

Grossmont College CalWORKs

A CULTURE OF *Caring*

NEWSLETTER

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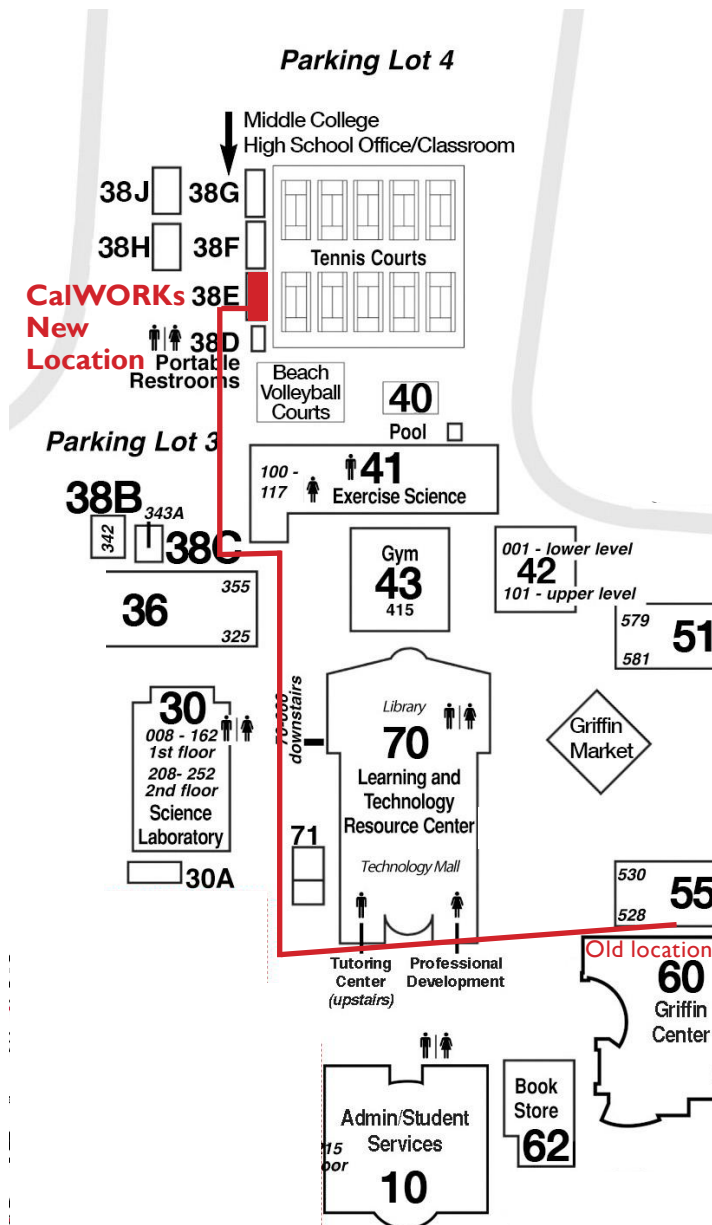


WE'VE
MOVED!

CalWORKs

We've Moved - Cover Story

BUILDING 38E



Salute from CalWORKs

We have some new and exciting news! CalWORKs has moved to building 38E! We are now located near the sand volleyball courts. You will find the same warm inclusive CalWORKs Culture of Caring just in a new location.

It was a herculean task and I want to thank the CalWORKs staff that worked alongside the wonderful Loren, Mark, Joel, Johnny, Kurt, Rick and Mayan! We say a warm goodbye to our former neighbors CARE, EOPS and Next up and welcome the Dream Center to our former space.

Moving from campus news- As a program serving students from all over the world, the CalWORKs Department was horrified to bear witness to the acts of violence in New Zealand and San Diego County against Muslims. We mourn the loss of life in New Zealand and all facing violence and injustice in the name of intolerance. We so grateful for the richness of our diverse student population and value all they bring to our community.

We thank our students for all they teach us every day.

Amahoro (Peace),

—Gabrielle Gosselin, CalWORKs Program Coordinator

Relevant Topics from the Culture of Caring

Every day the CalWORKs Department assists students from 25 different cultures facing numerous barriers. Our whole staff consistently does its best to provide culturally responsive holistic authentic care, often that means educating ourselves about cultures and issues facing our students so that we provide the best support. The counselors have come together to share some definitions and resources we have found to be helpful. We hope you find this section informative and enjoyable.

Definitions

Post Traumatic/Traumatic Stress: Traumatic Stress repeated exposure to an incident that causes physical, emotional, spiritual, or psychological harm.

Post-Traumatic Stress Disorder (PTSD): An anxiety disorder that can develop after experiencing or witnessing another person experience a traumatic event.

Resilience: The ability to adapt to highly stressful situations. In the western model resilience is thought to be inner physiological strength whereas in the Middle East and Africa resilience is more of a collective social strength. In the CalWORKs Office, we observe varying levels of resilience in our students. Our Counselors promote resilience building through referrals to mental health, community connections etc. which can help our students be more successful in college.

Microaggressions Microassaults Microinsults Microinvalidations

Microaggressions: verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.

Microassault: purposeful discriminatory action, such as a verbal attack or avoidant behavior.

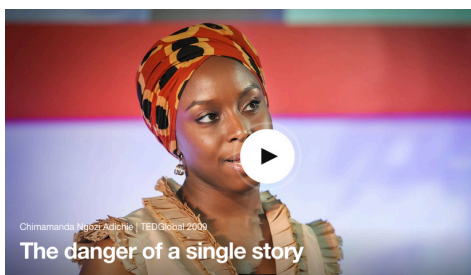
Microinsult: communications that convey rudeness and insensitivity and demean a person's racial heritage or identity.

Microinvalidations: communications or environmental cues that exclude, negate, or nullify the psychological thoughts, feelings, or experiential reality of certain groups, such as people of color.

Adverse Childhood Experiences (ACES)/Adverse Childhood Experience Test

Adverse Childhood Experiences (ACEs): stressful or traumatic events, including abuse and neglect. ACEs can be strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan.

Adverse Childhood Experience (ACE) Quiz: a 10-item self-report measure developed by Vincent Felitti's with Kaiser Permanente to identify childhood experiences of abuse and neglect.



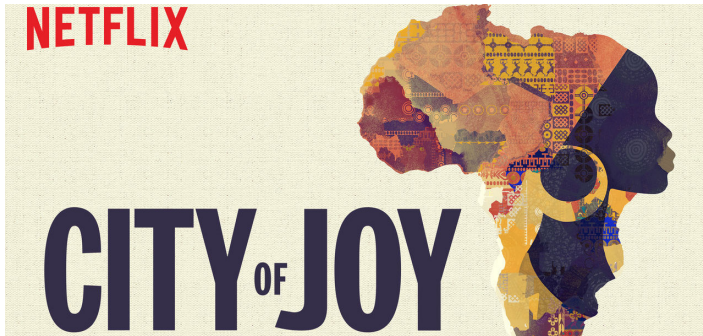
The danger of a single story

Chimamanda Ngozi Adichie

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice -- and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.

https://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story?language=en#t-

Documentaries



City of Joy

Congolese doctor Dr. Denis Mukwege, playwright Eve Ensler, and a charismatic Congolese human rights activist join forces to create a safe haven for women survivors in the middle of violence-torn Eastern Congo.

INCLUDING SAMUEL

A DOCUMENTARY FILM BY DAN HABIB

Including Samuel

Including Samuel examines the educational and social inclusion of youth with disabilities. The film is built on the efforts of Director Dan Habib's family to include his son Samuel in all facets of their lives, a journey that transforms each of them. The film examines barriers as well as the transformative power of inclusion in school and society.



Salam Neighbor

American filmmakers Chris Temple and Zach Ingrasci live in a Syrian refugee camp to chronicle the lives and true stories of their displaced neighbors.



Female Fighters of Kurdistan

Iranian star Golshifteh Farahani as a lawyer who picks up an AK47 to lead the Sun Brigade of survivors, is set in Kurdistan in the days leading up to the November 13 Paris terror attacks, in which 130 people died.



The White Helmets

Volunteer rescue workers put their lives on the line to save civilians amidst the turmoil and violence in Syria and Turkey.



Inequality for All

Inequality for All examines the widening economic gap in the U.S. The documentary follows former U.S. Labor Secretary Robert Reich, who reveals how rapidly income inequality is increasing in America.

Kurdish & Congolese Cultures, Books, Translation

Kurdish Culture

The Kurds are one of the indigenous peoples of the Mesopotamian plains making up between 25 and 35 million inhabiting a mountainous region straddling the borders of Turkey, Iraq, Syria, Iran and Armenia. They make up the fourth-largest ethnic group in the Middle East, but they have never obtained a permanent nation. Kurds have carved out a safe space for women and minorities. The Kurdish have a rich oral history through poetry. The Kurdish people are the only group in the middle east to have trained women fighters.

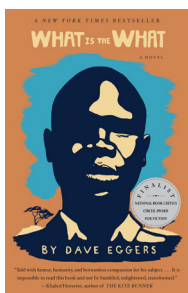
Traditional food of Kurdish people can include: Dolma; vegetables stuffed in grape leaves, Kofta; spiced meatballs or meatloaf, flatbreads, honey and black tea. Lamb and chicken have been staple meats simmered in a tomato and yogurt-based sauce and served over rice or bulgur-pilaf.

Congolese Culture

Congolese people originate from the Democratic Republic of Congo whose origins began with the Bambuti People. The Congo is an enormous country of 81 million people rich in natural resources such as copper, gold and diamonds. Congolese are also known for their incredible art and music. Due to purposeful Western destabilization, wars have been taking place in Congo since 1998, with death of Congolese reported at 6 million. There are 242 languages including Swahili and French. The National Park in Virunga is known for the mountain gorillas.

Traditional food in Congo can include: Moambe chicken or fish with cassava leaves, hot pepper sauce, bananas, rice, peanuts, and palm nuts. Chikwanga: Cassava cooked and stored in banana leaves. Fufu: A sticky, dough-like staple made from cassava flour.

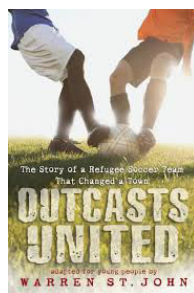
Notable people of Congolese Descent: Dikembe Mutombo, Former NBA Player & Papa Wemba, Singer



“What is the What”

David Eggers

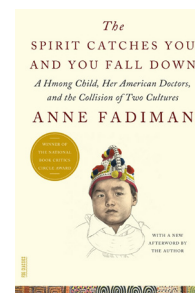
Based on the life of Valentino Achak Deng, a Sudanese child refugee who immigrated to the United States under the Lost Boys of Sudan program. A finalist for the National Book Award.



“Outcasts United”

Warren St. John

Follows a pivotal season in the life of the Fugees and their charismatic coach. It documents the lives of a diverse group of young people as they miraculously coalesce into a band of brothers, while also drawing a fascinating portrait of a fading American town struggling to accommodate its new arrivals.



“The Spirit Catches You and You Fall Down”

Anne Fadiman

A Hmong child, her American doctors, and the collision of two cultures chronicling the struggles of a Hmong refugee family from Houaysouy, Sainyabuli Province, Laos, the Lees, and their interactions with the health care system in Merced, California.



On Campus and in need of a translator - or a bit of assistance understanding a person of whose culture you are unfamiliar - CalWORKs may be able to help! We speak over 25 languages and represent a multitude of cultures. Give us a call at x7552 or email Gabrielle Gosselin (Gabrielle.Gosselin@gcccd.edu) we will do our best to help.

Grossmont College CalWORKs

A CULTURE OF *Caring*

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