Week of April 22-26, 2024

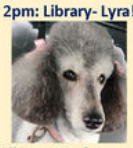
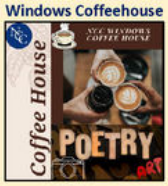
STUDENT LIFE NEWSLETTER

ALL Student Activities are open to ALL NCC Students!

NCC STUDENT CLUB AND ACTIVITY CALENDAR

April 22-26, 2024

Student Activities are open to ALL NCC STUDENTS!

Monday April 22nd	Tuesday April 23rd	Wednesday April 24th	Thursday April 25th	Friday April 26th
Noon: McIntyre Conference Room-#200 in Gregg Hall Loft Area GSA CLUB Nashua Community College GSA Final OES Presentation: Bridges 12:10pm: NCC Auditorium Music Club 	Noon: Library Conference Room Campus Christian Fellowship Noon: Streeter 150 Alexander Technology Group Job Search Assistance ALEXANDER technology • group Noon TBD-Multimedia Club	FREE LUNCH SPECIAL FOR ALL STUDENTS! Search for MyNCC at the App Store or "Nashua Community College" on Google Play NASHUA Community College This is where school cancellations will be posted.	2pm: Library- Lyra!  Noon: Library Conference Room: Outdoors Club Noon: Game Room Nerd Club Nerd Club Hobbies and Fandoms Unite! 6pm-8pm in the Atrium Windows Coffeehouse 	Spring 2024 Fitness Center Hours Mon-Thurs: 9-5 Friday: 10-4 OPEN GYM MON-THURS FROM 12-1PM

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NCC Trip to the NH Fishercats

NEW HAMPSHIRE Fisher Cats

Grand Slam PACKAGE

- **Who:** ALL NCC Students are eligible
- **Where:** Delta Dental Stadium- 1 Line Drive Manchester, NH 03101;
- Seating is section 107 between third base and home plate
- **EXTRAS**: Each ticket includes a hot-dog, chips, a soft drink, and a FREE NH Fishercats hat!
- **When:** Friday May 10th- game time of 6:35pm
- **How:** Transportation is not provided, but parking is if you let us know in advance (see link)- https://forms.gle/bRc2cLHAWf5sLVbG9
- **Questions?** Email Amy at avazifdar@ccsnh.edu
- **Signup Deadline** is MAY 6th at NOON (or until seats are filled)
- **TICKETS ARE FIRST-COME, FIRST SERVED**

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

LYRA

Coming Soon

Thursday, April 25
2 pm in the Library

RETURNING FOR
FINALS WEEK
BAMBI OR APOLLO
TUESDAY APRIL 30
11 AM IN THE LIBRARY

Pop-Up Produce Stands

11am - 12pm

United Way of Greater Nashua
www.unitedwaynashua.org
info@unitedwaynashua.org | (603)882-4011

Mondays
Harbor Care
45 High Street

Tuesdays
Major Drive
101 Major Drive

Boys and Girls Club
1 Positive Place (4:30pm - 5:30pm)

Wednesdays
Lamprey Health Care
22 Prospect Street

Thursdays
River Pines Mobile Home Park
34 Birch River Trail

Fridays
Sullivan Terrace
56 Tyler Street

Lunes
Harbor Care
45 High Street

Martes
Major Drive
101 Major Drive

Club de niños y niñas
1 Positive Place (4:30pm - 5:30pm)

Miércoles
Cuidado de la salud de la lamprey
22 Prospect Street

Jueves
Parque de casas móviles River Pines
34 Birch River Trail

Viernes
Sullivan Terrace
56 Tyler Street

For information about cancellations, please contact us at info@unitedwaynashua.org or (603)882-4011. Cancellations will also be listed on the United Way of Greater Nashua Facebook page.

Para obtener información sobre cancelaciones, contáctenos por correo electrónico a info@unitedwaynashua.org o llámenos al (603) 882-4011. Las cancelaciones también serán compartidas en la página de Facebook de United Way of Greater Nashua.

The St Joseph Hospital Mobile Health Clinic provides non-urgent, walk-in care, including vaccines and point of care testing. Scan the QR code to see where we are scheduled throughout the community.

ST. JOSEPH HOSPITAL
A Member of Covenant Health

***** April 22 - November 1 *****

Nashua Soup Kitchen & Shelter, Inc.

LIVE UNITED
United Way
United Way of Greater Nashua

FREE THERAPY SESSIONS!

BetterMynd @ NASHUA COMMUNITY COLLEGE

COMMUNITY COLLEGE system of New Hampshire

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 LIBRARY REQUESTS YOUR

TUTOR FEEDBACK

Did you use Brainfuse 24/7 Online Tutoring or In Person Tutoring?
If so, let us know how it went.

FILL OUT A FORM AT THE LIBRARY OR USE THE QR CODE

Your feedback will help the NCC Library improve the tutoring program

Scan Me

OR

Click Me

The "Big Contest" is back!

Hugemanities

Any student at NCC who has created digital media for a class can enter that product in the "Big Contest" put on by HUGEmanities at UNH and funded by the Mellon Foundation. There are four categories—Digital storytelling, innovative design, "change the world" and a breakout award for novices to digital storytelling and 100-level courses. *Prizes for first, second and third place earn awards of $300, $200, and $100 respectively and will be recognized at an award ceremony at UNH in May*. Last year, CCSNH students won prizes in several categories. The digital media should be no longer than six minutes in length to qualify. If you know of a student or group of students who are creating digital media presentations for your classes, please encourage them to apply for this award. If you have any questions, please contact Stephanie Roper (sroper@ccsnh.edu)

To get a sense of what some of the winners from both UNH and the CCSNH system have produced, check out some of the content from last year's winners:

https://sites.usnh.edu/hugemanities/the-big-contest-2/the-big-contest-2023/

- Shared by Prof. Stephanie Roper

>> Community News: United Way Community Baby Shower

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

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 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@sjhnh.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/Clínica de Salud Móvil al rsimpsonford@sjhnh.org

ST. JOSEPH HOSPITAL
A Member of Covenant Health

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.

uSafeUS

Protect yourself. Protect your friends.™

Free & completely confidential

Download Now

& select our campus

or
search uSafeUS on app stores

GET IT ON Google Play

Download on the App Store

Questions? Email support@usafeus.org

Supportive Services Offered by the United Way of Greater Nashua!

Support Resources in Greater Nashua / Recursos de apoyo en Greater Nashua

For information about hours of operation and services provided please contact the listed organizations directly.
Para obtener información sobre las horas de operaciones y los servicios suministrados, comuníquese directamente con las organizaciones enumeradas.

Food Supports / Apoyos alimentarios

Nashua Soup Kitchen and Shelter
Corpus Christi Food Pantry
Southern NH Rescue Mission
Salvation Army
Tolles Street Mission
United Way of Greater Nashua Pop-Up Pantries
St. John Neumann Food Pantry (Merrimack)
Merrimack Methodist Food Pantry
Hudson Food Pantry
SHARE Outreach (Milford)
Trinity Baptist Food Pantry
Grace Lutheran Church Food Pantry
End 68 Hours of Hunger (Children's Food)
Unitarian Universalist Church (community meals)
The Caregivers (grocery and meal delivery)
Meals on Wheels (grocery and meal delivery)

Clothing / Ropa

Salvation Army
SHARE Outreach
Grey Nuns Thrift Shop
Merrimack Methodist Clothes Closet
Southern NH Rescue Mission

Furniture and Household Items / Muebles y artículos para el hogar

Grey Nuns Thrift Shop
Lucky Dog Thrift Shop
Salvation Army
Goodwill Industries
Savers

Employment Assistance / Asistencia de empleo

New Hampshire Job Corps Center
New Hampshire Employment Security

Housing Assistance / Asistencia de vivienda

The Front Door Agency
Nashua Housing & Redevelopment Authority

Transitional Housing / Vivienda de transición

Family Promise of Southern NH
Marguerite's Place
Gianna's Place

Temporary Shelters / Refugios temporales

Nashua Soup Kitchen and Shelter
Southern NH Rescue Mission
Hope Center for Women

Drop-In Centers / Centros de acogida

Main Street United Methodist (8am – 10am M-F)

Fuel Assistance / Asistencia de combustible

Southern NH Services

Homelessness Supports / Apoyos para personas desamparadas

The Homeless Outreach Program (HOP)
Nashua Welfare Department
Stepping Stones (Youth Homelessness)
Coordinated Entry, Intake, and Referral 1-844-800-9911

Health Care / Atención médica

Lamprey Health Care
Harbor Care Clinic and Wellness Center
Southern NH Medical Center
St. Joseph Hospital
Southern NH HIV / AIDS Task Force

Dental Care / Atención dental

Greater Nashua Dental Connection

Services for Individuals with Disabilities / Servicios para personas con discapacidades

The PLUS Company
The Nashua Center
Gateways Community Services

LIVE UNITED
United Way

For more information about any of these topics call "211" or 1-866-444-4211.
Para obtener más información sobre cualquiera de estos temas, llame al "211" o al 1-866-444-4211.
Produced by United Way of Greater Nashua. Contact us at info@unitedwaynashua.org or (603)882-4011.

PANTRY
OPEN

Support Resources in Greater Nashua / Recursos de apoyo en Greater Nashua

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Substance Abuse Recovery / Recuperación del abuso de sustancias

Keystone Hall
Revive Recovery Center
Syringe Services Alliance of the Nashua Area

Mental Health Services / Servicios de salud mental

Greater Nashua Mental Health
Harbor Care
H.E.A.R.T.S Peer Support & Crisis Respite Center
Harbor Care
The Youth Council

Veterans' Services / Servicios para veteranos

New Hampshire Veteran's Services
Harbor Care
Support Services for Veteran Families

Senior Supports / Apoyos para personas mayores

New Hampshire Bureau of Elderly & Adult Services
Nashua Senior Center
Social Security Administration
Southern NH Services
ServiceLink

Transportation / Transporte

The Caregivers (rides and grocery delivery)
Nashua Transit System
Nashua Transit System Paratransit
Boston Express Bus
Easter Seals

Bikes / Bicicletas

Gate City Bike Co-op

Education / Educación

Nashua School District
Nashua Public Library
Adult Learning Center

Children's Programming / Programación infantil

Girls Inc.
Boys and Girls Club of Greater Nashua
Nashua Police Athletic League (PAL)
Greater Nashua YMCA
21st Century Extended Day program
United Way of Greater Nashua Tutoring

Community Centers/ Centros Comunitarios

Arlington Street Community Center
Centro Latino Comunitario

Legal Assistance / Asistencia Legal

New Hampshire Legal Assistance

Immigration and New American Supports / Inmigración y apoyos para nuevos ciudadanos Americanos

Ascentria Care Alliance
International Institute of New England

Comprehensive Supports / Apoyos integrales/Apoyos comprensivos

Nashua Division of Public Health & Community Services
New Hampshire Division of Health & Human Services
New Hampshire Division for Children, Youth and Family-Child Protective Services
Southern NH Services
Easter Seals
211

LIVE UNITED
United Way

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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**

GATE CITY BIKE CO-OP

FUNDRAISER

GateCityBikeCoop.org

603-759-9056

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