

CARE Program Newsletter

WELCOME TO FALL 2017 SEMESTER!

Fall is my favorite time of year! It is a time to reflect, plan and set goals for the upcoming new year! This fall also marks the “return” of our CARE newsletter. I am very excited to be able to provide this for our students and look forward to include topics that are of interest to you. This fall also marks EOPS/CARE in our brand new Student Services Building. It is grand, and modern! I am really enjoying the fact that all of our student services programs are housed in one building, making it easier for all of *you* to get around and receive all the services necessary for your success!

Unfortunately, this semester our CARE Counselor (Rosemary Valencia) will be on leave for the entire semester. Rosemary certainly misses CARE and is anxious to continue her service to students and plan for the next semester. We look forward to her return on Spring 2018. However, it is a pleasure to share that our Counselor for CARE this semester will be Bernadette Solis. She has a wealth of experience and has worked with EOPS/CARE students for at least 15 years! She will be happy to meet with you and discuss your academic goals. Please try to schedule your appointments with Bernadette Solis. I am also very grateful and excited that we now have a new person on our team, Ysabel Lacanlale, our new student program assistant



(please see article below). We have been working on the continued success of the CARE program!

I am proud to have all returning students back in our program after the long Summer break and all new students who I know will enjoy everything that CARE has to offer. I look forward to continue working with you and assist you in any way possible!

Sincerely,

Annet Estrella
CARE Assistant Coordinator

NEW TO THE FAMILY!



Hello, everyone. My name is Ysabel Lacanlale and I am extremely excited to assist and serve

the students of CARE as their new Student Program Assistant! To give a little information about myself: I am majoring in Liberal Arts-Natural Sciences & Mathematics, and this is my third year here at Los Angeles City College. I have been working on the campus for about a year and a half, since Spring 2016. Helping people in general has always been my passion and serving students is definitely a fulfilling experience. Initially, I was a student worker at the Martin Luther

King Jr. Library. After a semester, I was given an opportunity to become a Program Assistant at the TRIO/SSS for about a year, and then eventually at the EOPS Program. Thus, I should hopefully know the answers to many of the questions regarding the campus and other services offered to students. If not, I will try my very best to find out for you! Now, I am very fortunate to be working with CARE and I know it will be an exciting semester!

This program is definitely notable, to begin with. I believe the services it offers to its students are significant to their success. I honestly praise students who are pursuing education despite their given circumstances. As what Benjamin Franklin says, “An investment in knowledge pays the best interest.” For many disadvan-

tagged students like you and myself, having an education is certainly crucial. Gaining knowledge definitely helps people to become wiser and better at making decisions in life. Eventually, the investment we put in our education will pay off in the future.

With all that being said, I am tremendously thankful and excited to work with Annet, Bernadette, and most certainly with the CARE students in achieving educational success. Hopefully, everyone will find me very accommodating and helpful in the program. Let’s all have a great semester!

Best,
Ysabel Lacanlale
CARE Program Assistant

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New EOPS/CARE Office

During Summer 2017, EOPS/CARE moved to the Third floor of the New Student Services Building (please see picture to the left). This new location is shared with other student services departments which EOPS/CARE students may find valuable to their success as college students. Besides EOPS/CARE, you can find Guardian Scholars, CAFYES, CalWORKs, and TRIO all on the same floor! Welcome to our new location!

Hours of Operation:

EOPS/CARE

M-Th 8:30 a.m.—6:30 p.m.

Fri 8:30 a.m.—2 p.m.

CAFYES

M-W 8:00 a.m.—5:00 p.m.

Th 8:00 a.m.—6:00 p.m.

CalWORKs

M-Th 8:00 a.m.—12:30 p.m.

1:30 p.m.—5:30 p.m.

Fri 8:00 a.m.—12:30 p.m.

TRIO

Mon 8:00 a.m.—6:30 p.m.

T-Th 8:30 a.m.—5:00 p.m.

Fri 8:30 a.m.—1:00 p.m.



“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” - Helen Keller



Student Highlights

Meet Hannah Gehrels...

Hannah Gehrels has been a participant of the CARE program for the past two years. She is pursuing double-major Associate degrees in French and Liberal Arts. With a 4.0 GPA at Los Angeles City College, Hannah hopes to continue her education at USC and earn a Bachelor of Arts in Linguistics. During the Spring 2017 semester she was the recipient of the Soroptimist International “Live Your Dream” award and runner-up for the Regional award for the Camino Real region. Hannah keeps herself motivated and would like to share her favorite quote with other CARE students:

“Life’s battles won’t always go to the stronger or faster man, but sooner or later the one who wins is the one who thinks he can.” - Vince Lombardi

The deadline to apply for the [Soroptimist International](http://www.soroptimist.org) “Live Your Dream” award is November 15, 2017.



Apply by October 22nd!

LACC Foundation Scholarships at <http://www.laccfoundation.org/students/apply-for-scholarships/>



What is “Victim Shaming”?

Information taken from www.domesticshelters.org published on May 27, 2015

“Victim shaming happens across the globe every day – survivors of rape, sexual assault and domestic violence face ridicule and judgment for stepping forward and speaking out about abuse. Sometimes, this shaming comes from more than just anonymous commenters on the internet, but also their own family and friends as well.”

At one point or another, we can find ourselves asking innocent questions

such as, “What was she wearing?” “Was she drinking?” or “Why would she/he wait so long to say anything?” These type of questions or comments are viewed as assumptions that the victim had a choice in this. Shaming makes it harder for any victim to come forward. Often, the victim feels that nobody will believe him/her. Also, many times the abuser is a “well-liked” individual which would make everything more difficult to explain. Shaming often comes from close friends and family members who may be ignorant about the relationship issues that may have happened. Vic-

tim shaming makes it harder for the next victim to come forward. Setting the boundaries for what’s acceptable is the first step in stopping “victim shaming.” Furthermore, we need to do our part in encouraging survivors to speak up and realize that what has happened to them is not their fault.



October is Domestic Violence Awareness Month

Love shouldn't hurt

CARE Workshops

◆ Growing Up Digital

⇒ Friday, October 27 09:45pm–12:00pm SSB, 304B

◆ Interviewing Techniques

⇒ Friday, December 1 10:45pm–12:30pm SSB, 304B

Dates are subject to change w/o prior notice

Empowerment Sessions

◆ Parenting Skills

⇒ Thursday, November 16 12:00pm–1:10pm SSB, 304B

◆ Study Skill

⇒ Thursday, November 2, 4:00pm–5:15pm SSB, 304

◆ Self-Esteem

⇒ Wednesday, November 8 2:00pm–3:00pm SSB, 304B

Dates are subject to change w/o prior notice

“Perhaps, we should love ourselves so fiercely, that when others see us they know exactly how it should be done.”
- Rudy Francisco



Reminder!

Last day for credit contacts for EOPS/CARE Program is **Thursday, December 14.**

EOPS
LOS ANGELES CITY
COLLEGE

CARE
COOPERATIVE AGENCIES
RESOURCES FOR
EDUCATION

LOCATION

EOPS Office
Student Services Build-
ing, 3rd floor

855 N. Vermont Avenue
Los Angeles, CA 90029

CONTACT

Phone: (323) 953-4000
Bernadette ext. 2323
Annet ext. 2313



ALL ABOUT THE CARE PROGRAM

CARE Program is an extension of EOPS for single parents/heads of household receiving TANF/CalWORKs who are pursuing their educational goals.

Eligibility:

- *Acceptance into the EOPS Program
- *Attend EOPS and CARE Orientations
- *Be Officially approved for TANF/CalWORKs
- *Have at least one child under the age of 14
- *Be at least 18 years of age
- *Single head of household

Benefits:

- *Academic, career and retention counseling
- *Book Voucher
- *Child Care and Transportation Referrals
- *Meal Ticket Program
- *Priority Registration
- *Laptop Loan Program
- *Campus Parking Permit



IMPORTANT DATES FOR FALL

Drop w/ a refund	Sunday	September	10
Drop w/out a "W"	Sunday	September	10
Last day to file Pass/No Pass	Friday	September	29
Last day to drop w/ a "W"	Sunday	November	19
Holidays:			
Labor Day	Monday	September	4
Veteran's Day	Friday	September	10
Thanksgiving Holiday	Thursday— Saturday	November	23—25
Final Exam Schedule		December	11—17
Filing Period for Fall '17 Graduation	TBD		

