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CELEBRATING HISPANIC HERITAGE MONTH

NEWSLETTER OF THE SOCIAL JUSTICE COMMITTEE
IN THE DEPARTMENT OF PSYCHOLOGICAL SCIENCE

¡SALUDOS!

National Hispanic Heritage Month began on **September 15th** and is observed until **October 15th**. This year’s theme is “**Latinos: Driving Prosperity, Power, and Progress in America.**”

This is a special month to celebrate the rich tapestry of Hispanic and Latin American cultures and to recognize the achievements and contributions of many individuals and communities. Whether through the special events around campus or the city, support of local Latinx-owned businesses, advocacy initiatives, or reading inspiring stories from Latin American authors, this month is a time to come together, learn, and celebrate the extraordinary heritage and enduring legacy of Hispanic cultures.

We hope you find this newsletter to be interesting and helpful. Join the fiesta and let's embrace the beauty of diversity!

DID YOU KNOW?



Hispanic & Latino/a/x:

There are differences between these terms, but sometimes they are used interchangeably. Hispanic describes someone of Spanish-speaking origin while Latino/a/x describes someone of Latin American origin.

September:

Several Latin American countries celebrate their independence in September, including: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua on September 15th, Mexico on September 16th, and Chile on September 18th.

UNCC SPOTLIGHTS

Daniela Recabarren, Ph.D.



Daniela is the Associate Director for Health Equity and Direct Care Services at Center for Integrated Care (CIC). Her family is from Chile, and she grew up in Santiago before moving to Miami at age of 15. As a psychologist her previous clinical work focused on equity and social justice within counseling, multicultural psychology, Latinx identity, Queer and Trans issues in students of color, and healing in community. Her previous research has focused on identity and belonging in college settings and the impact of oppression on belonging and success in college settings. In her current role Daniela oversees within CIC some of the direct services provided to students to support them as they engage in case management services. She also supports the Health and Wellbeing Unit in evaluating disparities of access and quality of health and wellness services, and increasing equity of services in minoritized communities. She currently oversees the Latinx Wellbeing Taskforce in the unit, which focuses on efforts such as advocacy, training, resource connection, and programming to increase the holistic wellbeing and health of Latinx students on Charlotte campus. If you are a student wishing to connect on ways to improve Latinx wellbeing on campus, please reach out to drecabar@charlotte.edu.

Monique Chantelle Aguirre, BSW, B.S.



Monique is a second-year doctoral student in the Clinical concentration of the Health Psychology Ph.D. program at the University of North Carolina at Charlotte. She holds two bachelor's degrees in Psychology and Social Work from the University of Utah. Prior to her doctoral training at UNCC, Monique obtained extensive research training in applying community-based research practices (i.e., CBPR) into the cultural-adaptation of evidence-based interventions aimed at reducing health disparities (i.e., chronic disease) among underserved communities (e.g., Latinx). During her undergraduate education, Monique secured an international internship in Mexico City where she worked alongside psychologists in providing mental health services to young children, adolescents, and adults with varying mental health challenges. These transformative experiences working with the Latinx community, as well as the culmination of other clinical and research opportunities involving other underrepresented populations, cultivated Monique's current research interests in promoting the mental health and developmental well-being of young children and mothers from marginalized communities.

Contact: maguirre@charlotte.edu

NINER NATION CELEBRATIONS



International Festival

Sept 23rd



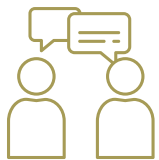
Latinx/a/o Welcome Back Kick-Off

Sept 24th



Noche De Bailes Latinos - Latin Dance workshop

Sept 25th



Let's Talk: Mental Health in Latinx Community

Sept 28th

CLICK THE LINK FOR MORE INFORMATION AND CAMPUS EVENTS FOR [HISPANIC HERITAGE MONTH](#)

UNCC RESOURCES

LATINO / HISPANIC FACULTY STAFF CAUCUS

Division of Academic Affairs

The UNC Charlotte Latinx/Hispanic Faculty and Staff Caucus is an organization that supports the Latinx community. On the website you can find helpful information, such as the The Yvette M. Huet Sí Se Puede Scholarship for junior and senior undergraduate students.

<https://lfsc.charlotte.edu>

LATINX STUDENT RESOURCES GUIDE

This resource guide is a growing repository of information to support Latinx students as they navigate through UNC Charlotte. It includes resources regarding financial support, student organizations, networking opportunities and more.

<https://diversity.charlotte.edu/resources/latinx-student-resources-guide-0>

ORGANIZATIONS



La Coalición is a coalition that offers different services for the Latin American community in **Charlotte**. Check their website to learn more about their services, programs, and events. One of their programs is dedicated to education.

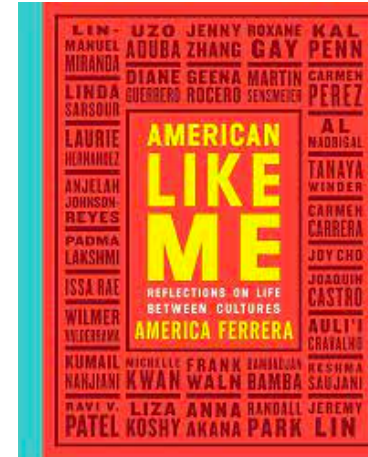
www.latinamericancoalition.org/



The National Latinx Psychological Association (NLPA) is a national organization of mental health professionals, academics, researchers, and students whose objective is to generate and advance psychological knowledge and foster its effective application for the benefit of the Latinx population.

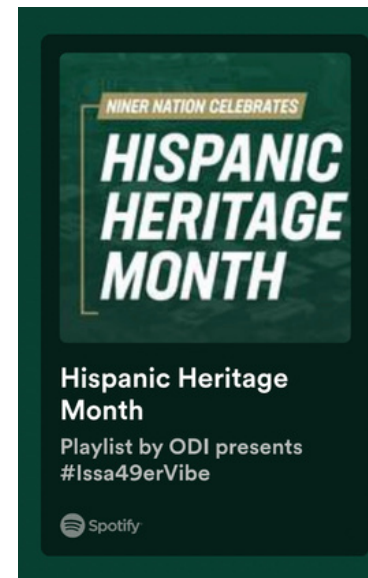
<https://www.nlpa.ws/about-us>

RECOMMENDATIONS



Book

“American like me: Reflections on life between cultures” is a collection of stories on experiences as first-generation Americans. Edited by actress and activist America Ferrera.



Music

Check this Spotify [playlist](#) to explore vibrant music from different Latin American styles.