



Adult Re-Entry Student Association Newsletter

Spring Quarter Edition #2

May 21, 2020

ARSA Weekly Coffee Hour :



Elvia, our Treasurer has graciously agreed to host an ARSA coffee hour on Zoom.

You are invited to a Zoom meeting!

When: Wednesday at 8:00 AM Pacific Time

Meeting invitation: 957-0186-5607
Password: 244874

Registration URL:
https://csusb.zoom.us/meeting/register/tJEqd-igqD4sGtPjGAlef49Babz7JIUk1_EO

OARC Weekly Coffee Hour:

Amie, our President hosts a weekly coffee hour on zoom.

When: Tuesday at 8:00am pacific time.

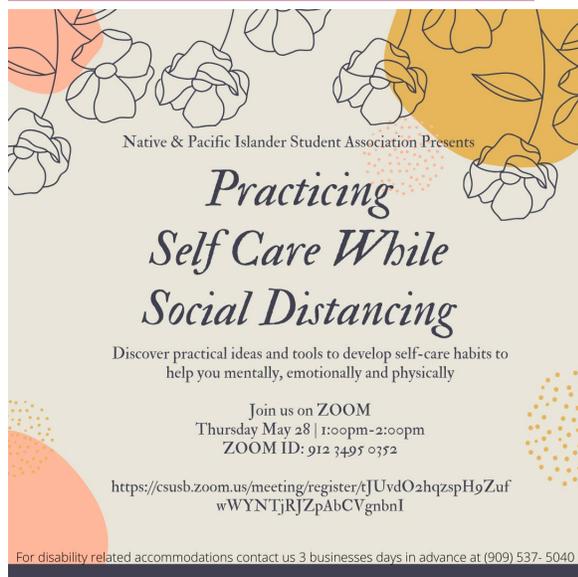
Meeting invitation: 977 2311 4217

Meeting link:
<https://csusb.zoom.us/j/97723114217>

Emotional Wellness

We have all had to make serious adjustments in our educational process. Getting used to such changes can be challenging, but we have resources to help us along the way. Karina of CAPS is planning a self-care workshop, and would love to collaborate with our club as well as the Native and Pacific Islander Associations, and the Veteran's Center.

Click on this flyer to register
for the SelfCare Zoom event



Community Mental Health

Resources (Free or sliding scale)

Catholic Charities Services

Website: <https://ccsbriv.org/>
(909) 763-4970

Christian Counseling Service

Website: <http://ccs-cares.org/>
(909) 793-1078

Grove Corner Community Counseling Center

Website: <https://thegrove.cc/counseling/>
(951) 571-9096

Nami

Website: <https://namica.org/>

The Center of the Desert

Website: <https://www.thecentersps.org/>
(760) 416-7790 x 156

San Bernardino County

Behavioral Health

Website:

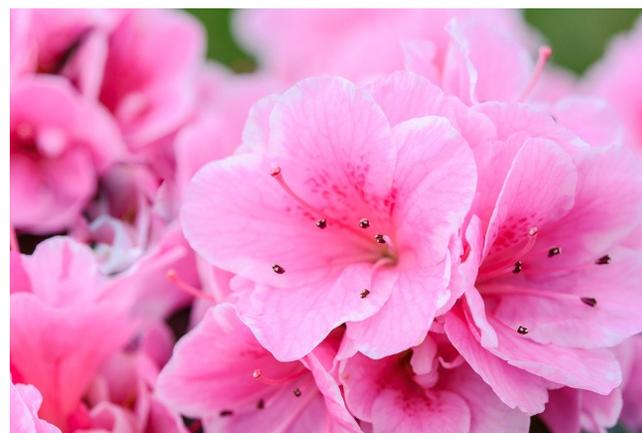
<http://wp.sbcounty.gov/dbh/mental-health-services/>

Food Resources:

The CSU Basic Needs Initiative supports students' well-being and basic needs by providing access to:

- Immediate food assistance
- Financial assistance
- Short term emergency housing

Email: basicneeds@csusb.edu



Clickable links to our past
Instagram resource postings

@arsa_csusb

Together We Can Overcome

Resources for undocumented

The Disaster Relief Assistance for Immigrants

the link is in our BIO
this available for a limited time

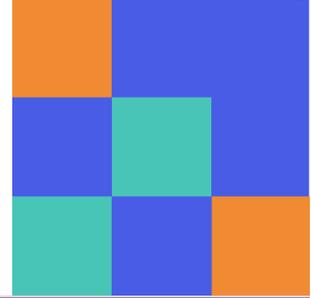
The Covid-19 outbreak and subsequent quarantine of communities has caused many households to lose their livelihood and income.

Activities for Toddlers



CNN AND SESAME STREET TO THE RESCUE
see link in bio

How do we explain covid to kids?



CSUSB OSHER ADULT RE-ENTRY CENTER PRESENTS

KID CRAFTS

JOIN AMIE IN CREATING A SIMPLE CRAFT WITH YOUR KIDS

Welcome Spring Lamb Activity



Bonne Journée, 

