

Culture & COMMUNITY CIRCLE

@ Cuyamaca College

Latinx Heritage Month

During Latinx Heritage Month (Sept. 15-Oct. 15) we celebrate the cultures, contributions, history, and resilience of Latinx, Chicanx, and Hispanic and Latino-identified communities. The heritage month begins on September 15th to coincide with the independence dates of five Latin American countries and the independence of Mexico on September 16.

Trauma, Resilience, y El Sistema Nerviosa

**September 5, 2023
11:00 am to Noon**

Presented by: Ángel Rodríguez, ACSW

Together we will walk through how our nervous system lays the foundation for how we experience the world around us, what happens when trauma is a part of our lives, and how we can build resilience alone and in community.

ZOOM LINK: <https://bit.ly/44heAYc>



How to Support Cuyamaca Students with Undocumented/DREAMer status

September 5, 2023

3:00 to 4:00 pm

Presented by Claudia Cuz- Flores, Higher Education Legal Services, and Veronica Corral



RISE will discuss how to support Cuyamaca students with undocumented/DREAMer status and inform about the services RISE provides includ-

ing an assigned counselor, priority registration, workshops, referrals to community resources, academic and socio-emotional support. HELS will share information about the free legal immigration services they provide to students with Undocumented/DREAMer status including renewing DACA, immigration eligibility consultations as well as workshops around immigration topics.

ZOOM LINK: <https://bit.ly/3YIGNWw>

Thriving Together: Unveiling the 8 Dimensions of Wellness (Las ocho dimensiones del Bienestar)



September 12, 2023

10:00 to 11:00 am

Presented by: Lucy Plascencia M.S. APCC

When you think of "Wellness" or

"Self-Care" what comes to mind? Let's dive into the 8 Dimensions of Wellness within the context of our Latinx community. In this workshop, we will explore how these dimensions interconnect and impact overall well-being, while addressing unique challenges and opportunities specific to our Latinx community.

ZOOM LINK: <https://bit.ly/3qyK8Lo>

Community Engagement, Organizing, and Partnership with the Latinx Community

September 13, 2023

12:00 to 1:00 pm

Presented by: Jennifer Cosio, Professor, SDSU

This workshop will briefly overview how Prof. Jennifer Cosio engages and partners with Latinx community members through consensus organizing to make long-lasting changes in their communities and/or organizations.

ZOOM LINK: <https://bit.ly/3KQTadl>



A Study of Racism in our Backyard: The Lemon Grove Case

September 14, 2023

12:00 to 1:00 pm

Student Center, I-104

Presented by: Agustin Orozco

Participants will view the documentary featuring the Lemon Grove incident and participate in a facilitated discussion about the first successful school desegregation case in the United States.

Getting the Most Out of your Experience at Cuyamaca College

September 19, 2023

1:30 to 2:30 pm

Presented by: Veronica Corral moderates a Cuyamaca College Alumni Panel

The panelists will share their personal experiences at Cuyamaca College. They will discuss how they were involved, networked, and utilized the resources the campus has to offer.

Location: Together We Rise Student Center (Annex #2)

College Hour: Latinx Heritage Month

September 21, 2023

11:30 am to 1:00 pm

Location: In front of the B Building (Communication Arts)

The Latinx Heritage month event will feature a keynote address from . There will be performances from Samba Brazil San Diego. Free food will be given out to all participants.

Galeria de la Raza

September 26, 2023

1:00 to 2:00 pm

Location: Together We Rise Center (Annex #2)

Presented by: Veronica Corral

Showcase various Latino American Artists that will allow them to understand the importance of the arts. The presentation is a variety of artists which include: painters, poets, singers, muralists, writers, and photographers to highlight the importance of the arts and its options as a career.

America Discovers Columbus: Inventing Latin America

September 28, 2023

11:30 am to 12:30 pm

Presented by: Instructor Fuentes



This presentation focuses on self-identification and the epistemology of terms and labels used to describe the "New World." At the end of

the presentation, attendees have a better sense of the origin of terms used in the process of self-identification

ZOOM LINK: <https://bit.ly/3siNFho>

Connecting with your Inner Elder

September 29, 2023

2:00 to 3:00 pm

Presented by: Lissa Garcia, Associate Professional Clinical Counselor (APCC)

Many of us have heard of the importance of healing our inner child but we forget about the inner elder that also lives inside of us. Through this workshop you will be able to connect with your inner elder and reflect on the ancestor you want to be.

Students who complete a minimum of four workshops by May 3, 2024, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government leadership awards ceremony in May 2024.

ZOOM LINK: <https://rb.gy/4iyp1>

Sponsored by: Office of Institutional Effectiveness, Success, and Equity, Student Affairs, and Associated Student Government. For additional information on the Culture & Community Circle workshops, please contact Lauren Vaknin in the Student Affairs Office at (619) 660-4295.



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