We're still here for you.

We at The Cove wanted to extend a helping hand and ensure we support each and every one of you. Jorge Bru, our Alcohol and Other Drug Educator, is still holding their regular meetings. You can schedule meetings with them if you go to this link: https://bit.ly/2CY0BN8 or email: jbru@ucsc.edu

In addition, Ryan Hardin, our CUIP Intern at The Cove, is offering peer support. You can read more about Ryan in our Meet the Staff section in this newsletter, and you can schedule a meeting with him by emailing echardin@ucsc.edu.
Wellness refers to the **whole** human - it is emotional, physical, social & spiritual. **During your appointment we can tackle...**

**General Wellness:**
- Managing Stress
- Breaking Isolation
- Social Media Balance
- Daily Gratitude & Joy

**Sexual Health:**
- Sex & Communication
- Pregnancy Options
- Birth Control
- STI Prevention

**Alcohol & Drugs:**
- Recovery Support
- Harm Reduction
- Reduced Use
- Safer Use Info

SHOP staff can act as a sounding board, celebrate successes, discuss struggles, check in on goals & help keep you on track for Spring Quarter. **SHOP is here for you! Meet our team below...**

**MEG**
SHOP Director
she/her

**ALI**
Sr. Health Educator
she/they

**JORGE**
Alcohol & Drug Educator
they/them

**AMBER**
Health Educator
she/they
In case you haven't heard...

Let's Talk

For UCSC Students
Mondays – Wednesday, 1-3pm
(Excluding finals week of each quarter)
Please link to the CAPS Calendar to ZOOM into Let's Talk!

Black Talk, Wednesday, 3-4 pm
(Excluding finals week of each quarter)
For students who identify as ABC
Please link to the CAPS Calendar to ZOOM into Black Talk!

Grad Talk, Thursday, 1-3pm
(Excluding finals week of each quarter)
For all UCSC Graduate Students
Please link to the CAPS Calendar to ZOOM into Grad Talk!

caps.ucsc.edu/letstalk

...CAPS has remote support groups running every week. See more groups here.

Restorative Practices for Uncertain Times

Presented by Radical Resilience, promoting mental health and well-being. Facilitated by Nlikita Gupta, MPH, RYT.

RSVP

Join us on Wednesday, April 29th, from 1-2pm via Zoom

Radical Resilience
Promoting Mental Health & Wellbeing

Restorative Practices for Uncertain Times

Wednesday, April 29
1:00PM - 2:00PM
Via Zoom

Please RSVP for this free event: https://tinyurl.com/r74zlIs

For accommodations and/or questions, please contact resilient@ucsc.edu.

Facilitated By Nlikita Gupta, MPH, RYT

Please join us for this experiential workshop to support well-being with practices of embodied self-care as we navigate this uncertain time.
RADICAL RESILIENCE AND BASIC NEEDS
FREE SUPPORT FOR STUDENTS:
APRIL 15-JUNE 4TH
WEDNESDAYS OR THURSDAYS
2:00-3:30PM

Resourcing Your Resilience for Student Success
An Online Community for Connection and Support

An Online Community for students in effort to enhance Skills and Tools for Success in this challenging time.

This is a FREE 8 Week Series
Beginning April 15th & 16th
On Wednesday or Thursday, 2:00-3:30

What you will get:

- Connection with other students to check-in, stay clear, and on track together.
- Support to get establish steps to accomplish what you need to do this quarter.
- Encouragement to establish foundations for personal and educational balance.
- Tools to keep overwhelm and anxiety to a minimum.
- Resources to set you up for actions aligned with clear priorities and a plan you feel confident about in advancing your success in this quarter and beyond.

For questions contact:

Bernadine Rosso
Vision and Resilience Coach
831-345-9885
Empoweredwoman@gmail.com

*Please register by April 14th to attend.
*If you wish to join thereafter, your registration will be assessed for drop in attendance.

*To Register: https://tinyurl.com/UCSCspringseries

A collaboration of UCSC Basic Needs and Radical Resilience Initiative

FOR MORE INFORMATION VISIT: https://basicneeds.ucsc.edu OR https://ucsc.edu/resilient
Coping in the Time of COVID: An Instagram Live Event

The Cove partners with Oakes College in a conversation about mental health, substance use, and life in this uncertain time!

Join us Wednesday, April 15, at 7pm @oakescollege on Instagram

Do you miss having a community of like-minded individuals to talk with?

Join our Marco Polo group! (email jbru@ucsc.edu)

Join our Weekly Check-In Meetings/Yoga Sessions!

We meet every Monday from 3:30-4:30pm (email jbru@ucsc.edu for Zoom link). See you soon!
CARE SUPPORT GROUPS
HAPPENING ONLINE!

These support groups are for UCSC students impacted by sexual violence, relationship violence, and stalking. These groups will provide a supportive space for healing, developing coping skills, and building community among survivors.

Sessions will be held bi-weekly on Wednesdays from 4:30 - 6 pm via Zoom.

Groups are private and exempt from responsible employee reporting.

DATE  TOPICS
4/8   Establishing a Remote Routine
4/22  Navigating Boundaries in Relationships
5/6   Nuturing Healthy Coping Skills
5/20  Exploring Self-Empowerment

SIGN UP HERE
Helpful Links:

**CAPS: Managing COVID Stress**

**Unity Recovery Meetings**
recovery meetings, non-12-step but open to all denominations; a meeting 7 times a day, every day

**Slug Support Distribution Signup**
bags of food distributed every Wednesday from the Cowell Conference Room
Wellness Crew's Instagram
an Instagram with refreshing posts that come from the heart. posted by our health educators here at SHOP: Ali, Amber, Jorge, and Meg.

Zoom Exhaustion
...and how to combat it

UCSC's Minute Video
missing campus? click here.

goodnewsnetwork.org
need good news? look no further!
HEY SLUGS!

SHOP is CLOSED for in-person drop in's

If you would like to schedule an online appointment to meet virtually with a SHOP Health Educator please visit our website: shop.ucsc.edu

SHOP staff will deliver our services remotely through Spring Quarter.

If you need to speak to someone about sexual/reproductive health concerns please call or email:
Ali Hayes 831-459-2625 aahayes@ucsc.edu
Amber Parker 831-502-7217 ammparke@ucsc.edu

If you need to speak to someone about alcohol and other drug concerns please call or email:
Jorge Bru 831-459-1417 jbru@ucsc.edu
Online Recovery Meetings at UCSC

Al-Anon: From Survival to Recovery
Fridays, 5:30-6:30pm
Zoom: https://zoom.us/j/128983051
Meeting ID: 128 983 051
Phone: +1-669-900-6833

Alcoholics Anonymous: Sober Slugs
Tuesdays, 8-9pm
Zoom: https://zoom.us/j/983536858
Meeting ID: 983 536 858
Find your local number to dial in:
https://zoom.us/u/aQQfShwVC

Adult Children of Alcoholics
Wednesdays, 7-8pm
Zoom: https://us04web.zoom.us/j/5681797850
ONLINE RESOURCES FOR RECOVERY

- **The Haven at College (Sober Living)**
  - Online meeting, 7 days a week, 5pm-6pm PST
  - [https://www.gotomeet.me/HavenRecoveryMeeting](https://www.gotomeet.me/HavenRecoveryMeeting)

- **Alcoholics Anonymous Online Intergroup**

- **AA Speakers Audio Tapes (downloads)**

- **In The Rooms (inclusive of all fellowships)**
  - [https://www.intherooms.com/home/](https://www.intherooms.com/home/)

- **Recovery Dharma Online (Buddhist methods)**
  - [https://recoverydharma.online/](https://recoverydharma.online/)

- **Narcotics Anonymous Online Meetings**
  - [http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html](http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html)
ONLINE RESOURCES FOR RECOVERY

• SMART (Self-Management and Recovery Training) Online Meetings
  ◦ https://www.smartrecovery.org/community/calendar.php

• National Virtual Recovery Meetings
  ◦ https://docs.google.com/spreadsheets/d/1rX5OgFqhEpkfDvBic4z9uDwufZ2dZbMug3tVSHenEOc/edit#gid=0

What can be found at The Cove?

Opportunities to debunk myths and stereotypes surrounding addiction and recovery

Recovery support and accountability

Connections to resources for wellness and support

A community of like-minded individuals, all working on their recovery and harm reduction

Facebook: UCSC The Cove
Instagram: @ucscethecove
soundcloud.com/thecovecast
Want to make an appointment with Jorge?

There are 4 easy ways!

- Go onto shop.ucsc.edu and click "drugs/alcohol" and then click "schedule an AOD appointment"
- Directly email them at jbru@ucsc.edu
- Schedule a meeting over the phone at 831.459.1417

https://bit.ly/2CY0BN8

THE COVE

UCSC’s Collegiate Recovery Community Space
The Humans of The Cove project is our version of "Humans of New York," which will feature you and your story. We want to de-stigmatize and demystify recovery, show people that they are not alone, and introduce them to a space where they can feel welcomed and supported.

Please submit your stories to:

thecove_ucsc@yahoo.com

Make the subject "Humans of The Cove." We will be in touch about your photo. If you wish to remain anonymous, we can discuss representing you visibly in another way, like a graphic design logo.
That's all for now.

We hope you are having happy and healthy days filled with quarantined serenity. It may not be that way for everyone, and that's why we're still here to help, even if we can't be physically at The Cove to help you. If there is something we can do to brighten your days, let us know. If there is a resource missing from our list, let us know. Luckily, many of us can work on our harm reduction and recovery goals anytime, anywhere. Take a moment of each day to write a gratitude list, reach out to your sponsor or a trusted friend, and most importantly, take care of yourself.
Hi, I’m Ryan (he/him)! I’m The Cove’s intern through the Chancellor’s Undergraduate Internship Program (CUIP). I’ve been involved with The Cove since Fall, 2018, when I transferred to UCSC from Pasadena City College. I’m a fourth year Psychology and Sociology double major, a trans man, a student in recovery, and an Orisa main in Overwatch (Xbox One). My aim is to make everyone who enters The Cove feel safe and heard, regardless of their background, identity, or length/lack of sobriety. When you see me, say hi!

Jorge Bru
Alcohol & Other Drug Educator

Jorge is known for being non-judgmental and welcoming to all students, regardless of where they are at with their alcohol and other drug use. Jorge is a tremendous resource for students looking for traditional and non-traditional approaches to finding balance while reducing AOD use and recovery from addiction. Jorge has multiple approaches to addressing addiction while being successful in college.
Hi! I’m Carrissa =] (she/her): I’m on my 2nd year here at UCSC, as a transfer student, majoring in Community Studies and Intensive Psychology. I sometimes find myself telling others that The Cove is my favorite place in Santa Cruz, which sounds a bit silly when one takes a second to think about all the natural wonders in this area, but I truly mean it. This space has given me an incalculable amount of kindness, acceptance, and hope, and I hope to give back what I’ve received. I found The Cove early last year and became a volunteer because I wholeheartedly believe in the importance of having a place which provides unconditional positive regard, free of substances and support for harm reduction/abstinence for students in their journeys through upper education and career goals. I want all to feel welcome here, because “it’s always better when we’re together.” Yep, I just Jack Johnson’d you (and probably also aged myself, lol). For self-care, I practice meditation, take bubble baths, go on solo-movie dates, journal, take up a home project, hit the gym, or just rest & do absolutely nothing. I want you to know that you can feel comfortable here, and safe.

José
Staff Member

I discovered the Cove last year and instantly fell in love with it and everyone here. I wish to maintain that same inviting atmosphere that I discovered and continue to help build this community. My goal here is to help us strive for bigger and better things, together with everyone, for the good of the Cove and the students here at UCSC.
Elizabeth Williams is a transfer student from Morgan Hill, California. She is currently working towards a PhD in clinical psychology to support mental health efforts. Elizabeth is a Certified Peer Educator and values building relationships and providing support to other students. Liz believes in the mission of The Cove and utilizes it as a safe space to support herself and other students. Some of the things she loves doing include skateboarding with her dog Sausage, being outdoors, and going to get coffee.

Maria Caballero
Staff Member

Hola I am Maria Caballero and a transfer student living on porter sixth floor. Pronouns are She / Her / Hers. I am also in recovery 9 years from meth and 2 years and about 6 months of alcohol. But my past does not define my future and today by the grace of GOD I am sober and here at UCSC. I am the oldest child of immigrant parents with very little education and great dreams. In addition, I was born in Bolivia, La Paz and a single parent of two young adults. My field of studies in sociology and Critical Race and ethnic studies because I would like to become a teacher or a social worker for teenagers in abuse. I am now a workaholic and believer in Christ Jesus. I attend A.A. / N.A. in San Jose. I have stayed sober this long because I have a safety net and stay with people how are sober and aspired to grow spiritually. In a nutshell, this is me.

Elizabeth Williams
Staff Member
Anjuli is a fourth year psychology and anthropology double major. She is passionate about providing accessible spaces for treatment and resources that are as diverse as the population using them, which is a large part of The Cove’s mission and message. Anjuli has been involved in several peer support programs across campus, and is excited about learning new things from the team at The Cove. In general, Anjuli enjoys cooking and exploring new hiking spaces in Santa Cruz.

Lucy
Staff Member

Hello! This is Lucy. She is a second year psychology major from Bay Area. Her hobbies are loving dogs, Brazilian Jiu-Jitsu and Photography. She strongly cares about helping provide a safe, supportive space for students in recovery on campus. She really appreciates that there is a space on campus to help students that are struggling and hopes to not only help create a space to relieve some of their struggles but to also create a space to help them thrive.

Anjuli
Lead Ambassador
Mia
Lead Ambassador

Mia is a lead ambassador who is double majoring in Psychology and Community Studies. She is especially interested in promoting community healing and cultivating a warm, welcoming environment for those in recovery. Mia loves yoga, podcasts, knitting, and spending time with her cat. She is always around for anyone who wants or needs to talk!

Sausage

Sausage has been working at The Cove as an intern since Fall 2019. Here she is on one of our couches! Sausage is a chiweenie (chihuahua and weiner dog mix) and she loves attention and pets. Elizabeth, staff member at The Cove, is Sausage's human. <3

instagram.com/ucsausage/

Our team is here for you!

If you need support, we are more than happy to help you by lending a neutral ear, providing resources, and fostering a warm and friendly sober atmosphere for you. You belong here!

THANKS FOR READING!