

Culture

& Community Circle

SPRING SEMESTER 2022

Online Workshops

May 2022

Black Success

May 4, 2022 | 9:00am to 10:00am

Presented by:

Halima Eid and Kanisha Wilson

This workshop will highlight the positive aspects of success for Black students and challenging fears in striving for more despite the barriers that can rise.

ZOOM LINK:

<https://cccconfer.zoom.us/j/91905549445>

Amapola Periodismo Project Photographic Exhibit, Presentation and Community Dialogues

May 5, 2022 | 5:00pm to 8:00pm

(Event will be presented on-campus and through a livestream)

Amapola.Periodismo Transgresor is an independent digital media site collective based in Chilpancingo, the capital of the state of Guerrero, located in the southern region of México.

On-campus event at the Samuel M. Ciccati Performing Arts Center.

(Guests will need to RSVP with the link below and provide vaccine documentation.)

Event can be viewed at:

<https://youtu.be/498YpPVEsxQ>

RSVP Link:

<https://bit.ly/AmapolaCuyamaca>

Challenging Perfectionism in Education

May 6, 2022 | 9:30am-10:30am

Presented by: Halima Eid

This is an interactive workshop that focuses on how perfectionism shows up for college students and how it is connected to anxiety and depression.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJlpdeqqpqrGdykZpcNVcBYAWMrJUUpj0hA>

Coming into Queerness

May 6, 2022 | 11:00am to 12:00pm

Presented by Dawn Freeman

Learn and discuss the challenges affecting mental health within the queer community specifically surrounding mental health stigma, coming into our identities, and receiving familial / peer support.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJtdOGogDgjH9wdAILkKiqTXfy3jK3gB3dy>

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.

Model Minority Myth + Colonial Mentality

May 10, 2022 | 2:00pm to 3:00pm

Presented by:

Jason Astorga and Daniel Fernandez
Learn about what Asian-American students commonly struggle with: striving for perfection. How can Asian-American students cope with high expectations? Come learn and be a part of the conversation!

ZOOM LINK:

https://cccconfer.zoom.us/meeting/register/tJwrc-vqTorEtKX9GrSin_UkxYB1Wbe3zLX

Career Services Workshop

May 11, 2022 | 4:00pm to 5:00pm

Presented by: Lena Heckbert

What does it look like when your values, practices, and identity conflict with the weighty word, "professional"? Does it require compromise or can both co-exist? In this workshop we'll discuss how to be confident in your own identity and simultaneously progress in a successful career.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJcodeqhqTmPGNYuw0-v8warvcvtteyEQZXQd>

Asian Americans and Mental Health

May 12, 2022 | 10:00am to 11:00am

Presented by: Marc Pescadera, MS

This workshop will include a brief historical outline of Asian & Pacific Islander populations in the US. We will discuss and address challenges in mental health such as: the model minority myth, cultural stigmas, family dynamics and discrimination.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJMqdOmsrjloEtCrE6vrgL7IaD-wq8kTux68>

Students and Mental Health

May 12, 2022 | 4:00pm to 5:00pm

Presented by:

Jason Astorga and Daniel Fernandez
Learn about social timelines, imposter syndrome, signs of anxiety, and coping skills!

ZOOM LINK:

https://cccconfer.zoom.us/meeting/register/tJwscO2gqTgpH9dNkQxX5Kq6rEz9_GHdv-UF



Students who complete a minimum of four workshops by May 13, 2022, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government virtual awards ceremony May 2022.

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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The Filipina/o/x American Diaspora

May 17, 2022 | 9:30am to 10:30am

Presented by: James Diokno

The Filipina/o/x American Diaspora 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!

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJAsduirqDliG9BZBCWK82BJ2n56GWMJearK>



Mental Health in the Filipino American Community

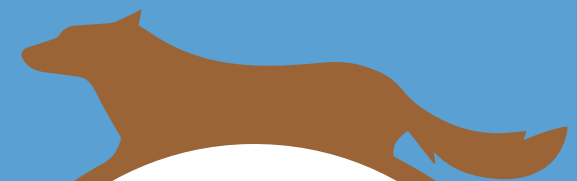
May 16, 2022 | 2:30pm to 3:30pm

Presented by: Dr. Rhoda Carino Diokno

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.

ZOOM LINK:

https://cccconfer.zoom.us/meeting/register/tJMqdOGtqzgjGdJxwDGibcxFAQ_G0LKBOWCe



Open-Mic

May 19, 2022 | 1:00pm to 2:00pm

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.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJYrd-CppjvHtOWnsRfeb8WPrt03qBlcn4>

Asian American & Pacific Islander Heritage Month

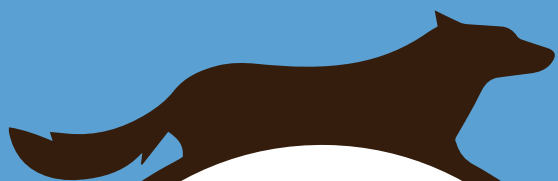
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Safe Zones Training

College Hour Program

May 25, 2022 | 12:00pm to 2:00pm

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.

ZOOM LINK:

<https://cccconfer.zoom.us/meeting/register/tJMvduugqjouHNI8Q7gZGrGeRvKxXZ8GMZ-s>



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