

# Culture

# & Community Circle

**SPRING SEMESTER 2021**

**Online Workshops**

**May 2021**

## **Mental Health Awareness Month Surviving the Semester**

**May 11, 2021 | 1:30 - 2:30 pm**

Presented by: Jason Astorga and  
Margarita McFadden, Personal Counselors

You are not alone dragging to cross the finish line. Join other students to hear and/or share about the struggles during this time of year, and help each other make it to the end of the semester.

<https://cccconfer.zoom.us/j/91624398652>

## **The Filipina/o/x American Diaspora**

**May 18, 2021 | 10:00 to 11:00 am**

Presented by: James Diokno,  
Instructor, Cuyamaca College

This workshop will present an overview of one of the fastest growing ethnic groups in the US and in California. Special emphasis will be given on understanding why this community has been established in the US, the challenges we have faced, and contributions of our community to the United States. The presentation welcomes questions and interactive dialogue!

<https://cccconfer.zoom.us/meeting/register/tJAucuqtqDluGdDfRD66qEFmY4aXPgmXwR89>

## **Let's Talk About It**

**May 18, 2021 | 4:00 to 5:00 pm**

Presented by: Daniel Fernandez and Jason  
Astorga, Personal Counselors

What does it mean to be "Asian-American"? Why do we struggle to speak up? Asian-Americans have been perceived to be the "Model Minority", meaning that other minorities should look up to us. But what are some of the struggles we face? Come to this interactive workshop where we will explore our own Asian-American identities and how we interact within the world.

<https://cccconfer.zoom.us/meeting/register/tJcvd-ipqDMtH9aczM-Bc8FHSZSbHoJaeA3htJdfuiqrTguH9AV3C4heKR8cSnrlXVQbVNp>

## **Asian American & Pacific Islander Heritage Month**

**During Asian American & Pacific Islander (AAPI) Month (May), we celebrate the cultures, contributions, history, and resilience of AAPI communities.**

## **Mental Health Awareness Month**

**During Mental Health Awareness Month (May), we focus on creating awareness of mental health conditions, providing support, and reducing mental health stigma.**

## **PRIDE Month**

**During PRIDE Month, we celebrate the contributions, history, and resilience of LGBTQIA+ communities.**

## **Mental Health in the Filipino American Community**

**May 21, 2021 | 11:00 am to 12:00 pm**

Presented by: Dr. Rhoda Diokno,  
Licensed Clinical Psychologist

This workshop will focus on mental health in the Filipino American community. Participants will gain awareness to the unique mental health needs of this population. This presentation will include resources to help increase access to mental health treatment among community members.

<https://cccconfer.zoom.us/meeting/register/tJwld-mgpzlvHtYumfi6oBFH8s3UHjFHRHi0>

## **Open Mic**

**May 20, 2021 | 1:00 to 2:00 pm**

Presented by: Karen Marrujo, Instructor,  
Cuyamaca College

Come celebrate the power of our individual voices. Share any of your work, thoughts, or interests by taking the mic or just drop in to listen or make new friends.

[https://cccconfer.zoom.us/meeting/register/tJwrf-ivqDMiE9dYNH5HFU94ljDEuYbBoMj\\_](https://cccconfer.zoom.us/meeting/register/tJwrf-ivqDMiE9dYNH5HFU94ljDEuYbBoMj_)

## **Culture & Community Circle**

## **Safe Zones**

**May 21, 2021**

**12:00 to 2:00 pm**

Presented by: Tania Jabour, Nancy Jennings,  
Moriah Gonzalez-Meeks, and Agustin Orozco  
*The Safe Zones training program is an ally training that brings awareness of LGBTQIA issues and provides insight on improving campus climate. Participants will have the opportunity to become allies after completing the training.*

<https://cccconfer.zoom.us/meeting/register/tJcucuihqTstG9ezSGoMOHdxPSZr056lCvu>

## **Filipinx/as/os and the Model Minority Myth**

**May 25, 2021 | 9:30 to 10:30 am**

Presented by: James Diokno,  
Instructor, Cuyamaca College

This workshop will present on the concept of the "model minority myth" stigma attached to the Asian American community. This discussion will focus on this idea as it relates to the Filipinx/a/o community. This presentation

welcomes questions and interactive dialogue!

<https://cccconfer.zoom.us/meeting/register/tJlrc--trD8sE9HOE8uill1WVoVYa6Snjill>



C U Y A M A C A  
· C O L L E G E ·

**Students who complete a minimum of four workshops by May 14, 2021, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government virtual awards ceremony on May 27, 2021.**

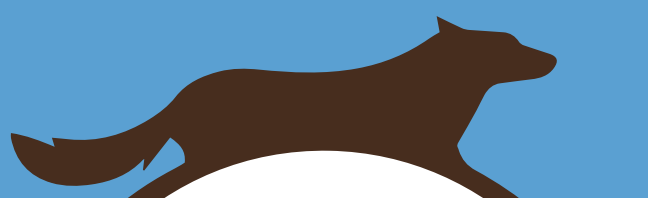
**Sponsored by: Office of Institutional Effectiveness, Success and Equity,  
Student Affairs and Associated Student Government.**

**For additional information on the Culture and Community Circle workshops, please contact Lauren Vaknin in the Student Affairs Office at (619) 660-4295.**

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**SPRING SEMESTER 2021**  
**Online Workshops**  
**May 2021**




**How to Advocate for Yourself as a Job Seeker**  
**May 25, 2021 | 11:00 am to 12:00 pm**  
Presented by: Angela Tilley-Ruiz,  
Career Services, Cuyamaca College  
Unlearn the traditional messaging about resumes and interviews and learn how to communicate your skills effectively. Have you translated documents for family members, babysat, served as a caregiver, etc.? Your experience and transferable skills may not come from a paid job! We will discuss how to advocate for yourself in the job search process by adding relevant skills on a resume even if you have little to no paid work experience.  
<https://cccconfer.zoom.us/meeting/register/tJlod-uqj0sHTJ9c1z1ImZm2ZX2QsG2u8l>

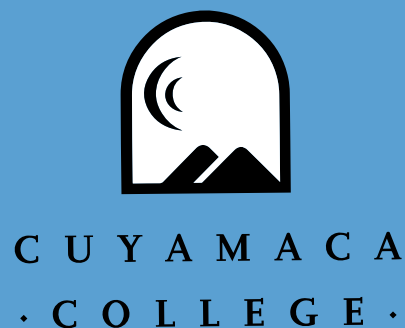
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**Sexual Violence Isn't Just a Hetero Problem: The LGBTQ Experience of Sexual Violence**  
**May 27, 2021 | 9:30 to 10:45am**  
Presented by: Brittanie Bloom, PhD(c),  
Side of Change Consulting  
*In this workshop, participants will learn about how LGBTQ folks are uniquely vulnerable to experiencing sexual violence and the high rates of sexual violence occurring on college campuses. Participants will also discuss ways to identify and reduce such violence.*  
<https://cccconfer.zoom.us/meeting/register/tJElcOitqj0jGNe9BO8GERbZZCXo529oj1uS>



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