

# SAN DIEGO MESA COLLEGE

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## CalWORKs



Grace Aumoeualogo  
CalWORKs Adjunct Counselor & Coordinator  
Spring 2024

# Meet The Team



**GRACE AUMOEUALOGO**  
Adjunct Counselor/Coordinator



**VAN PHAM**  
Adjunct Counselor



**ALONDRA GOMEZ**  
Adjunct Counselor



**VERONICA CORRAL**  
Adjunct Counselor



**GUADALUPE MENDEZ**  
Project Assistant





# CalWORKs Program



## Eligibility

- **Student parents with children under 18 receiving CalWORKs benefits**
- **Enrolled part-time**
- **Working towards a degree, certificate, transfer, or enhancing employment skills**
- **Financial Aid campus of record at Mesa College**





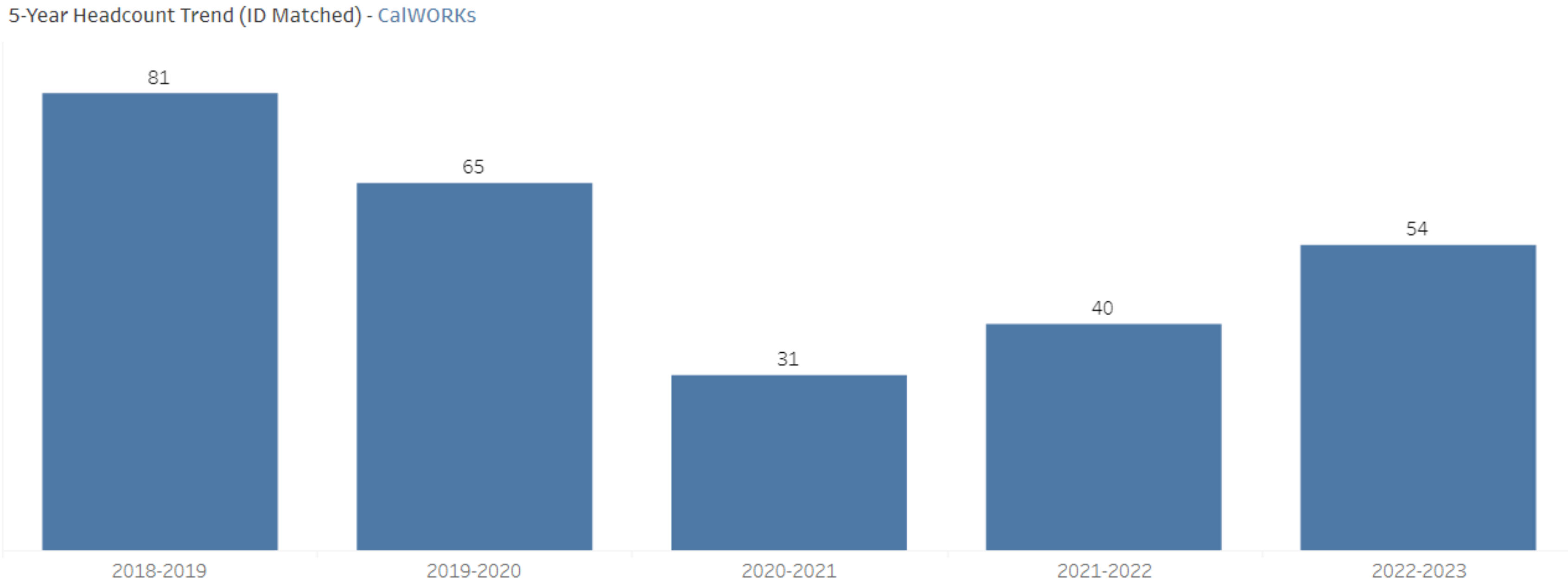
# Support Services

- ACADEMIC, CAREER, PERSONAL COUNSELING
- ITPS
- STUDENT ADVOCACY
- EDUCATIONAL WORKSHOPS AND EVENTS
- PRIORITY REGISTRATION
- CALWORKS WORK-STUDY
- GRANTS
- EDUCATIONAL PACKAGES
- INCENTIVE CARDS





# Number of Students Served



**2023-2024: 74 students as of April 2024**



# CalWORKs Goals

- Cultivate sense of belonging for student parents and children
- Increase outreach, retention and completion of educational goals
- Provide intentional workshops and events
- Foster student parent efforts through partnerships on and off campus





# Program Updates

## Spring 2023-Present



- New adjunct coordinator/counselor
- 3 new adjunct counselors
- 1 new project assistant
- 3 CalWORKs work-study students
- New office furniture
- Old Globe partnership
- Provide educational packages/incentive cards
- Increased workshops and events
- Continued partnership with CARE, The Stand, FamilyU, Career Services, Student Health Services
- Professional development opportunities for faculty/staff
- 7 CalWORKs student parent graduates this year






# Past Events

- Meet and Greet (once every semester)
- Parent Cafe (once a week)
- The Old Globe Play: Dishwasher Dreams
- Lunch With A Counselor (twice a semester)
- Finding Your Career Fit Workshop
- Student Parent Healing Circle (once a month)
- Communicating Our Needs Workshop
- Canvas 101 Workshop
- Student Parent Family Night
- CalWORKs Student Voices Scholarship Workshop Series
- Building Your Child's Self-Esteem Workshop
- The Old Globe: Scrooge
- Thriving Thru Thanksgiving
- The Old Globe: The Grinch (several dates in Nov 2023)
- CalWORKs/CARE Holiday Event
- The Whole You Workshop
- The Old Globe: The Innocence of Age
- Self-Love Workshop
- Career: Resume and Cover Letter Writing
- Inner Child Healing Workshop
- The Old Globe: King James

SAN DIEGO  
MESA COLLEGE  
CalWORKs



**CalWORKs & CARE  
Holiday Event**

RSVP Here 

Thursday, December 7th, 2023  
3:00pm-5:30pm  
Location: I4-202, Avanza Center

CalWORKs and CARE invite you to our holiday event  
celebrating the end of the semester in community

Questions? Contact  
mesacalworks@sdccd.edu  
(619) 388-2709

SAN DIEGO MESA COLLEGE CARE

SAN DIEGO MESA COLLEGE

**Inner Child  
Healing  
Workshop**

**Vianney Hareilly**

*Are you ready to begin a journey towards healing and breaking generational cycles? Join us for an Inner Child Healing Workshop led by Vianney Hareilly, a nostalgic poet, visual artist and fronteriza (transborder) from Tijuana/San Diego.*

Date: Tuesday, April 2nd, 2024  
Time: 12:00pm - 2:00pm  
Location:  
I-409A, AS Conference Room

Questions?  
Please contact mesacalworks@sdccd.edu

Supported by CCCC Mental Health Grant - Student Health Services

SAN DIEGO MESA COLLEGE CalWORKs

**THE STAND**  
SAN DIEGO MESA COLLEGE  
The Dr. Pamela T. Lister Resource Center

**FAMILY NIGHT**

THURSDAY, OCTOBER 26, 2023

4:00 PM - 7:00 PM

MESA COMMONS  
211A

Inviting all student parents and their families to learn about student parent resources and engage in community building activities

**food  
games  
karaoke  
good  
vibes**

Contact Information: mesacalworks@sdccd.edu

SAN DIEGO MESA COLLEGE CARE

TUESDAY, OCTOBER 17TH  
1PM-2PM

**Finding your  
Career Fit**

Location: Student Services  
Testing/Assessment Center  
I4-201

Join Career Counselor, Raquel Sojourner Worlds for an informative and interactive session to explore careers that match your interests, skills and educational goals!

*Everyone is welcome!*

mesacalworks@sdccd.edu

SAN DIEGO MESA COLLEGE CalWORKs

SAN DIEGO MESA COLLEGE Career Center





**SAN DIEGO MESA COLLEGE**

**Destress with a Relaxation Massage for Student Parents**


Boost your mood and enjoy some therapeutic time with LoDO Massage to destress! Everyone is welcome! Students will need to RSVP for a 15 minute massage time slot on the day of the event. Learn about student parent resources available to you

**Wednesday, April 10th, 2024**  
**1:30pm- 4:30pm**  
**14-207**

Lunch will be provided

For more information  
 (619) 388-2709  
 mesacalworks@sdccd.edu

Supported by CCCCO Mental Health Grant - Student Health Services



**PARENT CAFE**  
**SPRING 24**

**Learn about Mesa College Resources and connect with other student parents!**

**WHEN:** Wednesdays Feb. 7, 14 and 21  
 Mar. 6, 13 and 20  
 Apr. 3, 10 and 17

**WHERE:** AS Conference Room 14-409A (Student Services Building)  
**Zoom ID:** 280 168 1610

**TIME:** 10:00 am - 11:30 am

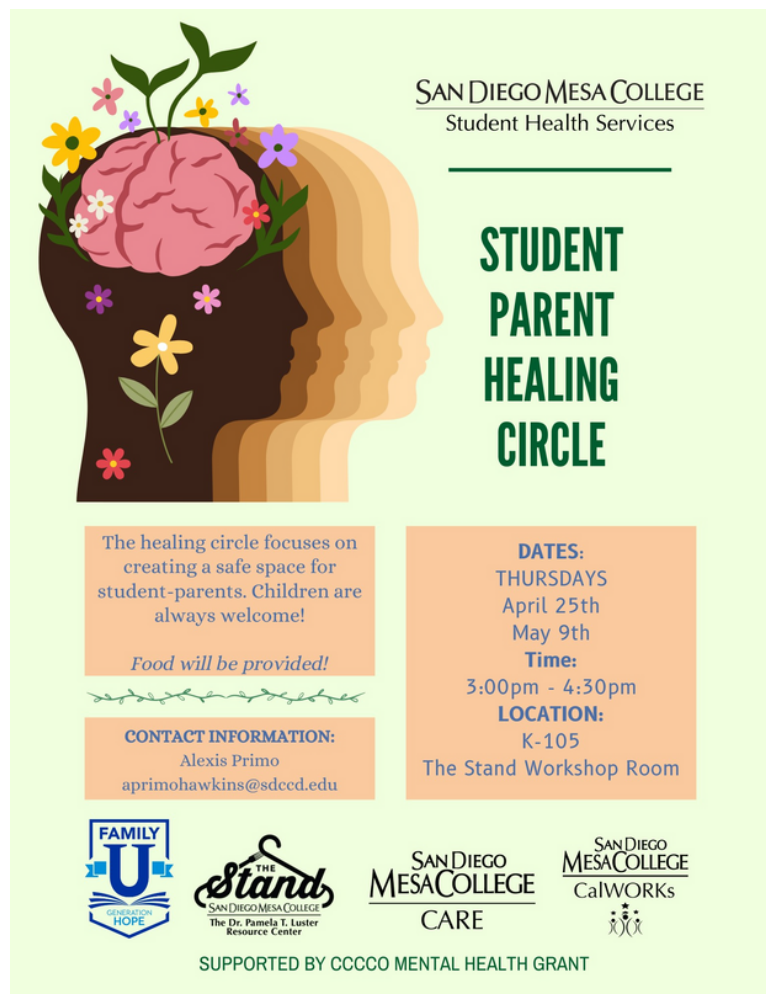
**CHILDREN WELCOME**

**FOOD AND DRINKS WILL BE PROVIDED**

**FOR MORE INFO PLEASE CONTACT MESACALWORKS@SDCCD.EDU**

# Upcoming Events

- Parent Cafe (once a week)
- HHSA Drop-Ins (twice a week)
- Relaxation Massage
- Student Parent Healing Circle (once a month)
- Lunch With a Counselor (twice a semester)
- Career Handshake Workshop
- End-of-Year Celebration
- Healthy Habits Workshop



**SAN DIEGO MESA COLLEGE Student Health Services**

**STUDENT PARENT HEALING CIRCLE**

The healing circle focuses on creating a safe space for student-parents. Children are always welcome!

Food will be provided!

**CONTACT INFORMATION:**  
 Alexis Primo  
 aprimohawkins@sdccd.edu

**DATES:**  
 THURSDAYS  
 April 25th  
 May 9th  
**Time:**  
 3:00pm - 4:30pm  
**LOCATION:**  
 K-105  
 The Stand Workshop Room

**FAMILY U**  
**THE STAND**  
**SAN DIEGO MESA COLLEGE CARE**  
**SAN DIEGO MESA COLLEGE CalWORKs**

SUPPORTED BY CCCCO MENTAL HEALTH GRANT



**SAN DIEGO MESA COLLEGE CalWORKs**

**Lunch with a Counselor**

Join a CalWORKs Counselor for lunch and a fun and engaging activity!

**DATES:**  
 Thursday, April 11, 2024 11:00am-1:00pm  
 Tuesday, May 7, 2024 11:00am-1:00pm

**Meal card will be provided!**  
 Children Welcome

**Location:** Mesa Commons 72Fifty Rooftop  
 mesacalworks@sdccd.edu  
 @sdmesa.calworks  
 (619) 388-2709

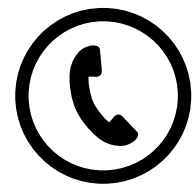
**RSVP**  
 rb.gy/33fnpp

**SAN DIEGO MESA COLLEGE CalWORKs**





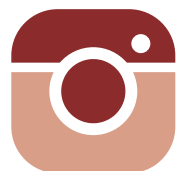
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**MESA COLLEGE**  
CalWORKs



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# CalWORKs Office

Located in Student  
Services Building, I4-410