

WEEK OF MARCH 25-29, 2024



Student Life Newsletter

All Student Activities are open to ALL NCC Students!

NCC STUDENT CLUB AND ACTIVITY CALENDAR

March 25-28, 2024

Student Activities are open to ALL NCC STUDENTS!

Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29
<p>Noon: Gregg Hall 180 GSA CLUB <small>Nashua Community College</small></p>  <p>12:10pm: NCC Auditorium Music Club</p>  <p>OPEN GYM MON-THURS FROM 12-1PM</p> 	<p>Noon: Library Conference Room NEW! Campus Christian Fellowship</p>  <p>Noon Streeter Room 150- Multimedia Club</p> 	<p>FREE LUNCH SPECIAL FOR ALL STUDENTS! FREE LUNCH THIS WEEK WEDS MARCH 27TH BBQ Pork Ribslets w/ Potato Salad & Cornbread</p>  <p>FREE! Stop into Café 505 Tuesday from 11:45-1pm</p>	<p>Noon: Streeter 150 PTK Honors Meeting</p>  <p>Phi Theta Kappa Honor Society</p> <p>Noon: Library Conference Room: Outdoors Club</p>  <p>Noon: Game Room Nerd Club</p> 	<p>Spring 2024 Fitness Center Hours</p>  <p>Mon-Thurs: 9-5 Friday: 10-4</p> <p>Search for MyNCC at the App Store or "Nashua Community College" on Google Play</p>  <p>This is where school cancellations will be posted.</p>

**FREE LUNCH THIS WEEK
WEDS MARCH 27TH**
BBQ Pork Ribslets w/ Potato
Salad & Cornbread



**FREE! Stop into Café 505
Tuesday from 11:45-1pm**



Presents:

Outside Education Series



(New England Aces)

All Students are Welcome! Come join us in room G180 on Monday, March 25th from 12 pm-1 pm for a presentation on Asexual Identities and those included in the spectrum

CLOTHING & HYGIENE DRIVE

**MARCH
18TH TO
APRIL 5TH**



Help us provide essential supplies for children in need in our community. Nashua Children's Home provides care and stability to children that are unable to remain with their families. The Nightingale Club is collecting clothing and personal hygiene products to help them care for these children in need.

THANK YOU FOR YOUR DONATION

DONATION BOXES LOCATED IN 505 CAFE AND OUTSIDE G204

Thank you!

We would like to express our sincerest gratitude for your generous donation in support of our son, Ares. We are truly grateful for your generosity.

♥ The Freni Family



COMMUNITY BABY SHOWER SPONSORED BY THE UNITED WAY

VOLUNTEERS AND DONATIONS NEEDED!

The United Way of Greater Nashua would like to invite you to volunteer at their Community Baby Shower this April.

The event, which the UWGN has held for the past 7 years, benefits low-income new families. They offer them the opportunity to engage with agencies who support new parents, a celebration, and the chance to "shop" in our "Baby Boutique" for items that have been donated by our generous community.

This is one of our biggest events of the year and is largely volunteer-driven. We are looking for help at the following shifts:

April 10, 16, 17- 10am to 1pm
Sorting Baby Shower Donations

Monday, April 22 -
Set-Up: 2pm - 4pm
Set-Up: 4pm to 6pm

Tuesday, April 23 -
Set-Up: 9am - 11am

Escorting Families / Baby Boutique: 10:30am - 12:30pm

Escorting Families / Baby Boutique: 12:00pm - 2:00pm

Escorting Families / Baby Boutique: 1:30pm - 3:30pm

Escorting Families / Baby Boutique / Clean Up - 3:00pm - 6:00pm

Volunteers can register at the link below or contact Sara Ceaser at sceaser@unitedwaynashua.org or (603)438-2173. Register here: <http://tinyurl.com/2024baby>.

How to Support the Project

Throughout the month of March, United Way is asking our community of volunteers, supporters, friends, and champions to come together to support the new families attending the event by purchasing items from our wish list at: <http://tinyurl.com/UW-2024-Baby> or items from the list below. All items should be new or "like new".

Bibs, Bottles, Breast Pumps, Baby Utensils, Diapers (all sizes), Wipes, Diaper Bags, Baby Wash and Lotion, Rash Cream, Baby Shampoo, Towels, Strollers, Booster or Bouncy Seats, Carriers / Backpacks, Car Seats (new only), Educational Toys, Thermometers, Pacifiers, Teething Rings, Parenting Books, Baby Clothes (new only), Lightweight Blankets

For more information contact United Way of Greater Nashua and info@unitedwaynashua.org or (603)882-4011.



FREE THERAPY SESSIONS!



**Try it Out.
Talk it Out.**

**Nashua Community
College students get 3
FREE 50-minute
teletherapy sessions**



**MENTAL HEALTH
IS HEALTH**

**Something on your mind?
Teletherapy can help.**

Why do students (like you) go to therapy?

- ✓ Feeling consistently low or sad
- ✓ Persistent anxiety
- ✓ Handling a breakup
- ✓ Loss of a loved one
- ✓ Past or current experiences of trauma or abuse
- ✓ Academic pressures and performance
- ✓ Housing or roommate tension
- ✓ Challenges with family members or at home
- ✓ Balancing childcare / care for family members
- ✓ Experiencing discrimination related to your race, weight, religion, immigration status, gender, sexual orientation, or disability (not comprehensive)



Scan me to register

Learn more and register at www.bettermynd.com

NCC FOOD PANTRY



Streeter Hall: Room 100A

Open all the time

Need What you Take

Take What you Need

Sponsored in part by the United Way of Greater Nashua and generous donations from NCC Faculty, Staff, and Students

Important College Resources:

- Access to **Food and Meals** through the NCC Food Pantry
- Transportation-**Free Bus Transportation** in the city of Nashua through the UPass Program
- Information on **Housing Resources**- Contact Amy Vazifdar at avazifdar@ccsnh.edu
- Counseling and **Mental Health**- see the next page
- **Professional Clothing**-Email Amy Vazifdar at avazifdar@ccsnh.edu
- Support and Resources with issues pertaining to **Domestic Violence or Sexual Assault**
Asst. Director of Campus Safety-Craig Nelson-
cjnelson@ccsnh.edu
USafeUS- <https://www.usafeus.org/theapp>
Bridges- www.bridgesnh.org

U-PASS
A NASHUA TRANSIT SYSTEM PROGRAM

RIDE FREE!
JUST SHOW YOUR SCHOOL ID!

NTS BUS MAPS & SCHEDULES ARE AVAILABLE AT:
www.RideBigBlue.com

Spring 2024 College Visits: NCC Cafe

Transfer Colleges, Military & Employer Recruitment

MARCH

March 26: 10:00am-1:00pm Susan Murphy from UMass Lowell

March 27: 11:00am-1:00pm Noah Swaim from Grand Canyon University

March 28: 10:00am-2:00pm Ashleigh Nash from New England College

APRIL

April 2: 11:30am-1:30pm Olivia Babin from UNH Online Programs College of Professional Studies

April 4: 11:30am-1:30pm Jana Legere from Southern NH University

April 10: 10:00am-2:00pm SSG Jared Bein from NH Army National Guard

April 16: 11:30am-1:30pm Nancy Baddaoui from UNH Manchester

April 17: 10:00am-1:00pm Susan Murphy from UMass Lowell

April 24: 10:00am-1:00pm Kara Dooling from Merrimack College &

10:00am-2:00pm SSG Jared Bein from NH Army National Guard

April 25: 10:00am-2:00pm Ashleigh Nash from New England College

April 30: 11:30am-1:30pm Olivia Babin from UNH Online Programs College of Professional Studies

MAY

May 1: 10:00am-2:00pm SSG Jared Bein from NH Army National Guard

May 2: 11:00am-1:00pm EN1 Tony Dailey with U.S. Navy Reserves



Need FAFSA help?



Financial Aid is offering assistance for these dates in room 132 in the Library!



To make an appointment and for more information, contact Renee Ruiz at Financial Aid:

rruiz@ccsnh.edu
(603) 578-8910

Wednesdays @ 4pm-7pm: Thursdays @ 1pm-4pm:

- 3/13
- 3/27
- 4/3
- 4/10
- 4/17
- 4/24
- 5/1

- 3/7
- 3/21
- 4/4
- 4/11
- 4/18
- 4/25
- 5/2
- 5/9

**SUMMER IS COMING!!
ICE CREAM
NOVELTIES FOR SALE!**

Café
505



**Stop by Café 505
Mon-Thurs, 7:30am-1:30pm
to pick up a treat!**

2024 Greater Nashua Public Health Week Kickoff Event



Monday, April 1

12 PM to 2 PM

**St. Patrick's Gym (Access via Main Street, Nashua,
next to Church of the Good Shepard)**

Join us for a Walk with the Mayor and a Public Health Connectedness Community Celebration featuring local community organizations, giveaways, fun activities and a free raffle.

**VISIT
OUR
EVENT
PAGE**



bit.ly/GreaterNashuaPHW

LIVE UNITED



United Way
of Greater Nashua

20 Community 24 Baby Shower



Please donate something from our wishlist to help young families get off to a great start!

Want to host a Collection Drive?

Contact: info@unitedwaynashua.org or call Liz or Sharon at 603-882-4011

Baby Shower Details

April 23, 2024
11am - 5pm

United Way of
Greater Nashua Office

20 Broad Street
Nashua, NH

The Community Baby Shower is an exciting event to help new and expecting low-income parents in Greater Nashua. Families are invited to this educational celebration to learn about community support available to them and pick items from our "baby boutique" to help them get started with the new addition to their family.

Wish List

Accepting New and "Like New" Baby Gear

Bibs
Bottles
Breast Pumps
Baby Utensils
Diapers (all sizes)
Wipes
Diaper Bags
Baby Wash & Lotion
Rash Cream
Baby Shampoo
Towels
Crib Sheet
Strollers
Booster or Bouncy Seats
Carriers and Backpacks
Car Seats (new only)
Educational Toys
Thermometers
Pacifiers and Teething Rings
Parenting Books
Baby Clothes (new only)
Lightweight Blankets

Amazon Wish List

<http://tinyurl.com/UW-2024-Baby>

THANK YOU TO OUR DAY OF CARING SPONSORS:



A Member of Covenant Health



THANK YOU TO OUR ANNUAL SPONSORS

All Clean Cleaners, Enterprise Bank, Etchstone Properties,
Morin's Landscaping, Inc, Nashua Community College, Shaheen & Gordon, P.A.,
Southern NH Health, The Telegraph, White Mountain IT Services



**GREATER NASHUA
SMART START
COALITION**