

From: Inform
Subject: EM: MCAPS Statement on Violent Incident in Monterey Park

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Statement on Violent Incident in Monterey Park
from Monsour Counseling and Psychological Services (MCAPS)

We at MCAPS are shocked and deeply saddened by the mass shooting that took place on Saturday at a ballroom dance club in Monterey Park. I write to express my deepest sympathy and condolences to all those within the 7C community who are directly or indirectly impacted by this devastating event. Mass shootings have become all too common in recent years, and it is especially difficult when they occur so close to our campus.

MCAPS will have staff present at AARC and CAPAS this afternoon, and we are also here for individual drop-in support throughout the day today and tomorrow. Please just call MCAPS at 909-621-8202 or come into MCAPS to request this support.

In addition, MCAPS will be offering a **virtual drop-in support space tomorrow (Tues 1/24) from 12:00-1:00** which can be accessed using the following link:

<https://tcc-services.zoom.us/j/87151557198?pwd=R1BRamkvWHIPRG43NC84RIRMBEJUdz09>

Tips on Coping with a Violent Incident:

- Talk about it – discussing your feelings with others going through similar experiences can help you feel less alone
- Reach out to those you trust for support
- Get plenty of sleep, as well as regular “down-time” to rest and recuperate
- Strive to eat in a balanced and healthy way
- Get regular exercise, ideally in some form that brings you enjoyment
- Practice deep breathing or other forms of relaxation
- Avoid excessive use of alcohol or drugs to self-soothe or self-medicate
- Be mindful of how social media and/or news consumption are affecting you emotionally; consider limiting your exposure, as needed

Resources:

Whether you seek our services or not, we at MCAPS encourage you to find trusted people with whom to identify and process your reactions. We recognize that students may be feeling their emotional, psychological, and/or physical safety is threatened. At MCAPS, we strive to provide a climate of safe

and affirming support for all students.

Resources at The Claremont Colleges include (but are not limited to):

- Monsour Counseling and Psychological Services (MCAPS): 909-621-8202 (open 8:30-5:00 Mon-Fri)
 - For after-hours crisis, press 1 to be connected to on-call therapist
- Asian American Resource Center / AARC (Smith Campus Center, Pomona College): 909-621-8639
- Center for Asian Pacific American Students / CAPAS (132 Mead Hall, Pitzer College): 909-607-9816
- TCCS Chaplains (McAlister): 909-621-8685
- TimelyCare: On-demand free teletherapy support for 7C students, using the TimelyCare app

For additional information on how to cope emotionally after this type of tragedy, please see:

<http://www.apa.org/helpcenter/mass-shooting.aspx>

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The Claremont Colleges Services

Monsour Counseling and Psychological Services

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P • 909 621-8202 *For after-hours support, press "1"*

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*PLEASE NOTE: When using email communication,
confidentiality cannot be guaranteed. If privacy is essential,
please contact me by telephone.*



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