

## II.C.36: Counseling Services Example Email Blasts, Print, and Social Media Announcements

### Psych Services Request form

Denna Sanchez <dsanchez@riohondo.edu>

Wed 11/3/2021 3:01 PM

To: AAA--All Staff <AllStaff@riohondo.edu>

1 attachments (84 KB)

IndividualApps.2.pdf;

Dear Campus Community,

Attached is a PDF with information about how to request services for mental health counseling. It simple and easy for students and our turn around time has been significantly reduced.

Please share with your students.

Thank you,

Denna Sanchez, Coordinator, Psychological Services

**Student Health & Psychological Services**

# INDIVIDUAL THERAPY APPOINTMENTS ARE AVAILABLE

To request individual therapy sessions with a therapist trainee, click or scan the QR code below or see the short-link to fill out the services request form.



**[bit.ly/PsychServicesRequest](https://www.riohondo.edu/student-health-services/psychological-services/)**  
**PLEASE ALLOW 2-3 WORKING BUSINESS DAYS FOR OUR THERAPIST TRAINEES TO REACH OUT TO YOU**

For more information or resources including group therapy sessions and workshops please visit our website.

**<https://www.riohondo.edu/student-health-services/psychological-services/>**

## Psych Services Virtual Drop-In

Denna Sanchez <dsanchez@riohondo.edu>

Mon 11/1/2021 9:56 AM

To: AAA--All Staff <AllStaff@riohondo.edu>



**Student Health & Psychological Services**

**INTRODUCING DAILY DROP-IN HOURS FOR STUDENT PSYCHOLOGICAL SERVICES**

Daily drop-in hours are from 10:30 a.m-12:30 p.m Monday-Friday. To meet with a therapist for a short consult or drop-in session, click or scan the QR code or see the short link.



**[tinyurl.com/RHCPsychServices](https://www.riohondo.edu/student-health-services/psychological-services/)**

For more information or for individual counseling services please refer to our online services request form by visiting our website:  
**<https://www.riohondo.edu/student-health-services/psychological-services/>**

## II.C.36: Counseling Services Example Email Blasts, Print, and Social Media Announcements

### Mental Health Services

Denna Sanchez <dsanchez@riohondo.edu>

Mon 2/1/2021 12:58 PM

To: AAA--All Staff <AllStaff@riohondo.edu>

Cc: Loy Nashua <LNashua@riohondo.edu>; Glenn R. Heap <gheap@riohondo.edu>; Maria Ordaz <mordaz@riohondo.edu>; Sandra Salcedo <SSalcedo@riohondo.edu>

Dear Campus Community,

Greetings and Happy New Year. As we begin the semester we would like to remind you that Student Health and Psychological Services is providing telehealth and telephone service options to provide access to mental health counseling for enrolled students. We also have many therapy groups during the week including groups for those needing extra support for grief, depression and/or anxiety, sexual assault and support groups for our LGBTQ, Rise Scholars, Guardian Scholars, EOP & S Care, and undocumented/dreamers . We have plenty of therapists this semester, which we are very grateful for. We can also come into your classroom via zoom to provide workshops on stress management and to share information about counseling.

Please note that we are unable to offer on call and after hours service.

If students need immediate care for suicidal risk please direct them to the National Suicide Prevention Lifeline at 1-800-273-TALK (they also have live chat available) <https://suicidepreventionlifeline.org/>

We understand our students most desperately need support and connection through this challenging and uncertain time. We are here to help. For appointments students can email me at [dsanchez@riohondo.edu](mailto:dsanchez@riohondo.edu) or call 562-908-3438.

If you would like to schedule a classroom workshop or have questions please feel free to email me.

Together we can get through this.

Fondly,

Denna Sanchez, Ph.D.

## II.C.36: Counseling Services Example Email Blasts, Print, and Social Media Announcements

### Center for Career and Re-Entry Services Flyer

Christine Waugh <cwaugh@riohondo.edu>

Thu 2/20/2020 5:23 PM

To: AAA--All Staff <AllStaff@riohondo.edu >

Greetings Rio Hondo College Colleagues,

I hope your spring 2020 semester is off to a good start! Please see the attached Center for Career and Re-Entry Services (CCRS) flyer highlighting our mission and comprehensive services.

**RIO HONDO COLLEGE**

# Center for Career & Re-Entry Services

**Mission:**

The mission of the Center for Career and Re-Entry Services (CCRS) is to assist individuals in making informed career and life decisions by providing a clear pathway through extensive career and educational counseling services, and engaging activities. The CCRS is also dedicated to helping adult learners succeed through the provision of comprehensive educational, counseling, and support services.

**Services:**

- Career & General Counseling
- Career assessments & interpretation
- Services/resources for adult learners
- Career & job preparation
- Résumé & cover letter development
- Assistance with choosing or changing a major
- Access to job portal via College Central Network

**Visit us today!**

SS 350 | 562-908-3407  
careercenter@riohondo.edu  
www.riohondo.edu/career-center

**I ♥ RIO HONDO**

Please promote our services to all Rio Hondo College students and community members.



**Rio Hondo College**

@RioHondoCollege



RHC Counselors are Here For You!!

The Spring semester has been difficult, but you've done a wonderful job! 🙌🙌

Even though Spring is ending, we are here throughout the Summer to help you get through it. 💪💪

We're all in this together!! 👤❤️👤❤️

#RioStrong #RioCares



***Rio Hondo College Counselors  
Words of Encouragement***



127 views

0:00 / 1:16



9:46 AM · May 19, 2020 · Hootsuite Inc.



**Rio Hondo College**

@RioHondoCollege



Online instruction, remote counseling and various student services extended through May 9, 2020. Please check the following webpage for up to date information. [riohondo.edu/student-health...](http://riohondo.edu/student-health...)

ONLINE INSTRUCTION, REMOTE

COUNSELING AND VARIOUS STUDENT

SERVICES EXTENDED THROUGH

MAY 9, 2020.

10:26 AM · Mar 25, 2020 · Hootsuite Inc.



# ROADRUNNER BUZZ

COUNSELING CENTER NEWSLETTER

MARCH 2021 • ISSUE 1 • SPRING 2021

## STUDENT SUCCESS & DREAM CENTER

### Virtual Events & Workshops

The Student Success and Dream Center will be facilitating various **virtual events and workshops** throughout the Spring 2021 semester. The purpose of these events and workshops is to help and support you by connecting you to the resources and services we offer.

[CLICK HERE TO VIEW FLYER](#)

Use the link to join an event/workshop:

<http://bit.ly/SSDCSpring2021>

Sign-up for reminders:

<https://bit.ly/SSDCreminders>

### Petition to Graduate

Roadrunners who will be graduating (completing their last semester) this Spring 2021, need to Petition to Graduate!

**Petition to Graduate DEADLINE  
APRIL 9TH, 2021 AT 11:45PM**

To complete your Graduation Petition, you must first log into your [AccessRio](#). Then, under the [Academics tab](#), there will be a [Graduation Petition box](#). Click on the **Graduation Petition Application Link** to begin.

### WHAT'S INSIDE

**Student Success & Dream Center:**  
Student Success Workshops

**Transfer Center:**  
Virtual Tours  
Virtual University Representative Visits  
UC Irvine EID Transfer Prep Academy  
ADT Information

**Petition to Graduate**

**Learning Assistance Center**

**Guardian Scholars Program**

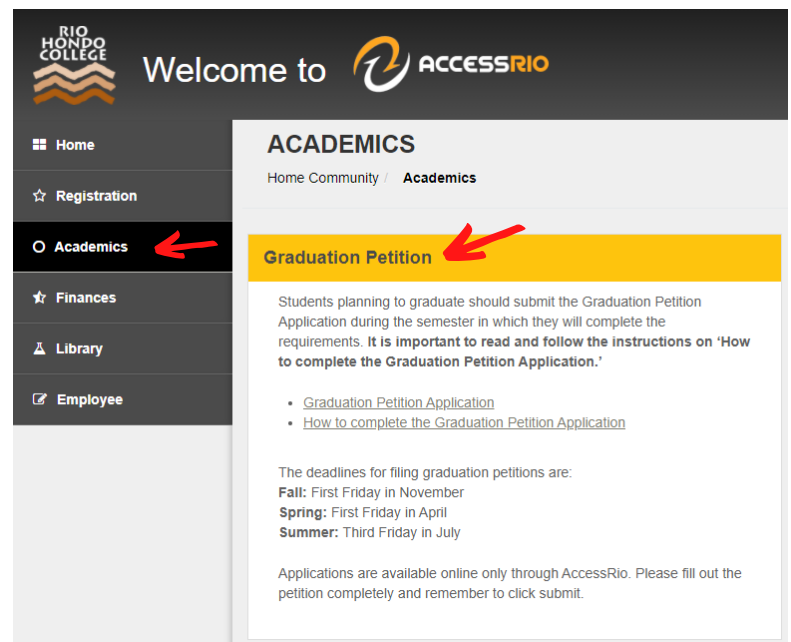
**Queer Initiative Program**

**Anxiety Resources for Campus Help**

**Support Groups**

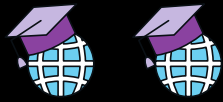
**Blood Drive**

**Tax Services**



# TRANSFER CENTER

## Virtual University TOURS



The Transfer Center has a plethora of university tours set for Cal States to UCs to private universities! If you would like to learn more about a university, what better way than to get a virtual tour, listen in on a transfer admissions presentation, and speak directly with a university representative.

[CLICK HERE TO VIEW FLYER](#)

TO REGISTER, [CLICK HERE](#)

## UC Irvine EID Transfer Prep Academy



UC Irvine's Transfer Prep Academy is now accepting applications! This program aims to provide you with increased transfer awareness to four-year universities. This is a great opportunity to learn more about transfer requirements, financial aid and more!

[CLICK HERE TO VIEW FLYER](#)

**APPLICATION DEADLINE  
MARCH 4TH, 2021 AT 5:00 PM**

**To be eligible for the EID Academy, participants must be:**

1. In their first year at a California Community College
2. Intend to apply for Fall 2022 transfer
3. Must be open/applying to at least one UC campus

[LINK TO APPLICATION](#)

## Virtual University Representative Visits



University representatives from UCs, CSUs and Private/Independent Colleges will be doing virtual visits for the Spring 2021.

[CLICK HERE TO VIEW FLYER](#)

TO REGISTER, [CLICK HERE](#)

## ADT Information & Petition



Deadline to petition for your Associate Degree for Transfer (ADT) and be e-verified to the CSUs for Fall 2021 applicants is **Monday, March 1, 2021.**

[HOW TO FILL OUT YOUR  
GRADUATION PETITION](#)

**Have questions?**  
Please contact the Transfer Center for additional assistance:  
**Phone:** (562) 317-0518  
**Email:** [transfercenter@riohondo.edu](mailto:transfercenter@riohondo.edu)

**Hours:**  
Monday-Thursday: **8AM - 7PM**  
Friday: **8AM - 2PM**



## GUARDIAN SCHOLARS PROGRAM

*A Comprehensive Support Program  
Empowering Current & Former Foster Youth*

The Guardian Scholars Program is a comprehensive support program that provides services and support that meet the personal & academic needs of students who are or were in foster care, to successfully transition into adulthood, obtain a degree/certificate and/or transfer to a four-year university.

[CLICK HERE TO VIEW FLYER](#)

## QUEER INITIATIVE PROGRAM



Are you part of the LGBTQIA+ Community or are questioning, then we would like to let you know that Queer Initiative is a program designed to provide you support! Queer Initiative provides: academic/life skills, college supplies, counseling, events, food, textbook assistance, and tutoring.

[CLICK HERE TO VIEW FLYER](#)

[QUEER INITIATIVE EVENTS FLYER](#)

## VIRTUAL SUPPORT GROUPS

The Student Health & Psychological Services Office is currently offering 10 virtual support groups through Zoom. We understand that COVID-19 has exacerbated the mental health challenges that students face. We want to provide safe spaces for connection, understanding and conversation.

### Support Groups:

- Grief
- Anxiety/Depression
- Healing from sexual abuse
- Veterans
- Queer Scholars
- Guardian Scholars
- RISE Scholars
- UndocuScholars
- CARE
- Transferring to University

[CLICK HERE TO VIEW FLYER](#)

## FUTURE TEACHERS



Attention Rio Hondo Students!

## GET PAID WHILE EXPLORING A TEACHING CAREER

Join Rio Hondo's Community Partnerships for Teacher Pipeline **Mentor Program!**

Join one of the Student Information Zoom Sessions!

- March 3rd (12:30pm - 2:00pm)
- March 4th (5:00pm - 6:30pm)
- March 5th (11:30am - 1:00pm)
- March 6th (1:00pm - 2:30m)

[CLICK HERE TO VIEW FLYER](#)

[CLICK HERE TO REGISTER](#)

## LEARNING ASSISTANCE CENTER



The Learning Assistance Center (LAC) is here to serve our students through tutoring efforts in a variety of disciplines and more!

They offer FREE one-hour tutoring sessions for various subjects along with study skills, time management, note taking, & test taking workshops!

[CLICK HERE TO VIEW FLYER](#)

[CLICK HERE TO ACCESS LAC ZOOM](#)

## ANXIETY RESOURCES FOR CAMPUS HELP



Rio Hondo College is hosting several educational workshops in the month of MARCH every TUESDAY & FRIDAY on mental health, anxiety, and coping skills.

Workshops:

- Tips for studying remotely
- Navigating Stress
- How to Relax
- Establishing Healthy Boundaries

[CLICK HERE TO VIEW FLYER](#)

## BLOOD DRIVE



**Donate blood and save lives!**

The American Red Cross is coming to Rio Hondo! Please help save lives in your community.

### **LOCATION:**

#### **Río Cafe**

3600 Workman Mill Rd  
Whittier, CA 90601

**Monday, March 8, 2021**

**10:00am-4:00pm**

Picture ID Required

[CLICK HERE TO MAKE YOUR APPOINTMENT](#)

[CLICK HERE TO VIEW FLYER](#)

## VITA TAX SERVICES



The Accounting department is not operating a volunteer income tax assistance (VITA) site to the community this year due to the pandemic.

However, Rio Hondo College has partnered with 2 sites to offer this valuable service. We have partnered with America's Job Center of California (AJCC) to offer in-person services (limited by appointment), and we have partnered with Coachella Valley Community Tax Services to offer virtual tax preparation services.

[CLICK HERE TO VIEW FLYER -](#)

America's Job Center of California

[CLICK HERE TO VIEW FLYER -](#)

Coachella Valley Community Tax Services



# ROADRUNNER BUZZ

COUNSELING CENTER NEWSLETTER

MARCH 2021 • ISSUE 2 • SPRING 2021

## WOMEN'S HERSTORY MONTH POETRY SLAM

On behalf of Associated Students of Rio Hondo College, we would like to invite you to attend the Women's Herstory Month Poetry Slam on **March 24th at 4pm**, hosted by Dr. Angela Rhodes.

We invite students to share an original poem or a poem they identify with and/or that represents them. If there is no desire to share, please join and enjoy the art and magic of poetry. Join us in the capacity that feels most comfortable.

**March 24th at 4pm**

**Zoom Meeting ID**  
**978 5774 9127**

**Passcode**  
**CuL8R!**

[CLICK HERE TO VIEW DR. ANGELA RHODES' VIDEO INVITATION](#)

[CLICK HERE TO VIEW FLYER](#)

## WHAT'S INSIDE

**Women's Herstory Month Poetry Slam**

**Graduation Petition**

### **Transfer Center:**

UC TAG Workshops  
Transfer Jitters Support Group  
Virtual Tours  
Virtual University Representative Visits

### **R.I.S.E. SCHOLARS PROGRAM:**

Program Information  
Counseling Course

### **Student Success & Dream Center:**

Student Success Workshops



## **REMINDER SPRING** **2021 GRADUATES**

### **Petition to Graduate**

Roadrunners who will be graduating (completing their last semester) this Spring 2021, need to Petition to Graduate!

**Petition to Graduate DEADLINE**  
**APRIL 9TH, 2021 AT 11:45PM**

[GRADUATION INFORMATION](#)

# TRANSFER CENTER

## UC TAG Workshops



Planning to apply to transfer for Fall 2022? Or interested in transferring to a UC? You may be interested in learning more about the **UC Transfer Admission Guarantee (TAG) Program**. By participating in TAG, you may receive early review of your academic records, early admission notification, specific guidance about major preparation and general education coursework, and, most importantly, guaranteed admission to the UC that you TAG with.

The Transfer Center will be hosting Zoom workshops this month, discussing details about the TAG program and how to apply.

[CLICK HERE TO VIEW FLYER](#)

TO REGISTER, [CLICK HERE](#)

## Virtual University Representative Visits



University representatives from UCs, CSUs and Private/Independent Colleges will be doing virtual visits for the Spring 2021 semester.

[CLICK HERE TO VIEW FLYER](#)

TO REGISTER, [CLICK HERE](#)

## Transfer Jitters Support Group



The Transfer Center and the Student Health Services are offering a support group for students feeling anxious, nervous, or concerned about transferring to a four-year university.

**Every Monday from  
11:00am - 12:30pm**

**Zoom Meeting ID  
919 8248 0940**

**Password  
degree**

[CLICK HERE TO VIEW FLYER](#)

## Virtual University TOURS



The Transfer Center has a plethora of university tours set for Cal States to UCs to private universities! If you would like to learn more about a university come check out the many tours we have to offer!

[CLICK HERE TO VIEW FLYER](#)

TO REGISTER, [CLICK HERE](#)

## R.I.S.E SCHOLARS PROGRAM



RISE Scholars educates and empowers formerly incarcerated students or those impacted by the criminal justice system with the knowledge and resources to make their educational or vocational journey at Rio Hondo College successful.

### [RISE SCHOLARS PROGRAM INTRODUCTION VIDEO](#)

[CLICK HERE TO VIEW FLYER](#)

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## R.I.S.E SCHOLARS COUNSELING COURSE



Rio Hondo College is proud to announce that we are now offering a free counseling course to support individuals, especially those that identify as formerly incarcerated or justice system impacted. This course is a non-credit course offered through our Rio Hondo College Continuation Education department.

For more information about the course or help with enrollment, please contact the Rise Scholars Team via e-mail at [risescholars@riohondo.edu](mailto:risescholars@riohondo.edu) or phone/text at 323-374-3824.

[CLICK HERE TO VIEW FLYER](#)

## STUDENT SUCCESS & DREAM CENTER



### **Virtual Events & Workshops**

The Student Success & Dream Center will be facilitating various **virtual events and workshops** throughout the Spring 2021 semester. The purpose of these events and workshops is to help and support you by connecting you to the resources and services we offer.

[CLICK HERE TO VIEW FLYER](#)

Sign-up for reminders:

<https://bit.ly/SSDCreminders>

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## STUDENT SUCCESS & DREAM CENTER

### **MARCH Events & Workshops**

#### **MARCH 17TH**

- Learning Styles
- Self-Care: Peace of Mind
- Motivation: The Power to be your Best

#### **MARCH 19TH**

- UndocuTalks Self-Care

#### **MARCH 25TH**

- Time Management
- Learning Styles
- Self-Care: Peace of Mind

#### **MARCH 26TH**

- UndocuTalks Self-Care

Use the link to join a workshop:

<http://bit.ly/SSDCSpring2021>



# ROADRUNNER BUZZ

COUNSELING CENTER NEWSLETTER

APRIL 2021 • ISSUE 3 • SPRING 2021

## HONORS TRANSFER PROGRAM



The Honors Transfer Program will challenge you, support you through your academic journey, and strengthen your transfer application. If you're a highly motivated student at Rio Hondo College and plan on transferring to a four-year institution, consider the Honors Transfer Program to put you on the path to transfer success.

### BENEFITS:

- Smaller class sizes
- Priority consideration for transfer to select schools
- Access to a specialized counselor
- Priority registration\*
- and MORE!

#### Honors Transfer Program Coordinator

Melissa Rifino Juarez

#### Honors Transfer Program Counselor

David Tieu

[CLICK HERE TO VIEW WEBSITE](#)

\*after completing 2 Honors courses with a 'B'\*

## WHAT'S INSIDE

### Honor's Program

Program Information  
Information Session

### Transfer Center:

Decision Week for Transfer Class of 2021 

### SCHEC Virtual College Fair

### Virtual Career Fair

### Graduate School Panel

### Student Success & Dream Center:

Undocumented/Dreamers Events  
Hispanic L.A. Article on Angel Garcia (SSA)

## INTERESTED IN OUR HONORS TRANSFER PROGRAM?

Please join our following information session where they will cover the requirements & benefits of our program!  
Attending an information session is your first step to joining the program.

**ZOOM MEETING**  
**Tuesday, April 20th, 2021**  
**6:00pm - 6:45pm**

[CLICK HERE TO  
JOIN ZOOM MEETING](#)

Couldn't attend? Please feel free to reach out to Melissa Juarez or David Tieu:

**mjuarez@riohondo.edu**  
**dtieu@riohondo.edu**

# TRANSFER CENTER

## Decision Week Events for our Transfer Class of 2021

### CONGRATS TO OUR TRANSFER CLASS OF 2021

The Transfer Center is ecstatic and proud of the next step that you are taking towards your pursuit of higher education. During the weeks of April 26 to May 7, we will be hosting several workshops and events to celebrate and support you during this transition.

#### CSU Next Steps Workshop

We will be hosting our CSU Next Steps Workshop for those transferring to a CSU who would like to speak to university representatives from a variety of CSUs and know what needs to be done between now and the time you start at the CSU.

**TUESDAY, MAY 4TH**  
**5:00pm - 6:00pm**

[CLICK HERE TO REGISTER](#)

#### UC Next Steps Workshop

We will host the UC Next Steps Workshop for those transferring to a UC where you can gain more information on what to expect now that you've chosen to attend a UC and speak directly to university representatives from the UC system.

**WEDNESDAY, MAY 5TH**  
**5:00pm - 6:00pm**

[CLICK HERE TO REGISTER](#)

#### Student Panel

We will be hosting a student panel of former Rio Hondo students who transferred, are currently attending a 4-year university, and/or have recently graduated. They will share their experiences, challenges, & advice as you prepare to make the transition from a community college to a 4-year university.

**THURSDAY, MAY 6TH**  
**6:00pm - 7:00pm**

[CLICK HERE TO REGISTER](#)

#### TRANSFER RECOGNITION FORM

The Transfer Center wants to take this time to celebrate your amazing accomplishment and recognize each and every one of you. If you would like to get a shoutout on our Instagram page to show to your friends and family,

**Please fill out our form and we will be posting these recognitions the between May 3rd to May 7th!**

**MUST SUBMIT BY APRIL 30TH**

[CLICK HERE TO COMPLETE FORM](#)

## VIRTUAL CAREER FAIR

You are invited to attend the Virtual Career Fair on **May 7, 2021 from 12:00pm-3:00pm.**

Over 80 of employers across all industries are looking to hire immediately. Come learn about opportunities and meet with recruiters.

To help prepare you for the big event, we will also be hosting workshops on resume help, networking skills, interviewing skills, and LinkedIn tips!

[CLICK HERE TO VIEW FLYER](#)

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## GRADUATE SCHOOL STUDENT PANEL

Interested in pursuing Graduate School? Join us for our Road to Graduate School Panel!

If you'd like to learn about graduate school options, please join us **Tuesday, April 27, from 4pm-5pm** for our graduate school panel.

Panelists will be asked about their personal experiences and will share tips to help you reach your goals!

[CLICK HERE TO REGISTER](#)

[CLICK HERE TO VIEW FLYER](#)

## SCHE VIRTUAL COLLEGE FAIR

The Transfer Center wants to inform you of the SHEC Virtual College Fair that is taking place on **Thursday, April 22nd from 2:00pm - 5:00pm.**

This is a great opportunity to meet with university representatives to ask them questions on admissions requirements, financial aid, and more!

Some of the universities in attendance are: UCLA, UC Irvine, UC Riverside, Cal State Long Beach, Cal State Fullerton, Azusa Pacific University, and MORE!

[CLICK HERE TO VIEW FLYER](#)

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## STUDENT SUCCESS & DREAM CENTER

### Undocumented/Dreamers Events

The Center will be facilitating various **virtual events and workshops** for our **UndocuScholars!** They will be covering leadership development, an immigration update/mixer, UndocuConference, UndocuTalks, & an UndocuCeremony for our graduating students!

[CLICK HERE TO VIEW FLYERS AND TO REGISTER FOR EVENTS](#)

Click here to view an amazing article about our very own **Angel Garcia**, and how he helps serve our undocumented students at Rio Hondo College!