



**OCTOBER 23-29, 2023**

## Mindful Monday

**Monday, October 23 from 12-1 p.m.**

Online ([Zoom Link](#))

Join us on Zoom for [Mindful Monday](#) every Monday. This Monday we will be focusing on anxiety and stress. Student Health Education invites you to participate in Mindful Mondays.

Mindfulness is our ability to pay attention to the present moment, with curiosity & without judgement. We will practice different Mindfulness techniques every Monday. Follow us on Instagram & Facebook for updates @LAVC\_StudentHealth.

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## College Fair

**Tuesday, October 24 from 9 a.m.-2 p.m.**

Monarch Square ([view map](#))

The Career and Transfer Center is hosting its annual [College Fair](#)! Receive information from CSU, UC, Private and HBCU representatives! Students can participate in a Passport Activity to receive a Scantron or Green Book and be entered into the giveaway!

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## Family Resource Center Open House

**Tuesday, October 24 from 2:30-4:30 p.m.**

Family Resource Center – Child Development & Family Complex ([view map](#))

Come to the [FRC Fall Open House](#) to learn about our program/services, meet other student parents, enjoy arts & crafts, and browse through our children's clothing. Fun event for student parents and their families.

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## Go Big Green Day!

**Wednesday, October 25 from 11 a.m.-1 p.m.**

*Student Union Plaza ([view map](#))*

Get ready to cheer on LAVC's Football Team at their Homecoming match against Pierce College at [Go Big, Green Day!](#) The Associated Student Union invites you to unleash your inner Valley warrior by designing game posters and crafting unique Monarch bracelets to show your support. Pay your ASO \$10 semester fee in the Business Office for free snacks & beverages.

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## Wellness Wednesdays: Self-Guided Meditations on Green Spaces

**Wednesday, October 25 from 12-2 p.m.**

*Monarch Square ([view map](#))*

Student Health Education invites you to Wellness Wednesdays, most Wednesday at 12pm. Visit different green spaces on campus for self-guided meditations. We will provide all you will need to relax and enjoy being in the moment. Follow us on Instagram & Facebook for location updates, @LAVC\_StudentHealth.

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## Basic Needs Center Weekly Food Distribution

**Thursday, October 26 at 11:30 a.m.**

*Outside Mosaic Village Unity Center, Campus Center 127 ([view map](#))*

The LAVC Basic Needs Center's [Monarchs Market Weekly Food Distribution](#) is open every Thursday from 11:30 am until food runs out. Any student is eligible to receive a wide variety of fresh produce and non-perishables.

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## ASU Inter-Club Council Meeting

**Thursday, October 26 from 1-3 p.m.**

*Skybox Conference Room - SU 215 (Student Union, 2nd Floor) ([view map](#))*

The Inter-Club Council (ICC) is a governing body made-up of one representative from each chartered Los Angeles Valley College club. It is the voice of clubs on campus. [ASU ICC Meeting](#) provides a forum for discussion and information exchange about upcoming events, and creates an opportunity for clubs to collaborate and work together.

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## Fall 2023 Media Arts Student Showcase

**Friday, October 27 from 6-8 p.m.**

Music Recital Hall – Music 106 ([view map](#))

The LAVC Media Arts Department proudly presents a [Fall 2023 Media Arts Student Showcase](#) of student work.

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## Football vs Pierce (Homecoming Game)

**Saturday, October 28 at 6 p.m.**

Monarch Stadium ([view map](#))

Football hosts Pierce College for the [Monarchs 2023 Homecoming game](#)! Kick off will take place at 6:00 p.m. Help us celebrate all past and present Monarchs! For more information please visit the [LAVC Athletics](#) website.

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## Need Help? LAVC Welcome Center is Here to Assist

If you've got questions or not sure where to find something at Valley, let our [Welcome Center](#) assist you! They are here to answer general questions, help you register, and more on Monday-Thursday, 8 a.m.-7 p.m. & Friday, 8 a.m.-1 p.m. (except on holidays).

- **In-person assistance** - Welcome Center, 1st Floor of the Student Services Center (SSC) ([View campus map](#))
  - **Chat live** - [Welcome Center Virtual Lobby \(craniumcafe.com\)](#)
  - **Phone** - [\(818\) 938-8418](#) (press 1 for Welcome Center)
  - **Email** - [LAVCStudentSupport@laccd.edu](mailto:LAVCStudentSupport@laccd.edu)
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# Honor Your Loved Ones at LAVC's Dia de Los Muertos Community Altar

We're creating a community altar in the Study Lair (Student Union 216) to honor those special people in our lives who have passed away. To be a part of this meaningful tribute, simply bring a photo of your loved one to the Office of Student Life (Room 208) by October 30 by 6 p.m. We can't wait to celebrate the memories of the amazing people who impacted our lives!

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## Upcoming Events

### [ASU Halloween Carnival](#)

*Tuesday, October 31 from 12-3 p.m. in the Student Union Plaza*

Join ASU, for their Annual Halloween Carnival! Enjoy an afternoon of fun, games, mazes and more! LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

### [Celebracion De El Dia De Los Muertos](#)

*Wednesday, November 1 from 4-7 p.m. in the Student Union Plaza*

Join the Associated Student Union for a Dia de los Muertos Celebration. The In Tlanextli Tlacopan Fire Dancers will perform a blessing Ceremony. There will be face painting, free food and music. Pay your ASO \$10 semester fee in the Business Office for FREE FOOD & face painting.

### [Harvest Your Future Career Fair](#)

*Thursday, November 2 from 10 a.m.-2 p.m. in the Student Union Plaza*

Find career opportunities at LAVC's Harvest Your Future Career Fair. Get ready to score big with top sports organizations, explore the cutting-edge world of medical and manufacturing, and level up with video game developers and more!

### [SBS CAP Event: Navigating the Social and Behavioral Sciences Pathway](#)

*Thursday, November 2 from 6-8 p.m. on Zoom*

Majoring in the Social and Behavioral Sciences? Come and connect with Professors, find out about careers in the Social & Behavioral Sciences, & learn about the SBS educational pathway from Valley to the University!

## [Evalina Fernandez's Mexican Trilogy, Part 2: Hope](#)

*November 2, 3 and 4 at 7 p.m. & November 4 and 5 at 2 p.m. in Campus Center's Monarch Hall*

Directed by the nationally respected founder of the Latino Theatre Company Jose Luis Valenzuela, LAVC and Mission Colleges will combine to present *Hope*, the 2nd part of the story of a Mexican-American family's journey to America over 100 years. Tickets are \$10 online and at the door.

## [ASU Student Leadership Workshop #3](#)

*Friday, November 3 from 9 a.m.-12 p.m. in the Student Union's Skybox Conference Room*

Get ready to rule your day! Join the Associated Student Union and master the art of time management. In this epic workshop, you'll learn how to conquer your to-do list, create a schedule that works for you, dodge pesky distractions, and give procrastination the boot! Free lunch!

To find other upcoming events, check the [LAVC Calendar of Events](#).

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*LACCD encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact the event organizer listed in the link above as soon as possible, but no later than ten (10) business days prior to the event.*

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