

Culture

& Community Circle

SPRING SEMESTER

May 2023

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.

Creating a Sense of Belonging May 5, 2023

11:00 am to 12:00 pm

Presented by: Lucio Lira

Join us and learn ways to show allyship and support for LGBTQIA+ students, faculty, and staff in your classroom, department, and campus spaces.

ZOOM LINK:

<https://bit.ly/3LiRRDE>



contributions of our community to the United States. The presentation welcomes questions and interactive dialogue!

ZOOM LINK:

<https://bit.ly/3ADnItG>



Career Services Workshop

May 10, 2023

1:00 to 2:00 pm

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://bit.ly/3ncOpCv>



Asian Americans and Mental Health May 11, 2023

2:30 to 3:30 pm

Presented by: Marc Pescadera

This workshop will include a very 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://bit.ly/3Hr9vE5>



Pronouns 101

May 12, 2023

12:00 to 1:00 pm

Presented by: Lucio Lira, M.S., APCC

Why are pronouns important? How do I know what pronouns to use? What if I make a mistake? Join us and learn more about pronouns.

ZOOM LINK:

<https://bit.ly/41SIO3e>



The Filipina/o/x American Diaspora May 9, 2023

10:30 to 11:30 am

Presented by: James Diokno

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

Students who complete a minimum of four workshops by May 12, 2023, will receive a Diversity & Leadership co-curricular certificate and be recognized at the Associated Student Government virtual awards ceremony in May 2023.

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.

Culture & Community Circle

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Mental Health Awareness Month: Stigma on Therapy through a Multicultural Lens

May 16, 2023

1:00 to 2:00 pm

Presented by: Tasneem Alhomsey and Tori Doan

May is Mental Health Awareness month. The presenters will discuss what mental health awareness looks like, particularly through a multicultural lens. The presenters will also bring awareness of how mental health is viewed differently amongst different lenses (particularly our own cultures); and how we were able to access help for our mental health.

ZOOM LINK:

<https://bit.ly/3HlrAU4>



Adulthood 101: Transition Into Adulthood

May 22, 2023

12:30 to 1:30 pm

Presented by: Daniel Fernandez

Have you ever felt anxious about what life looks like after school? School teaches everyone how to read English, solve algebra equations, and when the U.S gained independence. When does school teach us how to navigate the world? In honor of Mental Health Awareness Month, come learn how our own mental health contributes to our ability to thrive as an adult.

ZOOM LINK:

<https://bit.ly/3n8H1YV>



Open Mic

May 25, 2023

12:00 to 1:00 pm

Location: Library, 2nd Floor Room (C-219)

Presented by: Library, the Creative Writing Club, and the Young, Gifted, and Black Club.

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.

Safe Zones Training

May 25, 2023

1:00 to 2:00 pm

Presented by: Tania Jabour and Nancy Jennings

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://bit.ly/429wQ4V>



Mental Health in the AAPI Community

May 26, 2023

2:00 to 3:00 pm

Presented by: Manmeet Kaur and Xaime Equihua

Please join us in discussing the barriers for the AAPI community in receiving mental health services and ways we can support/honor the AAPI community.

ZOOM LINK:

<https://bit.ly/3VfBfRN>



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