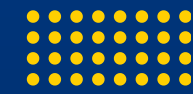


San Diego Mesa College Student Parent Work Collaboration

PCAB Presentation | 10.20.2026

Presented By:

Johanna Aleman, Grace Aumoeualogo, Alondra Gomez



WE ARE *Mesa*
The Leading College of Equity and Excellence



Collaboration Among The Stand, CARE, and CalWORKs



Johanna Aleman
The Stand: Basic
Needs Coordinator



Grace Aumoeualogo
EOPS/CARE Counselor
Coordinator



Alondra Gomez
CalWORKs Adjunct
Counselor Coordinator

Student Parent Task Force



- Leticia Diaz - Co-Chair
- Johanna Aleman - Co-Chair
- Grace Aumoeualogo
- Jacqueline Collins
- Alondra Gomez
- Kyung Ae Jun
- Claudia Perkins
- Saúl Quiroz
- Pahua Vang

Accomplishments

- Generation Hope Family U - 20k
- Urban Institute - D2A - 60k
- Family Resource Center
- Student with Dependents website
- Lactation Pods
- Lockers
- Campus Map
- BT 218
- Diaper Program
- Family U Seal 23-26



Accomplishments

CARE Students Served

- 2021-2022 Year = 13
- 2022-2023 Year = 15
- 2023-2024 Year = 24
- 2024-2025 Year = 28
- 2025-2026 Year = 50 - **285% growth**

CalWORKs Students Served

- 2021-2022 Year = 25
- 2022-2023 Year = 47
- 2023-2024 Year = 76
- 2024-2025 Year = 90
- 2025-2026 Year = 101 - **304% growth**

Highlights

- **10** Spring 2026 graduates
- **9** students were recipients of Soroptimist Award
- **9** students received Mesa College Foundation Scholarship
- Student Parent Scholarship Opportunities
 - Joyce Hamilton Memorial Scholarship
 - Bright Mothers Scholarship
 - Parent Scholars Scholarship
- **7** CalWORKs/Federal Work Study



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Building Partnerships

On and Off Campus

- All SSE programs
- Mental Health Services
- TCE
- Financial Aid Department
- Terra Mesa Garden
- Kapwa/AANAPISI
- LRC
- Black Studies Department
- Exercise Department
- Fashion Department
- VEBA
- Hella Wellthy
- The Old Globe
- Parent Voices
- Toys 4 Tots
- San Diego County HHSA



Parent Cafe: CARE, CalWORKs, and The Stand: Basic Needs Resource Center

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CARE · CalWORKs · The Stand

Parent Cafe

FALL 2026
TIME 11:00AM-12:30PM
WEDNESDAYS

September **2 • 9 • 16**
 October **7 • 14 • 21**
 November **4 • 18**

LOCATION
 Family Resource Center (FRC) Room 113

Zoom: 825 6491 8782 **Password:** FALL2026

For more information or accommodations contact Mesa CalWORKs
(619) 388-2709
SDMESACALWORKS@SDCCD.EDU

To join more Student-Parent workshops & events Follow us on Instagram
@sdmesacare
@sdmesa.calworks
@sdmesathestand

Connect with Student Parents to share experiences, build community, and discover helpful resources. From wellness to cultural reflection to academic support, every workshop offers something different and meaningful. Brunch is provided, and children are always welcome in our safe, child-friendly space on Mesa's campus.

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Parent Cafe

At Civita Park

Wednesday, July 15th
Time 10:00AM - 2:00PM
Location - Mission Valley Area
 7960 Civita Blvd,
 San Diego, CA 92108

RSVP bit.ly/MesaCivitaPark by 7/2/26

Join Parent Cafe at Civita Park for some fun and engaging activities. You are welcome to bring your family and friends! We encourage you to bring sunblock, blankets, and chairs. **Upon arrival text Mesa CalWORKs at (619) 786-0176** Food and beverages will be provided.

SAN DIEGO MESA COLLEGE

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Parent Cafe

SPRING 2026
TIME 11:00AM-12:30PM
WEDNESDAYS

February **4 • 11 • 18**
 March **4 • 11 • 18**
 April **8 • 15 • 22**
 May **6 • 13**

LOCATION
 Family Resource Center (FRC) Room 113
Zoom: 825 6491 8782 **Password:** SPRING2026

For more information or accommodations contact Mesa CalWORKs
CalWORKs@sdccd.edu
888-2709

To join more Student-Parent workshops & events Follow us on Instagram
@sdmesacare
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@sdmesathestand

Connect with Student Parents to share experiences, build community, and discover helpful resources. From wellness to cultural reflection to academic support, every workshop offers something different and meaningful. Brunch is provided, and children are always welcome in our safe, child-friendly space on Mesa's campus.

- Parent Cafe started Spring 2022
- Every Fall, Spring and Summer
- Fall & Spring: 3 Wednesdays per month
- Located in Family Resource Center, LRC, RM 113
- Hybrid: In-person and Zoom
- Average 25 students attend
- Cards provided based on funding
- Cafes include discussions and presentations led by counselors, students, and guest speakers
- Everyone is welcome

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MESA COLLEGE**

CARE · CalWORKs · The Stand

Student Parent Workshops & Events

FALL 2026

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Mental Health Services



STUDENT PARENT HEALING CIRCLE

The healing circle focuses on creating a safe space for student parents. Children are always welcome.

DATES THURSDAYS
September 17
October 22

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Join Us FALL 2026 FAMILY NIGHT

All students are welcome to attend, dinner will be served, and there's something for everyone to enjoy. So, gather your friends and family and join us at our Annual Family Night!

Scan to RSVP


RSVP
bit.ly/StudentParentFamilyNight

CARD & BOARD GAMES, PUZZLES, BEANBAG TOSS, SNACKS, STUDENT PARENT RESOURCES

WEDNESDAY, OCTOBER 22, 2025



SAN DIEGO MESA COLLEGE

Spring 2026

Single-Parent STUDENT PANEL

Thursday, March 19, 2026

Honoring National Single Parent Day by holding space for Mesa students to share their experiences as single parents pursuing higher education. Please join us in empowering, enlightening, and supporting our single parenting students at San Diego Mesa College.

Single-Parent Student Panel
12:30pm-2:00pm
Learn from single parents and their experiences navigating higher education.

Location

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Fall 2025 Student Parents Health & Wellness Series

Recharge this semester with sound bath, meditation, and journaling designed for parenting students. Kids are welcome! Enjoy self-care while connecting with others.

- Gratitude and Goals**
Date: Wed., October 22, 2025
Time: 11:00am-12:00pm
Location: BT 218
- Living Mindfully**
Date: Wed., November 5, 2025
Time: 11:00am-12:00pm
Location: Family Resource Center, LRC 113
- Sound Bath Healing**



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CARE • CalWORKs

FALL 2026



MEET N' GREET

Kick off the new term with a Totally Rad 80s Bash! Meet the CARE & CalWORKs team, hear student parent stories, and get the scoop on resources to help you succeed! Children are welcome. Food provided. Please RSVP by scanning the QR code or visit tinyurl.com/MesaStudentParentsEvent

Thursday, September 24, 2026
12:00pm - 1:30pm
Avanza Center, 14-203
Second floor of Student Services Building

For more information or accommodations please contact Mesa CalWORKs at SDMesaCalWORKs@sdccd.edu



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You are invited to our

WINTER Holiday Event

Cozy/Winter Attire

There's Food!

Children are welcome

Thursday, December 4th, 2025
3:00PM to 5:00PM
Mesa Commons | Room 211

RSVP
bit.ly/StudentParentHoliday2025



For more info or accommodations contact



SAN DIEGO MESA COLLEGE
CalWORKs CARE NextUp



PLEASE RSVP BY 10/17/25

DISCOVER YOUR FUTURE FROM MESA TO SDSU

Are you part of Mesa's CalWORKs, CARE, or NextUp programs? This **SDSU Campus Tour** is a chance to explore your transfer options, connect with support services, and see what's possible for your future, right here in San Diego. FREE for Mesa Students to participate. Lunch will be provided.

Date Friday, October 24th, 2025
Time 9:00AM-2:00PM
Transportation Details
Students will meet at San Diego Mesa College in Lot 1 by the Student Services Building. Students will ride together to and from San Diego State University.

RSVP and Attendance Details
This trip is limited to the first 25 students who sign up. To join, you must be available for the full duration of the tour on October 24th from 9:00am to 2:00pm, as we will be traveling together on the charter bus. **RSVP at** <https://bit.ly/SDSU-Tour>



For more information or accommodations please

CalWORKs
MESACALWORKS@SDCCD.EDU
CARE

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KAVA + KARAOKE

LEARN ABOUT KAVA
A SOUTH PACIFIC PLANT USED FOR CEREMONIAL AND RECREATIONAL PURPOSES

DATE & TIME
THURSDAY, NOVEMBER 13, 2025
3PM - 6PM

LOCATION
KUP VILLAGE STUDENT SERVICES BUILDING RM 14-201

RSVP
[BIT.LY/KAVAMESA](https://bit.ly/KAVAMESA)



FOR MORE INFO & ACCOMMODATIONS CONTACT:

Student Parent Newsletter: Bi-Monthly

Student Parent Newsletter

The CARE, CalWORKs, and The Stand are excited for the upcoming student parent workshops beginning of September! To learn more, follow us on Instagram:
[@sdmesacare](#) & [@sdmesa.calworks](#)

Looking for **CHILDCARE** resources, scroll down to learn more!

Meet & Greet RSVP

It's time to kick it old school! Join us for a totally rad '80s Meet N' Greet where you can hang out, meet other student parents, and connect with Mesa College faculty and staff. For more details, check out your student email.

Students who **RSVP** will be entered into a special opportunity drawing, but don't bail! You must be at the event when names are drawn to win.

RSVP: tinyurl.com/MesaStudentParentsEvent

- Student Parent Newsletter sent bi-monthly via Constant Contact (Element 451 coming soon)
- Provides information on upcoming student parent events and workshops, on and off campus resources, opportunities, and more
- Intentional with capturing and including our student parent community outside of CARE and CalWORKs

Goals for 2026-2027



- Create Children on Campus Policy
- Family U Seal 27-30
- High Chairs in the Cafeteria
- Increase Changing Tables
- Identifying more spaces to be made student parent friendly
- YMCA - after hours childcare support on campus
- Kidcademy partnership (childcare center in neighborhood)
- CARE 26-27 = Serve 55 students
- CalWORKs 26-27 = Serve 105 students
- 1st Student Parent Summit - *Coming Spring 2027*
- Continue ongoing and establish more partnerships
- Continue presenting at statewide level

Student Parent Efforts Presentations

- 2026 EOPS Conference
- Fall 2026 Convocation
 - Student Parent Panel
- 2026 CHEBNA Summit
- Spring 2026 Catalyst
- 2025 CalWORKs Conference
- 2024 EOPS Conference



Support Student Parent Efforts

- Volunteer and support student parent events/workshops
- Donate or partner with student parent initiatives (CARE/CalWORKs/The Stand)
- Promote our student parent events
- Join our Student Parent Newsletter



Thank You

Do you have any questions?

The Stand

- 📞 619.388.5940
- 🌐 jaleman@sdccd.edu
- 📍 K106

CARE

- 📞 619.388.2706
- 🌐 gaumoeualogo@sdccd.edu
- 📍 Student Services
Building: I-400 Rm 309

CalWORKs

- 📞 619.388.2709
- 🌐 agomez@sdccd.edu
- 📍 Student Services
Building: I-400 Rm 208

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