



# STAN STATE UNDOCU-NEWS



## NOVEMBER 2019 EDITION

### UPCOMING EVENTS

Dream Act Workshop  
Thursday November 7, 2019  
12:00 p.m.- 3:00 p.m.

Undocu-Social  
Tuesday November 12, 2019  
5:30 p.m. - 7:00 p.m.

### FREE IMMIGRATION LEGAL SERVICES

Available by appointment or walk-in

Thursday November 21, 2019  
4:00p.m.-8:00p.m.

December 4, 2019  
10:00 a.m.-3:00 p.m.

### STAY IN THE KNOW



@Stanstateundocu

<https://www.csustan.edu/dreamers>

## DID YOU KNOW ?

In two weeks, the Supreme Court will consider President Trump's decision to end the Deferred Action for Childhood Arrivals policy, better known as DACA.

### What does this mean ?

The Supreme Court will hear an oral argument on the cases on **November 12, 2019**. A decision is expected no later than June 2020. The Supreme Court did not "stay" any of the lower court orders, which means that DACA recipients who currently have or previously had DACA can continue to submit applications to renew their permit.





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*DACA means more than just protection from deportation. It provides us with a sense of identity and belonging. It provided us with educational opportunities, higher social mobility, and better quality of life*

-Stan State Students



## **BUILD SOCIAL SUPPORT**

The purpose of Undocu-social is to promote respectful and supportive relationships for undocumented students, friends, and family members in a safe and welcoming space.

The first Undocu-Social is to follow the U.S. Supreme Court hearing on DACA.

Join us November 12, 2019  
at 5:30-7:00pm in the  
Diversity Center LX6.  
For more information  
contact us at  
dreamers@csustan.edu  
or  
(209)667-3519

## **UNDERSTANDING OPTIONS OF DACA RECIPIENTS**

USCIS continues to receive DACA renewal applications up to a year in advance of the expiration date

The Deferred Action for Childhood Arrivals (DACA) program has faced many threats and experienced significant changes since it began in 2012. We encourage people whose DACA expires before the end of 2020 to consider applying for renewal before **June 2020**. We also urge DACA recipients to consult with our **Free Immigration Attorney** before they apply for renewal, to discuss the benefits and risks of applying.

**It is hard to predict the future, the best way to protect yourself is to stay informed**

One of the most important things a person can do for themselves and their community is to stay informed about changes and know where they can get trustworthy information. This will allow DACA recipients to be prepared. Learn about organization that provide resources for DACA recipients and undocumented immigrants

### **Immigrant Legal Resource Center (ILRC)**

The mission of the Immigrant Legal Resource Center (ILRC) is to work with and educate immigrants, community organizations, and the legal sector to continue to build a democratic society that values diversity and the rights of all people.  
<https://www.ilrc.org/>

### **California Rural Legal Assistance Foundation (CRLAF)**

CRLAF is a statewide non-profit organization providing free legal services and policy advocacy for farmworkers, and the most vulnerable rural populations working to address pressing needs of our community: labor, housing, education equity, health care access, worker safety, citizenship, immigration, and environmental justice  
<https://www.crlaf.org/>

## Coalition for Humane Immigrant Rights (CHIRLA)

CHIRLA, the Coalition for Humane Immigrant Rights, is an immigrant-centered and immigrant-powered organization working to achieve a just society fully inclusive of immigrants.

<https://www.chirla.org/>

## El Concilio

This program offers the following services: individual and family consultations, Deferred Action for Childhood Arrivals (DACA), Visa processing, translations, affidavit of support, appeals of legalization and Naturalization, adjustment of status, Family Unity, joint petitions, waivers for conditional residents, community education, advice and referrals.

<https://www.elconcilio.org/>

# INVEST IN YOUR PHYSICAL, EMOTIONAL, AND MENTAL HEALTH



Self-care is important for your physical health as well as your mind, and soul. Self-care is taking the time to care for yourself in whichever ways work best for you.

## Helpful Tips

### Physical

- Stay hydrated avoiding sugary drinks
- Adjust a well-balanced diet
- Increase the level of physical activity (walk, run, jog)
- Rest and sleep
- Avoid and reduce consumption of alcohol and drugs

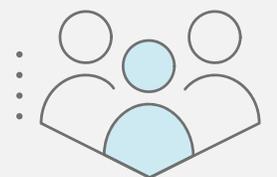
### Emotional

- Be aware of your emotions and reactions
- Allow yourself to feel any emotions even if it is anger
- Express your feelings
- Connect with others
- Find purpose and meaning
- Nurture your self-esteem( you are loved)
- Practice gratitude

### Mental health

- Build a support network
- Reward yourself
- Quit the mind (meditation, yoga)
- Ask for help (counselors, professionals)

For more information on the self-care wheel visit  
<http://www.olgaphoenix.com/wp-content/uploads/2015/05/SelfCare-Wheel-Final.pdf>



# COMMUNITY RESOURCES

## Immigrants Rising's Mental Health Connector

Immigrants Rising's Mental Health Connector provides undocumented young people with psychological support, allowing you to access your strengths and resiliency in order to achieve your personal goals and healing.

### Learn More:

<https://immigrantsrising.org/mental-health-connector/>

## Group Exercise Classes at Stan State

Group X Fitness variety of classes that will give you the opportunity to connect with others and that will also give you the opportunity to stay physically active

### Learn More:

<https://www.csustan.edu/campus-recreation/fitness>

## Psychological Counseling Services

The mission of Psychological Counseling Services is to maintain and enhance students' psychological, emotional, and relational well-being

### Learn more:

<https://www.csustan.edu/counseling>