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Senate Elections

Student Senate nominations for next year's officers are THIS Thursday! Come check it out on Thursday at Noon on Zoom: https://ccsnh.zoom.us/j/3721185769

Service Opportunity

It's easy, fun, and it won't take much of your time. See page 2 for information on helping to make "No-Sew" blanket kits for residents of Bridges by Epoch right down the street from NCC. Email Amy at avazifdar@ccsnh.edu for more info!

Ongoing Gaming Tournament

See page 3 for information on the ongoing Esports tournament. Join anytime up through the end of this semester! Email Brian Scott at bscott@ccsnh.edu for more info!

Golf Tournament!

Do you enjoy playing golf, or are you interested in giving it a shot? Want to play against other students from around CCSNH? If this is something you're interested in, then you are in luck! NHTI is hosting a CCSNH golf tournament that will take place on Friday, April 16th in Concord, NH at Beaver Meadow Golf Club. Cost is $25/person, and tee times will begin at 1p. Teams can be anything from 1-5 players. If you'd like to sign up, or if you have any questions, email Alex at awunderlich@ccsnh.edu
SERVICE OPPORTUNITY

Help NCC make "No-sew" blankets for the Bridges by Epoch Assisted Living Program

Email Amy Vazifdar at avazifdar@ccsnh.edu to set up a time to make a no-sew blanket for an elderly resident at the Bridges by Epoch Assisted Living Program.

The goal is to hand out the kits, or do them on campus (Socially distanced) this week so we can get them to the residents next week.
ARE YOU
INTERESTED
IN ESPORTS?

Play will begin on Monday, 2/22

For more info contact bscott@ccsnh.edu or join the Discord below.

Don't see your game? Let us know.
If the interest exists, we'll host a tournament or event.

Follow the link in qr code to join the EVENT Discord
Sexual assault can happen to anyone, regardless of race, sexual orientation, gender identity, age, social background or economic status.

Free and confidential services are available 24/7 through the NH Statewide Helpline: 1-866-644-3574. You don’t need to be in crisis to call.

If you or someone you know needs to seek support around Domestic Violence or Sexual Assault, NCC partners with Bridges Domestic and Sexual Violence Support. They have a 24 hour support line at 603-883-3044 and other services available on their website, https://www.bridgesnh.org/
2021

THE BIG CONTEST

FEATURING STUDENT VISIONS OF RACIAL AND SOCIAL JUSTICE

DID YOU COMPLETE
A DIGITAL PROJECT IN A LIBERAL ARTS CLASS?
WIN CASH AND FAME AT HUGEMANITIES.COM
DEADLINE FOR ENTRIES: MAY 7TH, 2021

NEVER FEAR HUGEMANITIES™ IS HERE!

POWERED BY UNH COLA, THE ANDREW W. MELLON FOUNDATION, THE NH HUMANITIES COLLABORATIVE, AND CCSNH
Manchester CC is welcoming students from NCC to join their weekly fitness classes! Jennifer Aube, MCC's Wellness Programming Coordinator; and Ayman Ali, MCC's Fitness Center Coordinator each host a few classes each week, and you can join for FREE via Zoom!

Mix it up and get your daily exercise in with a great variety of class options! See the schedule below, and visit the attached link for the Zoom links:

https://www.mccnh.edu/student-life/wellness

Email awunderlich@ccsnh.edu with questions.

Free Virtual Fitness Classes

“Exercise not only changes your body, it changes your mind, your attitude and your mood!!”

We have 4 different classes available for ALL LEVELS!!

Barre Fusion: 30-minute low-impact workout that blends elements from different exercise styles including ballet, Pilates and yoga. Mondays at 12pm.

Click here to join Barre Fusion.

Body Power: 30-minute class uses your own body weight instead of weights to build power and strength. Wednesdays at 12pm.

Click here to join Body Power.

Flow Flex: 45-minute class will incorporate poses/stretching and breathing exercises and a mind focus to improve balance. Wednesdays at 5pm.

Click here to join Flow Flex.

Core & Balance: 30-minute class will help you strengthen your core and lower back in addition to great stretches to help you with flexibility. Thursdays at 9am.

Click here to join Core & Balance.

Questions? Please reach out to any of our Certified Personal Trainers: Jennifer J. Aube, Wellness Coordinator jabe@ccsnh.edu or Ayman Ali, Fitness Center Coordinator amali@ccsnh.edu.
BetterHelp Free Counseling Service for NCC Students

On Thursday, January 28, all students registered for Spring 2021 except for non-credit, running start, and early college students, received an email from me announcing the free online therapy benefit from BetterHelp followed by an email on Friday, January 29 from BetterHelp with the CCSNH invitation. As a student, you can also request another invitation email throughout the semester.

The invitation email includes a unique link for you to create an account and access the service free of charge. If you use any other links to create your account, you may be prompted to provide credit card information or payment. You **DO NOT** have to provide credit card information or payment if you use your unique link. BetterHelp is paid for by CCSNH and NCC, there is no cost to students.

Additional information regarding BetterHelp can be found on the BetterHelp webpage located on our website under Quick Links https://nashuacc.edu/quick-links/betterhelp-free-counseling-for-students.

Remember that confidential and convenient counseling for you is only a step away through our partnership with BetterHelp!
Please do not hesitate to contact Amy Vazifdar at avazifdar@ccsnh.edu or me with any questions.

Take good care,

Lizbeth Gonzalez
Vice President of Student and Community Affairs
Title IX Coordinator
603-578-8928
lgonzalez@ccsnh.edu
Other Important Links! 
Information that could benefit YOU as an NCC student!

- The WIOA (Workforce Innovation Opportunity Act) provides educational and financial assistance for students wishing to pursue credit or non-credit programs. Please see the link if you would like more information on this and other benefits including SNAP, WorkNowNH, and WorkReadyNH- https://nashuacc.edu/images/2018-images/CTE_Continuing_Ed/State-Funding-Financial-Assistance-Programs-for-Students.pdf

The Office of the Governor, Chris Sununu has announced the new Emergency Rental Assistance Program for eligible NH residents who cannot pay their rent and utilities as a result of Covid-19. For more information on this program, visit https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/EmergencyRentalAssistanceProgram.pdf

- Nashua Master Plan- If you are interested in participating in a Focus Group for the Nashua Master Plan, visit- https://imagine.nashuanh.gov/


- And just a reminder, we do have a student blog that you can view here- https://nashuaccstudents.blogspot.com/
To access tutoring via the Academic Success Center, see below:

Tutoring runs from:
Monday, January 25 - Friday, May 7

Writing, Math, and Accounting schedules located on this page:
https://www.nashuacc.edu/student-services/academic-success-center

UNH Fall Transfer Deadline Extended

• Transfer Informational Meeting: Sign up for a one-on-one appointment in-person or virtually with a transfer admissions counselor and discover why UNH is the right choice.
• Virtual Financial Aid Informational Sessions: Join a member of our staff from the UNH Financial Aid Office to learn about the financial aid application process and resources to help your students finance their UNH education.
• Livestream Campus Tour: Get the familiar sights and sounds of our stunning, New England campus – right on Instagram – as our tour guides proudly show you and your students their campus. Submit your questions for a real-time response during the live tour.

Please visit our website for a full listing of virtual options.
Free IRS Tax Services & Filing Season Awareness Webinar
...and how to get your Recovery Rebate Credit (Stimulus)!

FREE events via Zoom

March 10, 2021 (English)
10:00 a.m. – 11:00 a.m.
Join the meeting by clicking on the link: Join the meeting (Ctrl+Click on link)
Meeting ID: 160 503 4469
Passcode: VTNHcy/1
Or you can join the audio portion only by dialing: 669-254-5252, Meeting ID# 160 503 4469.

March 25, 2021 (English)
10:00 a.m. – 11:00 a.m.
Join the video meeting by clicking on the link: Join the meeting (Ctrl+Click on link)
Meeting ID: 161 876 1791
Passcode: VTNHcy/2
Or you can join the audio portion only by dialing: 669-254-5252, Meeting ID# 161 876 1791.

March 12, 2021 (Spanish)
11:00 a.m. – 12:00 p.m.
March 24, 2021 (Spanish)
2:00 p.m. – 3:00 p.m.
See attached flyer for additional details!

The IRS invites you to attend a filing season awareness webinar to learn about a variety of federal tax topics including:

- Free tax preparation services
- Stimulus / Economic Impact Payments
- Recovery Rebate Credit
- Earned Income Credit
- Child Tax Credit
- Unemployment Benefits

The pandemic resulted in many tax changes. This webinar helps familiarize you with those changes and, if needed, help you obtain free tax preparation assistance.

There are four different sessions to accommodate your schedule, with two presentations in English and two in Spanish. Everyone is welcome to attend.
¡Seminario de concientización de los servicios tributarios gratuitos del IRS y de la temporada de presentación ... y cómo obtener su Crédito de recuperación de reembolso (estímulo)!

El IRS le invita a asistir a un seminario web de concientización de la temporada de presentación para aprender sobre una variedad de temas tributarios federales, incluyendo:

- Servicios gratuitos de preparación de impuestos
- Pagos de estímulo / impacto económico
- Crédito de recuperación de reembolso
- Crédito tributario por ingreso del trabajo
- Crédito tributario por hijos
- Beneficios por desempleo

La pandemia dio lugar a muchos cambios tributarios. Este seminario le ayuda a familiarizarse con esos cambios y, si es necesario, le ayuda a obtener asistencia gratuita para la preparación de impuestos.

Hay cuatro sesiones diferentes para adaptarse a su horario, con dos presentaciones en inglés y dos en español. Todo el mundo es bienvenido a asistir.

Eventos GRATUITOS en español a través de Zoom

12 de marzo de 2021
11:00 a.m. – 12:00 p.m.
Únase a la reunión oprimiendo en este enlace: Unirse a la reunión (oprima Ctrl y clic en el enlace)

O puede unirse a la parte de audio solo marcando el: 669-254-5252, Meeting ID# 161 490 7816.

24 de marzo de 2021
2:00 p.m. – 3:00 p.m.
Únase a la reunión oprimiendo en este enlace: Unirse a la reunión (oprima Ctrl y clic en el enlace)

O puede unirse a la parte de audio solo marcando el: 669-254-5252, Meeting ID# 160 276 6292.

¡Vea el otro folleto adjunto para obtener detalles para las sesiones en inglés!