

THE LEGACY LETTER

The Newsletter of the Laney College Parenting Scholars



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DEAR PARENTING SCHOLARS:



Welcome to the very first edition of The Legacy Letter! It is my pleasure to welcome you to our monthly newsletter—a space created especially for you. Whether you're a new member of the Parenting Scholars family or continuing your educational journey with us, we're excited to have you here. As student parents, you wear many hats every day. You are raising families, pursuing your education, building careers, and creating a brighter future for the next generation. We know that balancing it all can be challenging, and that's why The Legacy Letter was created—to keep you informed, inspired, and connected.

We are committed to supporting your journey, celebrating your achievements, and connecting you with resources that empower you to build a lasting legacy for yourself and your family.

Thank you for being part of our Parenting Scholars community. We look forward to growing, learning, and succeeding, building Legacy Together.

Shanice Millican, M.S. Program Coordinator

SCHOLAR RESOURCES

A successful semester starts with knowing where to find the support you need.

Take a few minutes to explore these valuable services and save the links for easy access throughout the semester.

Your Success Starts Here

- **BenefitsCal** <https://benefitscal.com/> – Apply for or manage public assistance benefits, including CalFresh, Medi-Cal, and CalWORKs.
- **Welcome Center /SOAR**
https://laney.edu/welcome_center
Get help with admissions, registration, orientation, and enrollment services.
- **Laney College Bookstore (Add Link)** – Purchase textbooks, school supplies, and Laney merchandise.
- **Library (Add Link)** – Access research databases, study spaces, computers, and librarian support.
- **Tutoring & Learning Labs (Add Link)** – Receive free academic support in a variety of subjects to help you stay on track.
- **Student Accessibility Services (SAS) (Add Link)** – Connect with accommodations and support services for students with documented disabilities.
- **The Eagles Nest (Add Link)** – Access free food, clothing, hygiene products, and other basic needs resources to help you thrive.

IMPORTANT DATES

- **Aug 24th** Day and Evening Class begin
- **Aug 30th** Last day to ADD Without permission number/add cards
- **Sept 4th** Last Day to Add Regular session classes IN PERSON Without permission number/add cards
- **Sept 7th** Last Day to Drop Regular session classes and Receive a Refund.

Workshop of the Month:

“Fall26 Welcome Orientation”

Date: Thursday, Aug 13th

Time: 10 am- 12noon

Location: A140

This is a mandatory Orientation.

RSVP with the link below

[CLICK HERE :PARENTING SCHOLARS MANDATORY FALL 26 ORIENTATION – FILL OUT FORM](#)





Positive Affirmation
"I am building a better future for my family, one step, one class, and one day at a time. My progress matters, and so does my well-being."

WELLNESS CORNER

You Matter Too.....

As a Parenting Scholar, you spend so much of your time taking care of everyone else—your children, your family, your classes, and your responsibilities. This month, remember that taking care of yourself isn't selfish; it's essential.

This Month's Wellness Challenge: Take 15 for You

Choose one of these activities and commit to doing it at least three times this week:

- 🚶 Take a 15-minute walk outside.
- 📖 Read a book or devotional for 15 minutes.
- 🧘 Stretch or practice deep breathing before bed.
- 🎵 Listen to your favorite music while relaxing.
- ☕ Enjoy a cup of coffee or tea without multitasking.
- 📵 Unplug from social media for one hour.

Parenting Tip

Your children learn how to care for themselves by watching how you care for yourself. When you make time for your own well-being, you're teaching them the importance of healthy habits and self-care.

Remember...

You don't have to be perfect to be successful. Celebrate your small victories, ask for help when you need it, and give yourself grace. Every assignment completed, every class attended, and every challenge overcome is another step toward your legacy.

♥ **Your wellness is part of your success.**



LEGACY SPOTLIGHT

SHINES A LIGHT ON THE PEOPLE, PLACES,
PROGRAMS, EVENTS, AND IMPORTANT UPDATES
THAT EMPOWER OUR PARENTING SCHOLARS
COMMUNITY TO SUCCEED.

MEET YOUR PARENTING SCHOLARS TEAM

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