



Grieving Unfathomable Losses

May 26, 2022

Dear GCCCD Community:

Our hearts are heavy with the news of yet another deadly mass shooting this week at a school in Texas, taking the lives of 19 young children and two educators and wounding many others. Our thoughts are with the families and community as they grieve this unfathomable loss.

Sadly, this unspeakable event falls on the heels of the recent racist, targeted attacks in Buffalo and Orange County, and two years after the murder of George Floyd, bringing more anguish and despair to our communities and nation.

Our District remains vigilant in protecting the safety of our campuses, with both the Sheriff and Campus and Parking Services (CAPS) personnel watching over our campuses daily.

We also have support services available to students and employees who may be struggling with these and other tragic incidents.

Resources Available for Students:

Grossmont College:

- Free mental health appointments are available at the Grossmont College Health and Wellness Center. Please call 619-644-7192 to schedule an appointment or visit the [Health and Wellness Center](#) webpage.

Cuyamaca College:

- Personal counseling is available at the Cuyamaca College Health and Wellness Center. Please call 619-660-4200, email Cuyamaca.pc@gcccd.edu or visit in person. More information is also available through the Health and Wellness Center's [Personal Counseling](#) webpage.

Resources Available for Employees:

- The mental health and support page on the District benefits website can be found by clicking [HERE](#).
- Also attached is an important resource provided by Optum (EAP).

In the days ahead, take care of yourselves, your families and each other as we try to heal our heavy hearts and minds.

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