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*Dr. Diana Bajrami
Interim President
College of Alameda*

President's Corner: A Call for Peace & Respect

I want to express my heartfelt gratitude for your participation during the October Flex Day. We came together to imagine a better future for our college and our global community and share our collective vision. Your engagement in these discussions is truly appreciated.

Furthermore, I want to acknowledge and commend your unwavering commitment to respecting, supporting, and caring for one another during these trying times. This sense of community is what makes our institution special, and I am grateful for your dedication.

As we continue to hope and work towards a more peaceful world, I am pleased to share with you the Peralta Leadership Statement, "A Call for Peace and Respect," in this edition of the President's Corner. This statement reflects the District's collective commitment to fostering an environment of peace and respect within our college community.

Thank you once again for your continued support, dedication, and shared vision for a brighter future. Together, we can make a positive impact on our world.

Sincerely,
Dr. Diana Bajrami
Interim President, College of Alameda



Peralta Community College District Leadership Statement: A Call for Peace & Respect

Our hearts are grieving for the innocent people who have been killed, injured, or held hostage. We know that many families in our diverse community are affected by personal loss, fear, and the deeper meanings of this violence. We express our deep care and concern for students and employees who may be affected, either directly or indirectly, by this violence.

As leaders in the Peralta Community College District (PCCD), we have the responsibility to make sure that our students, families, and neighbors feel safe. At our colleges, we have resources available to help people navigate emotional, social, or financial issues that are outcomes from these unimaginable acts.

Please feel free to share the following resources with students and colleagues:

For students: The Health & Wellness Centers at each of the colleges offer personal counseling. Please visit their websites for appointments and more information.

- Berkeley City College: <https://www.berkeleycitycollege.edu/wellness-center/>
- College of Alameda: <https://alameda.edu/students/health-wellness-services/health-resources-and-referral-information/>
- Laney College: https://laney.edu/health_center/
- Merritt College: <https://www.merritt.edu/health/>

For employees: Mental Health counseling services are available via our Employee Assistance Plan. To contact EAP for an appointment, call (800) 999-7222 or visit <https://www.anthemeap.com/employer-select> and enter SISC.

We must continually work toward ensuring that our campuses are safe, inclusive, and welcoming environments. This conflict may not be resolved soon. During this time, let's come together with kindness and empathy to support those in the Peralta Colleges' community who are grieving or experiencing anxiety and stress because of this violence.

We hope our students and graduates will take their place in creating a world where peace, reason, respect, and empathy prevail.

In solidarity for education and peace,

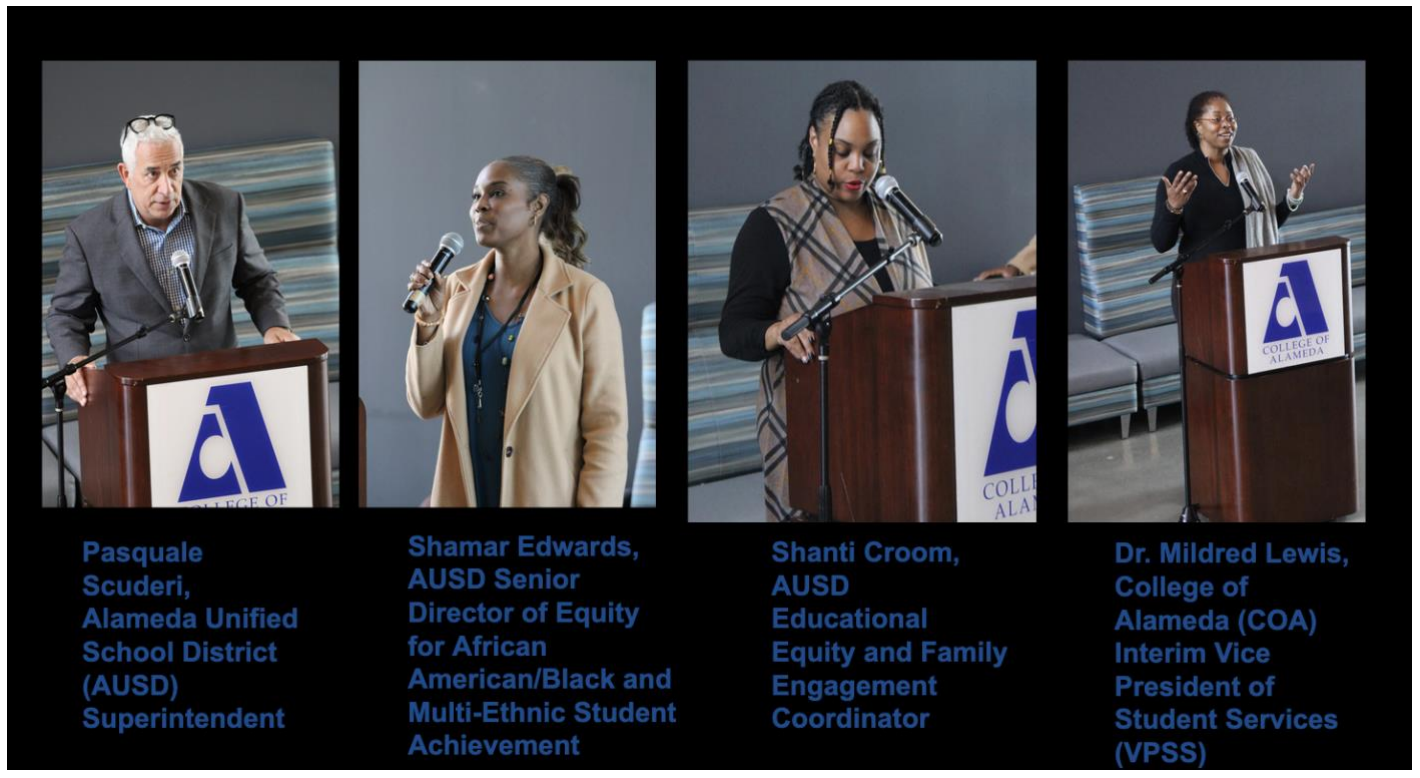
Dr. Jannett N. Jackson, Interim PCCD Chancellor

Dr. Denise Richardson, President, Berkeley City College

Dr. Diana Bajrami, Interim President, College of Alameda

Dr. Rudy Besikof, President, Laney College

Dr. David M. Johnson, President, Merritt College



COA Hosts AUSD Educational Summit

On Saturday, October 14, 2023, College of Alameda opened its doors to a remarkable event, “My Sister's Dynasty and My Brother's Legacy,” a groundbreaking educational summit designed to empower Black and Multi-Ethnic students. This special event, hosted in collaboration with the Alameda Unified School District (AUSD) Office of Equity, brought together a diverse group of speakers, presenters, and attendees.

Empowering Voices

The event was presented by **Shamar Edwards**, AUSD Senior Director of Equity for African American/Black & Multi-Ethnic Student Achievement, and **Shanti Croom**, AUSD Educational Equity & Family Engagement Coordinator. Together, they orchestrated a powerful lineup of speakers who shared their wisdom, experiences, and knowledge with the eager audience.

Notable Presenters

Among the impressive slate of presenters were:

- **Pasquale Scuderi**, Superintendent of Alameda Unified School District (AUSD)
- **Dr. Mildred Lewis**, Interim Vice President of Student Services at College of Alameda (COA)
- **Renate Westbrook**, Advisor at AUSD Office of Equity & Ruby Bridges Elementary School
- **Juanita Williams**, Island High Office Manager
- **Vickie Smith**, Retired Community Activist
- **Aaron Mercadel**, Office of Equity & Maya Lin School Advisor
- **Dr. Tracey Wagner, Doran Lewis, and Lizett Perez**, Physical Therapy

The mission of the College of Alameda is to serve the educational needs of its diverse community by providing comprehensive and flexible programs and resources to empower students to achieve their goals.

- **Shawn Granberry**, CEO of HipHopTV, Inc.
- **David Newton**, Realtor and Humanitarian
- **Ann Munene**, San Francisco Attorney
- **Tyrone Robinson Jr.**, Educator and Coach
- **Lawanda Dickerson**, Entrepreneur, Owner and Operator of U3Fit & certified Health & Wellness Life Coach
- **Dwight Monroe Jr.**, Politics and Entrepreneurship

These diverse voices came together to provide a wealth of inspiration, motivation, and practical advice for Black and Multi-Ethnic students.

Empowering Futures

"My Sister's Dynasty and My Brother's Legacy" was not just a series of presentations but a deliberate effort to uplift and amplify the voices of Black students. The event aimed to provide life lessons, tools, and encouragement to help students navigate their academic and personal journeys successfully.

The organizers extended their heartfelt gratitude to all who participated, from the students and their families to the dedicated presenters and volunteers who made this event possible.

College of Alameda (COA) played an important role in making this event a success. The event organizers expressed their sincere thanks to the COA team, including Acting President **Dr. Diana Bajrami**, Interim Vice President of Student Services Dr. Mildred Lewis, Dean Dr. Shalamon **Duke**, Program Manager **Louie Martirez**, Facilities Specialist **Shuntel Nathaniel**, Audio/Visual Specialist **Shawn Foster**, and Food Service Supervisor **Alfred Brown**, along with the entire COA staff.

"My Sister's Dynasty and My Brother's Legacy" was more than just an event; it was a celebration of unity, diversity, and empowerment, and a testament to the strength of community and collaboration in Alameda. The College looks forward to more such initiatives in the future, working together to create a brighter future for our extended community and students.

Click below to watch the video of the Keynote Speaker: **Aaron Mercadel**

https://docs.google.com/file/d/1bZ4Dt1rQa_bjmdzH-Ujif72K6ANA0BGj/preview

Click below to watch the video "I Am My Ancestors' Wildest Dream" -a poem by **Shanti Croom**

<https://docs.google.com/file/d/1QWmDnSH-jv9D7Pmpn8MSstb7egVa8Dkg/preview>



Latinx History Month a Great Success!

College of Alameda proudly celebrated Latinx History Month under the theme “Unidos Somos Más Fuertes: We are Stronger Together.” This meaningful commemoration brought together faculty members, classified professionals, and administrative staff to coordinate a series of engaging and educational events.

Exploring Latinx Heritage

One of the highlights of the celebration was the Film Screening and Q&A of “We Still Here - Nos Tenemos.” This powerful documentary introduced the audience to the incredible youth of Comerío, Puerto Rico, as they navigated the challenges and triumphs in the aftermath of Hurricane Maria. The screening was followed by a thought-provoking Q&A session, offering attendees an opportunity to delve deeper into the issues presented in the film.

Art and Culture

As part of Latinx History Month, a vibrant Papel Picado Activity allowed participants to immerse themselves in Latinx art and culture. Papel Picado involves the creation of intricately designed paper banners, representing a rich tradition of artistic expression. It was a fantastic opportunity for attendees to showcase their creativity and appreciation for Latinx artistic heritage.

A Heartfelt Thank You

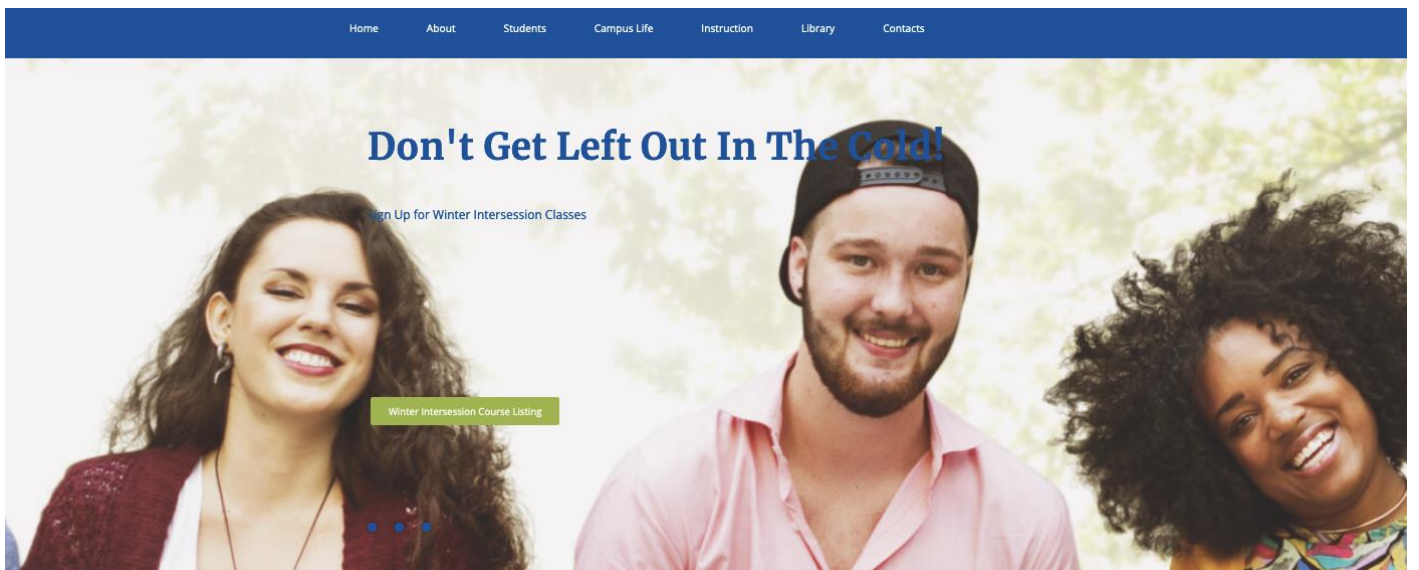
The success of Latinx History Month at the College of Alameda would not have been possible without the dedication and hard work of those who supported and organized these wonderful events and activities. Latinx History Month provided an excellent platform to recognize and appreciate the contributions and rich cultural heritage of the Latinx community.



Photo Left Meals on Wheels/Alameda Friends Visitors Board President and member of CoA President's Roundtable Edward Kofman, CoA Acting President Diana Bajrami, and City of Alameda Mayor Marilyn Ezzy Ashcraft. Photo right Edward Kofman welcomes community members and volunteers to the 50th Anniversary Celebration.

Alameda Meals on Wheels Celebrates 50th Anniversary at CoA

Meals on Wheels/Alameda Friends Visitors celebrated its 50th anniversary in October 2023 at the College of Alameda campus in the lobby of the beautiful Liberal Arts Center, Building H. City of Alameda Mayor the Honorable **Marilyn Ezzy Ashcraft** was one of the attendees and presenters celebrating the special occasion. It was the mayor's first visit to the College's new Liberal Arts Building. Alameda Meals on Wheels (AMOW) is a locally-funded, seven-day-a-week program that has been delivering hot, nourishing meals to Alameda residents since 1973. Each day, holidays included, their caring volunteers deliver a mid-day meal to more than 140 Alameda residents of all ages. Recipients pay on a sliding fee scale, based upon their ability.



The mission of the College of Alameda is to serve the educational needs of its diverse community by providing comprehensive and flexible programs and resources to empower students to achieve their goals.

SPECIAL
ISSUE

WEEKLY MOON
PHASE
WANING
GIBBOUS
MOON

LOOK INWARD AND RE-EVALUATE

COLLEGE OF ALAMEDA PRESENTS

UNDOCUMENTED

STUDENT ACTION WEEK OCT 16-20TH, 2023

LIMITED

LOVE + SUPPORT

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EACH

EDITION

ISSUE NO. 7

THE UNDOCUMENTED STUDENT ACTION WEEK (USAW) 2023 RECAP

THE LATEST NEWS!

Undocumented Student Action Week Honors Dignity & Access

In celebration of the 7th Annual California Community Colleges **Undocumented Student Action Week 2023 (USAW)**, a series of events was held at **College of Alameda (COA)** to honor, support, and advocate for undocumented student access to higher education.

This year, the **COA Undocumented Student Success Program (USSP)** led by Undocumented Student Success Coordinator **Juan Lopez**, offered a range of events from Monday October 16, 2023, to Friday, October 20, 2023. These events offered students an opportunity to meet notable undocumented authors and poets, discover themselves through an identity workshop, learn how to access on and off-campus student services, and learn about undocumented student support beyond community college. Read below to witness the beauty, power, love, and community highlighted in this year's USAW!

Monday – USAW 23 Kick Off Presenting Author Julissa Arce

On Monday, October 16th, Peralta Colleges Berkeley City College (BCC), Laney, and College of Alameda (COA) kicked off USAW 2023 by hosting a discussion/plactica with the nationally awarded author of **“You Sound like a White girl”** and social justice advocate, **Julissa Arce**. Students had the opportunity to ask Julissa questions and receive an overall insight into Julissa's personal journey from being an undocumented immigrant to becoming a prominent Wall Street Executive.



A special thank you to our participants, Juliana **Garcia Uribe** for assisting and photographing the event, **Shawn Foster** for their attentiveness with tech set up and functionality, and **Nickey Chao** for coordinating food for our staff and students.



Tuesday Special - ☆ UndocuSTARt 2023: The Starcade Resource Fair ☆

The stars have aligned yet again! On Tuesday, October 17th the COA Undocumented Student Success Program (USSP) held its 2nd annual celebration of the **UndocuSTARt Resource Fair**-- an event that intends to connect COA students directly with on an off-campus student services and programs (a.k.a the STARS). This year's theme followed an 80s Arcade theme where 80s music filled the air, joy, laughter, and community building through a STAR Bingo Game, and a journey through The Starcade Universe where students connected with the student services/programs, learn about their services, and how to access them regardless of status.

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A special thank you and appreciation to our ST☆RS: **Melissa Phataranavik** - East Bay Community Law center (EBCLC), **Jeremy Simmons** - COA Basic Needs, **Lisa Sawadogo** - COA Health and Wellness Center, **Nadeesha Dias and Rachel Goodwin** - COA Student Accessibility Services (SAS), and **Jennifer Sanoh** - COA College to Career (C2C) Program, you are all stars!



Thursday - CAFE USSP: Treats for the Soul

Themes of identity, self-love, healing, community, and overall love were prevalent in our “grand opening” of “Café USSP: Treats 4 the Soul” on Thursday, October 19. Students were led into a journey of exploration and creation of the self through an identity and poetry workshop led by Interim Dean of Student Enrollment Services **Natalie Rodriguez** who reminds us of the importance of showing up with authenticity, care, and intentionality for ourselves and for others. This workshop offered a safe space of vulnerability among community to share and express powerful emotions through words, much like the powerful words read by our special guest poet and small business owner, **Deyci Carrillo Lopez**, in her Spanglish poetry book “Entre la Miel y el Fuego”. Deyci reminds our COA undocumented student community that we are indeed creators

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of our own stories and are essentially magicians capable of manifesting our own lives and destinies despite one's immigration status because magic knows no limits, it transcends beyond any borders. For more magical words follow Deyci on IG @puravida510.

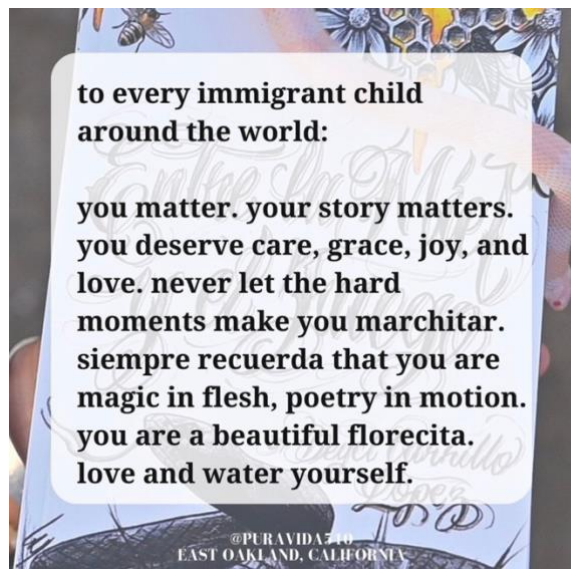
A special thanks to student workers **Julie and Antwa** for their support, our **COA facilities team** for transforming the H Building Lobby into a Café, **Shawn Foster** for the impeccable tech set up, and to **Isela** and her family from Lala's Teatime Treats (IG: @lalas_teatime_treats) for their touch of fall with the café set up and most delicious treats!



Friday - Peralta Dreamers Field Trip

On Friday October 20, 2023, the Peralta Colleges undocumented community resources centers together with their students visited the **Undocumented Student Program (USP)** at **UC Berkeley** where they learned about the different resources, scholarships, grants, mental health support services, and employment opportunities regardless of work authorization accessible to undocumented students attending UCB.

A special thank you to our wonderful COA students who joined us on this field trip, the UC Berkeley Undocumented Student Program (USP), **Carolina Martinez** from BCC for her warm welcome to our students at the BCC Undocumented Community Resource Center (UCRC), and **Erandi Garcia** from the Laney Undocumented Community Resource Center (UCRC).



Forever and Always - Thank You!

While USAW is a week in which all California Community Colleges honor undocumented student communities in higher ed, this support is continuous throughout the year. All individuals regardless of immigration status should have equitable access to higher education to achieve their academic and personal endeavors.

To our allies at COA, thank you for the work you do on the front line and behind the scenes to support our undocumented students. To our undocumented student community at COA, please know that you are welcome here! You are deserving of opportunities for success, love, joy, and happiness and we are here to support you in achieving your goals.

I leave you with this message (above) from our special guest poet **Deyci Carrillo Lopez** who we had the honor of hosting at COA for USAW 2023:

Submitted by Juan Lopez, COA Undocumented Student Success Coordinator

Help Spread the Word about ACCESO/Puente Workshops

As we approach the end of the semester, we are excited to extend an invitation to you to help us spread the word about the upcoming ACCESO/Puente workshops for students.

These workshops aim to provide valuable resources and support for our students as they navigate their academic journeys. The sessions scheduled for November and December cover a wide range of topics that are designed to enhance their college experience.

Please reach out to your students and encourage them to participate in these workshops. (Please see below for details.) Your support plays a crucial role in ensuring the success of these initiatives.

If you have any questions or need further information, please do not hesitate to reach out to **Aracely Quezada**, aquezada@peralta.edu, and/or **Johanna Carranza**, jcarranza@peralta.edu.

We look forward to your students at the workshops!

Submitted by Johanna E. Carranza, ESOL Professor & LRC Faculty Coordinator



Acceso/Puente Student Support Workshops

All Workshops will be held in H113
12:00 – 1:00 pm
*Except workshop on 12/7 which starts at 1:30

11 / 7	STUDENT SUCCESS	Araceli Quezada
11 / 14	CSU APPLY	Paula Gonzales and Maria Montoya-Perez
11 / 21	UC ADMISSIONS	Paula Gonzales and Maria Montoya-Perez
11 / 28	UC AND CSU TRANSFER SUPPORT APPLICATION	Paula Gonzales and Maria Montoya-Perez
12 / 5	FINANCIAL LITERACY	Araceli Quezada
12 / 7 1 : 30	MENTAL HEALTH & CAREER	Lauren N., Paula, Maria

Have questions? Need assistance? Reach out via email aquezada@peralta.edu or the Acceso Canvas shell one week prior to the event.

College of Alameda does not discriminate on the basis of age, race, religion, color, gender identity, gender expression, sexual orientation, ancestry, citizenship, national origin, military or veteran status, disability, marital status, pregnancy, medical condition, and immigration status.

HONORING SERVICE MEMBERS
FROM ALL THE ARMED FORCES.

VETERANS DAY LUNCHEON

PLEASE JOIN US IN HONORING
THOSE WHO HAVE SERVED.

NOVEMBER 9TH, 2023

12:00PM-1:00PM

VETERANS RESOURCE CENTER

We are proud to honor military service members that have paid the highest sacrifice for our country. Their lives will never be forgotten and their sacrifice will always be remembered. On Thursday, November 9th, 2023, beginning at 12:00pm, the College of Alameda Veterans Resource Center will celebrate the commitment of past U.S. military personnel, those attending Peralta Community College district currently and serving our nation.

Students, Friends,
Campus Allies, and all
community members are
invited to join us.


REFRESHMENTS WILL BE
SERVED.



CoA Is Hosting a Veterans Day Luncheon

The Veteran's Resource Center is hosting a Veterans Day Luncheon on November 9, 2023, from noon-to 1 p.m. in the Veterans Resource Center (2nd floor of Building G). During the Luncheon, we will acknowledge veterans, have a moment of silence, and speak briefly about the history of Veteran's Day. Please show your support and thank our veterans for their service. Hope to see you all there!

Submitted by Jamar Mears, M.A., Veterans Counselor/Instructor



COME SUPPORT
AS WE HONOR OUR SOPHOMORES IN THEIR LAST
COLLEGIATE VOLLEYBALL GAME.
WE WANT TO CELEBRATE OUR ATHLETES AND WISH THEM
THE BEST WITH THEIR FUTURE!

SOPHOMORE NIGHT!

—

NOVEMBER 10, 2023 | @ 5:45PM
COLLEGE OF ALAMEDA GYM

You're Invited to Sophomore Game Night

You're invited to COA's Sophomore Game Night on Friday, November 10, 2023. The game time starts at 6 p.m. We will be honoring four of our student-athletes as they continue on after Peralta in the spring, to their desired universities. Our team has shown great determination throughout the season and has truly progressed as student-athletes and wonderful humans. I hope to see you at the game! All are invited—free of charge.

Go Cougars!! :)

Submitted by Lauren Nieraeth, Head Women's Volleyball Coach



College of Alameda Dance Clubs mission is to create, develop and promote contemporary expressions of U.S. American culture, highlighting the Asian-American experience through dance and the performing arts. We also aims to share dance and the performing arts with people of all ages, backgrounds, and abilities.

November 19th, 2023

2:00PM

San Francisco
Herbst Theater

SFNCFF
SAN FRANCISCO INTERNATIONAL NEW CONCEPT FILM FESTIVAL

The 10th SFNCFF selected films
screening Schedule:
11/15-18/2023, 1:00 pm to 5:00 pm
Location:
Balboa Theater, 3630 Balboa St.
San Francisco, CA 94121

Award Ceremony Schedule:
11/19/2023 2:00 pm to 6:00 pm
Location: Herbst Theater, 401 Van Ness
Ave, San Francisco, CA 94102

Tickets online: www.afnewfilms.com
Tel: 415-672-2809, 415-225-1168

SAN FRANCISCO INTERNATIONAL NEW CONCEPT FILM FESTIVAL 10
November 15 to 19, 2023
INTERNATIONAL PLATFORM FOR CREATIVE FILMS

The mission of the College of Alameda is to serve the educational needs of its diverse community by providing comprehensive and flexible programs and resources to empower students to achieve their goals.

Who wants to earn their college degree, certificate, or transfer faster?



ENROLL NOW!
Complete 3 units in 3 weeks
College of Alameda
Winter Online Intersession

December 18, 2023 to January 12, 2024

Fall Intersession Classes are ***FREE!**



<https://alameda.edu/intersession-2/>

*Free for California residents with completion of FAFSA or CA Dream Act application

Winter Intersession Classes Start December 18

Enroll now for a College of Alameda FREE Winter Intersession class and complete three units in just three weeks, from December 18, 2023 to January 12, 2024. Students who want a fast, inexpensive way to earn university transfer credits can enroll now for a free Winter Intersession class.

Click [here](#) for class listings.

Returning students log onto sa.peralta.edu to register today

New students apply for admission at

<https://alameda.edu/enroll/> – or visit the College of Alameda Welcome Center for assistance.

Select “FALL 2023” as the term to enroll.

Fall is *Free information: <https://alameda.edu/fall-is-free/>

(All Classes are Free in Fall 2023-no minimum for CA Residents with Completion of a 2023-2024 FAFSA or CA Dream Act application before Oct 1, 2023)

College of Alameda

SPRING 2024

Class Schedule

SPRING IS FREE AT COA*

555 RALPH APPEZZATO MEMORIAL PKWY • ALAMEDA, CA 94501 • 510.522.7221 • ALAMEDA.EDU

SPRING SEMESTER BEGINS JANUARY 22ND

* Spring is Free for California residents who:

1. Complete financial aid application (FAFSA) or CA Dream Act application
2. Enrolled in a **MINIMUM of 6 UNITS**

The Spring Class Schedule Is Available Online

Spring Semester begins January 22, 2024

Classes are FREE for students enrolled in 6 or more units for Spring 2024 Semester.

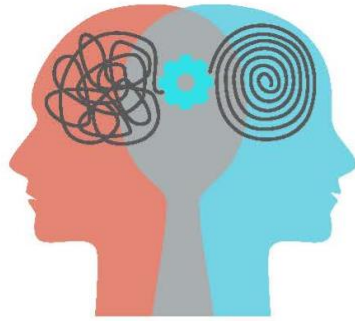
Click [here](#) to download your Spring Schedule of Classes.

Returning students log onto sa.peralta.edu to register today.

Select “Spring 2024” as the term to enroll.

New students apply for admission at

<https://alameda.edu/enroll/> – or visit the College of Alameda Welcome Center for assistance.



Meet the Mental Health Counselors 2023-2024



Destiny Walker, MFT Trainee

Destiny Walker, MFT Trainee (she/her) is a Black woman born and raised in Los Angeles, CA. She is in her 4th and final year in the Master's of Counseling program at St. Mary's College of CA. Prior to her shift to the counseling field, Destiny served as a program lead for a software engineering boot camp supporting adults with developing technical and professional skills for entry into the tech industry. She also worked with the YMCA of the Eastbay and Oakland Unified School District to develop sustainable and supportive extended day learning programs with an SEL emphasis. She is excited to be on this journey at CoA. In her free time, she enjoys connecting with friends and family, watching standup comedy, taking scenic walks, and being in or around bodies of water.



Ismael De Guzman, LMFT

Ismael de Guzman, LMFT (he/him), is a queer, 1.5 generation Filipino-American cis-male and was raised in the Bay Area. He is excited and thrilled to be returning to College of Alameda as a licensed clinician. With a rich 12-year background in higher education, Ismael has honed his skills in providing clinical care for survivors of violence, developing prevention education programs, mentoring college students, and fostering a community rooted in care. His therapeutic approach is grounded in CBT principles, DBT-informed and a positive psychology perspective. His client-centered philosophy guides his practice, and he integrates mindfulness techniques while maintaining a solution-focused mindset in his clinical work. Outside of the clinical setting, you can find him roaming the streets of San Francisco on his daily walks (10K steps), taking a cardio class/lifting at his local gym and scrolling through YouTube late into the night searching for the latest Southeast Asian recipes and vicariously experiencing the nomadic adventures of van-lifers.



Lauren Nieraeth, PCC Trainee

Lauren Nieraeth, PCC Trainee (she/her) is a multiracial daughter, sister, cousin, niece and friend that identifies as Mexican, Native, Dutch- Indonesian, German, and Portuguese; born and raised in the Long Beach area. A few words that best describe Lauren are dedicated, empathetic, and athletic. Her previous personal and work experiences gave her the privilege of working with student-athletes and marginalized young folks. Lauren is passionate about cultivating genuine, trusting relationships centered in encouragement and positive growth. She believes that young folks should not be limited by the circumstances that surround them and have the opportunity to dream big. She looks forward to supporting the students at College of Alameda as the Women's Volleyball Coach and MFT Trainee. Lauren is currently earning a Master's degree at San Francisco State University with a specialization in College Counseling and emphases in Clinical Mental Health Counseling and Career Counseling.



Rey Vargas, AMFT

Reynaldo Vargas (Rey), Associate Marriage & Family Therapist (He/Him) was born and raised in Palm Springs. He attended College of the Desert where he received his AA, SFSU where he received his BA in Psychology, and recently SFSU where he finished his Master's in Science in Counseling in order to get licensed as a Marriage and Family Therapist. Rey is a proud Mexican-American and first-generation college student. Rey is passionate about working with the previously incarcerated population and has spoken at conferences advocating for their rights. In his free time, Rey can be found riding his bike, walking along Shoreline Ave, or visiting food trucks!



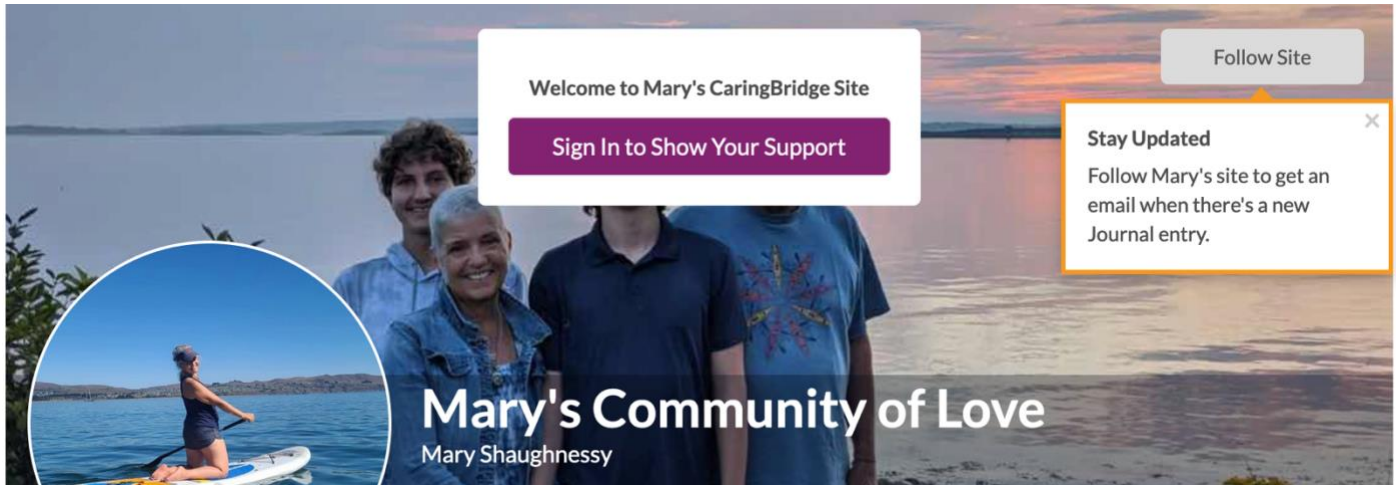
Erica Gibbons, AMFT

Erica Gibbons, Associate Marriage & Family Therapist (she/her) is a Queer, Black & Japanese, cis-womxn born and raised in the East Bay. Erica followed the IGETC track through Peralta and transferred to UC Berkeley, where she studied and taught Ethnic Studies. She then graduated with a Master's Degree in Counseling Psychology (MFT Concentration) at the University of San Francisco. Erica is dedicated to community healing and advocates for the mental liberation of all marginalized folks. Through her therapeutic work, Erica practices narrative, relational, and decolonial modalities. This is Erica's 3rd year as a mental health counselor at the College of Alameda. While not in the therapy office, Erica can be found out on the hiking trails, listening to soulful house, and enjoying quality time with friends.

Mental Health Counseling Appointments Are Available for Students

In light of all that is going on in the world and our local communities, I want to remind folks that the Wellness Center at College of Alameda still has mental health counseling appointments available for students. Students can use the link below, send an email or give me a call to request an appointment. Thank you to everyone who stopped by our Open House a few weeks ago. We had over 120 students, faculty, and staff roll through our new space in Cougar Village. For folks that weren't able to make it, I wanted you to still "meet" our incredible mental health counseling team this year. Please see their bios below, and feel free to share with students. We truly have an amazing team, and I'm so grateful for all the hard work and ways that Erica, Ismael, Destiny, Rey, and Lauren are supporting College of Alameda students this year!

Submitted by Lisa Sawadogo, LPCC357, NCC, Health Services Coordinator



A Special Message from Our Colleague *Mary Shaughnessy*

“Mi familia CoA,

As many of you know, I was diagnosed with Stage 4 thyroid cancer in November, 2020. It has been a roller coaster ride since then, including an emergency tracheostomy which resulted in my permanent need for a trach to ensure my airway. It’s been one heck of a ride so far.

I have a Caring Bridge site that I post updates to in order to keep interested folks updated on my journey. Here is the link to my Caring Bridge site in case you want to follow along:

<https://www.caringbridge.org/visit/maryscommunityoflove>

With love and solidarity,”

~Mary Shaughnessy, Academic Counselor for EOPS/CARE



Make Your *Splash!*

- Student success stories.
- Grant updates, applications, special projects, or programs of interest.
- Program, committee, department news, and updates.
- Faculty and staff awards, appointments, achievements, or kudos.
- Special hours and information for online or other services and classes.
- Upcoming deadlines that students or colleagues should know about.
- Event information.
- Other news.

Send us your news, so that we may share it with the campus and the community in the next edition of *Splash!* It’s easy –just send us a short article and a good photo or two, and we will take care of the rest. Do not forget to include the name of the writer, the photographer, and anyone who is pictured (if possible).

Please email your news and information to: coasplash@peralta.edu and be sure to include the word “*Splash!*” in the subject line.

Past issues of the CoA *Splash* are available at <https://alameda.edu/office-of-the-president/>