



A Message from President Kim Lopez

Weekly Update: 9-13-24

Dear Cañada Colleagues,

Meditation and Prayer Room Opens on Monday

This past year, faculty, staff and students have requested additional mental health and wellness resources and activities for students. In response to this growing need, the College has added a Meditation and Prayer Room for students, staff and faculty members. Located in Building 5, Room 202 (second floor of Building 5), the Meditation and Prayer Room is free to utilize and open to the Cañada community. Starting this Monday, September 16, the space will be open during campus hours Monday through Thursday from 8 a.m. – 8 p.m., Friday from 8 a.m.-5 p.m., and closed during weekends and school-designated holidays. To reserve the space for either yourself or a small group - during a dedicated time - please complete the [Meditation Room - Reservation Form](#). Priority will be provided to submitted and completed applications. You can also visit the Center for Student Life and Leadership Development, Building 5, Room 354 to make a reservation

The Office of Student Life & Leadership Development is excited to share this necessary and beneficial space with our Cañada College community. As the space is newly opened, they also would like to provide an opportunity for open feedback and suggestions so the space is in line with our needs and wants. Please share questions and suggestions about the Meditation and Prayer Room with the [Center for Student Life and Leadership Development](#).



Science and Health Speaker Series

The first Speaker Series of the semester welcomed two distinguished guests from the Health Science field. The speakers shared their inspiring stories and provided valuable insights into career exploration. There was an excellent turnout, with students participating both in person and virtually.



EMP 3.2 Offsite Meeting and Upcoming Listening Session

Members from Cañada's EMP 3.2 group met on Friday, September 6 with a team from JobTrain at their East Palo Alto location to explore potential partnership opportunities. The goal was to reach new community members in North Fair Oaks, Belle Haven and East Palo Alto, especially BIPOC communities. Both groups expressed enthusiasm for collaborating on projects that would benefit students from both institutions. The EMP 3.2 group was particularly interested in learning more about JobTrain's programs and services, and how they could potentially align with their own goals.

As part of EMP 3.2 Group's work, the College will host its second Listening Session in East Palo Alto this Thursday, September 19. Our goal is to build relationships and work together with our community partners to create a seamless pathway for high school students transitioning to college, college students transitioning to university, and all community members pursuing careers, and lifelong educational opportunities, particularly in these communities. Campus community members are invited to connect with our partners as we create a space for us all to share ideas and feedback about the needs of our communities.

Thursday, September 19, 2024

5 - 5:30 p.m. (Buffet Dinner)

5:30 - 7:30 p.m. (Program)

East Palo Alto YMCA, 550 Bell Street, East Palo Alto, CA 94303

Please [RSVP using this link](#) by Monday, September 16, 2024



Unpacking and Sound Bath

On Wednesday, students, faculty and staff came together to unpack how they were feeling about the election debate. The discussion was led by Personal Counselor Marcos Chacon with best practices to focus on mental health. After the discussion, Dr. Michiko Kealoha led the group in the 5,000-year-old South Asian practice of sound therapy with a sound bath.



Colts Soccer Games Today

Come cheer on our Colts Soccer teams who both have home games today. Go Colts!

[\(Women's Soccer\) Los Medanos vs. Cañada](#)

2:00pm - 5:00pm
Colts Soccer Field

(Men's Soccer) Fresno vs. Cañada

5:00pm - 8:00pm
Colts Soccer Field



I hope you all have a wonderful weekend.

Sincerely,
Kim