

NCBI COVID-19 Update May

May 2020

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"We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature."
- Sonya Renee Taylor

Social Justice and COVID-19



YES Magazine shares [What We Can Learn About Resilience from Indigenous Leaders](#).

"Staying connected to community, caring for the most vulnerable, and finding joy should all be a priority right now."

Staying Well, Staying Connected

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Emotional and Mental Wellness

Monterey County Behavioral Health's [Forward Together Initiative](#) offers a "variety of opportunities for social connection, information sharing, and live discussions" for these challenging times.

Interim (Monterey County) has put together a [guide for checking in on loved ones](#).

"Things are tough right now. And it may feel difficult to reach out and ask how someone is actually feeling, or to start a conversation about their mental health. But sometimes – you just have to ask."

NCBI @ CSUMB Virtual Events



NCBI's Campus Affiliate at CSUMB is hosting diversity leadership support meetings in the wake of COVID-19 for the rest of the semester. These virtual Zoom brown bag meetings take place on Fridays from 11:30 to 1 pm.

CORRECTION: The final open discussion will be Friday, May 1: 2020-21 Equity & Inclusion NCBI@CSUMB Brainstorming Meeting! The Zoom meeting can be found [here](#).

NCBI Monterey
County
PO Box 388,
Pacific Grove,
CA 93950

Local COVID-19 Resources

United Way Monterey County operates the informational phone number 211 even when it's not a pandemic. Call

info@ncbimc.org

www.ncbimonterey.org

volume has gone up, but so has staffing, so they're there to answer your questions about available resources when it comes to unemployment, housing, food and mental health services, among other things. Call or [visit their online resource list to learn more](#).