

# Ukraine is in our Hearts

“The Colorado Community College System is committed to the ability of our students and alumni to learn, grow, and thrive locally, nationally, and internationally through education. Any conflict that disrupts their ability to do so can have a long-term and irreparable impact on their lives and their future and the recent aggression and invasion by Russian forces directed at the people of Ukraine is a particularly dramatic example of such a disruption. We want our students and employees to know that, during these most challenging times, CCCS stands with our students and their right to pursue an education and improve their lives in an environment free from violence, aggression, and conflict, and we believe that Ukraine, like all countries, has a right to democracy, freedom, and self-determination.”

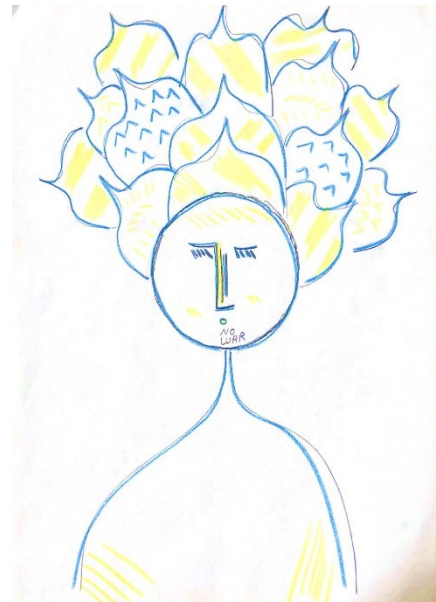
-Joe Garcia, Chancellor, CCCS

-Dr. Ryan Ross, Associate Vice-Chancellor for Student Affairs, Equity and Inclusion

“Amid the saddening news of escalated conflict in Ukraine, we would like to offer a message of solidarity and support to our Red Rocks Community College family. Now more than ever, it is the time for all of us to come together. As a community we can be a source of strength to each other in times of fear and loss in all parts of the world and it is crucial to support everyone regardless of their background, nationality or faith. We would like to remind you all that we have services in place to assist any of you who are feeling vulnerable and/or are directly affected by the invasion of Ukraine.”








-Dr. Michele Haney, RRCC President

- RRCC Mental Health Services: <https://www.rrcc.edu/behavioral-health-services>
- **If you are experiencing a Mental Health Crisis or are in need of referral services immediately, please call the Colorado Crisis and Support Line at 1-844-493-8255**
- For RRCC employees: Colorado State Employee Assistance Program is available, CSAEP: <https://cseap.colorado.gov/>
- For RRCC students and employees with family and friends currently in Ukraine, please visit <https://www.state.gov/united-with-ukraine/> for information updates and travel information.



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## Resources:

Ukraine Crisis- How can I help Ukraine? International Rescue Committee Resources	<a href="https://tinyurl.com/IRC-helpUkraine">https://tinyurl.com/IRC-helpUkraine</a>	
Conflict in Ukraine poses immediate threat to children-Unicef	<a href="https://tinyurl.com/UNICEF-conflictUkraine">https://tinyurl.com/UNICEF-conflictUkraine</a>	
Want to support the people of Ukraine? Here's how to help-NPR	<a href="https://tinyurl.com/NPR-SupportUkraine">https://tinyurl.com/NPR-SupportUkraine</a>	
Save Lives in Ukraine- Come Back Alive	<a href="https://www.comebackalive.in.ua/">https://www.comebackalive.in.ua/</a>	
Ukraine invasion explained-NPR	<a href="https://tinyurl.com/NPR-UkraineInvasionExplained">https://tinyurl.com/NPR-UkraineInvasionExplained</a>	
Immigration Resources: Ukraine- NAFSA	<a href="https://tinyurl.com/NAFSA-Resources">https://tinyurl.com/NAFSA-Resources</a>	
International Committee of the Red Cross-Ukraine	<a href="https://tinyurl.com/ICRedCross-Ukraine">https://tinyurl.com/ICRedCross-Ukraine</a>	
Temporary Protection Status for Ukraine-USCIS	<a href="https://tinyurl.com/USCIS-TPSUkraine">https://tinyurl.com/USCIS-TPSUkraine</a>	