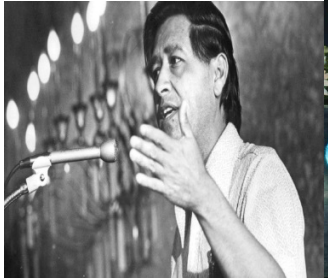




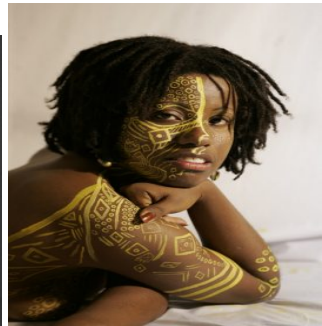
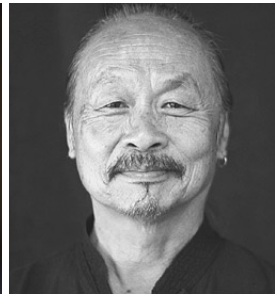
PROJECT: “Heart2Heart” (for now)

# Strategies for Extending Immediate Emotional Support to Cuesta Students facing Racial & Social Justice Struggles



## Goal:

To Extend Compassionate Connection & Resources to students struggling with racial / social injustices



## How:

1. Offer a compassionate ear / listen with empathy
2. Share support resources & referral options

- **Helpful Resources for Self-Care**

**SO FAR**, these folx have stepped forward confirming their desire to provide a compassionate email / phone/ Zoom space to individuals needing emotional support :

Anna Rose Avila, Student ([annarose\\_avila@my.cuesta.edu](mailto:annarose_avila@my.cuesta.edu)) (For more info on Pride Club)  
Ariel Peraza, Student, ([ariel\\_peraza@my.cuesta.edu](mailto:ariel_peraza@my.cuesta.edu) )  
Ali Phelps, Cuesta Staff ([allison\\_phelps1@cuesta.edu](mailto:allison_phelps1@cuesta.edu))  
Donna Howard, Cuesta Staff ([donna\\_howard1@cuesta.edu](mailto:donna_howard1@cuesta.edu))  
Denae Boggs, Cuesta Staff ([denae\\_boggs@cuesta.edu](mailto:denae_boggs@cuesta.edu))  
Bailey Drechsler, Cuesta faculty ([bdrechsl@cuesta.edu](mailto:bdrechsl@cuesta.edu)) (Contact me if you wish to be added to this list)

**READING:**

>Radical Hope: Letters of Love and Dissent in Dangerous Times, Ed. C. DeRobertis  
>[Cuesta Safe Zone Handbook](#)  
>[How to Be an Anti-Racist](#), I. Kendi  
>ColonizeThis!: Young Women of Color on Today's Feminism, Eds. D. Hernández, B. Rehman  
>My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies, Resmaa Menakem

**LOCAL ACTION GROUPS / ACTIVITIES:**

**Cuesta Student Listening Session - Wednesday, November 18, 5-6:00 p.m.**

**Event Link:** <https://cccconfer.zoom.us/j/95064855106>

Cuesta's student government leaders are hosting a Town Hall session for students centered around the recent Board of Trustees meeting and concerns expressed about Trustee Sysak. History instructor Zachary McKiernan will be facilitating the discussion. Faculty and Staff are welcome to join.

**Cuesta Student Listening Sessions** - December 3, 2020 at 10 am; 2 pm and 5 pm for a Cuesta Student Community Check-In. We will provide the zoom link soon.

- **Cuesta Pride Club**
  - <https://bit.ly/cuestapride>: Meetings Wednesdays, 6:30pm
  - Dylan Michael Canterbury Baker, Club President, [dylan\\_canterbury@my.cuesta.edu](mailto:dylan_canterbury@my.cuesta.edu)
  - Lisa Defraga, Co-Advisor, [ldefraga@cuesta.edu](mailto:ldefraga@cuesta.edu)
  - Ritchie Bermudez, Co-Advisor, [claudansid\\_bermudez@cuesta.edu](mailto:claudansid_bermudez@cuesta.edu)
- **(SLO) GALA**
  - <https://galacc.org/>
  - [Calendar](#)

- **(SLO) RACE Matters**
  - <https://www.racemattersslo.org/welcome>
  - [Calendar](#)
- **Dreams Journal Project, Cal Poly**
  - <http://tinyurl.com/dreamsjournal>
  - <http://tinyurl.com/diariosdesuenos>
  - Manmit Singh Chahal [machahal@calpoly.edu](mailto:machahal@calpoly.edu)
- **(SLO Chapter) NAACP**
  - <http://naacpslocty.org/>
  - [Events Archive](#)
- **The Central Coast Coalition for Undocumented Student Success (CCC-USS)**
  - <https://www.ccc-uss.org/>
  - [CCC-USS Actions and Updates](#)

### **CRISIS COUNSELING & MENTAL HEALTH SUPPORT**

- **Cuesta Mental Health Support Services**
  - <https://www.cuesta.edu/student/resources/healthcenter/mentalhealth/>
  - [studenthealthcenter@cuesta.edu](mailto:studenthealthcenter@cuesta.edu)
- **(SLO) Community Counseling (low- 0 cost)**
  - <https://www.cccslo.org/>
  - 1-(805) 543-7969
- **The National Suicide Prevention LifeLine**
  - 1-800-273-8255
  - Text “Hello” to 1-741-741
- **SLO Hotline**
  - <https://www.t-mha.org/slo-hotline.php>
  - 1-800-783-0607

### **MEDIATION / RELAXATION APPS**

Check out “HeadSpace”

### **HELPFUL REMINDERS...**

*“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” -- Audre Lorde*

*“Out of the mountain of despair, a stone of hope.”--Dr. Martin Luther King, Jr.*

*No act of kindness (to myself or another) is too small; no act of resistance is insignificant*