

**From:** [Perlas, Char](#)  
**To:** [AllMailboxes](#)  
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**Date:** Monday, May 6, 2024 9:27:36 AM  
**Attachments:** [05-06-24 MMIW Event .png](#)

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Hello Siskiyous!

May is Mental Health Awareness Month. The National Alliance of Mental Health's theme for 2024 is 'Take the Moment'. This campaign emphasizes the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame. As a reminder, below is an available resource for all employees. Also, for those receiving benefits through the College, you have access to the Employee Assistance Program. You can call the following number 24/7 for confidential support: 1-877-397-1032 or visit [www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt).

**Individual Mental Health Appointments Available to Staff:** If you're facing challenges that are adversely affecting your life, we strongly recommend utilizing this resource. Courtney Chase is offering 1 on 1 sessions with employees. Sessions are confidential and the cost will be covered by the District. To schedule an appointment visit:

<https://calendly.com/courtneyslifecoaching/onehoursession>.

*This week's updates:*

- **Enrollment Report:** Can be accessed [here](#).
- **Teacher Appreciation Week:** May 6 - 10, 2024 is Teacher Appreciation Week! During Teacher Appreciation Week, I would like to take a moment to recognize the incredible impact all of our educators have on our lives. They go above and beyond every day, fostering a love of learning, instilling important values, and nurturing the potential within each student. Your tireless efforts shape the future and we are grateful for your commitment and ongoing dedication.
- **Reminder: KinderCaminata** is Friday May 10, 2024 9:30a - 11:30a at the Herschel Meredith Stadium! KinderCaminata bridges the gap between kindergarten and college, inspiring young minds to imagine themselves on a path to higher education and fulfilling careers. The KinderCaminata experience was founded in 1993 to celebrate the life and accomplishments of César Chávez. "¡Sí, se puede!" (Yes, you can; it is possible!). "¡Sí, se puede!" is Chávez's motto and continues to be the theme of KinderCaminata.
- **Canceled: Chico State Executive Cabinet Visit:** Unfortunately, due to the widespread protests at colleges and universities across the country, the Chico State Executive Team felt it would be best to remain present on their campus. We will be working with them to reschedule their visit to sometime over the summer.

- **Loneliness, Resilience, and Mental Health: A Call for Campus Action:** May 22, 2024 @10a. This solutions-oriented webinar will explore college students' shared concern for mental health at their college and university, comprising their perception of if and how mental health is an important issue, their recognition of poor mental health in their community, and their belief that they can work together to improve mental health. To register, click [here](#). This webinar is sponsored by Timely Care which is an available Mental Health Resource for our students: [timelycare.com/siskiyous](https://timelycare.com/siskiyous)

## **SJEDI Corner**

- **TODAY!! Missing Murdered Indigenous Peoples Day:** Monday May 6, 2024 from 11:30a - 1p. Join us as we honor the lost and fight for the living. Vendors & resources will be available. Presentations include Tribal Representative Speakers, drumming and brush dancers. Indian Tacos to be served via Food Services.
- **Save the Date: Accessibility Summer Workshop June 11, 2024:** "Focus, Equity and Direction - Accessibility 2030 and Beyond." Join the CCC Accessibility Center for a one-day online workshop highlighting areas related to Sections 504 and 508 compliance. To register, click [here](#).



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