

SAN DIEGO MESA COLLEGE

# HUNGER & HOMELESSNESS

## Awareness Week

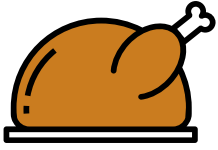
NOVEMBER 16-20, 2020

### MONDAY - THURSDAY

1 PM - 2 PM

4 PM - 5 PM

Drive Thru Thanksgiving Meals!



Must Register:  
[bit.ly/DriveThruMeal](https://bit.ly/DriveThruMeal)

Take home a warm meal to feed 5-8 people.

- Must be currently enrolled at Mesa.
- Car or truck required
- Meals available 1-2pm or 4-5pm Nov 16th-19th at Lot 7

### MONDAY, NOV 16

11 AM - Noon

LinkedIn 101: How to Expand Your Professional Network



LinkUp with LinkedIn! Learn how to build a strong profile and leverage your connections with LinkedIn. Presenter: Luiza Barreto Rodrigues

Register:  
[bit.ly/MesaLinkUp](https://bit.ly/MesaLinkUp)

### TUESDAY, NOV 17

11 AM - Noon

Living Right When Money is Tight



Zoom ID  
925 7634 0076

Learn about resources you can access for free or at a lower cost using your student ID. Presented by EOPS team members: Julianne "J" Kontos & Ivonne Meza

Noon - 1 PM

Borderless Scholars Undocu-Circle



Zoom ID  
939 6770 1686

A space for the undocumented community & allies to come together and share community, space, and conversations around topics pertaining to current events, legislation updates, resources, feelings, and much more.

3 PM - 3:45 PM

Be Calm



Zoom ID  
966 3938 7440  
Password:  
Self Care

Be Calm - Stress Management, Anxiety Reduction, Practicing Coping Strategies. With Linda Gibbins-Croft, LCSW

### WEDNESDAY, NOV 18

9 AM - Noon

Warm & Fuzzy Distribution



Must Register!  
[bit.ly/MesaWarmFuzzy](https://bit.ly/MesaWarmFuzzy)

Receive a FREE Warm & Fuzzy goodie bag of assorted supplies provided by The Stand: Basic Needs Resource Center to help with the Fall and Winter seasons, including a full-sized warm and fuzzy blanket plus a little surprise gift from your Mesa family! Supplies are limited!

2 PM

Active Minds



Zoom ID  
944 9609 5772  
Password:  
466444

Changing the conversation around mental health. With Maria Aurora San Pedro, LMFT

3 PM - 4 PM

Black Student Forum



Zoom ID  
922 2589 1544

A time to share grief and related feelings. A time to share how you will uplift your life and family. A time to share ideas about ways to pursue justice. Psychoeducation. With Monica Woodruff, MFT and John Guinn, LMFT

4 PM - 5 PM

Come As You Are



Zoom ID  
922 2589 1544  
Password:  
Connect

A weekly group to discuss and connect with as well as to support people who are LGBTQIA and allies.

### THURSDAY, NOV 19

10:30 AM - 1 PM

Free Drive Thru Farmer's Mkt



Our monthly free Farmer's Markets are now no-touch! Drive up to Parking Lot 3, pop the trunk, and let us do the rest!

Lot 3  
[sdmesa.edu/thestand](https://sdmesa.edu/thestand)

2 PM - 3 PM

Be Calm



Zoom ID  
944 0762 9772

Be Calm - Stress Management, Anxiety Reduction, Practicing Coping Strategies. With John Guinn, LMFT

3:30 PM - 4:15 PM

Games Group



Zoom ID  
957 6020 1247  
Password:  
Connect

A fun interactive way to stay connected during the pandemic. Connect with other students by playing Jackbox games. With Linda Gibbins-Croft, LCSW