

May 2025



Sustainability at Mt. SAC

The three pillars of sustainability are **PEOPLE**, **PLANET**, and **PROSPERITY**.

May is Mental Health Month!

We are in full bloom Mounties!

As we come to the close of our eventful Spring 2025 semester, we would like to take the time to slow down, breathe, and prioritize our wellness both as individuals and as a community! May is mental health month so we will highlight some ways that you can make a positive impact on your mental health, community and planet! The key to making a lasting impact is embracing the hurdles that strengthen and empower us to continue to do our best every day!



For Faculty

Maintaining Healthy Relationships Workshop

Join Arise & Promise Plus on May 21st at the Multicultural Center, Building 410-2030, from 2pm to 3pm. This in-person, interactive workshop will explore the foundations of healthy relationships through fun and reflective activities! This is an opportunity to build community, reflect on your relationships, and gain tools to nurture healthier connections. You can [RSVP](#) ahead of time, see you there!



Mental Health Awareness Month

This month the Mt. Sac Library celebrates mental health awareness month! Throughout the month of May drop by to visit their dedicated display, providing inspiring book recommendations, helpful tips and plenty of information and resources to boost our mental health and increase mental health awareness. Personal well being is crucial in order to optimize academic performance, personal happiness and resilience as

you navigate through your careers and into the world to make the change you wish to see in the world, and we are here to help you!



For Students

Spring Into Savings!

Stop by building 410, the Multicultural Center, on May 22nd to receive assistance and guidance that lead to BIG savings for you Mounties! This is a collaborative effort between Mt. SAC's Calfresh outreach team and Multicultural Center.



Rest & Take A Break

Semesters can be stressful, especially at this time of year. Join us in front of the North front of the Mt. SAC library on May 28th from 12:30pm to 1:30pm. There will be a sound bath meditation; a physical healing experience through sounds. This is a great opportunity to connect with others in your community that may also need to take a moment to just breathe. You are doing great Mounties!



Rainbow Rack - Clothing pop-up

The Pride Center hosts a free, monthly clothing pop-up event. Come and swap or take FREE gender-affirming clothes! This event will be held on May 20th from 10:00am - 4:00pm at the Building 26 courtyard. Thrifting and swapping clothes is a beautiful tradition that promotes principles of community and sustainability. Fast-fashion companies and consumerism is one of the many driving forces of the climate crisis. The pride center also accepts donations of like-new, freshly laundered items if you would like to take part in promoting sustainable fashion and supporting this wonderful community resource.



Positions Available With Basic Needs!

Mt. SAC's Basic Needs Resources team is hiring for the 2025-2026 academic year! Positions available include Housing Navigation Support, Admin Support and CalFresh Outreach. More information and applications can be found on the [Mt. SAC employment website](#). This is a wonderful opportunity to build work experience and take part in positive impacts in your local community.



Sustainability Spotlight

Go Passes Available For Students! Decrease Your Carbon Footprint!

Mt. SAC offers a multitude of services and resources on campus that provide basic needs for its students and promote sustainable practices. You can get a free Go Pass which provides free public transportation. Public transportation combats the fossil fuel emission crisis by

decreasing the amount of vehicles students use to go to and from campus.



Sustainability Living

How You Can Make A Difference

In a generation where public lands, environmental policies and climate action all seem under attack, it can feel all so overwhelming and challenge our ability to be hopeful about the future. Being the change we want to see in the world can make us feel better about ourselves and restore our hope in the planet's future. By implementing the 5 R's of managing waste, you are establishing habits that will lead you into a

sustainable lifestyle. Share with your friends, challenge your family and go green Monties!

