“Things work out best for those who make the best of how things work out”.

- John Wooden
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Events Overview

CALL OF DUTY: WARZONE
Play from March 1 - March 31, 2021
Register on IMLeagues.com

MARCH STEP CHALLENGE
Challenge yourself to get up and walk in the month of March!
Register on IMLeagues.com
March 1 - March 31, 2021

VIRTUAL STUDY HALL
Every Wednesday 3 PM - 4 PM
Zoom
Join fellow Dolphins to study and prepare for class. A librarian will be in all sessions to help answer questions, share library resources, and more.
RSVP TODAY @ GO.CSUCI.EDU/LEVELUP

VIRTUAL SCHOOL Survival Skills
Weekly Drop-in • Learn Skills • Get Support

FRIDAY, MARCH 5, 2021 at 11:00 AM
JOIN VIA ZOOM & LEARN
Get a GRIP on Test Anxiety
Small tasks can make a difference to maximize test performance.
YOUR HOSTS: Unique Education
Sam, Jennifer

Diversity & Inclusion Student Council
Friday, 3:00 - 4:00 p.m.
Are you interested in learning how you could further get involved in Inclusivity and Diversity? The Diversity and Inclusion Student Council is here to empower students to build an inclusive campus environment that’s safe and welcoming for all. Through this online group, you will build community and actively make a difference.
Contact Jeni Ginde at jeniginde@csuci.edu

Virtual Competitive 3K
REGISTER ON IMLeagues
Monday, March 8th through Sunday, March 14th

For more information, and event registration please visit the Islands event page! https://theisland.csuci.edu/virtual-events
For more information, and event registration please visit the Islands event page! https://theisland.csuci.edu/virtual-events
American College Health Association
National College Health Assessment

ACHA-NCHA SURVEY

The ACHA-NCHA survey is a chance to help CI get to know student habits, behaviors, and perceptions on college student health topics. A link to the survey will be sent to Dolphin email accounts for students age 18 and over. The survey is confidential and participation is voluntary. Help CI improve our services for students!

OPPORTUNITY!

All students who were sent a survey link will be entered into a random drawing* to win one of twenty (20) $50.00 e-gift cards to Amazon.com, or one of ten (10) $50.00 gift cards to the CI bookstore!

*Students who do not receive a survey invitation but would still like to be entered into the drawing may email wpe@csuci.edu with their CI email address indicating their interest by March 8, 2021, to be entered into the drawing.
Greetings Dolphins!

We hope the semester has been going well! As you continue to persist in your classes, join fun virtual experiences and build community with your peers - we encourage you to join our events! We also have many study skills workshops, specifically developed through student feedback from our MDC Engagement Survey late fall. We hope the sessions are helpful as you continue to navigate your classes virtually. Also note that we invite you share feedback and thoughts about your programming along the way, just let us know how we can best support you this semester.

As you start your week, don't forget to check our our weekly TikTok videos promoting the weeks events on our IG and Facebook accounts. We also have some fun TikToks in the works to keep you engaged this semester.

I also encourage you all to make sure to avail yourselves in self-care during these difficult times. It is easy to forget to do so, but I know first hand how important self-care can be for your holistic wellness. With that, be on the look out for our Destress Week mid-March to get some tips/tricks to participate in holistic wellness. We will also be hosting some competitions for folks to win Self-Care Boxes to help you be healthy and mindful this semester.

I also wanted to personally share my sadness and anger at the continued violence against Asian American & Pacific Islander (AAPI) communities, especially of late. These acts of violence and hate can be found throughout the history of the United States, and we must continually work towards eliminating this hate/violence in our society. With that said, I am glad to share that the MDC has come out with a AAPI Solidarity Statement (listed below). And we will be recommitting ourselves as a Center, to exploring ways we can improve our AAPI programming/opportunities on campus so we can raise awareness and education about AAPI issues on campus. If you have ideas or recommendations, please feel free to email me directly (hiram.ramirez@csuci.edu).

As always, if you need anything please let us know and have a great start to the semester!

In Solidarity,
Hiram Ramirez
Multicultural Dream Center

Multicultural Dream Center Staff

Elizabeth Salgado
She / Her / Hers
Graduate Intern
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Anthony De La O
He / Him / His
Student Assistant
Graduating 2022

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He / Him / His
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Taylor Duncan
She / Her / Hers
Student Assistant
Graduating 2021

Isaiah Ball
He/Him/His
Student Assistant
Major in Organizational Communication
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.
The Multicultural Dream Center (MDC) is in solidarity with its Asian American and Pacific Islander (AAPI) students, faculty, staff and community members. The recent acts of violence against AAPI communities is unacceptable. We renounce all acts of violence, harassment and hate speech directed at AAPI communities. We also acknowledge this violence represents a continued history of xenophobia, actions of hate and racism in the United States. We must come together to combat racism in all forms and lean into each other during these difficult times. With this in mind we have our Racial Healing & Educational Guide and Resource Guide for AAPI Students on our LinkTree under our bio.

#WeStandTogether
#FightingAgainstHate
Multicultural Dream Center

March Calendar

Virtual Study Hall
Every Wednesday
3 - 4 p.m.
Zoom
Join fellow Dolphins to study and prepare for class. A librarian will be in attendance to help answer questions, share library resources and more.
RSVP @ e-mail: nduocenter@ucsd.edu

Undocu Workshop: Scholarship Search
Thursday, March 3
6 - 7 p.m.
Zoom
Partnering with Medical Counseling we bring you a workshop to support undocumented students in their search for scholarships.
RSVP @ luyuri.com/4osocnu

Women's History Month Social
Wednesday, March 3
Noon to 1 p.m.
IG Live
Join the MDC Team on Instagram Live for virtual celebration of Women's History Month. This event features community building, information on upcoming events, and celebrating the contributions of women. This event is open to everyone. Participants will receive a special mystery box.

Study Skills Workshops
RSVP today @ go.ucsd.edu/4ovlko

WOC Retreat
Friday March 26th
1 - 5 p.m.
Zoom
Retreat centering the experiences of Women of Color (WOCs) on campus and a space for them to build community.
RSVP @ go.ucsd.edu/WOCretreat

Undocu Workshop: Graduate School
Friday, March 12
4 - 5 p.m.
Zoom
We are partnering with Graduate School programs to bring you a workshop to support undocumented students in the process of applying to graduate school.
RSVP @ luyuri.com/2mcrerkfo

Destress Week:
Monday, March 22 - Friday, March 26
All Day on Social Media
Feeling a little stressed and overwhelmed. Visit our social media and engage in destressing activities, learn about valuable destressing resources, and fun tips around self-care.

International Women's Day
Monday, March 8
1 - 3 p.m.
Zoom
International Women's Day is celebrated on the 8th of March, every year around the world. Join us for a virtual celebration where we will play games, be in community and discuss important issues that impact women.
RSVP @ go.ucsd.edu/JOvliwpi

Adulting 101: Mindfulness
Monday, March 8
Zoom
Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally. This session is designed to support students success.
RSVP @ go.ucsd.edu/JOvliwpi

Women’s Recognition Awards
Wednesday, March 10
11:30 a.m. - 1 p.m.
Zoom
The Multicultural Dream Center in collaboration with the Center for Multicultural Engagement is happy to announce the 20th Annual Women’s Recognition Awards at CMU Channel Islands. This program was deeply rooted in our community, as we strive to acknowledge and uplift the work of women in our community.
RSVP @ go.ucsd.edu/JOvliwpi

Immigration Legal Services
Thursday, March 11
1 - 4 p.m.
Zoom
Join the MDC to get information about ways to support undocumented students, specifically around holistic wellness, academic support and mentorship. This training is for faculty, staff and student employees to help support the cultivation of a more inclusive campus community.
RSVP @ go.ucsd.edu/JOvliwpi

Fun Fact: March is Women’s History Month
The University encourages persons with disabilities to participate in its programs, activities, and services. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations & Support Services at accommodations@ucsd.edu or call 805-656-3331 as soon as possible, but no later than seven (7) business days prior to the event.

To sign up for MDC Monthly Event Calendars, please click here
Check Out This Amazing Lecture Series!

BROOME LIBRARY LECTURE SERIES:

BLACK SCHOLARS ON BLACK LIVES

SPONSORED BY THE CME

To view more information and register for the sessions, please visit: https://library.csuci.edu/about/news/black-scholars-lecture-series.htm
Multicultural Dream Center

Employment Opportunity

WE'RE ON THE LOOKOUT

FOR A NEW ADDITION

TO OUR AWESOME TEAM

APPLY ONLINE!

We're looking for an Interim Program Coordinator

visit: https://indeedhi.re/3nKSF17

For more information, visit https://indeedhi.re/3nKSF17
ECONOMIC STIMULUS PAYMENTS
How You Can Support Youth Experiencing Homelessness To Access These Funds

Cash going directly to youth experiencing homelessness has been shown to significantly help these youth stabilize and exit homelessness. Economic Stimulus Payments are one way to get cash directly to young people who need it the most. We know that young people and those helping them access these funds have encountered multiple barriers. This tip sheet is the best advice we have received.

Help young people file their own 2020 taxes as soon as possible and have the tax return linked to a bank account. There will not be a non-filers portal for 2020, so tax filing is the only way for youth to be sure the IRS has their information. If this is done successfully, then the youth may still have an opportunity to access stimulus checks from 2020, as well as be in a better position to receive any 2021 stimulus payments that may be disbursed. The Internal Revenue Service (IRS) has partnered with several organizations to help people prepare and file their federal individual income tax returns for free.

Some details for youth who were incorrectly claimed on their parent/guardian’s taxes as a dependent: The IRS has stated that if the youth is eligible for the stimulus payment and has not received it, the youth should file a 2020 tax return and claim the Recovery Rebate Credit. If a young person does this, it is recommended that they attach to the return a written explanation clearly indicating that they were incorrectly claimed as a dependent on a parent’s tax return, and that they should have received the stimulus check on their own behalf. It will be helpful if the explanation is detailed and includes the years in question (e.g. parent’s/guardian’s 2018 and/or 2019 tax return) as well as the names of the taxpayers (parents/guardians) that claimed the youth to facilitate the verification process. Please note that the verification will have to be done manually and most likely will take several months. To expedite consideration, youth should file electronically and attach a pdf statement or memo within the software. Paper filing is processed more slowly than electronic filing.

The IRS uses a five-part test to determine whether a parent can claim a child as a dependent. The latest information from the IRS on dependency can be found on pages 25-35 of IRS Publication 17. This will help you and the youth determine if they were previously incorrectly claimed - a common issue encountered by youth and young adults experiencing homelessness.

https://schoolhouseconnection.org/  https://nn4youth.org/
Ray Diversity Fellowship

Organization Purpose
The lack of racial diversity within conservation and clean energy fields is a persistent problem that is becoming increasingly recognized. Recognizing that diversity is a value important to the conservation and clean energy sectors and that we have not always made the progress we strive to make, we seek to work together to help rectify this shortcoming by striving for greater diversity, equity, and inclusion in conservation and clean energy. Not only is it intrinsically incumbent upon our sector to change practices that contribute to the lack of people of color, but addressing this problem will also make our work more relevant, accessible, and successful. To this end, the Roger Arliner Young (RAY) Diversity Fellowship focuses on increasing opportunities for people of color to learn about, engage with, and enter the conservation and clean energy NGO sectors. The Fellowship is designed to support and attract recent college graduates of color with exceptional promise and demonstrated accomplishment who seek to be leaders in the nonprofit and philanthropic sectors.

Fellowship Opportunity
Positions offered for the 2021-2023 Fellowship cycle are being shared below updated on a rolling basis between February through the end of March, 2021. This year we're expecting a range of positions, at this time around seven more positions in addition to the ones already posted, from environmental education, fieldwork, and policy research to scientific analysis and communications in the clean energy, fisheries, and marine fields. Please continue to check this page and our social media (Facebook, Instagram, Twitter) for position announcements.

Positions: https://rayfellowship.org/fellowship-positions
Applications: https://rayfellowship.org/apply
Deadline: End of March
Mental Health Resources for Black, Indigenous and People of Color (BIPOC)
This guide has articles, which showcase exercises on relaxation, local resources, and online support groups
Click here to access this resource.

Undocu-Immigrant Mental Health Resource Guide
This guide has resources that center around mental health grounding and self-care tool kits, for Undoc-Immigrant
Click here to access this resource.

Mental Health Resources for People of Color
This guide has articles, that focus the mental health needs of (BIPOC)
Click here to access this resource.

Destress Week Resources
Check out this guide for resources and ways to de-stress!
Click here to access this resource.
COVID-19 Updates
1. Set limits.
It can be easy and tempting to scroll on your phone for several hours. Try planning a set amount of social media time so you remember to fit in other activities. You could schedule an alarm on your phone or ask someone to help remind you when it's time to stop. Additionally, most mobile phones have screen time tracking apps. Remember that the limits you set for yourself will likely be different from those of your family members and friends, and that's okay! Allow yourself time to experiment and see what works best for you.

2. Curate the content.
Notice which accounts you follow and how they make you feel, both physically and emotionally. Do certain posts make you feel stressed, constrict your breathing or cause your mood to drop? It may be a good idea to stop following these accounts. At the same time, try to consider which accounts and posts help you feel relaxed, grounded, and more present.

3. Eliminate the clutter.
One of the biggest drawbacks of social media can be a large amount of content you consume at any given moment. All the different messages, photos, and videos can begin to feel overwhelming. While it can be tempting to follow all sorts of celebrities, stores, social causes, companies, and more, see if you can set a limit for the number of accounts you follow. This way you will be able to absorb and appreciate the content, rather than perhaps mindlessly scrolling through it.

4. Maintain perspective.
While filters and different editing tools can be fun to use, they can also be misleading. If you catch yourself doubting your own self-worth as you scroll through social media, try to pause, take a deep breath and remind yourself that social media does not always reflect reality.

5. Find additional online support.
Looking for more tips about how to use social media in a healthy way and/or how to address your own stress or anxiety? You can schedule a visit with a therapist on LiveHealth Online! Plus, if you're new to online therapy, read this blog from Dr. Lindsay Henderson, Director of Psychological Services with LiveHealth Online, to learn more about online therapy and how it helps people improve their mental health and cope with change.
Ventura County COVID-19 Testing Information

COVID-19 TESTING
Available for those that live or work in Ventura County. Tests are provided at no cost.

**DRIVE-UP TESTING SITES**
Registration required for testing at Moorpark College, Oxnard College, Santa Paula and Freedom Park locations. Register at [www.vccovid.com](http://www.vccovid.com).

- **Moorpark College**
  7075 Campus Rd., Moorpark 93021
  7 days a week 10am – 7pm

- **Freedom Park, Camarillo**
  515 Eubanks St., Camarillo 93010
  7 days a week 10am – 7pm

- **Oxnard College**
  4000 S. Rose Ave., Oxnard 93033
  7 days a week 10am – 7pm

- **Harding Park, Santa Paula**
  1400 Harvard Blvd., Santa Paula 93060
  6 days a week 10am – 7pm (Closed Fridays)

- **Ventura County Fairgrounds (Walk-up site*)**
  Enter on Shoreline Dr., Ventura 93001
  6 days a week 8am – 6pm (Closed Wednesdays)
  *The location is behind the Derby Club in San Niguel Hall

**OPTUMSERVE STATE LOCATION**
COVID-19 testing for all community members. Please schedule an appointment by calling or registering online.

- **Thousand Oaks Library – Newbury Park Branch**
  2331 Borchard Road, Newbury Park 91320 • 7 days a week 10am – 7pm

- **Oxnard Performing Arts Center**
  800 Hobson Way, Oxnard 93030 • Monday-Friday 9am – 6pm

**URGENT CARE LOCATIONS**
Appointments Required. Please call 805-652-7660.

- **OXNARD**
  - Las Brisas Family Medical Group South
    325 West Channel Islands Blvd., Oxnard 93033
  - Magnolia Family Medical Center
    2240 E. Gonzales Rd., Oxnard 93036

- **VENTURA**
  - Academic Family Medicine Center
    300 Hillmont Ave., Bldg. 340, Ventura 93003
  - West Ventura Medical Clinic
    133 W. Santa Clara St., Ventura 93001

- **EAST COUNTY**
  - Conejo Valley Family Medical Group
    125 W. Thousand Oaks Blvd., Suite 200
    Thousand Oaks 93060
  - Sierra Vista Family Medical Clinic
    1227 East Los Angeles Ave., Simi Valley 93065

**Mobile COVID-19 Testing** is offered throughout the County each week. View the pop up site schedule at [www.venturacountyrecovers.org](http://www.venturacountyrecovers.org).

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@CountyOfVentura  |  @countyofventura  |  @CountyVentura  |  @countyofventura
For information on COVID-19 campus cases, COVID-19 reporting, and all other CI updates, please visit https://www.csuci.edu/news/campus-updates/covid19.htm

For information on CSUCI's plan for the Spring and Fall 2021 Semesters, please visit https://www.csuci.edu/news/campus-updates/spring-2021/index.htm
Intercultural Services

**Intercultural Services Staff**

**Kem A. French, M.S.W**  
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**Andrea Murillo**  
She / Her / Hers  
Student Assistant  
Graduating Spring 2022

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

**Yessica Arreguin**  
She / Her / Hers  
Student Assistant  
Major in Psychology  
Graduating Spring 2022
The Winter 2021 Issue of Leadership Exchange

Click here to view the newsletter
Looking for info on your body, relationships, sex, & more? Planned parenthood is here to help - & they're coming to Rainbow Umbrella! Have the education & information you need to make your own health choices. Earn a certificate of completion. Fridays from 5:30 - 7:30pm. Email for more information: rainbowumbrella@diversitycollective.org

Diversity Collective Book Club: Untamed by Glennon Dyle

Join the Pride Nook on Wednesdays 6 - 7 PM PST starting February 3rd. Register for Diversity Collective's Virtual Book Club at: diversitycollectivevc.org
Greetings PATH Students,

As you know, Leticia Cazares has left CSUCI but we are still here for you! If you ever need any support or need to connect with someone, please feel free to reach out to me until we are able to fill our Coordinator of PATH Program position.

Sincerely,
Hiram Ramirez
Promoting Achievement Through Hope

The Sallie Mae Fund's Bridging the Dream Scholarship Program
Helping students access and complete higher education

In partnership with the Thurgood Marshall College Fund, The Sallie Mae Fund's Bridging the Dream Scholarship Program helps increase access and completion of higher education among students of color and those from underserved communities.

Minority students and those from marginalized communities face long standing inequities when it comes to accessing and completing college.

College Enrollment Rate: Undergrad
- White: 71%
- Hispanic: 65%
- Black: 65%

College Completion Rate for 4-Year College: Undergrad
- Hispanic: 33%
- White: 47%
- Black: 22%

The Sallie Mae Fund's Bridging the Dream Scholarship Program will award
- 885 Scholarships
- 3 Years
- $3M Total

- 75 $10,000 scholarships to high school seniors to access higher education
- 780 scholarships of up to $2,500 to help students complete post-secondary education
- 30 $10,000 scholarships to help graduate students access and complete their degrees

Who is eligible?
The Bridging the Dream Scholarships are available to minority students and those from marginalized or underserved communities, including Black, Hispanic, Pacific Islander, Indigenous, LGBTQ+, low-income, first generation, and students from rural communities, among others. Applicants must be U.S. citizens or legal permanent residents and Pell Grant-eligible.

How to apply: salliemae.com/about/scholarship-opportunities or tmcf.org/students-alumni/scholarships

For official scholarship rules, visit salliemae.com/about/scholarship-opportunities. No purchase necessary. Void where prohibited. Ends March 8.

For more information or to apply to this scholarship: Please visit: https://www.salliemae.com/about/scholarship-opportunities/
Hispanic Association of Colleges and Universities: Scholarships and Internships Opportunities for 2021

Interfaith Youth Core Scholarship
The Hispanic Association of Colleges and Universities is partnering with Interfaith Youth Core to award 10 scholarships in the amount of $500. Students at HACU-member institutions can apply for the scholarship to be awarded for the 2021-2022 academic year.

Oracle Scholarship
The Hispanic Association of Colleges and Universities is partnering with the Oracle Corporation to offer two scholarships of $2,150 each.

Online applications will be accepted until May 28, 2020, 5:00 p.m. CST. The HACU and Interfaith Youth Core Scholarship and HACU and Oracle Scholarship are part of the 2020-21 HACU Scholarship Program.

For more information on eligibility requirements and how to apply, visit https://www.hacu.net/hacu/Scholarships.asp
SchoolHouse Connection is a national non-profit organization working to overcome homelessness through education. We provide strategic advocacy and practical assistance in partnership with early childhood programs, schools, institutions of higher education, service providers, families, and youth.

The State of SHC’s 2021 State Policy Advocacy on Youth Homelessness

Focus on Early Learning: The Washington State Student Partnership

Webinars: Engaging & Re-engaging Students, Advocacy Training Series
What Does Successful Advocacy Look Like? Learning from Peers
Tuesday, March 2nd 2021 12:30PM PST / 3:30PM ET
Register here

Shining a Light: Using Media (and Social Media) to Boost Legislative Advocacy
Tuesday, March 9th 2021 12:30PM PST / 3:30PM ET
Register here

How to Engage Parents and Youth with Lived Experience in Advocacy
Tuesday, March 16th 2021 12:30 PM PST / 3:30PM ET
Register here

For more information: please visit https://schoolhouseconnection.org/
Monthly Letter by Natalie Johnson

Hello all!

Happy Women’s History Month! Make sure to check out the list of our events this month celebrating and acknowledging women. For current updates and information on our resources and events outside of the newsletter, please visit our IG at csuci_mdc.

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.

Sincerely,
Natalie Johnson

Underrepresented Student Initiatives Staff

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## Event List

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<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>MAR Workshop: Scholarship Search</strong></td>
<td>March 3rd</td>
<td>6:00-7:00 PM</td>
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<tr>
<td><strong>Movie Night: The Undocumented Lawyer</strong></td>
<td>March 5th</td>
<td>4:00-5:00 PM</td>
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<tr>
<td><strong>Adulting 101: Mindfulness For Students</strong></td>
<td>March 8th</td>
<td>12:00-1:00 PM</td>
</tr>
<tr>
<td><strong>Adulting 101: Mindfulness For Students</strong></td>
<td>March 9th</td>
<td>4:00-5:00 PM</td>
</tr>
<tr>
<td><strong>MAR Virtual Community</strong></td>
<td>March 12th</td>
<td>12:00-1:00 PM</td>
</tr>
<tr>
<td><strong>MAR Workshop: Grad Schoo Prep</strong></td>
<td>November 12th</td>
<td>4:00-5:00 PM</td>
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</tbody>
</table>
| **Women of Color Retreat**                         | March 26-27th      | Day 1: 1:00-5:00 PM  
|                                                    |                    | Day 2: 10:00- 1:00 PM |
| **Undocumented Student Ally Training: Gold**       | March 30th         | 3:00-5:00 PM   |
Underrepresented Student Initiatives

Events Overview

**MAR Workshop: Scholarship Search**
Wednesday, March 3rd
6 - 7 pm via Zoom
RSVP:  tinyurl.com/4to5fut9
Partnering with Medina Counseling we bring you a workshop to support Undocumented students in their search for scholarships.

**Movie Night: The Undocumented Lawyer**
Friday, March 5th
4 - 5 pm via Zoom
RSVP:  https://csuci.qualtrics.com/jfe/form/SV_eM9oBussd3O0RWC
Lizbeth is an immigration attorney, and she's also undocumented. Join us to discuss her journey and other topics covered in the film.

**Adulting 101: Mindfullness for Students**
Monday, March 8th
12-1p via Zoom
RSVP:  go.csuci.edu/Adulting21
Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. This session is designed to support students success.

**Adulting 101: Mindfullness for Students**
Tuesday, March 9th
4-5pm via Zoom
RSVP:  go.csuci.edu/Adulting21
Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. This session is designed to support students success.
Underrepresented Student Initiatives

Events Overview

Immigration Under the Biden Administration: First 50 Days
March 11th
3:00pm
RSVP: tinyurl.com/3c2xl8ht
Come and hear about the changes and proposed changes in immigration law since the start of the Biden Administration!

MAR Virtual Community
Friday, March 12th
12 - 1 pm via Zoom
RSVP: tinyurl.com/MARVC21
This is an opportunity for Mariposa’s Resisting & Achieving (MAR) or undocumented students to get support and build community.

MAR Workshop: Graduate School Prep
March 17th
11-12pm
RSVP: tinyurl.com/3mepwkq5
We are partnering with Graduate School programs to bring you a workshop to support undocumented students in the process of applying to graduate school.

Women of Color (WOC) Retreat
Friday, March 26th | 1-5 pm | Zoom
Saturday, March 27th | 10 am - 1 pm | Zoom
RSVP: go.csuci.edu/WOCReteat
Retreat centering the experiences of Women of Color (WOC) on campus and a space for them to build community. Free for all students who want to participate, but limited spots available so sign up today!
Events Overview

Undocumented Student Ally Training (Gold)

Tuesday, March 30th
3 - 5 pm via Zoom

RSVP: go.csuci.edu/UndocAlly

Join the MDC to get information about ways to support undocumented students, specifically around holistic wellness, academic support and mentorship. This training is for faculty, staff and student employees to help support the cultivation of a more inclusive campus community.
WOC Resources
WOCMP: Women of Color Mentoring Program

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

2020-2021 WOCMP Faculty/Staff Mentors

Helen Alatorre  
*Executive Director*  
Associated Students, Inc.

Kristen Linton  
*Assistant Professor*  
Health Science

Raquel Baker  
*Assistant Professor*  
English Program

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

Bethany Banuelos  
*Operations Coordinator*  
Student Union

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

Karina Chavarria  
*Assistant Professor*  
Sociology

Monica Rivas  
*Associate Director,*  
Academic Advising

Czarina Gutierrez  
*Advisor,*  
Academic Advising

Elizabeth Sowers  
*Associate Professor*  
Sociology

Jill Huang  
*Psychologist*  
Counseling and Psychological Services (CAPS)
Underrepresented Student Initiatives

Latest Resources

**Woman of Color Network**

TSince 1997, WOCN have supported thousands of advocates and activists within the violence against women movement. The network includes 300 Mentees, 100 Mentors, 10 Projects that provide vital info to women of color advocates and activists, and 1 Purpose to eliminate violence against ALL women and their communities

https://wocninc.org/

**Therapists of Color**

Therapists who are dedicated to eradicating negative stigma around therapy and opening doors for people of color to get the support they need to cope with life's challenges. Read through multiple therapist profiles and determine your best match.

https://www.innopsych.com/findatherapist

**WoCinSTEM Virtual Coworking Group**

The goal of this virtual coworking space is to build a sense of accountability through community while we work from home. Many of us miss the ability to “work alone together”, be it in study groups, physical co-working spaces, or at a coffee shop, and that's the vibe this space brings to women of color in STEM fields.

Sessions are centered around two 45–60 minute work sessions, where we work on a self-determined task, with as few distractions as possible.

https://www.meetup.com/WoCinSTEM-Virtual-Coworking-Sessions/

**Afro Flow Yoga**

Infuses dance movements of the African Diaspora with a meditative yoga sequence and live healing music. “By connecting to our roots, we inspire unity, love, harmony and interconnection to all beings and the earth while striving for social justice and equity.”

https://www.afroflowyoga.com/
Previous 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.


**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/
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 on 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/

"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 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 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/
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
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 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**

_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/](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/](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/](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/](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/](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/aanhp
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.
Underrepresented Student Initiatives

**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.
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.
Latest 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**

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.

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

**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/