



STAN STATE UNDOCU-NEWS



Undocumented
Student Services
STANISLAUS STATE



FEBRUARY 2020

UPCOMING EVENTS

- **UndocuFriendship Celebration**
Thursday, February 13, 2020
5:30 pm - 7:30 pm
- **Scholarship Workshop (Series)**
Friday, February 10, 2020
3:00 pm - 5:00 pm
Monday, February 24, 2020
3:00 pm - 5:00 pm

FREE IMMIGRATION LEGAL SERVICES

Available by appointment or walk-in
Turlock Campus
February 5, 2020 | 10 am - 3 pm
Stockton Campus
February 20, 2020 | 10 am - 3 pm

STAY IN THE KNOW



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

LOVE, FRIENDSHIP, AND JUSTICE!

February is a month for celebrating love, friendships, and acceptance. In honor of love and acceptance the Undocumented Student Services will join partners in honoring and celebrating Black History Month. During the month, the Undocumented Student Services will raise awareness about our Undocumented Black community as well as the importance of UndocuFriendship.



Did You Know?

According to the most recent statistics by Migration Policy Institute, approximately 600,000 undocumented immigrants in the United States identify as Black. The top countries of origin are Jamaican, Nigeria, Trinidad & Tobago, and Caribbean countries.

UNDOCUBLACK NETWORK

The UndocuBlack Network (UBN) is a multi-generational network of current and formerly undocumented Black people that fosters community, facilitates access to resources, and contributes to transforming the realities of undocumented black people, so they can thrive. The vision of the organization is to have an inclusive immigrant rights and racial justice movements that advocate for the rights of Black undocumented individuals.



If you are interested in learning more or if you are interested on joining the UndocuBlack Network visit www.undocublack.org



HOW TO BUILD A LOVING AND SUPPORTIVE ENVIRONMENT FOR YOUR UNDOCUMENTED FRIENDS

When a family member or friend is going through any sort of challenge especially related to their undocumented status, small gestures of love and support can go a long way. Sometimes we struggle with what to say or do. The language we use while talking to a undocumented friend makes a difference on how they perceive your support.

UndocuFriendship Tips:

- The status of an undocumented person does not tell you about their feelings, emotions, or well-being. Check in with your UndocuLoved one and offer your support in any way, shape, or form.
- Remind your UndocuLoved one that they are loved and important.
- If your UndocuLoved one is struggling allow them to vent in a supportive and safe space without judgment.
- Have an open mind while listening to your UndocuLoved one, they may just need an open ear.
- Show empathy by putting yourself in their shoes
- Where you have privilege, use it to be vocal and help advocate for their needs.

SELF-LOVE AND SELF-CARE

An undocumented status can bring many stressors /concerns including uncertainty of the future, fear of deportation, poverty, lack of services, and other obstacles. It is important to acknowledge that your status does not define your worth. Self-care and Self-love are important concepts that can help you develop a healthy relationship with yourself as it produces positive feelings and enhance your confidence and self-esteem. Self-care and Self-love can be used to remind yourself and others that **YOU AND YOUR NEEDS ARE IMPORTANT!!!**

Practicing Self-Love

- Start each day by telling yourself something positive. How well you handled a situation, how lovely you look today. Anything that will make you smile.
- Fill your body with food and drink that nourishes it and makes it thrive.
- Surround yourself with people who love and encourage you. Let them remind you just how amazing you are.
- Embrace and love the things that make you different. This is what makes you special.

Practicing Self-Care

- Simplify your schedule
- Unplug for a day
- Do an activity mindfully and slowly
- Write or journal your thoughts
- Reflect on your personal goals and dreams
- Make sleep part of your self-care routine
- Take a self-care break by getting outside
- Do something that energizes your body