

Dear District Community,

As Election Day approaches, we wanted to share this message highlighting some of the various resources available to support our community, as well as some important reminders during this pivotal moment.

Regardless of whether or how you engage with the electoral process, the coming days may be exciting, but can also bring about stress, anxiety, and fear for many within our District community. We would like to remind you of our District's [commitment to civility](#) and ask that we all treat one another with empathy and mutual respect. We are strengthened as a District when we embrace a shared commitment to treating each other with dignity and understanding no matter how diverse our individual views may be.

For employees who may be experiencing stress or anxiety, please be reminded of the resources available through our [Employee Assistance Program \(EAP\)](#). More information on these resources, which include confidential counseling services for all eligible employees, covered retirees, and dependents, are available on the [Human Resources](#) page of our website.

We also want to encourage students to utilize the student mental health services and resources available at our colleges should they find themselves experiencing similar heightened levels of stress and anxiety. Information on resources available to students can be found online at the following links:

[SJCC Mental Health Resources](#)  
[EVC Wellness Services](#)

Regardless of the outcome of the election, our District prides itself on being a community of care. Let us not only support our students, but one another as well as we all work to advance our mission and exemplify our District's core values of Opportunity, Equity, and Social Justice.

Finally, if you have not already done so, we encourage all eligible employees and students to vote. Democracy works best when more people participate, and we hope everyone in our District will ensure their voice is heard and their vote is counted.

Sincerely,

Dr. Beatriz Chaidez, SJECCD Chancellor  
Dr. Vinicio Lopez, EVC President  
Dr. David Wain Coon, SJCC Acting President