4676**.

Brooke Jacks Registered Associate Marriage and Family Therapist #120131
Supervised by Diana Guerrero Licensed Marriage and Family Therapist #95712 through Coalition for Family Harmony.

Confidential Advocacy Information

CSUCI Campus Advocate

Brooke Jacks M.A., AMFT



About Advocate Services

A confidential Advocate is someone with training and expertise in supporting survivors of sexual assault, sexual misconduct, sexual harassment, dating violence, domestic violence, and stalking.

An Advocate can provide support, information about options, and assist survivors through the medical and legal processes following experiencing sexual or interpersonal violence.

The Advocate provides information so that an individual can make informed decisions about what resources they would like to access.

Survivors are entirely in control of the Advocate's level of involvement while seeking services.

Resources could include:

- Reporting to the police or the University
- Accessing free psychological services
- Seeking a Domestic Violence Shelter
- Accessing academic accommodations
- Safety measures like no-contact orders
- Room changes

Hours and Appointments

Tuesday: 9am - 4pm

Thursday: 9am - 4pm

Friday: 9am - 3pm

campusadvocate@csuci.edu

805-437-3527

24-hour bilingual crisis hotline: 805-620-4676

Brooke Jacks Registered Associate Marriage and Family Therapist #120131
Supervised by Diana Guerrero Licensed Marriage and Family Therapist #95712 through
Coalition for Family Harmony.

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-cloth-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.



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



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



- 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.



- 3. Get rest and stay hydrated.**



- 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.



- 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.



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



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



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



CS315822-A 07/01/2020

cdc.gov/coronavirus

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

PATH

Updates

Promoting Achievement Through Hope

Monthly Letter by Leticia Cazares

Greetings PATH Students,

As we conclude the semester I would like to invite each of you to reflect on your accomplishments and each stride that you have been able to achieve this semester. Having moved to all virtual learning and programming has not been an easy task. I have heard thematically that engaging and feeling a sense of connection has been a major challenge for many of you. Therefore, I would like to ask that you consider reaching out to those networks that you have contact with to get support.

I would also like to invite you to take the winter recess to pause and re-energize as we must remain virtual for the upcoming semester as well. Enjoy the time off and take time to re-center yourself. Have a beautiful holiday season with your loved ones.

Furthermore, please submit your PATH Pass as it is due the first week of December. If you have yet to meet with me I urge you to schedule your appointment ASAP: Schedule an appointment by clicking: <https://go.oncehub.com/LeticiaCazares>

Freshmen & Sophomores PATH Pass: csuci.qualtrics.com/jfe/form/SV_8DhOhu0ZlErDYjP

Juniors and Seniors PATH Pass: 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

Promoting Achievement Through Hope



Interview done by: Leticia Cazares, M.S.

In a recent interview with Gisselle Uribe, who is in her sophomore year, shared that she received for a second year the [Barbakow Family Scholarship for Foster Youth](#).

The amount of the scholarship is [\\$10,000 for the academic year](#). She says "receiving the scholarship has been life changing because I live with my grandma and we don't have much of an income. Since she is the only one working. And so receiving the scholarship has allowed me to chase my dreams and be the first one to be going to college...I am super excited and thankful to the Barbakow Family."

She shares that being engaged in the PATH Program has been one of the best choices she has made as she only has had her grandma to rely on for support, but having others on campus feels like she has an extension of her family.

Her professional aspirations include working in the administration of a hospital setting. "I have always had a special place in my heart for doctors and nurses...for how they treated...my mom [while she was going through cancer]." She shares that she would like to bring joy to children that may be feeling confused about what is going on, especially when a parent is ill.

Finally, she would like to advise any new student to reach out for help and ask questions. She has learned that has been very valuable in her transition to higher education.

Virtual Book Club Shout Out

The PATH Coordinator who led the "21 Miles of Scenic Beauty... and then Oxnard: Counterstories and Testimonies" - book club through the MDC, would like to send a shout out to thank the four participants who were very engaged through all the sessions they include: Diana, Stefany, Tori, & Wendy. Further, she would also like to thank our local author **Dr. Martín Alberto Gonzalez** who joined us in a virtual discussion to share his trajectory in education.



Promoting Achievement Through Hope

True Grit: Uplifting Stories from the CSU's Class of 2019

By: Alisia Ruble

5/28/2019



Clockwise from top left: San Diego State's Erica Alfaro, CSU San Marcos' Stephen Vandereb, Stanislaus State's Livier Camarena Sanchez, Fresno State's Arnold Treviño, CSU East Bay's Chunli Cao and Cal State LA's Matthew Keels

Bring Joy to Kids in Foster Care this Holiday Season

GIVING BACK BOXES



Giving Back Boxes are a great way to help the community! With 2020 continuing to change the way we celebrate the holidays, take this chance to do something good and help kids in foster care.

Inspired by the Sweet Case program, Together We Rise has altered their program to be COVID safe and easy to do from the comfort of your home. Whether you and your family can sponsor a kit of 10 or 20 Sweet Cases or Birthday Boxes the difference you can make is immeasurable!

Sign Up and Sponsor a Giving Back Box Today!

[SPONSOR NOW](#)



Promoting Achievement Through Hope



COMMUNITY
Ventura County
Community Foundation
Investing Together. For Good. For Ever.

SEEKING MONEY FOR COLLEGE?

Apply for a scholarship through
Ventura County Community Foundation

Application period open through January 29, 2021
No late applications will be accepted

ABOUT VCCF'S SCHOLARSHIP PROGRAM

- Application period opens November 25, 2020
- Deadline to apply is January 29, 2021
- Scholarship selections announced May 2021
- 80+ scholarships available
- \$1.3 million awarded annually

Apply now at vccf.org/scholarships

Contact us for more information:
Email scholarships@vccf.org or call (805) 330-6668 or (805) 330-6669

 [@VenturaCountyCommunityFoundation](https://www.facebook.com/VenturaCountyCommunityFoundation)  [@vccfoundation](https://www.instagram.com/vccfoundation)  [@VCCFoundation](https://twitter.com/VCCFoundation)

**Ventura County Community Foundation's scholarships are
now open through
January 29, 2021**

Apply at vccf.org/scholarships



Scholarships and Internships Guide

The PATH Program is pleased to announce that we have created a document that contains various scholarships and internships as well as some resources one could use when searching. To view this document, please click the link below and download the document.

<https://bit.ly/3fqUSBz>

Echoes of Hope Announcement

I hope this message finds everyone in good health.

I wanted to provide an update on our textbook program. Echoes of Hope was expecting to receive our last round of funding this month. Unfortunately, due to the pandemic, we will not be receiving the remaining funds this year. We hope to receive the last round of funding in February/March '21.

We are so sorry for the disappointing news as we know how much students rely on this program. If anything changes in funding, we will definitely let you know. If students have no other resources, you can certainly reach out to us and we will do our best to accommodate a small percentage of students.

Additionally, we encourage students to return books so that when funding is available, their name is cleared and there's no delay in purchasing books.

Lastly, if students need support in other areas (meal assistance, transportation, laptops, etc.) we do have funding available. Please reach out to leticia.cazares@csuci.edu, for the general support application.

Nicole Knosp

SPIRIT of Santa Paula Food Pantry:

Hungry?
Not a Problem here.



SANTA PAULA FOOD PANTRIES & SERVICES

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

DROP IN CENTER

For Homeless and Hungry

Food - Encouragement -- Basics

1498 E. Harvard Blvd. Santa Paula

Monday – Thursday from 9 to 2 pm

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

Tuesdays at 11 – Encouragement

Various Services Available:

Including Mental Health, Counseling

TB Tests Appointments - Services

Emergencies 805.340.5025

Church in the Park – Sundays at 11 am

ONE STOP

Ventura Co. Healthcare Agency

Every Friday 9 to Noon

El Buen Pastor Church

1029 E. Santa Paula Street

Homeless Services – CDR

Medical – TB Tests Flu Shots

Medical Assessment

HOT MEALS

Many Meals

SPIRIT of Santa Paula

Hot Meal for take-out and/or dining room

Wednesdays 5 – 6 pm

First Presbyterian Church

121 N. Davis Street

805.340.5025

LOCAL FOOD PANTRIES

Santa Clara Valley CFL

217 N. 10th Street - 805.933.9800

2ND AND 4TH Fridays – 9 am to 1 pm

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

St. Vincent de Paul – St. Sebastian's

235 N. 9th Street - 805.525.2149

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

Valley Community Foursquare Church

611 E. Main Street

805.525.4273

Tuesdays from 9 – 10 am

A LITTLE LAUNDRY

1183 E. Main Street

Every Friday from 7:30 to 9 am

HMIS ID Required.

FOOD PANTRY

SPIRIT of Santa Paula – Food Pantry

First Presbyterian Church

121 N. Davis Street - 805.340.5025

Every Wednesday 5 pm – 6 pm

SPIRIT of Santa Paula – USDA plus

1498 E. Harvard Blvd.

805.340.5025

Every Saturday 2:30-4:30

Lottery for position in line -

Early birds not necessary

SHOWERS

Every Friday 9 to Noon

HMIS ID Card Required

1029 E. Santa Paula Street, Santa Paula

EMERGENCY FOOD BOXES BY APPOINTMENT

805.340.5025

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

SPIRIT OF SANTA PAULA

805.340.5025

Espanol Lupe Servin 805.427.4750

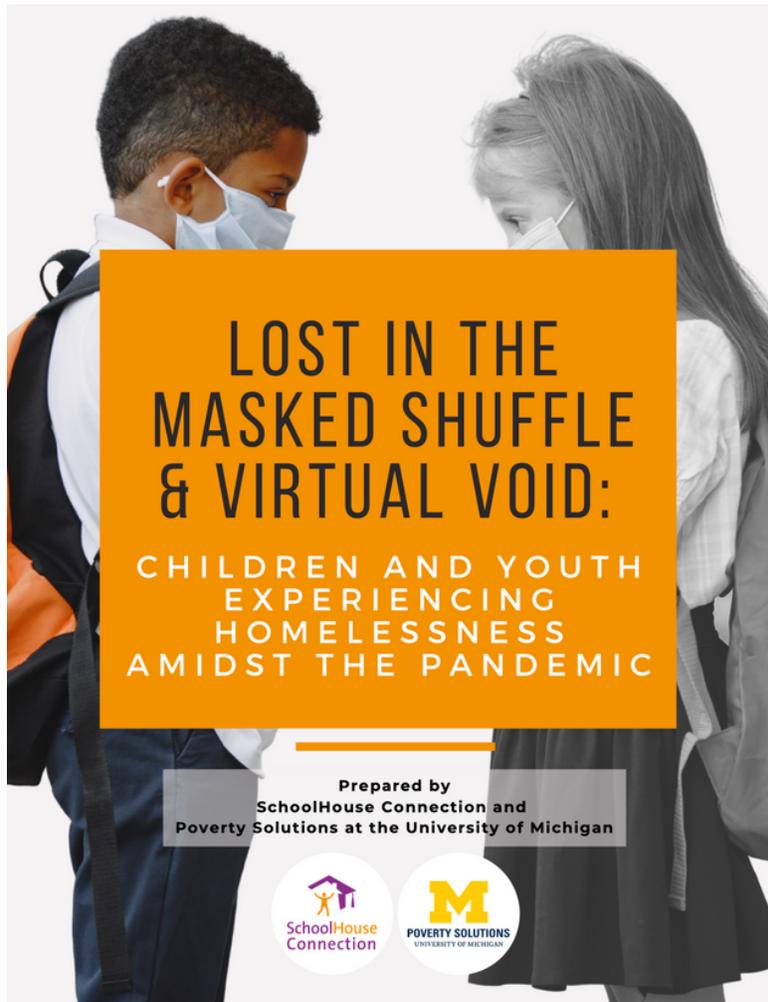
www.spiritofsantapaula.org

facebook.com/spiritofsantapaula

3.2020

Click [here](#) to view the SPIRIT of Santa Paula Newsletter

Promoting Achievement Through Hope



"Based on a new report from SchoolHouse Connection and Poverty Solutions at the University of Michigan, 420,000 fewer children and youth experiencing homelessness have been identified and enrolled by schools so far this school year. According to our data and insights - gathered from educators and homeless liaisons across 49 states - the number of children, youth, and families experiencing homelessness has likely increased due to the economic crisis. Yet, because of COVID-19 challenges in identifying children and youth experiencing homelessness, hundreds of thousands may not be getting the education and support they need.

What's more, only 18% of respondents indicated that federal coronavirus relief education funding provided by the CARES Act is being used to meet the needs of students experiencing homelessness. To break generational cycles of homelessness, we must take swift action to support the increasing number of children, youth, and families in need. Check out our [report](#) to learn more and take action. We have included recommendations for Congressional leaders, state and local educational agencies, homeless, housing, food, and other relief agencies, and philanthropic organizations."

-SchoolHouse Connection

For more information and to access the report, visit
<https://www.schoolhouseconnection.org/lost-in-the-masked-shuffle-and-virtual-void/>

Hot Chocolate Bombs Recipe

Ingredients

1. Chocolate chips (milk, dark, white, etc.)
2. Hot Cocoa Mix
3. 1 Sphere Mold
4. (Optional) add-ins like mini marshmallows, sprinkles, or toffee pieces

Directions

1. Melt your chocolate chips by microwaving them in a bowl for 30 seconds, stirring, then continuing to heat at 15-second intervals, and stir until the chips are all melted.
2. Use a spoon to dollop the melted chocolate into your molds, smoothing it around the edges until everything is covered. Set in the refrigerator for about 30 minutes, or until the chocolate is firm.
3. Fill your mold three-fourths full with your hot cocoa mix and optional add-ins.
4. Use a hot plate or pan to melt the open end of the chocolate mold and connect two halves to create a ball
5. Pour the remaining chocolate over top to seal the "back" of the bombs. Place mold in the fridge until the chocolate sets. Serve in a mug, pouring hot milk over the bomb and stirring until completely melted. Enjoy!

USI *Updates*

Monthly Letter by Natalie Johnson

Hello all!

As the semester wraps up and finals are on the way please do take advantage of the academic support services on campus. Good luck with finals and have a great winter break!

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

Event List

Destress Week

November 30th - December 4th

WOCMP Study Group

December 2nd

11:00 AM - 12:00 PM

SOCMI Closing Social

December 3rd

11:00 AM - 12:00 PM

CARECEN Pathway to Citizenship Workshop

December 3rd

03:00 PM - 04:00 PM

Undocumented Ally Training: Silver

December 4th

03:00 PM - 05:00 PM

WOCMP Book Club

December 4th

11:00 AM - 12:00 PM

Finals Week

December 7th - December 11th

Undocumented Ally Training: Silver

December 10th

10:00 AM - 12:00 PM

Instructors' Grades Due

December 18th

General

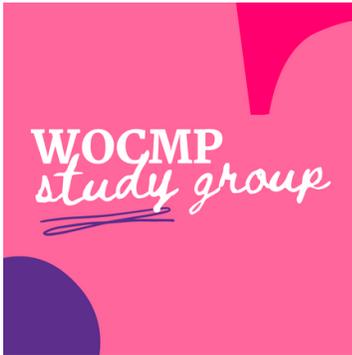
WOC

WOCMP

Undocumented

MAR

Events Overview



WOCMP Study Group

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

RSVP: Google Classroom

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

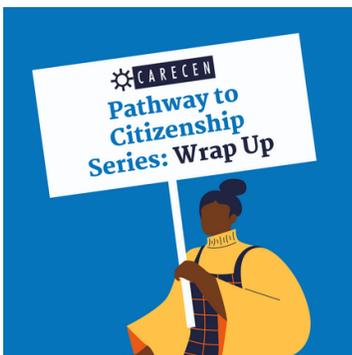


SOCMI Closing Social

December 3rd
11:00 AM - 12:00 PM

RSVP: tinyurl.com/y65c3hjg

In collaboration with the Men of color Mentoring Program, we will be wrapping the semester off with the Students of Color Mentoring Initiative Closing Social. During this social we will be reflecting on the year, building community, and having fun! Don't forget to RSVP!



CARECEN Pathway to Citizenship Workshop

December 3rd
03:00 PM - 04:00 PM

RSVP: tinyurl.com/y6cs8uem

CARECEN LA invites you to attend the Pathways to Citizenship Wrap Up Presentation, where attendees will hear a summary of all the Pathway to Citizenship presentations that were held throughout the series: SIJS, Family-Based Petitions, U-Visas, and VAWA. RSVP today.



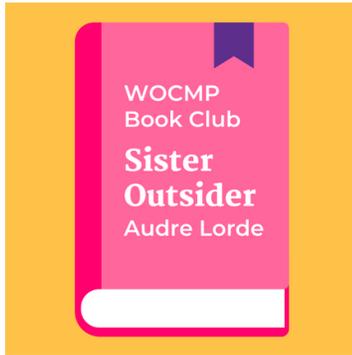
Undocu Ally Training: Silver

December 4th
03:00 PM - 05:00 PM

RSVP: tinyurl.com/y34gh2b3

The MDC organizes three Undocumented Student Ally trainings for CSUCI staff and faculty to learn how to serve as allies to undocumented students. During the silver training, the second level of the program, attendees will learn about AB 540 affidavit, the history of the DREAMer movement, the legal reality of undocumented students, and more.

Events Overview



WOCMP Book Club

December 4th

11:00 AM - 12:00 PM

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.



Undocu Ally Training: Silver

December 10th

10:00 AM - 12:00 PM

RSVP: tinyurl.com/y34gh2b3

The MDC organizes three Undocumented Student Ally trainings for CSUCI staff and faculty to learn how to serve as allies to undocumented students. During the silver training, the second level of the program, attendees will learn about AB 540 affidavit, the history of the DREAMer movement, the legal reality of undocumented students, and more.

WOMEN OF COLOR *Resources*





The Safe Place App

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

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



BlackLine 24/7 Hotline

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



Therapy for Black Girls

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

<https://therapyforblackgirls.com/>



Ethel's Club

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

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



Scholarships for Women of Color

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

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



Latinx Therapists Action Network

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

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



Brown Girl Self Care

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

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



Latino Rebels

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

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



Resilient Sisterhood Project

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

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



The Asian Pacific Institute on Gender-Based Violence

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

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



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

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

<https://sisterslead.org/>



The Colored Girl Online Community

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

PEOPLE OF COLOR *Resources*

From the article "55 Mental Health Resources for People of Color"

People of Color

Inclusive Therapists

Link: <https://www.inclusivetherapists.com/>

Database for people to connect with therapists focused on the needs of marginalized populations including people of color, the LGBTQ community and people with disabilities.

LGBTQ Psychotherapists of Color

Link: <https://www.lgbtqpsychotherapistsofcolor.com/>

Directory of therapists based in Northern California; also lists those providing online services.

National Queer & Trans Therapists of Color Network

Link: <https://www.nqttcn.com/>

Organization with directory of therapists nationwide.

Fireflies Unite With Kea Podcast

Link: <https://www.firefliesunite.com/podcast>

Stories of people thriving with mental illness within communities of color.

Wellness in Color Podcast

Link: <https://namimn.org/category/podcast-episodes/wellness-in-color/>

Series from National Alliance on Mental Illness Minnesota with the mission to reshape the cultural language about mental illness through stories.

Black People and African Americans

Black Emotional and Mental Health Collective

Link: <https://www.beam.community/>

Organization with information on mental health training, toolkits and a directory of licensed Black therapists External link who can provide online services.

Black Mental Health Alliance

Link: <https://blackmentalhealth.com/>

Organization that connects individuals with therapists and provides professional training.

Ethel's Club

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

Social and wellness community where paying members can access group workouts, guided meditations, wellness salons and art workshops as part of the healing process.

Psychology Today Directory of AA Therapists

Link: <https://www.psychologytoday.com/us/therapists/african-american>

Detailed therapist listings for states and major cities.

Sistah Afya Community Mental Wellness

Link: <https://www.sistaafya.com/>

Social impact business that provides mental health education, therapy, community support and resources to help young adult Black women.

Therapy for Black Girls

Link: <https://therapyforblackgirls.com/>

Website associated with a podcast by same name that offers a therapist locator, group chats and blog articles to encourage the wellness of Black women and girls.

African Americans, Anxiety and Depression Association of America

Link: <https://adaa.org/african-americans>

Information on choosing providers and accompanying ADAA articles on topics such as how to overcome unique obstacles and the link between racism and stress and anxiety for Black Americans.

Substance Abuse & Mental Health Services Administration

Link: www.samhsa.gov/behavioral-health-equity/black-african-american

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support.

Mental Health America

Link: mhanational.org/issues/black-african-american-communities-and-mental-health

Fact sheet about prevalence of, attitudes about, and treatment for mental health issues with information specific to bipolar disorder and clinical depression.

Black Mental Matters Podcast

Link: <http://blackmentalmatters.com/episodes/>

Weekly conversations that address mental health disparities in the Black community to break the stigma.

Black Therapist Podcast

Link: <https://www.blacktherapistpodcast.com/>

Discussions about unique issues when dealing with mental health care and mental health diagnosis.

Brother, You're on My Mind Toolkit

Link: www.nimhd.nih.gov/programs/edu-training/byomm/toolkit.html

Website with educational material, checklists and tips on partnerships, outreach and event planning aimed at African American men.

Minding My Black Business Podcast

Link: mindingmyblackbusiness.com/podcast/

Series dedicated to the mental health of Black entrepreneurs.

The Safe Place

Link: afropunk.com/2018/03/jasmin-pierre-built-minority-mental-health-app-black-community-safe-place/

Mental health app for the Black community on Android External link and iPhone.

Sharing Hope

Link: <https://www.nami.org/Get-Involved/What-Can-I-Do/Become-a-Leader-in-the-Mental-Health-Movement/Sharing-Hope-Speaking-with-African-Americans-about>

Presentation about stigma, possibilities of recovery, types of support services and signs of bipolar disorder, schizophrenia and depression.

Therapy for Black Girls Podcast

Link: <https://therapyforblackgirls.com/podcast/>

Weekly chat about mental health, personal development and more for Black women and girls.

Asian Americans and Pacific Islanders

Asian American Psychological Association

Link: <https://aapaonline.org/>

Organization for professionals that has fact sheets on brain injury, trauma and violence exposure, intimate partner violence, student-adjustment challenges, bullying and suicide.

Asian Counseling and Referral Service

Link: <https://acrs.org/>

organization based in the state of Washington that provides Asian American and Pacific Islander communities with mental health services and support.

Asians Do Therapy

Link: <https://asiansdotherapy.com/>

Website working to reduce stigma about and improve access to therapy with guidance on finding a therapist.

Asian Mental Health Collective

Link: <https://www.asianmhc.org/>

Group raising awareness about the importance of mental health care among Asian Diasporic communities with an Asian Pacific Islander Desi American Therapist Directory External link of providers nationwide.

Asian Pacific Counseling & Treatment Centers

Link: <https://www.apctc.org/>

Agency based in Los Angeles County, California, that offers mental health counseling online as well as workshops and group activities for the Asian Pacific communities in its service area.

Cambodian Association of America

Link: <http://www.cambodianusa.com/>

Organization that provides information and programs related to mental health topics such as stressors and their risk factors, meditation, yoga exercises and anger management.

National Asian American Pacific Islander Mental Health Association

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

Organization with trainings, self-care tips and articles related to the mental health of Asian Americans, Native Hawaiians and Pacific Islanders.

Asian-Americans, ADAA

Link: <https://adaa.org/asian-americans>

Information on choosing a provider and accompanying ADAA articles on why Asian Americans and Pacific Islanders don't go to therapy and the group's mental health needs.

Substance Abuse & Mental Health Services Administration

Link: <https://www.samhsa.gov/behavioral-health-equity/aanhpi>

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support

Mental Health America

Link: mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health

Fact sheet about prevalence, attitudes, treatment and potential issues with mental health care access or insurance.

Asians Do Therapy Podcast

Link: <https://asiansdotherapy.buzzsprout.com/>

Fact sheet about prevalence, attitudes, treatment and potential issues with mental health care access or insurance.

Korean American Perspectives Podcast

Link: <https://councilka.org/podcast-series/>

Council of Korean Americans series featuring episodes on experiencing burnout and trauma, navigating mental health, practicing self-compassion and more.

MannMukti

Link: <https://www.mannmukti.org/>

Platform with stories, a MannMukti Community Facebook group External link and podcast series focusing on South Asians living with mental health issues.

Latinx Americans

Latinx Therapy

Link: <https://latinxtherapy.com/>

Directory of mental health therapists and other helpful information for the Latinx community.

Therapy for Latinx

Link: <https://www.therapyforlatinx.com/home>

Directory of verified therapists, psychiatrists, community clinics, emergency mental health, life coaches and support groups for the Latinx community.

National Alliance for Hispanic Health

Link: <https://www.healthyamericas.org/>

Organization with information on various topics that offers a helpline (866-783-2645) for assistance navigating the health system.

The Campaign to Change Direction

Link: <https://www.changedirection.org/hispanicpsa/>

Initiative with crisis counseling text line (text 741741).

Ayuda En Espanol, Suicide Prevention Lifeline

Link: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Information on a Spanish language crisis line (888-628-9454) and other relevant topics.

Substance Abuse & Mental Health Services Administration

Link: www.samhsa.gov/behavioral-health-equity/hispanic-latino

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support.

Mental Health America

Link: mhanational.org/issues/latinohispanic-communities-and-mental-health

Mental health fact sheet about prevalence, attitudes, treatment and screening tools in English and Spanish.

National Alliance on Mental Illness

Link: nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health

Information on issues to consider such as privacy, language, natural medicine, faith and spirituality and cultural competency of a provider.

Anxiety and Depression Association of America

Link: <https://adaa.org/hispanic-latinos>

Guidance on choosing a provider and accompanying ADAA articles on why members of the Latino community don't go to therapy and what their mental health needs as well as information on ADAA's

Latinx Therapy Podcast

Link: <https://latinxtherapy.com/podcast/>

Episodes about self-help techniques, how to support others and cultural competency among providers.

Mental Health Guide for Latinos & Their Families

Link: <https://www.youtube.com/watch?v=7QgVi7suKvs>

22-minute video about different kinds of mental illnesses, treatments and how to find care.

Native Americans and Alaska Natives

Behavioral Health, Indian Health Service

Link: www.ihs.gov/communityhealth/behavioralhealth/

Agency information hub with sections on various behavioral health issues, mental health issues and suicide.

Center for Native American Youth

Link: <https://www.cnay.org/>

Organization with tools including videos, peer-to-peer engagement activities and a resource exchange.

National Indian Health Board

Link: <https://www.nihb.org/index.php>

Tribal governments' organization with toolkits and information on federal agencies and private foundations providing services.

Native Americans for Community Action

Link: <http://www.nacainc.org/>

Organization in Arizona providing behavioral health services.

Native American Health Center

Link: <http://www.nativehealth.org/>

California Bay-Area organization providing behavioral health services.

Tribal Affairs, SAMHSA

Link: <https://www.samhsa.gov/tribal-affairs>

Information on services the government agency provides to Native American communities accompanied by details on the Suicide Prevention Lifeline (800-273-8255) and SAMHSA's National Helpline (800-662-4357).

All My Relations Podcast

Link: <https://www.allmyrelationspodcast.com/>

Series focused on relationships Native people have with land, ancestors and each other with episodes on topics such as Indigenous feminism, family wellness and mascots.

Mental Health America

Link: mhanational.org/issues/native-american-communities-and-mental-health

Fact sheet about prevalence of, attitudes toward, and treatment for mental health issues among Native Americans.

Native Americans, Suicide Prevention Lifeline

Link: suicidepreventionlifeline.org/help-yourself/native-americans/

Information about self-care and how to help someone in crisis, with reminders about SAMHSA's lifeline (800-273-8255).

American Psychological Association Articles

Link: <https://www.apa.org/pi/oema/resources/american-indian>

Page with articles related to psychology among Native Americans, information on policy, and educational tools.



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/y68vtqf>



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>



Sallie Mae Scholarships

Scholarship Search for Undocumented Resources

When creating a profile to utilize the scholarship search tool on Sallie Mae's website, you can specify that you're interested in scholarships that do not specify a particular citizenship status.

www.salliemae.com/college-planning/college-scholarships/