RAZA
Student Resource Guide
2023 - 2024

This guide was developed through a collaborative partnership between Inclusive Student Services and Chicana/o Studies.
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Dear Students,

The Raza Resource guide is an important step towards making CSU Channel Islands a more welcoming campus to all students, especially those who identify as Chicana/o/x, Latina/o/x and first generation. When students arrive at CSUCI, they may develop episodes of homesickness or "culture shock" and one of the best coping mechanisms is getting involved in campus activities and organizations. This resource guide will help students find ways to get involved and develop friendships that will last through their college years. Building community is the best antidote for homesickness. This resource guide also fosters "critical navigational skills" that according to Tara Yosso helps historically underrepresented students maneuver through colleges and universities not created for communities of color in mind. By shifting the responsibility to the institution to recognize the aspirations and knowledge that Latinx students bring to campus, will make them feel more at home. As a Hispanic Serving Institution, CSUCI is working to becoming a more inclusive and equitable campus and this resource guide is a step in the right direction.

Dr. José M. Alamillo
Professor and Chair of Chicana/o Studies
Department
Welcome to Raza Resources de CI

This resource guide is intended to help guide Chicanx and Latinx students through their college journey. Our CSUCI Chicanx and Latinx professors, faculty, staff and students are dedicated to supporting and encouraging each other to reach our educational goals. A list of academic resources, student activities, and organizations is provided to motivate and inspire students to become involved in our campus and our community.

Dr. Jennie Luna, Professor Chicana/o Studies

We present this living resource document for Raza Students to have a guide through all the adversity presented when navigating through higher education. Con mucho cariño y que viva la Raza!

- Chicanx Studies Capstone Class of 2023
Purpose
Inclusive Student Services (ISS) provides resources, services, and education to support the cultivation of an inclusive campus community. ISS supports all students, with a particular focus on marginalized populations, through mentorship, intercultural programs, retreats, workshops, and trainings. These various initiatives are geared towards fostering identity development, critical thinking, reflection, and dialogue across differences to support student retention and academic success.

Department Resource Highlights

Undocumented Student Ally Training Program
Faculty, staff, and student employees on campus can choose to take part in our ally program to serve as allies to undocumented students on campus. The program offers three levels of training so that individuals can choose how involved they want to be and how much in depth knowledge they want. Students are able to identify allies by looking for "keys" posted around offices. Learn more about the Undocumented Student Ally Training Program.

Free Immigration Legal Services for Students and Employees
Direct immigration legal services are available free of charge to CSU students, employees and immediate relatives (i.e. parents, children, spouses, and siblings). Attorneys and paralegals are available to assist students with general consultations, DACA renewals and general assistance in filling out forms such as family-based petitions. This project aims to serve undocumented students, students with immigration questions, staff and faculty. Schedule a meeting with the immigration lawyer.

Latine/a/o/X Cultural Center
Inclusive Student Services (ISS) provides resources, services, and education to support cultivating an inclusive campus community. The ISS supports all students, focusing on marginalized populations, through mentorship, intercultural programs, retreats, workshops, and training. These various initiatives foster identity development, critical thinking, reflection, and dialogue across differences to support student retention and academic success.

Follow us on Social Media for more updates
@csuci_iss
Chicano-a Latino/a Faculty and Staff Association (CHILFSA)

Founded in 2011, the mission of CHILFASA is to serve as a support network and to build community and mentorship for Chicana/o Latina/o faculty and staff at CSUCI. We welcome all members to join CHILFASA that believe in our mission. Its specific objectives are to ensure that the University:

1. Increases access, retention and graduation rates of Chicana/o Latina/o students.
2. Recruits, retains, promotes and tenures greater numbers of Chicana/o Latina/o faculty and staff.
3. Provides increased opportunities for Chicana/o Latina/o faculty and staff to advance to administrative and policy-making positions.
4. Reflects the Chicana/o Latina/o experience throughout the curriculum.
5. Improves its linkages with and service to the Chicana/o Latina/o community.
6. Provides culturally relevant events and programs for Chicana/o Latina/o faculty, staff and students.

Chicana/o Studies

Our interdisciplinary program is dedicated to the study of Chicana/o/x Latina/o/x communities, history, culture, and contemporary social issues. Our curriculum is grounded in transborder perspectives, experiential knowledge, and community based research. You will gain insight on issues related to institutions, power, (im)migration, labor, Indigenous philosophy, gender & sexuality, education, social change, transformation, politics & justice. Chicano/a Studies majors go on to successful careers in education, health, social service, government, business, law, arts and mass media, and community advocacy. Our students have gone on to Masters and PhD programs in Chicana/o Studies, Ethnic Studies, Education, Social Work, Public Health, Law & Public Policy.

We offer:
Bachelor of Arts in Chicana/o Studies
Minor in Chicana/o Studies

Visit Program Websites

Follow Chicana/o Studies on IG: @csuci_chicanostudies
Cultural Events

Los Gritos & Raza Bienvenida (Every September)
Join us as we honor the struggles against colonialism and celebrate the independence movements throughout Mexico, Central, and South America. The event is an annual kick-off to Hispanic Heritage Month. Los Gritos features Raza Bienvenida a welcome celebration, where students can meet and greet Chicanx/Latinx Faculty and Staff and learn about campus resources, club and organizations.

Annual Dia de los Muertxs Event hosted by MEChA (near or on November 2nd)
The Day of the Dead is a celebration and remembrance of those who have passed away, Ofrendas underscore that, or home alters, contain items the individual enjoyed in life. Celebrate your loved ones and learn more about the Day of the Dead by participating in the activities and celebrations. The event consists of food offerings, a Chicanx film screening, beautiful flower altars, and a Celebration of Life.

Annual Pinkard Learning Community Kwanza Event (November)
Come enjoy a Karamu (feast) and learn about the history and traditions of Kwanzaa at our Nguzo Saba (seven principles) candle-lighting ceremony and make homemade beeswax candles and paper beads with The Human Nature Center of Ventura in the spirit of Kuumba (creativity, Kwanzaa principle #6)!

Women's Recognition Luncheon Awards hosted by Inclusive Student Services (ISS) every spring semester in March
This event was created to provide the campus community an opportunity to award and recognize women for their transformative influence and leadership at CSUCI and the surrounding community.

Noche de Fiesta @ CSUCI hosted by the Spanish Department (every spring semester)
Enjoy a night of dancing to Latinx musicians/music and free food. Some artists that have come are grammy-winning La Santa Cecilia, The Aresenio Rodriguez Project, and more.
Cultural Events

Chicana/Latina Retreat (Spring)

The Chicana Latina Retreat is geared towards student empowerment through political, cultural, environmental, and social consciousness development. By providing a safe, welcoming, and accepting environment for Chicana/Latina students, we hope to create a space conducive to community interaction as well as self-reflection. Given the high numbers of Chicana/Latina students on the CI campus, the goal is to cultivate leadership and address specific issues that Chicana/Latina college students face. Some Chicana/o Latina Leadership characteristics we hope to foster are: Strong cultural/ethnic identity, respect and love for the land/Tonantzin Tlalli/Mother Earth, Passion, Integrity, Respect, A sense of purpose, Consistency, Support and development of all Chicanas/Latinas, Empowerment and Hermanidad.

Chicano/Latino Retreat (Fall)

Latino males continue to decline from the American higher education institutions, including at CSU Channel Islands. At CSUCI, the proportional representation of Latino males continue to lag behind females. As of fall 2016, Latina/Hispanic females constituted 34% of total enrollment (2,253) compared to Latino/Hispanic males 14% of total enrollment (925). According to CSUCI Institutional Research, Latino males have a higher dropout rate in their first and second year. To address these low attainment and dropout rates among Latino males. We seek to organize Chicano/Latino Student Male Retreat. The main objective of the Chicano/Latino Male Retreat is to empower undergraduate students to realize academic and life goals by increasing their engagement with resources, networking and opportunities at CSU Channel Islands. By providing a safe space, welcoming, and accepting environment for Chicano/Latino students at CSUCI, we hope to engage students in a dialogue, interaction, self-reflection, and activities that will increase their retention and graduation rates. In addition, the retreat will set the foundation for students to enhance their post-graduation success through workshops, mentorship and leadership development.
Cultural Events

Noche de Familia @ CSUCI (every spring semester)

CSUCI students and their families are encouraged to come and meet the CSUCI Chicanx and Latinx faculty, staff, and administrators at Noche de Familia. Free food and entertainment are provided. This event is bilingual in English and Spanish. This event embraces our multiculturalism and serves to support each other's education as a familia.

Raza College Day hosted by MEChA (every spring semester)

Movimiento Estudiantil Chicanx de Aztlan (MEChA) de CI hosts its Annual Raza College Day in an effort to reach out to the historically underrepresented youth in the surrounding community. Its goal is to expose the youth to a college environment while planting seeds of knowledge along the way. The day consists of keynote speakers, educational workshops, a student panel, and live performances.

Si Se Pudo Student Graduation Ceremony at CSUCI (every spring semester in May, Friday before commencement)

This event is a celebration for Chicana/o Latina/o graduating seniors. The goal is to acknowledge students and their families' support during the educational journey. It is open to all students; however, the event is bilingual and reflects the cultural values of the Raza community. At the event, students will receive recognition alongside two guests (family/supporters).

Black Students Stoling Ceremony (every spring semester in May, before commencement)

This special event recognizes students along with their family and friends to mark the culmination of their student experience. As part of the ceremony, graduates will receive a traditional Kente cloth stole/sash which may be worn during the campus' Commencement celebration.
Cultural Events

Dolphins of Turtle Island Ceremony, (every spring semester in May, before commencement)
Join CSUCI’s historic affinity celebration for graduating students who identify as Native American, Indigenous American, and/or Indigenous Persons from around the world now residing on Turtle Island (North and South America).
This event will include dinner, dancing, singing, community building, and a blanket ceremony honoring Native & and Indigenous American graduating students from CSUCI. Friends, family, and community members are encouraged to join in celebrating the extraordinary journey of these students and their amazing accomplishments.

Lavender Stoling Ceremony (every spring semester in May, before commencement)
In this ceremony, all graduating LGBTQ+ students are invited to recognize the individual(s) who supported them through their academic and personal journey and to be recognized for all they have achieved and contributed to the campus community.

Undocumented Students Stoling Ceremony (every spring semester in May, before commencement)
Enjoy a night of dancing to Latinx musicians/music and free food. Some artists who have Graduating seniors who are also AB-540, DACA, or undocumented are invited to participate in this special celebration that recognizes undocumented students and those who supported them throughout their academic journey.
ISS and the Cultural Centers host several events each month to honor and celebrate the diverse CSUCI Campus community. These celebrations acknowledge the rich and diverse cultures in our community and highlight historic accomplishments.

**Fall Heritage Month Celebrations**

**September:** National Hispanic Heritage Month

**October:** LGBTQ+ History Month

**November:** National Native Heritage Month

**December:** Declaration of Human Rights

**Spring Heritage Month Celebrations**

**February:** National Black History Month

**March:** Women’s History Month

**April:** Asian American & Pacific Islander Month
ChicanX LatinX Spaces and Living-Learning Community:

Michele Serrros Living Learning Community

Located in the Santa Rosa Village Building L, Second Floor. This community is focused on social justice and equity and is named for the celebrated Chicana author, Michelle Serros, who was from Oxnard, CA. A University Experience Associate (UEA) peer mentor is embedded in each First-Year Seminar, meets with students outside of class in small Dolphin Interest Groups (DIGs) every other week, and works with the faculty and Resident Advisor (RA) in Housing to promote the transition to University life for the LLC cohort.

Dolphin Scholar Bell Tower 1530

This center is for first generation college students who are in EOP (Educational Opportunity Program) (enter freshman year) & Dolphin scholar, however it is a safe space for any CI student if they want to take a nap, print, or a place to study.

Latine/a/o/X Cultural Center, Bell Tower 1538

Established in the fall of 2023, the Latine/a/o/X Cultural Center provides programming and services that are relevant and responsive to Latine/a/o/X student needs.

Michele Serros Permanent Exhibit, Rush Hall

The permanent exhibit features rare memorabilia from the Michele Serros Special Collection housed at the Broome Library. Her skateboard, photos, hot pink high heels and the iconic desk where Oxnard native Michele Serros wrote her way to national renown are among the items now on display in University Hall. The Chicana writer, poet and social commentator died of cancer in 2015 at the age of 48. Because she never forgot where she came from, Serros arranged for CSUCI to receive all of her original manuscripts and personal effects after her death. A mural painted by artist Joe Galarza depicts Serros' life story.

Chicanx Corner

Located next to Dr. Luna's office 1727 Madera Hall Where students can hang out, do homework, and find graduate school information and announcements of events.
ChicanX LatinX Spaces and Community:

**Ethnic Studies Reading Room**
Madera Hall 1709

The Ethnic Studies Reading Room is a space of beautiful art and a place to study or reserve for a meeting or study group. In this space you will find a lending library of all Ethnic Studies books, including Black Studies, Chicana/o Studies, Asian American Studies and Native American Indigenous Studies. Students have access to a printer, computers, ipads, a listening library of music and speeches by Malcolm X and other historical leaders and activists.

**Campus Legacy Mural**
Student Union Courtyard

This mural, painted by Myisha Arrellano in 2023

**Peep Space**
El Dorado Hall

This space welcomes all CI students to meet with a peer mentor. The PEEP (Peer Education and Equity Program) Space is open 8am-5pm Monday-Thursday or by appointment.

**Study Rooms in the Library**

Are always a great place to hangout with friends and study. Get there early to reserve a room during midterms and finals. Reserve rooms at the library front desk with student ID.
Graduate Studies Services located in Advising
This center offers students guidance for students applying for graduate school. Contact Sara Alcala by e-mail: sara.alcala@csuci.edu

Disabilities Accommodations and Support Services (DASS) Arroyo Hall 210
If you are a student with a disability requesting reasonable accommodations in this course, please visit Disability Accommodations and Support Services (DASS) located on the second floor of Arroyo Hall, or call 805-437-3331. Faculty, students and DASS will work together regarding classroom accommodations.

Writing and Multiliteracy Center Broom Library 2nd Floor Room
The Writing and Multiliteracy Center (WMC) provides all CI students with FREE support services and programs that help them become more effective writers and communicators. Peer consultants help students at any stage of the composition process in any discipline for writing or speaking (such as slideshow presentations). Students are also welcome to bring in other types of non-academic work such as resumes, letters of application, and personal statements. Our online writing consultants will also work with students if they don’t live on campus or if they have trouble physically getting to our Center. Student can drop in for a 30 min tutorial session. They can also make an appointment in advance by visiting us at http://www.csuci.edu/wmc, going directly to the Center, or calling 805-437-8934.

Learning Resource Center (LRC) Broom Library 2nd Floor Room 2760
This center is to receive tutoring on any subject from Psychology to Chicana/o Studies. Tutors are there to help students on assignments and subjects they do not understand and show it in different ways for students to understand.

Commuter Resource Center Bell Tower East 1803
This is a place for commuters to study, relax, and drink free coffee. Is also a place where commuters feel comfortable and take a break from a short or long commute.
## ChicanX LatinX Spaces and Community:

**A Student Perspective, Things to Do on Campus:**

### Hike
- The Well: located behind Aliso Hall
- The helicopter pad: continue the path behind the well
- Scary Dairy: located at the entrance of the school off of Lewis Rd

### Have a picnic:
- South and North Quad
- Central Mall
- Park located by the University Glenn
- Helicopter pad by the soccer field

### Places to grab a bite:
- The Lighthouse Cafe
- Freudian Sip
- The Sea Store
- Tortillas Grill
- Pizza Pi

### Go to the Rec. Center:
- Workout
- Play Basketball
- Have dodgeball nights
- Zumba

### Take a nap:
- The couches in the library, the commuter center, south quad or central mall if you like to take naps outside. The couches on the 3rd floor of Del Norte.  

### Check out plant life:
- Sierra Hall Sustainable Garden: Located on the 2nd floor of Sierra Hall, outdoor space.

### Top 17 Tips!

1. Always attend campus events for free food; Commuters can attend housing events just by showing your ID.
2. Free coffee at the commuter resource center in Bell Tower.
3. Parking. Be careful when you have classes at 9 am, 12 pm, 3 pm because parking is hectic. You need to be here at least an hour before your class to get a spot.
4. Food Pantry is available to all students with Dolphin ID number in Arroyo Hall next to the rec center & Aliso Hall. You can get free condoms, tampons, and other personal hygiene items, and snacks!
5. Free printing at Student Success Center (1518 Bell Tower) and Multicultural Dream Center (1530 Bell Tower) or housing if you are a resident.
6. Learn how to get around in Bell Tower. Learn where your class is ahead of time because you might get lost.
7. Bring mosquito spray because in the summer they attack.
8. Decorate your hydroflask so no one steals it.
9. There are police escorts until 9:40 pm and they will give you a ride to your vehicle. Call 805.437.8444
10. Enjoy the scenery...but sometimes it smells like fertilizer. It happens.
11. It’s a judge-free zone to take naps during finals on the library couches. During finals, the library is open 24 hours. On the 3rd floor of Del Norte, there are booths for studying and napping. Recommended taking the elevator in Del Norte.
12. Go to the massage chairs in Arroyo Hall and the huevos (egg) in CAPS.
13. The Disability Accommodations and Support Services Center (DASS) is a good, quiet place to study.
14. Tuesday is $6 pizza at Pizza Rev; $2 shoes/$2 play at Harvey’s Bowl; Taco Tuesday almost anywhere; Tuesdays & Sundays $5-6 movies at all movie theaters in Ventura County (with the exception of Paseo Camarillo Cinemas).
15. Take advantage of student discounts for places such as Six Flags, Universal Studios, Legoland, etc.
16. Make sure you go to Santa Rosa Island before you graduate!
17. Make sure to do a study abroad program before you graduate.
Movimiento Estudiantil Chicanx de Aztlan (M.E.Ch.A.)
Movimiento Estudiantil Chicanx de Aztlan (M.E.Ch.A.) is a student organization that promotes higher education, culture, and history. M.E.Ch.A. was founded on the principles of self-determination for the liberation of indigenous people. We believe that political involvement and education is the avenue for change in our society.

El Club de Espanol
Provides opportunities for CI students to enrich their understanding of the Spanish language and the diverse peoples and cultures through social and cultural activities. Foster contacts with local Spanish-speaking communities through the creation of service projects and field trips.

Society for Advancement Chicanos and Native Americans in Science (SACNAS)
Dedicated to fostering the success of Chicano/Latino, Native American and other scientists belonging to underrepresented groups from college students to professionals. Success being measured as the attainment of advanced Science degrees, science careers, and positions of scientific leadership. Chapter aims to increase the pool of students entering the science education and career pipeline.

League of United Latin American Citizens (LULAC)
League of United Latin American Citizens is a Collegiate Council focused on student leadership and student development as advocates in professions, studies, and disciplines. LULAC belongs to a national organization committed to advocating for the Latino Population in the U.S. They have the opportunity to attend Annual State Conventions, where they can network on a state and national level, listen to guest speakers who are well-known activists in the organization, and expand their efforts with social activism and future careers.

Sigma Delta Pi
Sigma Delta Pi is the National Collegiate Hispanic Honor Society and was established on November 14, 1919, at the University of California at Berkeley. Its insignia is the royal seal of Ferdinand and Isabella that represents Castille, León and Aragón. The Society’s colors are red and gold and its flower is the red carnation. Email: cisigmadeltapi@gmail.com

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Food Assistance Resources

**Dolphin Pantry & Hygiene**
The CSU Channel Islands Dolphin Pantry exists to provide immediate food, toiletries and basic necessities at no cost to students in need. The goal of the Dolphin Pantry is to decrease the impact that food and hygiene insecurities have on the academic success of students and to alleviate hunger within our student community. The Dolphin Pantry is located in Arroyo Hall room 114.

Dolphin Pantry Hours (August 21, 2023-December 15, 2023)*
- Monday: 1:00 P.M. to 8:00 P.M.
- Tuesday: 1:00 P.M. to 6:00 P.M.
- Wednesday: 1:00 P.M. to 6:00 P.M.
- Thursday: 1:00 P.M. to 6:00 P.M.

*or by appointment, email basicneeds@csuci.edu

CalFresh (federally known as the Supplemental Nutrition and Assistance Program or SNAP) can provide you on-going healthy and nutritional food assistance that puts up to $280 in your pocket each month to use at participating grocery stores and farmers’ markets.

**CalFresh Eligibility Flow Chart**

Hot Meals Program
The Basic Needs Program has dining cards loaded with two meals for Islands Café. These cards are available for students to provide access to hot meals. If you are experiencing food insecurity and lack access to a kitchen, or if you encounter a student who may be in need of a hot meal, please complete a self-referral form, or community referral form (found on our landing page), or email basicneeds@csuci.edu so we can assess what resources we can offer and provide one or more hot meal cards to those eligible.

**Apply for Food Assistance**
For additional information, please contact the Dolphin Pantry at 805-437-2067 or basicneeds@csuci.edu.

Additional Resources
Local Food Pantry – Find a Pantry.
Emergency Housing Resources

**Emergency Housing**
The Basic Needs Program seeks to provide support to students experiencing housing insecurity on a short-term basis as they identify long-term housing solutions. CSUCI is able to provide emergency transitional housing accommodations based on space availability.

The following situations may lead to unsafe living situations and the Basic Needs Staff will assess these scenarios on a case-by-case basis to assess if the student is in or will be in an unsafe living situation based on the accessibility of housing:

- Lease not renewed or evicted for nonpayment (unexpectedly);
- The sudden breakup of the relationship left them homeless;
- Homeowner suddenly asks renter to leave so they can move back;
- Termination of job;
- Financial aid did not come through as expected; and/or
- Couch surfing, but have exhausted their welcome.

**Apply for Emergency Housing**

For additional information, please contact the Basic Needs at basicneeds@csuci.edu or 805-437-2067.
CSUCI Partners

CSUCI partners with the Ventura County Transportation Commission (VCTC) to provide bus service directly to and from campus, which allows for convenient accessibility for its riders. Campus Bus Stop Location: Santa Barbara St. between University Dr. and Camarillo St. How to Ride: Activate a bus pass onto your school ID card each semester for free at Transportation and Parking Services in Placer Hall. The College Ride program is free for CI students, staff, and faculty with a valid DolphinOne I.D. card!

Live Bus Tracking

Search VC Schedule & Routes

For more up-to-date information follow UPD on Social Media

CI_Police
Guide to Latinx Scholarships

If you’re looking to reduce the cost of college, applying to scholarships is a good start. Scholarship awards, along with financial aid, can ease the burden and reduce the amount you need to borrow in student loans. For students who identify as Hispanic or Latino, there are a number of scholarship opportunities available.

Hispanic Scholarship Fund

If you’re looking to reduce the cost of college, applying to scholarships is a good start. Scholarship awards, along with financial aid, can ease the burden and reduce the amount you need to borrow in student loans. For students who identify as Hispanic or Latino, there are a number of scholarship opportunities available.

Latinos in Technology Scholarship

The Latinos in Technology Scholarship was established by the Hispanic Foundation of Silicon Valley, a public foundation dedicated to inspiring community philanthropy and engaging people to invest in the educational achievement and leadership development of a thriving Hispanic community in Silicon Valley.

La Unidad Latina Foundation

If you’re looking to reduce the cost of college, applying to scholarships is a good start. Scholarship awards, along with financial aid, can ease the burden and reduce the amount you need to borrow in student loans. For students who identify as Hispanic or Latino, there are a number of scholarship opportunities available.

NBCUniversal/LNESC Scholarship

The NBCUniversal/LNESC Scholarship Program is intended to assist and encourage outstanding undergraduate Latino students attending a U.S. post-secondary institution with an interest in the media and entertainment industry. The Program awards ten (10) $5,000 national scholarships to qualified rising sophomores and juniors and is sponsored by NBCUniversal and administered by the LULAC National Educational Service Centers (LNESC).

Adelante! U.S. Education Leadership Fund

An organization committed to advancing Latino/a students in higher education through "scholarships, internships and leadership development.

Alliance/Merck Ciencia (Science) Hispanic Scholars Program

A scholarship program for Hispanic college students pursuing degrees in science, technology, engineering and/or math (STEM).

Chicana Latina Foundation

A foundation dedicated to furthering the Latina community, with the funding of a scholarship program for undergraduate and graduate Latina students, as well as sponsoring leadership programs.
**Clinica del Camino Real, Inc.**

**Hours:** Mon, Thurs: 9am - 8pm / Tues, Wed, Fri: 9am - 5:30pm / Sun: 9am - 2pm  
**Address:** 650 Meta S, Oxnard CA 93030 | **Phone:** (805) 487-5351

The Mission of Clinicas del Camino Real, Inc. is to provide quality, comprehensive and preventative, health care services to Ventura County's community. It is the explicit mission of Clinicas to save lives and restore good health to the underserved population of the county at rates that are consistent with a client's ability to pay. Moreover, Clinicas' bilingual and bicultural staff delivers its services on a personal and humane basis, and especially reaches out to members of the community who are traditionally underserved due to limited income, resources, cultural and language barriers.

**Ventura County Behavioral Health**

**Call Toll-Free - Confidential - 24 Hours A Day, 7 Days A Week**  
**Crisis and Referral Line:** 1-866-998-2243  
**Substance Use Treatment:** 1-844-385-9200  
**Suicide Prevention Lifeline:** 1-800-273-8255

Ventura County Behavioral Health offers services for people looking for help for mental health and substance use issues. We reach out to the general population, those already getting help, and those seeking help.

**Logrando Bienestar** is a program of Ventura County Behavioral Health designed to help the Latino community understand the importance of mental and emotional health, with the goal to help individuals to access services for a productive and healthy lifestyle. Logrando Bienestar is a program that was developed to walk you through the process of getting well. We are determined to find you the assistance that you may need to continue being productive parents, siblings, children, friends or spouses. The program services youth and adults in Santa Paula and areas of Oxnard.

**Counseling and Psychological Services (CAPS)**

**Hours:** Monday-Friday, 8am-5pm (Summer hours vary)  
**Address:** Bell Tower East, Room 1867 (on-campus) | **Phone:** (805) 437-2088

Counseling and Psychological Services (CAPS) provides short-term mental health services in a confidential setting to assist CSUCI students in achieving their academic and personal pursuits. CAPS is pleased to provide a wide range of services to assist the campus community including:

- Individual counseling
- Group counseling
- Couples counseling
- Psychiatric consultation
- Crisis intervention
- 24/7 phone counseling
- Consultation with faculty, staff, and loved ones
- Outreach
- Relaxation Room
- Psychoeducational resources

**Lactation Rooms**  
Are located around campus to help parents unwind and feed their child in a private setting. These rooms are exclusively for parents and or soon to be.

- El Dorado Hall Room 153
- Madera Hall Room 1411
- Sierra Hall Room 3304
- Trinity Hall Room 1568
- Broome Library Room 2366

**MICOP: Health & Healing**

A webpage on MICOP’s website with some local resources to support your overall health and wellness.
Mental Health Resources for Black, Indigenous and People of Color (BIPOC)

In addition to COVID-19, recent events have brought heightened attention to the specific stressors faced by Black, Indigenous and People of Color (BIPOC) communities, who may be experiencing heightened fear, anger and grief at this time. Consistent with the Guide's mission to provide timely mental health resources, we highlight a range of resources that may be useful to BIPOC-identifying individuals seeking support for mental health concerns and/or coping with race-related stressors, whether current and/or historical, as well as those hoping to share available resources to their patients. Mass General Psychiatry is not affiliated with, nor does it directly endorse, any non-MGH organizations listed here. This list is intended only to share resources currently available in the broader community.

55 Mental Health Resources for People of Color

Mental illness does not discriminate: Nearly 20% of U.S. adults experience a mental illness each year, regardless of race or ethnicity. And while it's clear that mental health is a crosscutting issue that affects all communities, providing effective services for people of color requires acknowledging and understanding their different lived realities.

In this webpage, OnlineMSWPrograms.com collected resources that have been tailored to the mental health needs of various racial and ethnic groups.

Oxnard Wellness Center

Hours: Monday-Saturday, Call Center 9 am - 4 pm / Peer Support 9 am - 8 pm
Address: 2697 Saviers Road, Oxnard, CA | Phone: (805) 653-5045

As you know, Turning Point’s Wellness Center serves the most vulnerable members of our community. We are doing all that we can to provide essential services to our program members and our community, while keeping everyone safe and adhering to the recommendations from public health agencies.

While our daily routines are disrupted our essential resources have pivoted as a sign of the times.

Please reach out. We are here to help you navigate the resources available:

- Mental Health one on one support from a Peer Support Specialist, including WRAP (Wellness Recovery Action Plan)
- Community Resources/Referrals
- Food Pantries
- Meal Service Locations
- Assist in obtaining mental health services

CSUCI Basic Needs Program

The Basic Needs Program exists to provide support to students experiencing a basic necessity insecurity. Our strategy focuses on short-term mediation while we work with students to find long-term solutions.

Title IX and Inclusion Office - CSUCI

Title IX & Inclusion serves as an expert campus-wide resource that works with partners across CSUCI to cultivate and promote an inclusive and safe learning and working environment. Responsible for the development and administration of comprehensive equity programs, the office manages equal opportunity compliance, including the areas of affirmative action and Title IX, and collaboratively facilitates community engagement and education on matters of social diversity, inclusion and social justice. Title IX & Inclusion also oversees response to the University’s nondiscrimination policies.
Community Resources

El Concilio Family Services

Hours: Mon-Wed: 8:30am-5:30am / Thurs: 8:30am-6:30pm / Friday: 10am - 11:30am, pm-5pm
Address: 301 South C Street, Oxnard, CA, 93030 | Phone: (805) 483-9777

El Concilio is the Service Center for the rural low-income limited or non-English speaking community. We transition low income families by providing services that integrate them into the community to assist them in becoming self sufficient, engaged and greater contributors to our community. A non-profit community service organization whose primary mission is to provide assistance to the underserved community. The majority of our clients are low-income agricultural workers and the well being of their families is vital to a stable agricultural industry.

Amigos 805

www.amigos805.com provides information for and about the vibrant Latino community in the Ventura/Santa Barbara/San Luis Obispo Counties region.

County of Ventura: Human Services Agency

Community-Based Resources and Events

Includes resources and events on basic assistance, career & business, community, Coronavirus support, counseling & mental health, education & training, health & nutrition, HSA, opportunities for youth, support for parents & families, and support for seniors.

211 Ventura County

Phone: dial 2-1-1 or (800) 339-9597

211 Ventura County, a program of Interface Children & Family Services, is the comprehensive information and referral service for Ventura County. We connect over 30,000 Ventura County callers and texters each year with information about health and human services available to them. 211 Ventura County phone and text service is available 24 hours a day, 7 days a week. 211 is available in 150 languages through phone interpretation services.

California Rural Legal Assistance, Inc.

Hours: Mon-Wed: 8:30am-5:30am / Thurs: 8:30am-6:30pm / Friday: 10am - 11:30am, pm-5pm
Address: 338 South “A” Street Oxnard, CA 93030 | Phone: (805) 486-1068

California Rural Legal Assistance, Inc. (CRLA) is a nonprofit legal service program created to help California’s low-income individuals and communities. We represent all types of individuals and communities. We have offices from the Mexican border to Northern California. CRLA was founded in 1966 to help rural communities because those communities were not receiving legal help. CRLA has 18 offices to continue to meet the legal needs of these communities. The impact of CRLA’s litigation has touched the lives of literally millions of low-income individuals, improving conditions for farm workers, single parents, school children, the elderly, people with disabilities, and entire communities.
Off-Campus Resources & Support

**House Farmworkers:**
https://housefarmworkers.org/

Dedicated to support, safe, decent, and affordable housing for all Ventura County frameworks. The organization does not build farm worker housing, but makes it possible for others to do so by building a conducive political and regulatory environment. This means alerting the general public and our elected representatives about the need for safe, decent and affordable farm worker housing. Since 2004, House Farm Workers! and its partners have been doing just that. Thanks to these efforts, more than 500 homes have been completed or planned in Ventura County, giving new opportunities and new hope to hundreds of families. They also provide scholarships for students.

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**Farm Worker Immersion Program, Center for Community Engagement**

The Farm Worker Immersion Project (FIP) is a program that places students in the community to learn about farmworker rights and immigration issues. The FIP guides students through a first-hand experience of typical farm work life in Ventura County. We visit a local berry farm where students learn about the agricultural business in our county, then work for more than an hour in the field as the farm manager instructs on how to harvest berries. In the afternoon, we will travel to an affordable housing community to speak with farm worker families in their homes. Finally, we will come together for a group reflection. This event has very limited space and requires a mandatory orientation.
**MICOP**
Labor Justice efforts are designed to advocate for fair employment practices for farmworkers and to build the capacity and leadership skills of farmworkers to identify, report and resolve employment-based abuses such as discrimination, unpaid overtime, wage theft, on the job sexual harassment, and employer retaliation for demanding fairness in the workplace. MICOP continues to train and organize farmworkers around unjust working conditions and empower them to implement actions that will contribute to better working conditions, and advocate at the local and state level for stronger enforcement of, and, grower compliance with, the labor laws. MICOP was funded by the National Employment Law Project (NELP) through the California Strategic Enforcement Partnership initiative to engage in strategic enforcement towards creating a culture of compliance in California’s economy.

**Central Coast Alliance United for A Sustainable Economy (CAUSE)**
CAUSE is a base-building organization committed to social, economic, and environmental justice for working-class and immigrant communities in California's Central Coast. We build grassroots power through community organizing, leadership development, coalition building, civic engagement, policy research, and advocacy.

**Lideres Campesinas**
The mission of Lideres Campesinas is to strengthen the leadership of farmworker women and girls so that they can be agents of economic, social and political change and ensure their human rights.

**Community Asset Development Re-defining Education (CADRE)**
CADRE centers their work on supporting efforts to strengthen the solidarity between African American and Latino parents to resist the criminalization of youth in our schools through policy change.

**Labor Community Strategy Center**
The Strategy Center is a Think Tank/Act Tank for regional, national and international movement building, founded in 1989 and based in the 10 million-person world city of Los Angeles. Campaigns, projects, and publications are rooted in working class communities of color, and address the totality of urban life with a particular focus on civil rights, environmental justice, public health, global warming, and the criminal legal system.

**Social Justice Learning Institute**
Social Justice Learning Institute is dedicated to improving the education, health, and wellbeing of youth and communities of color by empowering them to enact social change through research, training, and community mobilization. SJLI is also the hub for Uplift Inglewood.
Vallarta Supermarkets

Hours: Mon - Sunday: 7am - 10pm
Address: 1050 South A Street, Oxnard, CA 93030 | Phone: (805) 240-1400
When you enter Vallarta, you know right away that it's about more than food shopping — it's about celebrating. Celebrating the food, culture, colors, and vibrant energy of Mexico and Latin America. Vallarta offers a feast for ALL your senses. You can smell the sweet aromas from the bakery, hear the rhythms of the music playing, and different languages spoken all around you.

Mercado Guadalajara

Hours: Mon - Sunday: 7am - 8pm
Address: 2454 W Hillcrest Dr Newbury Park, CA 91320 | Phone: (805) 376-1308
We are a full service grocery and authentic Mexican Food take out. Our grocery department features everything you need from produce, dairy, fresh choice cut meats, and everything else for your grocery needs. And while you are there stop by our famous Mexican Kitchen and get a taste of our fresh authentic Mexican dishes.

Swapmeet at Oxnard & Ventura College

The Swapmeet is a great place to shop for shoes, handmade clothing, snacks, fruits or vegetables. There are several in the region, but the best ones are located at Oxnard and Ventura Colleges. The outdoor swapmeets are only open on the weekends. There is also an indoor swapmeet at The Vogue, located at 246 W. 6th Street, Oxnard, CA 93030

La Central Bakery

Hours: Monday-Sunday, 5am - 6pm
Address: 600 Meta St, Oxnard, CA, CA 93030 | Phone: (805) 483-8434
Visit and try delicious tamales, sopes, burritos, pan, and more! Check out their facebook page to keep updated with Christmas tamales, rosca de reyes, and other celebrations.

Valerie's Bakery

Hours: Monday-Sunday, 5am - 8pm
Address: 854 N. Ventura Rd, Port Hueneme, CA 93041 | Phone: (805) 834-3400
Hospitality is amazing and food is great! Get delicious breakfast burritos and other yummy breakfast foods.

Xielo Artisan Desserts

Hours: Monday: Closed, Tuesday - Friday: 8am - 8pm, Sat: 9am - 8pm, Sun: 9am - 5pm
Address: The Woolworth Building, 212 W. 4th Street, Oxnard, CA 93030
Phone: (805) 240-1122
An innovative dessert shop with traditional Mexican pastries, fusion crepes, and raspados at its core. Our welcoming, open setting allows you to view as we craft authentic and mouth-watering treats. All of Xielo's heavenly desserts will make you think you're dreaming!

DON'T FORGET TO CHECK OUT THE MANY TACO TRUCKS, FOOD TRUCKS & FARMER'S MARKETS THROUGHOUT THE AREA!
Moqueca Brazilian Restaurant
**Hours:** Tuesday-Sunday, 4pm - 8pm  
**Address:** 3550 S Harbor Blvd St. 201, Oxnard, CA, 93035  
**Phone:** (805) 204-0970
Authentic Brazilian cuisines available in Oxnard and Thousand Oaks. Try great seafood dishes and entrees!

Taqueria Tepatitlan: Authentic Mexican Cafe
**Hours:** Tuesday-Friday, 9am - 9pm; Saturday-Sunday, 8am - 3pm  
**Address:** 362 N. Ventura Ave, Ventura, CA, 93001  
**Phone:** (805) 653-0508
Taqueria Tepatitlan is located in the heart of the art community on the historic west side of Ventura. From the freshest ingredients, to the careful preparation, to the courteous service, the experience is authentically Mexican. Bold, unique, flavorful dishes complemented by an atmosphere warmed by family and friends.

Copa Cubana
**Hours:** Mon - Fri: 11am - 9pm, Sat & Sun: 10am - 10pm  
**Address:** 1575 Spinnaker Dr, Ventura, CA, 93001  
**Phone:** (805) 642-9463
Cuban Cuisine with special, handcrafted cocktails. The menu features the “best of the best” of classic Cuban fare served in an enticing atmosphere, which provides live music most evenings and weekends. A savory selection of authentic Cuban dishes are complemented by a full bar with specialty cocktails along with a diverse range of wines from around the world. The beer list features local favorites, craft and import offerings by the bottle and on draft.

Caribbean Haven
**Hours:** Mon - Fri: 10:30am - 9pm, Sat & Sun: 8am - 9pm  
**Address:** 1780 S Victoria Avenue, suite E, Montalvo Square Shopping Center, Ventura, CA 93003  
**Phone:** (805) 339-0705
Caribbean Haven Restaurant is a fast casual dining establishment offering Caribbean, Filipino, and Vegan food. We create a unique Island inspired fare using fresh, high-quality ingredients, leveraging authentic cooking approaches and recipes that delivers a memorable experience. We make fresh, delicious eats everyone can enjoy!

Yolanda's Mexican Cafe
**Address:** 86 E. Daily Drive, Camarillo, CA 93010  
**Phone:** (805) 389-9922
Yolanda's Mexican Café is your fun, festive, casual neighborhood Mexican restaurant in Ventura County. Founded in 1982 in Oxnard, California, Yolanda’s Mexican Cafe has branched out to the cities of Oxnard, Ventura, Camarillo and Simi Valley. For years, people from all walks of life have returned over and over again, drawn by the friendly atmosphere and authentic Mexican food. Start your fiesta experience with a full order of nachos or zesty bean dip. Indulge in generous portions of festive entrees from sizzling Fajitas or Carnitas Vera Cruz. Experience a taste of tradition and enjoy from a wide selection of Yolanda’s award winning margaritas!

Latino Market & Grill
**Hours:** Mon - Sat: 7am - 9pm, Sun: 8am - 9pm  
**Address:** 711 E. Thousand Oaks Blvd, Thousand Oaks, CA, 91320  
**Phone:** (805) 379-4116
Try out the Latino Market and Grill's Menudo and Pozole Saturday & Sunday, Taco Tuesday specials, and delicious handcrafted burritos and other entrees!
Educational Spaces

**Museum of Ventura County**

Address: 100 East Main Street Ventura, CA 93001  |  Phone: (805) 653-0323

Inspiring vibrant communities by connecting the past, present, and future. The Museum of Ventura County, through its collections, exhibits, educational programs and publications, celebrates the history, art, and culture of Ventura County and the Channel Islands.

**Tortilla Flats Murals**

Address: Underpass of Highway 101 @ Figueroa Street

Images derived from old photographs, oral histories, and interviews capture stories and memories of families who lived in the Tortilla Flats neighborhood, which was demolished in the 1940's to build the 101 freeway. The murals reinterpret a temporary Tortilla Flats mural (1995 to 2000) across from the Ventura County Fairgrounds. Artists: MB Hanrahan & Moses Mora.

**Bell Arts Factory 432 N Ventura Ave # 101, Ventura, CA 93001**

**Farmworker Memorial Plaza- Santa Paula**

Santa Paula has an agricultural heritage dating back to the 19th century. This labor force has produced citrus, fruit and vegetables for people around the world. The City, under the leadership of the Hispanic-American community, raised the money to build a memorial wall to honor the accomplishments and hard work of this community.

**Radical Walking Tour: A People’s Guide to Ventura County**

If you would like to take a mural walking tour or community tour & have it narrated by Chicana/o Studies capstone students, Feel free to view our route & view the Radical Walking Tours of Ventura County on YouTube, all on this QR code/link.

**LA Plaza de Cultura y Artes**

Hours: Mon, Wed, Thu & Fri 12-5pm, Sat & Sun 10am-5pm

Address: 501 N Main St., Los Angeles, CA, 90012

LA Plaza de Cultura y Artes honors the past, inspires the future, and recognizes the enduring cultural influence of Mexicans, Mexican Americans and all Latinas/Latinos in Los Angeles through transformative exhibitions, programming and educational experiences.
Latino Art Museum

**Hours:** Wed - Sun: 11am - 5pm  
**Address:** 281 S Thomas St, Pomona, CA 91766 | **Phone:** (909) 484-2618  
The Latino Art Museum is a non-profit organization created to promote the works of talented Latin American contemporary artists living in the United States and instill a sense of appreciation for Latino art from children and adults of all origins. The Latino Art Museum offers classes to children and adults to develop appreciation plus understanding THE artistic process.

Smithsonian Latino Virtual Museum

**Address:** 600 Maryland Ave., SW Suite 7042 Washington, D.C. 20024  
The Smithsonian Latino Center unlocks dynamic U.S. Latino stories that shape our national experience and identity. The Smithsonian Latino Center empowers a greater understanding and deeper appreciation for the enduring contributions of Latinos to our country. It preserves a growing collection of diverse stories and experiences that reflect Latino presence in our history and culture, convenes conversations, inclusively, about the stories and connections that continue to inspire generations to come. Check out the Smithsonian Latino virtual museum!

Guide to Latino & Hispanic Museums in the US

Check out this 6 minute read detailing the best Latinx museums to travel to and explore. The Casa Dolores in Santa Barbara is one of the closest, devoted to the collection and preservation of arts throughout Mexico.

Museum of Latin American Art

**Hours:** Wed - Sun: 11am - 5pm  
**Address:** 628 Alamitos Avenue, Long Beach, CA 90802 | **Phone:** (562) 437-1689  
The Museum of Latin American Art expands knowledge and appreciation of modern and contemporary Latin American and Latino art through its Collection, ground-breaking Exhibitions, stimulating Educational Programs, and engaging Cultural Events. Check out the Museums virtual exhibitions and events!

The Cheech Martin Center For Chicano Art & Culture

**Address:** 3581 Mission Inn Ave., Riverside, CA, 92501  
Joining the RAM family on June 18, 2022 is The Cheech Marin Center for Chicano Art & Culture. A public-private partnership between RAM, the City of Riverside, and comedian Cheech Marin—one of the world’s foremost collectors of Chicano art—The Cheech will be the “center of Chicano art, not only for painting, but for sculpture, photography, and video arts.”
HACU National Internship Program
The HACU National Internship Program - Corporate Component, partners with some of the leading corporations in the nation to assist them in attracting and hiring the best talent from HACU member colleges and universities. The process is very competitive but rewarding, as many internships lead to full-time roles. Opportunities for both internships and full-time employment are available.

Management Leadership for Tomorrow
MLT is a non-profit organization committed to helping minority students plan business careers and guide them through college and into an MBA program. MLT will help students with career development, as well as a variety of other necessary skills. Participants are assigned a mentor with similar interests and experiences who can help students select graduate business programs and find full-time employment. Students also have access to internship, fellowship and volunteer listings.

Congressional Hispanic Caucus Institute
During CHCI’s paid summer and semester internships, promising Latino undergraduate students experience what it’s like to work in a congressional office, while participating in weekly professional and leadership development and civic engagement through community service.

The Smithsonian Institute Minority Internship Program
The Smithsonian offers 10-week summer, fall or spring internships to minority undergraduates and beginning graduate students with a minimum grade point average of 3.0. Qualified students should be majoring in one of the disciplines in which the Smithsonian conducts research. Some of those are: American history, folk culture, anthropology, archeology, linguistics, evolutionary biology, environmental science, mineral science, planetary science, conservation, linguistics, ethnic studies, aeronautics and geology. Interns work on research or museum-related projects under the supervision of museum staff members. The position is full time, and interns receive a stipend of $400 per week, with additional travel allowances occasionally offered.

INROADS Intern
INROADS places talented minority youth in business and industry positions that will prepare them for corporate and community leadership. Participants must maintain a minimum grade point average of 3.0 throughout the program’s duration. INROADS combines two to four summers of work experience - depending on the student’s year in school - with year-round academic instruction, training and guidance. Students are assigned a professional mentor and receive a small salary. In addition, many interns receive job offers from their sponsor company upon college graduation. Companies that have sponsored students in the past include: Ernst & Young, IBM, Merrill Lynch, General Motors, General Electric, Lucent Technologies and Boeing.

The Coro Fellowship
The Coro Fellowship equips you with the knowledge, skills, and networks to accelerate positive change. We strive toward a society shaped by effective, active leadership.
Raíz - Planned Parenthood of California Central Coast

The Raíz program aims to build sustainable, Latinx community organizing to execute issue-based campaigns and deepen Latinx community engagement in Ventura County. These issues will be intersectional and may include: pesticide reform, LGBTQ+ inclusive sex education in schools, sexual and reproductive health care access, address human trafficking, and immigrant rights. We want to build upon our current grassroots organizing foundation, provide leadership growth and skill development for the Latinx leaders, and help strengthen a powerful movement of strong, healthy communities.

Esperanza United

Casa de Esperanza, the network aims to build bridges and connections among research, practice and policy to advance effective responses to eliminate violence and promote healthy relationships. In order to effectively pursue this goal we have created a number of resources targeting both the individuals affected by domestic violence as well as the organizations dedicated to serving them.

Youth Justice Coalition

The Youth Justice Coalition is working to build a youth, family and formerly and currently incarcerated people's movement to challenge Los Angeles' California's and the nation's addiction to incarceration, and race, gender and class inequality throughout the juvenile justice systems.

Support Groups, Activities and Events in Ventura County

Tri-Counties Regional Center is one of twenty-one non-profit regional centers in California providing lifelong services and supports for people with developmental disabilities residing in San Luis Obispo, Santa Barbara and Ventura Counties. TCRC provides person and family-centered supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning, and recreating in the community.

Intersectionality and Possibilities in the Lives of Latina/o/x Children of Immigrants: Imagining Pedagogies Beyond the Politics of Hate (article)
Thank you!

For questions contact:
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