



WEEK OF MARCH 10-14, 2025

STUDENT LIFE NEWS

ALL STUDENT ACTIVITIES ARE OPEN TO ALL NCC STUDENTS



STUDENT CLUB AND ACTIVITY CALENDAR

Student Activities for March 10-14, 2025

Monday March 10	Tuesday March 11	Wednesday March 12	Thursday March 13	Friday March 14
<p>NOON: Student Senate</p>  <p>McIntyre Conference Room Lunch provided</p> <p>Follow Amy on Instagram for all club meeting times!</p>  <p>@avazifdncc</p> <p>Open Gym: 12-1 Mon-Thurs:</p> 	<p>FREE LUNCH FREE LUNCH THIS WEEK TUESDAY 3/11/25 Beef Soft Tacos w/Spanish Rice and Street Corn</p>  <p>FREE! Stop into Café 505 Tuesday from 11:30-1pm</p> <p>Noon: Campus Christian Fellowship</p>  <p>Library Conference Room 133</p> <p>Spring 2025 Fitness Center Hours</p>  <p>Mon-Thurs: 10-5 Friday: 10-4</p>	<p>NOON COFFEEHOUSE</p>  <p>WINDOWS MAGAZINE COFFEEHOUSE</p> <p>NOON: Multicultural Club</p>  <p>Streeter 106</p> <p>Noon: Outdoors and Nature Club Mtg</p>  <p>Library Conference Room 133</p>	<p>NOON: DANCE CLUB</p>  <p>Auditorium</p> <p>Noon: IEEE Club Mtg: Streeter 150</p>  <p>Noon: Game Room</p>  <p>4pm: Campus Christian Fellowship</p>  <p>Library Conference Room 133</p>	<p>12:30pm Windows Literary Magazine Club Mtg</p>  <p>Streeter 251</p> <p>For all club and activity info: Email Amy Vazifdar at avazifdar@ccsnh.edu for more info. OR keep an eye on the MyNCC App.</p> <p>SPRING BREAK!!!! HAVE A GREAT WEEK!!!</p> 

All Student activities are open to ALL NCC Students!

FREE LUNCH THIS WEEK TUESDAY 3/11/25

Beef Soft Tacos w/Spanish Rice and Street Corn




**FREE! Stop into Café 505
Tuesday from 11:30-1pm**



Coffee House Windows Magazine

Open Mic



**March 12,
Wednesday 12 PM**

Lunch Provided

If you didn't get to go to the **CLUB FAIR**

But you still want to find out more
about an NCC club OR start a club,
scan code to join!



NCC Food Pantry

Room 203 Wellness Center

Items Needed this Week!



Applesauce
Apples
Bananas
Bread
Chicken/Beef /
Vegetable Stock
Gluten Free Items
Grocery Bags

Mac and Cheese (ready to
eat cups)
Milk
Parmalat (Shelf Stable)
milk
Protein Shakes
String/Stick cheese
Yogurt

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**- Bettermynd.com
- Support and Resources with issues related 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>

An advertisement for the U-PASS program. At the top, it says "U-PASS" in large white letters on a blue background. Below that, it says "A NASHUA TRANSIT SYSTEM PROGRAM". The main image shows a group of four students (three women and one man) smiling and looking at a smartphone. Below the image, it says "STUDENTS & STAFF". At the bottom, it says "RIDE FREE!" in large white letters, followed by "JUST SHOW YOUR SCHOOL ID!". In the bottom right corner, it says "BUS MAPS & SCHEDULES ARE AVAILABLE AT: www.RideBigBlue.com". The NTS logo is in the bottom left corner.

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

Upcoming College Visits

MARCH

- Monday, March 10: 11am-1pm SNHU Cynthia Sylvester,
c.sylvester@snhu.edu
- Tuesday, March 11: 11am-2pm Fitchburg State University, Scott
Fournier sfourni8@fitchburgstate.edu
- Tuesday, March 25: 10am-2pm Saint Anselm College, Richard
Parez, rparez@Anselm.edu
- Wednesday, March 26: 10am-2pm Rivier University Programs
Online, Kathy Andrle, kandrle@rivier.edu
- Thursday, March 27: 10am-1pm New England College, Kyle
Smith, KSmith2@nec.edu
- Friday, March 28: 10am-1pm University of Rhode Island, John
LaRose, john.larose@uri.edu
- Monday, March 31: 12-2pm University of New Hampshire, Nancy
Baddaoui, Nancy.Baddaoui@unh.edu
- Monday, March 31: 10am-2pm Johnson & Wales, Lori Barden,
Lori.Barden@jwu.edu

APRIL

- Tuesday, April 1: 10am-1pm UMass Lowell, Susan Murphy,
Susan_Murphy@uml.edu
- Tuesday, April 15: 11am-1pm University of New Hampshire,
Nancy Baddaoui, Nancy.Baddaoui@unh.edu
- Thursday, April 17: 11am-1pm Rivier University, Kathryn Lynn,
klynn1@rivier.edu
- Thursday, April 24: 10am-2pm Rivier University Online
Programs, Kathy Andrle kandrle@rivier.edu
- Monday, April 28: 10am-1pm UMass Lowell, Susan Murphy,
Susan_Murphy@uml.edu
- Tuesday, April 29: 11am-1pm University of New Hampshire,
Nancy Baddaoui, Nancy.Baddaoui@unh.edu

MAY

- Thursday, May 1: 11am-1pm SNHU Cynthia Sylvester,
c.sylvester@snhu.edu

