



**Fall Break**

**Happy Thanksgiving!**

**November 24-29: No Classes**

**Nov 24-26: Student Services Open, Library and Tutoring Closed**

**Nov 27 & 28: Campus is Closed**

**More Info:**

**<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D187886333>**



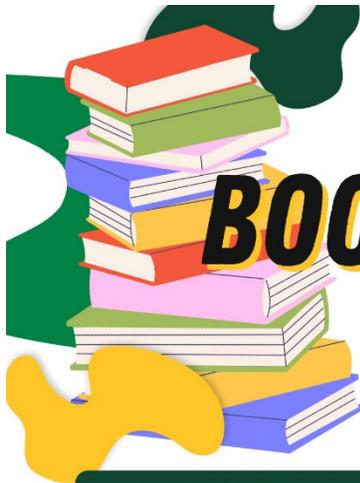
**Campus Store Hours Update**

**Closed:**

- **Thu, Nov 27**
- **Fri, Nov 28**

**Fall Break Hours:**

- **Nov 24-Nov 26: 9am-2pm**



**BIG NEWS!**

# **BOOKSAVER UPDATE**

**for Spring 2026**

## **NEW PROGRAM UPDATE HIGHLIGHTS:**

- **Flat Fee:** \$27.50 per unit for all required materials.
- **BIG Savings:** ZTC courses are now **EXCLUDED** from the cost calculation!
- **What's ZTC?** Zero Textbook Cost classes use free materials (like OER). Now, you won't pay the \$27.50 fee for these free-material units! More money stays in your pocket!
- **How to Join:** Opt-in to the BookSaver Program when you register for your Spring classes.
- **Ready Day One:** Get all your materials before the first day of class (if fees are paid).

**Ready to save?** Learn more about the updated program and find ZTC courses on the bookstore website: [www.craftonhills.edu/booksaver](http://www.craftonhills.edu/booksaver)



## **BookSaver Update for Spring 2026**

### **New Program Update Highlights:**

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**Ready to save?** Learn more about the updated program and find ZTC courses on the bookstore website: [www.craftonhills.edu/booksaver](http://www.craftonhills.edu/booksaver)



## Step Into the Spotlight as **RYKER THE ROADRUNNER!**

- Receive a gift card for every appearance
- Commit just 20 minutes per event
- Make people smile, hype up the crowd, and pose for photos!

Interest Form



### **Step Into the Spotlight as Ryker the Roadrunner!**

- Receive a gift card for every appearance
- Commit just 20 minutes per event
- Make people smile, hype up the crowd, and pose for photos!

Interest Form:

<https://forms.office.com/pages/responsepage.aspx?id=iVa79tUcSkC0UfNZkbMOCa6ybvaF9xtHhNDemfwGGdZUOFpGODRZRlo1MDJSNUNETURSN1hYRE5BSS4u&route=shorturl>



# NATIVE AMERICAN HERITAGE MONTH

## NATIVE AMERICAN HERITAGE MONTH OPENING CEREMONY

THU, NOV 6 | 12-1PM ▶ VIRTUAL



## TRIP TO THE MALKI MUSEUM

FRI, NOV 7 | 9:30AM-12:30PM ▶ BANNING

## POETRY READING WITH MARIQUE MOSS

WED, NOV 12 | 12-1PM ▶ VIRTUAL

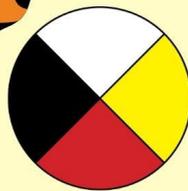


## CLOSING CEREMONY - FRYBREAD HISTORY & NAVAJO BASKET PAINTING

TUE, NOV 18 | 12-1PM ▶ MULTICULTURAL CENTER



# RSVP HERE!



Questions? Contact [stulife@craftonhills.edu](mailto:stulife@craftonhills.edu)

### Native American Heritage Month

- Closing Ceremony – Frybread History & Navajo Basket Painting:  
Tue, Nov 18 12-1pm, Multicultural Center

RSVP Here:

[https://esars.sbccd.org/C\\_StudentLifeEvents/eSARS.asp?WCI=Init&WCE=Settings](https://esars.sbccd.org/C_StudentLifeEvents/eSARS.asp?WCI=Init&WCE=Settings)

STUDENT SUCCESS

# WORKSHOPS



## GOAL SETTING

LEARN HOW TO SET CLEAR, REALISTIC GOALS TO STAY MOTIVATED AND ON TRACK IN COLLEGE AND BEYOND!

WEDNESDAY, NOV. 12 1:00 – 2:00PM



## TIME MANAGEMENT

LEARN SIMPLE TIPS TO STAY ORGANIZED & MANAGE YOUR TIME. LEAVE WITH TOOLS TO PLAN AHEAD AND BE MORE PRODUCTIVE.

TUESDAY, NOV. 18 1:00 – 2:00PM



## OVERCOMING PROCRASTINATION

BREAK THE PROCRASTINATION CYCLE WITH TIPS TO MANAGE TIME AND BOOST MOTIVATION.

MONDAY, NOV. 24 3:00 – 4:00PM



## LEARNING STYLES

JOIN US TO FIND OUT HOW YOU LEARN BEST! EXPLORE DIFFERENT LEARNING STYLES AND IDENTIFY HOW TO STUDY MORE EFFECTIVELY.

THURSDAY, DEC. 4 9:00 – 10:00AM

TO SIGN UP FOR A WORKSHOP, CALL THE COUNSELING OFFICE

☎ 909.389.3366

📍 LOCATION: CCR ROOM 219

## Student Success Workshops

- **Time Management: Tuesday, November 18 1-2pm**
- **Overcoming Procrastination: Monday, November 24 3-4pm**
- **Learning Styles: Thursday, December 4 9-10am**

All in CCR-219

To sign up, call the Counseling Office at 909-389-3366

More Info:

<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D193089921>

## Upcoming Events Basic Needs

**November**

<b>ALL MONTH</b>	<h3 style="margin: 0;">Pack the Pantry</h3> <p style="margin: 0;">Feed a friend by donating canned soups or ramen cups to the pantry</p>
<b>MON 17 NOV</b>	<h3 style="margin: 0;">TEFAP Distribution</h3> <p style="margin: 0;">Stop by Coach Cupboard for a distribution of food. Coach Cupboard Pantry, while supplies last!</p>
<b>WED 19 NOV</b>	<h3 style="margin: 0;">Financial Space</h3> <p style="margin: 0;">Join us online for an <i>Intro to Investing</i> workshop <b>First-Gen Wealth Building from 12-1 pm</b>. Use the QR code to register today!</p>
<b>17-21 NOV</b>	<h3 style="margin: 0;">Hunger and Homelessness Awareness Week</h3> <p style="margin: 0;">Whether you need help applying for CalFresh, finding local support, or bringing home food for the holidays, the Basic Needs Center is here for you. Stay connected for updates.</p>
<b>18-19 NOV</b>	<h3 style="margin: 0;">Thanksgiving Distribution</h3> <p style="margin: 0;">Reserve your <b>Holiday Food Bag</b> while supplies last! TTags include turkey, sides, and a dessert.</p> <p style="margin: 0;"><b>**SUPPLIES ARE LIMITED**</b></p> <p style="margin: 0;">RSVP: <a href="https://rebrand.ly/chc_holidays">HTTPS://REBRAND.LY/CHC_HOLIDAYS</a></p>

BASIC NEEDS CENTER

### Upcoming Events: Basic Needs

- All November: Pack the Pantry
- Mon, Nov 17: TEFAP Distribution
- Wed, Nov 19: Financial Space
- Nov 17-21: Hunger and Homelessness Awareness Week
- Nov 18-19: Thanksgiving Distribution

More Info:

<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D192665002>



**Thanksgiving Distribution**

**Holiday Food Bag Distribution**

**November 18-19 in the Coach Cupboard Pantry (CCR) starting at 9am**

**Holiday food bags will take the place of Grab & Go Groceries.**

**Available while supplies last.**

**Sign up Here: [https://rebrand.ly/CHC\\_Holidays](https://rebrand.ly/CHC_Holidays)**



# GRATITUDE WORKSHOP

A CONVERSATION ABOUT SELF-CARE, GRATITUDE,  
AND COMPASSION

HOSTED BY SAS & HEALTH AND WELLNESS

PRIZES RAFFLES!  
INTERACTIVE ACTIVITIES!!

LET'S TALK ABOUT  
GRATITUDE

19  
NOV

12PM-1PM

RSVP Here\*\* Walk Ins  
are Encouraged



SAS BUILDING  
LOWER LEVEL CCR

CRAFTON HILLS  
COLLEGE  
HEALTH AND WELLNESS CENTER

A COZY BREAK TO CONNECT,  
SHARE, AND GATHER

## Gratitude Workshop

A conversation about self-care, gratitude, and compassion  
November 19 12-1pm in the SAS Building (Lower Level CCR)

Prizes, Raffles, Interactive Activities!

RSVP Here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=iVa79tUcSkC0UfNZkbMOCWASkCRgCNNMI-h5dMcgWH1UQUxWN0daNUpJWEFENIFUUzRQTVRET0ZNM4u>



# Mental Health Lunch & Learn: Burnout and How to Survive

NOV. 19 | 12PM-1PM  
CCR-155 | BUILDING 6

WHAT IS PROVIDED:

- Tips on how to survive academic and social burnout
- Fun Activities and games
- A safe space to make friends for the holiday season
- FREE lunch

RSVP HERE:



CHC Career Center 909-389-3399 [careercenter@craftonhills.edu](mailto:careercenter@craftonhills.edu)

**Mental Health Lunch & Learn: Burnout and How to Survive**  
**November 19 12-1pm in CCR-155 (Building 6)**

**RSVP Here:**

**[https://esars.sbccd.org/C\\_CareerWorkshop/eSARS.asp?WCI=Init&WCE=Settings](https://esars.sbccd.org/C_CareerWorkshop/eSARS.asp?WCI=Init&WCE=Settings)**



Join us for the

**Third Hike of  
“Hit the Trail”**

**November 22, 2025**

Crafton Hills Park  
Meet at kiosk  
3432 Oak Glen Road

**Registration: 8:45am  
Hike begins: 9am**



Questions?  
Contact [info@chosoc.org](mailto:info@chosoc.org)

**Join us for the Third Hike of “Hit the Trail”**

**November 22, 2025**

**Crafton Hills Park, Meet at kiosk, 3432 Oak Glen Road**

**Registration: 8:45am**

**Hike begins: 9am**

**More Info:**

**<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D193089778>**



The image shows the interior of the Crafton Hills College Admissions Office. In the foreground, several people are seated at desks, some working on computers. A person with a red backpack is visible. In the background, there are signs for 'STATION 3' and 'STATION 2'. The word 'ADMISSIONS' is visible on the wall above the desks. The Crafton Hills College logo is in the top left corner of the image.

**CRAFTON HILLS COLLEGE**

# ADMISSION APPLICATION WORKSHOPS

- Sept 16
- Sept 30
- Oct 14
- Oct 28
- Nov 25
- Dec 09

**IN CCR 155**  
Park in Lot B or Lot C

Questions? Email Ali Raventos at [araventos@craftonhills.edu](mailto:araventos@craftonhills.edu)

  
**TUESDAYS, 9-11AM**

Drop in anytime between these hours to receive help

## Admission Application Workshops

**Tuesdays, 9-11am: Drop in anytime between these hours to receive help**

- **November 25**
- **December 9**

**In CCR 115**

**Park in Lot B or Lot C**

**Questions? Email Ali Raventos at [araventos@craftonhills.edu](mailto:araventos@craftonhills.edu)**

**More Info:**

**<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D189794291>**



## **STEM Center Tutoring Schedule, Fall 2025**

**Need support in your STEM classes?**

**Check out drop-in tutoring in the STEM Center:**

- **Physics (all levels):**
  - **Tuesdays 4-6pm**
  - **Thursdays 4-6pm**
  - **Fridays 9am-12pm**
- **Math (all levels):**
  - **Mondays 3-5pm**
  - **Wednesdays 3-5pm**
- **Microbiology:**
  - **Mondays 3:15-4:15pm**
- **Chemistry (101 & 150):**
  - **Tuesdays 2-5pm**
  - **Thursdays 2-5pm**
- **Math 102:**
  - **Tuesdays 1-5pm**

**In the STEM Center, CNTL-218**

**More Info:**

**<https://www.craftonhills.edu/calendar/?trumbaEmbed=view%3Devent%26eventid%3D192151054>**



California Community College  
Student Financial Aid Administrators Association

## **\$10,000 IN SCHOLARSHIPS AVAILABLE!**

**APPLY TODAY FOR YOUR  
CHANCE AT ONE OF 20  
\$500 SCHOLARSHIPS!**



Deadline to Submit:  
January 9, 2026

### **CRITERIA**

- Be enrolled in at least 6 units for Spring 2026
- Have a 2.5 GPA
- Have financial unmet need
- Completed 25/26 FAFSA or CADAA

Contact your Financial Aid Office  
for more information!



### **California Community College Student Financial Aid Administrators Association**

**\$10,000 in Scholarships Available!**

**Apply today for your chance at one of 20 \$500 scholarships!**

**Deadline to Submit: January 9, 2026**

**Apply Here:**

**[https://docs.google.com/forms/d/e/1FAIpQLSeN46XaxdA6wKEoBsH\\_tJE\\_q0qBRZ6YPEv8z1dvPEvdylzaJw/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLSeN46XaxdA6wKEoBsH_tJE_q0qBRZ6YPEv8z1dvPEvdylzaJw/viewform?pli=1)**

# Men's Mental Health



There is often a strong focus on men's physical health — fitness, annual checkups, and heart health — but mental well-being is equally as important because mental health is health!

Just as the body needs care and attention, so does emotional and mental well-being. Yet, there is a silent crisis in men's mental health — one that too often goes unnoticed or unspoken. Tragically, men are nearly four times more likely to die by suicide than women\*, underscoring the urgent need to break this silence and seek support.

In 2023, among U.S. men\* age 18 and older:

**19%** experienced a mental illness

**21.4%** dealt with a substance use disorder

**4.3%** faced a serious mental illness

**45.9%** with a mental illness received treatment in the past year

**4.5%** had serious thoughts of suicide in the past year

\*Data from SAMHSA and NIMH, and reflects individuals assigned male sex at birth.

These numbers serve as a powerful reminder: no one struggling with mental health is alone. Talking about mental health is not a sign of weakness. Real strength lies in facing pain, not ignoring it.

Small steps can lead to significant change, changes that we all can lead together. Let's build a culture where men feel safe speaking up and reaching out. As a community, we can break the stigma, support one another, and ensure no one struggles in silence.

## How Can You Help?



### Start a conversation

A simple conversation can spark transformation. Whether a father, brother, uncle, friend, or colleague, check in with the men in your life.



### Share resources

Help normalize seeking help by sharing information about mental health support services, hotlines, and local organizations. Let others know support is available — and that it works.



### Create safe spaces

Encourage environments — at home, work, school, the barbershop, gym, church, or in the community — where men feel comfortable opening up without judgment. Sometimes, just knowing it's OK to talk makes all the difference.

Visit [NAMI.org/mensmentalhealth](https://nami.org/mensmentalhealth) to learn how you or someone you know can recognize the signs, find support, and take the first steps toward mental wellness.



## Men's Mental Health

### How Can You Help?

- Start a conversation
- Share resources
- Create safe spaces

More Info: [https://qrco.de/NAMI\\_MHAM2](https://qrco.de/NAMI_MHAM2)

Crafton Hills Health & Wellness Center

# MENTAL HEALTH



November is Men's Mental Health month! Read below to find out more about what unique mental health struggles men face and resources to address them.

### Facts and Figures

- 78% of all suicides are working-age men.
- 2:3 Men are less likely to seek therapy.
- 19% experience mental illness.
- 21.4% deal w/ substance use disorders.
- 1 in 6 men have been sexually assaulted.

Our society places a large emphasis on men's physical health, but mental health is just as important! Men's struggles with mental health are often suffered silently due to a combination of societal pressures, stigma, and misinformation surrounding the topic. Through education and open conversations we can help ensure that all men feel safe seeking help and prioritizing their mental health.

## Men's Mental Health Resources



Man Therapy



Heads Up Guys



Mental Health Skill Courses



Men's Health Network



1 in 6



National Suicide Hotline  
**988**



(909) 389-3272, Located in SSB 101  
Monday & Thursday: 9am-6pm  
Tuesday & Wednesday: 9am-7pm  
Friday: 9am-1pm

## MENTAL Health

**November is Men's Mental Health month!**

### **Men's Mental Health Resources**

- **Man Therapy:** <https://mantherapy.org/>
- **Heads Up Guys:** <https://headsupguys.org/>
- **Mental Health Skill Courses:** <https://headsupguys.org/how-to-fight-depression/courses/>
- **Men's Health Network:** <https://menshealthnetwork.org/mental-health-issues/>
- **1 in 6:** <https://1in6.org/>

# Health Coverage FOR ALL

Get no or low-cost health care today!



## Apply for Medi-Cal and choose IEHP

We're here to help you get the care you need when you need it. That's why more Inland Empire residents choose IEHP for Medi-Cal than any other health plan.

Get all your care in one place:

- Doctor visits
- Specialist visits
- Hospital services
- Prescription drugs (pharmacy)
- Vision care (exams, frames and lenses)
- Dental care
- Prenatal care

## We'll help you apply!

 **CALL:** 1-866-294-IEHP (4347)  
TTY 1-800-720-4347  
Monday-Friday, 8am-5pm

 **VISIT:** [iehp.org/colleges](https://iehp.org/colleges)

 **EMAIL:** [enroll@iehp.org](mailto:enroll@iehp.org)

*Scan to apply*



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## **IEHP: Health Coverage for All**

**Get no or low-cost health care today!**

**Apply for Medi-Cal and choose IEHP**

**Apply Here: <https://qrcodes.pro/6hMK3g>**

# IEHP College Care



## FAQs

### What is the IEHP College Care program?

San Bernardino Community College District and the Chancellor's Office have partnered with Inland Empire Health Plan (IEHP) to help uninsured students get health coverage. Certified enrollment counselors help you apply and get health coverage through Medi-Cal, CalFresh or Covered California.

### Can I get help with other services outside of health care?

Yes! We can also connect you to housing, transportation, food and job assistance through ConnectE.

### Can I sign up any time?

It depends on the program:

- Medi-Cal and CalFresh: Open all year if you qualify.
- Covered California: Open Enrollment is Nov. 1 - Jan. 31. You may qualify for Special Enrollment if you have a life event like losing insurance or moving.

### How do I know what I qualify for?

Our trained counselors will check your income and other factors to see which programs you qualify for. They will also help you apply.

### What if I can't afford insurance?

Most Medi-Cal members have no-cost plans. If you don't qualify for Medi-Cal, many Covered California plans are low-cost and sometimes no-cost with financial help.

### Can I make an appointment to meet with someone in person?

Absolutely! You can:

- Call IEHP Enrollment Services: **1-866-294-IEHP (4347) (TTY: 711)**.
- Check with Student Services to see when counselors will be on campus.

### How do I check my Medi-Cal or CalFresh application status?

- Call your local Medi-Cal office: **1-877-410-8829**.
- Create a BenefitsCal account at [info.benefitscal.com](http://info.benefitscal.com) to check your status, message a caseworker and submit documents.

### How do I check my Covered California application status?

- If you applied through IEHP: Call **1-855-433-IEHP (4347) (TTY: 711)**.
- If you applied through another company, call Covered California at **1-800-300-1506**.

For more information, please visit [iehp.org/colleges](http://iehp.org/colleges).

## IEHP College Care FAQs

For more information, please visit [iehp.org/colleges](http://iehp.org/colleges)