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 8:00 am 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 Self Care 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.thecenterps.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
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

Bonne Journée

CNN AND SESAME STREET TO THE RESCUE see link in bio

How do we explain covid to kids?

KID CRAFTS
JOIN AMIE IN CREATING A SIMPLE CRAFT WITH YOUR KIDS

Welcome
Spring Lamb Activity

MAKE THIS DAY GREAT!