



Week of April 15-19, 2024

STUDENT LIFE NEWSLETTER



all student activities are open to ALL NCC students!

NCC STUDENT CLUB AND ACTIVITY CALENDAR

April 15-19, 2024

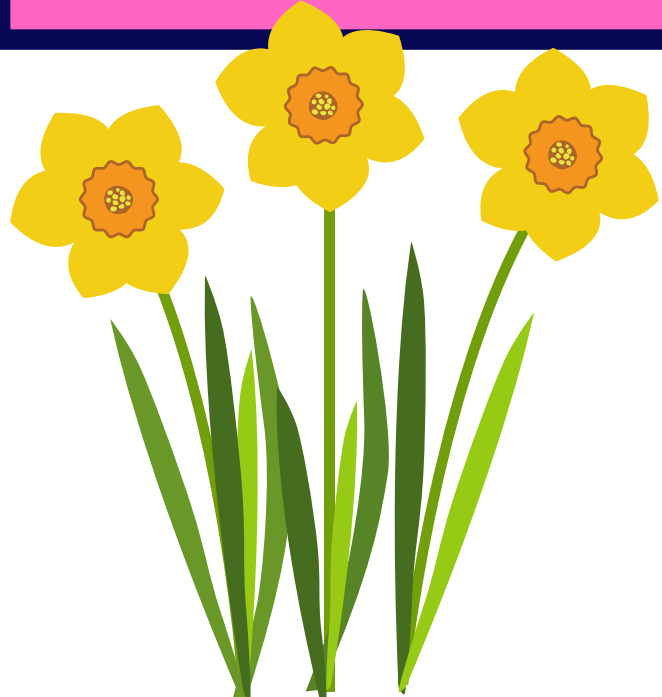
Student Activities are open to ALL NCC STUDENTS!

Monday April 15 th	Tuesday April 16 th	Wednesday April 17 th	Thursday April 18 th	Friday April 19 th
<p>TAX DAY 😞</p> <p>Noon: McIntyre Conference Room #200 in Gregg Hall Loft Area GSA CLUB</p> <p><small>Nashua Community College</small> GSA</p> <p>Final OES Presentation: Bridges</p> <p>12:10pm: NCC Auditorium Music Club</p> 	<p>FREE LUNCH SPECIAL FOR ALL STUDENTS!</p> <p>FREE LUNCH SPECIAL! TUES 4/16/24 CHICKEN TACO WITH FIXINGS AND SPANISH RICE</p>  <p>FREE! Stop into Cafe 505 TODAY from 11:45am-1:15pm</p> <p>Noon: Library Conference Room Campus Christian Fellowship</p>  <p>Noon: Streeter 106 Multicultural Club</p>  <p>Noon Streeter Room 150-Multimedia Club</p> 	<p>Noon: Streeter 150 NCC Student Senate</p>  <p><i>Final Meeting Of the Year! Grab a Free Lunch and come check us out!</i></p> <p>Search for MyNCC at the App Store or "Nashua Community College" on Google Play</p>  <p>NASHUA COMMUNITY COLLEGE</p> <p>This is where school cancellations will be posted.</p>	<p>11am in Library! Bambi and Apollo to visit!</p>  <p>Noon: PTK/Honors Mtg Streeter Room 150</p>  <p>Noon: Library Conference Room: Outdoors Club</p>  <p>Noon: Game Room</p>	<p>Spring 2024 Fitness Center Hours</p>  <p>Mon-Thurs: 9-5 Friday: 10-4</p> <p>OPEN GYM MON-WEDS FROM 12-1PM</p> 

FREE LUNCH SPECIAL!
TUES 4/16/24
 Chicken Taco with Fixings and Spanish Rice



FREE! Stop into Cafe 505 TODAY from 11:45am-1:15pm



Bridges Presentation:

Coping Skills!

April 15th at 12-1:30pm

McIntyre Conference Room-
Room 200 in the Wellness Center



Bridges is a local crisis center that works to educate and support its community. Focusing on topics such as domestic violence, healthy/unhealthy relationships, coping skills, etc.

Sponsored by the NCC Gender and Sexualities Affirmations Club

NASHUA COMMUNITY COLLEGE
PRESENTS

SPRING '24

CORNHOLE

TOURNAMENT

APRIL 15-18, 12PM-1PM
REGISTER BY APRIL 10TH

\$100 GIFT CARD GRAND PRIZE!
\$50 TO 2ND PLACE!



TO REGISTER: SEE ALEX WUNDERLICH IN ROOM 204,
EMAIL AWUNDERLICH@CCSNH.EDU, OR SCAN QR CODE
TO SIGN UP ONLINE

16 TEAM MAXIMUM, SECURE YOUR SPOT ASAP!

WINDOWS Coffeehouse

April 25, 2024, 6 - 8 p.m.



Join the editors of *Windows* magazine in **the NCC Atrium** for the launch of the Spring 2024 issue of *Windows*. Free refreshments served. Open mic to share writing or music. **Please bring a canned good for the Nashua Soup Kitchen.**



NASHUA
COMMUNITY COLLEGE

IF you agree that Affordable Housing is a problem, you are invited to attend this event on 4/17/24 at CITY HALL

Housing Hopes: Community Experiences & Challenges

A conversation surrounding your thoughts and experiences with housing/affordable housing and homelessness in the Greater Nashua Region

2023 Housing Statistics for Hillsborough County, NH

- \$2,008 monthly median gross rent for a 2 bedroom
- \$281 average monthly utility cost for a 2 bedroom
- 0.6% vacancy rate for all unit sizes

Scan the QR code above to sign up

Date
Wednesday, April 17

Times
11 A.M. - 2 P.M.
4 P.M. - 7 P.M.

Location
City Hall Auditorium (3rd Floor)
229 Main St, Nashua

*Facilitated by NH Listens
*Funding for this event is provided by the Endowment for Health

(603) 589-4569
MuccioliL@NashuaNH.gov
NashuaNH.Gov/DPHCS

CITY OF NASHUA
Division of Public Health & Community Services
18 MULBERRY STREET • NASHUA, NH • 03060



Esperanzas de vivienda: Experiencias y desafíos comunitarios

Una conversación sobre tus pensamientos y experiencias con vivienda/ vivienda asequible y personas sin hogar en la región de Nashua

Estadísticas de vivienda de 2023 para el condado de Hillsborough, NH

- \$2,008 Mensualidad mediana bruta alquiler de 2 cuartos
- \$281 Costo promedio para utilidades mensual por 2 cuartos
- 0.6% tasa de vacantes para todos los tamaños de unidades

Fecha
miércoles 17 de abril

Horarios
11 A.M. - 2 P.M.
4 P.M. - 7 P.M.

Ubicación
Auditorio del Ayuntamiento (3er piso)
229 Main St, Nashua

Escanea el código QR arriba para registrarse

*Facilitado por NH Listens
*Los fondos para este evento son proporcionados por el Endowment for Health

(603) 589-4569
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NashuaNH.Gov/DPHCS

CITY OF NASHUA
Division of Public Health & Community Services
18 MULBERRY STREET • NASHUA, NH • 03060



*You're
Invited!*



Bambi or Apollo

WEDNESDAY
APRIL 17 AT 11 AM
IN THE LIBRARY

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

BRINGING THE MOBILE HEALTH CLINIC

TO YOU!



We offer health services and education to businesses, community events, and community members.

Staffed with nurse practitioners, midwives, and registered nurses, we're here to assist in your care! We also proudly offer on-demand interpreting services.

SERVICES OFFERED:

- ✓ Women's Health
- ✓ Wellness Checkups
- ✓ Vaccine Clinics - Including Flu & Shingles
- ✓ Smoking Cessation
- ✓ Blood Pressure Screenings/Education
- ✓ Nutrition Education

SCAN HERE FOR
FOR
FUTURE
EVENTS!



If you or your business is interested in scheduling the Mobile Health Clinic, contact:

Rosemary Ford, Director of Interpreter Services/Mobile Health Clinic at rsimpsonford@sjnh.org

ST. JOSEPH HOSPITAL
A Member of Covenant Health

¡TRAYENDO LA CLINICA DE SALUD MOVIL A USTED!



Ofrecemos servicios de salud y educación a empresas, eventos comunitarios y miembros de la comunidad.

Con personal de enfermeras calificadas para ejercer la medicina, parteras y enfermeras registradas, ¡estamos aquí para ayudarlo en su cuidado! Estamos orgullosos de ofrecer servicios de interpretación a pedido.

SERVICIOS OFRECIDOS:

- ✓ La Salud de la mujer
- ✓ Chequeos de bienestar
- ✓ Clínicas de vacunas – incluyendo la gripe y culebrilla
- ✓ Dejar de fumar
- ✓ Examen de presión arterial y educación
- ✓ Educación nutricional

Escanear
aquí para
eventos
futuros!



Si usted o su negocio están interesados en programar la Clínica de Salud Móvil, comuníquese con:

Rosemary Ford, Directora de Servicios de Interpretación/Clinica de Salud Móvil al rsimpsonford@sjnh.org

ST. JOSEPH HOSPITAL
A Member of Covenant Health

Join Us in Supporting New Families at United Way of Greater Nashua's Community Baby Shower!

Date: April 23rd

Location: United Way of Greater Nashua Office

Are you passionate about helping new and expecting low-income parents in the Greater Nashua area? Here's your chance to make a difference! United Way of Greater Nashua is thrilled to announce its annual Community Baby Shower, a heartwarming event designed to provide essential support to families in need.

How You Can Help, [DONATION LIST:](#)

We invite our amazing community of volunteers, supporters, friends, and champions to come together and support these families by donating items from our wish list or the list provided below. All items should be new or in "like new" condition.



Wish List Items:	Towels (new)
Bibs (new)	Strollers
Bottles	Booster Seats
Breast Pumps	Carriers / Backpacks
Burp Cloths (new)	Car Seats (new only)
Baby Utensils	Educational Toys
Diapers (all sizes)	Thermometers
Wipes	Pacifiers (new)
Diaper Bags	Teething Rings (new)
Baby Wash and Lotion	Parenting Books
Rash Cream	Baby Clothes (new only)
Baby Shampoo	Lightweight Blankets
	Donation Details:

If your faith community, school, company, or service group is interested in hosting a donation box, please reach out to us, and we'll provide you with fliers and a donation box.

All donated items should be sent or dropped off at United Way, located at 20 Broad Street, Nashua NH 03064, between 9:30am and 4:30pm on weekdays, no later than April 19th.

Volunteering: We have a few open volunteer shifts that can be found [HERE](#) and may need EVEN MORE help during our 2:30-5pm shift. We are currently creating a "waitlist" for this shift. If you would like to be added to the list, please let me know by contacting me at sceaser@unitedwaynashua.org.

Spread the Word: Registration is required for this event. If you know someone who could benefit from our Community Baby Shower, please encourage them to contact United Way at info@unitedwaynashua.org or (603) 882-4011.

Thank you for your generosity and support! Together, we can make a meaningful difference in the lives of families in our community.

Shared by Sara Ceaser, United Way of Greater Nashua, Director of Volunteer and Community Engagement

April is Sexual Assault Awareness Month

The FREE USafeUS App will help give you tools to get out of an unsafe situation, and information and resources to seek help.

If you find yourself in an uncomfortable situation ...



... uSafeUS can help.

- **Send yourself** a fake text or call to leave an uncomfortable situation.
- **Let friends check on you** when walking alone.
- **Ask bar staff for help** – without anyone knowing.
- **Find resources, answers, and guidance** if a you or a friend experience sexual harassment or assault, relationship violence, or stalking.



Protect yourself. Protect your friends.™



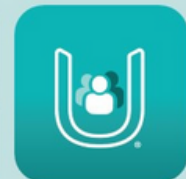
Free & completely confidential

Download Now

& select our campus



or
search uSafeUS
on app stores



Questions? Email support@usafeus.org

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**
Title IX Coordinator-Assistant Director of Campus Safety, Craig Nelson- cjnelson@ccsnh.edu
USafeUS- <https://www.usafeus.org/theapp>

U-PASS
A NASHUA TRANSIT SYSTEM PROGRAM

RIDE FREE!
JUST SHOW YOUR SCHOOL ID!

NTS
Nashua Transit System

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

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

Café
505



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



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

Bicycle Sale

Cash
or
Check

Sat, Apr 27 9am until sell out
17 Airport Road, Nashua
off Amherst Street

- Quality used bikes
- Priced at a fraction of original cost
- Tuned and ready to ride
- Adult and children's sizes
- Mountain, road, and vintage bikes
- **Cash or check ONLY**



FUNDRAISER

GateCityBikeCoop.org

603-759-9056

We repair donated used bikes and give them to greater Nashua area low-income residents, for free.