

From: [Equity and Inclusion](#)
To: [All Employees Dynamic Grp](#); [All Registered Students](#)
Subject: Join Us for a Month of Care, Compassion, and Constructive Dialogue
Date: Monday, September 30, 2024 11:34:27 AM
Attachments: [image003.png](#)



Dear Students, Faculty, and Staff,

As we enter October, we recognize that this month may evoke a variety of emotions for members of our diverse community, especially given the impact of ongoing global events. In light of the tragic violence and ongoing conflicts that have deeply affected many communities, including those tied to the Middle East, we want to acknowledge that feelings of grief, worry, or uncertainty are natural and valid. Please know that if you are feeling vulnerable or anxious, you are not alone.

In response, we are offering resources and events that focus on care, compassion, and constructive dialogue throughout October. These equity and wellness-centered activities provide opportunities to connect, share, and support one another. Our Fall Equity Dialogues will explore respectful communication and mutual understanding, fostering an inclusive space where diverse perspectives can be shared with empathy. Additionally, wellness programs, including meditation, mental health webinars, and mindfulness sessions, will offer practical tools for navigating these challenging times.

For more information about the Fall Equity Dialogue events—open to both students and employees—as well as wellness activities available throughout October, please visit our Office of Equity and Inclusion [website](#). Employees can also access free, confidential mental health support for themselves and their household members via the [College's Faculty and Staff Assistance Program](#).

We encourage you to engage in these events and connect with one another for continued support. Your well-being is our priority, and we remain committed to ensuring that every member of our community feels safe, valued, and supported. Together, we can strengthen our bonds and continue to cultivate a sense of belonging for everyone at MC.

Thank you for being an essential part of a resilient, compassionate, and inclusive community.

Sincerely,
Kimberly Jones
Interim Chief Equity and Inclusion Officer
Montgomery College
Office of Equity and Inclusion