

CARE PROGRAM NEWSLETTER

LET'S GET BACK TO WORK

It is great to be back to work this semester, especially to be serving the EOPS/CARE program. I never forget what a privilege it is to serve students and I am blessed with the good fortune of loving my work and finding it very fulfilling. My good fortune doesn't end there for I am fortunate and grateful as well to be working with Annet and our CARE student worker, Ysabel Lacanlale. Two more dedicated, organized, and kind people would be hard to find. I hope every one of you is feeling very hopeful and reinvigorated at the start of this new semester.

We had fairly good attendance at our recent Open House/Campus Resources workshop and attendees were provided with great information from our guest speakers. Although attendance at CARE workshops is generally high, attendance at CARE empowerment sessions is generally low. While attendance continues to be optional, please be reminded that these sessions are here for your benefit. Not only do we want to strongly encourage more participation in all events provided by CARE, we really want to hear your ideas for future workshops/empowerment sessions and your thoughts on how we can improve services.

Additionally, although you can meet with any EOPS/CARE counselor for your counseling contact I would like to get to know CARE students more personally and address your academic questions and/or concerns. Students that are close to transferring and/or completing an associate degree should especially meet with a counselor sooner than later. Please schedule your appointment with me directly through Annet.

Lastly, there is room for consideration and accommodation in most situations. But when there is lack of communication between us, it is harder to be understanding and compassionate. Reach out as soon as you are experiencing difficulties and let us assist you. Try to address concerns immediately, before they become greater problems. We will always respond to you in a timely manner and expect that you will respond in kind to us as well. Looking forward to a very productive and inspiring semester. Drop in, reach out, and get engaged!

Sincerely,
Rosemary Valencia
CARE Counselor Coordinator



FIRST CARE WORKSHOP, A SUCCESS!

This Spring 2018 semester, the CARE program was proud to host an Open House/Campus Resources Event for its students. We are grateful and would like to extend a big “Thank you” to the programs that attended and collaborated with us:

Transfer Center, TRIO, Health Center, ASG/Student Life, Kinesiology, Life Skills Center & Child Development Center.

It was a great opportunity for CARE students to familiarize themselves with the different resources available on campus. This is only the beginning of an annual trend to continue for Fall 2018 when we will again host our next CARE Campus Resources Event!

Best,
Annet Estrella
CARE Assistant Coordinator

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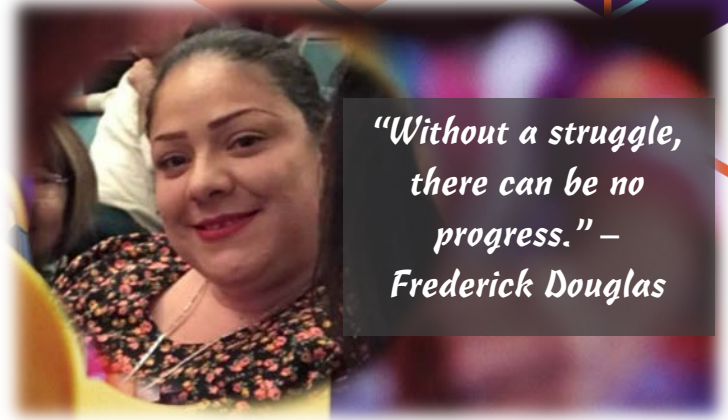
Student Highlights

NATIVIDAD DIAZ,

LIVE YOUR DREAM SCHOLARSHIP WINNER

My name is Natividad Diaz. I am a thirty seven year old mother of three beautiful girls aged nineteen, four, and twenty one months. I am a recovering addict and have attended Los Angeles City College for three semesters. I love this school! All of the professors and faculty here are great and show a lot of support. As a Psychology major, I plan to become a drug and alcohol counselor after I graduate. I really want to go back to the facility where I received my alcohol and drug treatment to help women that come to the program lacking hope just because of a few bumps in the road. We should all be proud of who we are despite our imperfections. This is how I plan to give back. I know firsthand that it is a struggle to persevere, but with the help of others, nothing in this world is impossible.

I am very fortunate to be part of the CARE program. The program has helped me a lot. It was through the CARE program that I was informed about the Live Your Dream Scholarship.



“Without a struggle, there can be no progress.” – Frederick Douglas

Without the program, I would not have applied, let alone win second place. This scholarship was designed to give women like myself a chance to accomplish things in life that are very hard to achieve alone. I encourage everyone to apply, not only to this particular scholarship, but to any that are provided through the LACC Foundation.

I also encourage other women in the CARE program to reach out to any faculty who can help them with questions they have about their academic goals. Remember there is no such a thing as a wrong question when it comes to your future. If I can do it, so can you.

Upcoming Empowerment Sessions

•All at Student Services Bldg., Executive Conference Room 361•

••Dates subject to change w/o prior notice••

E.Q. Emotional Intelligence	Wednesday, March 7	12PM – 1:15PM
Meet Your New Superpower: Mindfulness	Wednesday, March 21	12PM – 1:15PM
Qualities for Success in College and in Life	Wednesday, March 28	4:30PM – 5:30PM
The Importance of Budgeting	Wednesday, April 11	12PM – 1:15PM
Effective Communication Skills in College and in Life	Wednesday, May 2	4:30PM – 5:30PM
LoveNotes “Through a Child’s Eyes”	Wednesday, May 16	12PM – 1:15PM

April is Stress Awareness Month

5 HEALING MANTRAS FOR REDUCING STRESS

1. ALL SITUATIONS ARE TEMPORARY.

NOTHING LASTS FOREVER. WE KNOW THIS INTELLECTUALLY. PLANTS DIE. BUILDINGS COLLAPSE. TIRES GO FLAT. HOT CUPS OF TEA GO COLD. EVERYTHING IS ALWAYS IN TRANSITION.

2. THERE IS NO WRONG DECISION.

WHEN YOU'VE DONE MILLIONS OF PRO/CON LISTS, AND YOU'VE FLIPPED COINS HOPING THAT YOU'LL KNOW WHICH CHOICE IS THE ONE YOU WANT BEFORE THE COIN HITS THE GROUND, BUT YOU COME OUT EMPTY HANDED, YOU MIGHT NEED TO KNOW THAT THERE IS NO SUCH THING AS THE WRONG DECISION.

3. I'VE SURVIVED ALL OF THE DIFFICULT MOMENTS OF MY PAST.

TAKE A MOMENT TO THINK ABOUT ALL OF THE THINGS YOU'VE BEEN THROUGH IN YOUR LIFE.

4. BE STILL AND KNOW.

WE HAVE TO FOCUS. FOCUS ON ONE IDEA. ONE TASK. ONE MOMENT. AND FIND JOY IN THAT STILLNESS.

5. I TRUST THE GUIDANCE OF THE UNIVERSE.

CHOOSE TO BELIEVE THAT WHATEVER YOU'RE DEALING WITH IS BEING WORKED ON BY SOME ENTITY BIGGER THAN YOURSELF. CHOOSE TO BELIEVE THAT WHERE YOU ARE IS OKAY! YOU ARE ENOUGH.

THE TRUTH PRACTICE.COM

It is important to become aware of our reaction to stress. Stress may be the cause of many physical ailments in our bodies. Some early signs of stress include: headaches, depression, anxiety, difficulty sleeping, upset stomach, tension in our bodies and/or a short temper. Managing our stress is difficult to do but if we form the habit of managing stress, then we can lead much more enjoyable and positive lives.

Some ways to manage stress on a daily basis are: taking a walk, listening to music, watching funny videos, talking to a friend and/or meditating (yoga). These are just a few tips and ideas to help de-stress your life but there are plenty of other ways to manage stress. Set a personal goal and find one way to de-stress that works for you.

Upcoming Workshops

Dates subject to change w/o prior notice

Self Defense	Friday, March 9 10:30AM - 12PM Kinesiology South Bldg., Room 107
Stress Management	Friday, April 20 10AM - 12PM Kinesiology Bldg., Gym 2 nd floor
Career Related Topic (TBD)	Friday, March 11 10:45AM - 12:30PM Student Services Bldg. 340B

REMINDER!

Last day for credit contacts for EOPS/CARE is Friday, June 1st.
Deadline for LACC Foundation Scholarships is Sunday, March 25th.
Apply now!

THE CARE PROGRAM

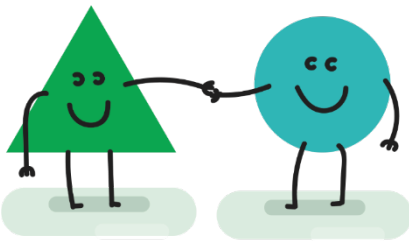
CARE Program is an extension of EOPS for single parents/heads of household receiving TANF/CalWORKs who are pursuing their educational goals.

Eligibility:

- *Acceptance into the EOPS Program
- *Attend EOPS and CARE Orientation
- *Be officially approved for TANF/CalWORKs
- *Have at least one child **under the age of 18**
- *Be at least 18 years of age
- *Single head of household

Benefits:

- *Academic, career and retention counseling
- *Book Voucher
- *Transportation Assistance
- *Meal Ticket Program
- *Priority Registration
- *Laptop Loan Program
- *Campus Parking Permit
- *School Supplies



IMPORTANT DATES FOR SPRING

EOPS
LOS ANGELES CITY COLLEGE

CARE

COOPERATIVE AGENCIES
RESOURCES FOR EDUCATION

LOCATION
EOPS Office

Student Services Bldg., 3rd floor
855 N. Vermont Avenue
Los Angeles, CA 90029

CONTACT

(323) 953-4000
ext. 2313 (Annet)
ext. 2300 (Rosemary)

Drop w/ a refund

Monday, February 9

Drop w/o a refund

Monday, February 9

Last day to file Pass/No Pass

Friday, March 9

Last day to drop w/ a "W"

Sunday, May 6

Holidays:

Presidents' Day Holiday

February 16 - 19

Non Instruction Day

Thursday, March 29

Cesar Chavez Holiday

Friday, March 30

Spring Break

Saturday, March 31 - Friday, April 6

Memorial Day

Monday, May 28

Final Exam Schedule

Tuesday, May 29 - Monday, June 4

Late Spring 2018 Graduation Petition w/ Counselor Evaluation

April 13th

Late Spring 2018 Grad Petition, Participation in Ceremony not guaranteed

June 4th

Graduation Ceremony

To be determined

