



## **Another Unjust Act of Violence**

January 30, 2023

Dear GCCCD Community,

It is with heavy hearts that we once again send a message to our campuses about an unjust act of violence in our country.

We are horrified by the brutal killing of Tyre Nichols in Memphis earlier this month. Footage from this tragedy is a painful reminder that senseless acts of violence by those entrusted to protect our communities continue to torment our society.

What happened to Nichols is reprehensible. He was 29 years old when his life was taken from him, not much older than the average Grossmont College or Cuyamaca College student. His young life was cruelly cut short without dignity or justice.

While we do not have all the answers, we stand committed to the mission, vision and values of diversity, equity, inclusion and accessibility at our District.

Our thoughts are with Nichols, his family and loved ones. We grieve with them and all those affected by this terrible tragedy.

As we contend with this painful situation, we wanted to remind you of resources available. We encourage you to take advantage and share these resources with others who may be impacted.

### **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](mailto:cuyamaca.pc@gcccd.edu) or visit in person on the first floor of the Student Center. 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's website contains a variety of information and resources available to employees.

Please take care of yourselves and let us know what else we can do to support you.

In solidarity,

Lynn Ceresino Neault, Ed.D., Chancellor, Grossmont-Cuyamaca Community College District

Jessica Robinson, Ed.D., Interim President, Cuyamaca College

Denise Whisenhunt, J.D., President, Grossmont College