



Campus and Community Resources

Counseling Services

The Counseling Center provides prospective and current students with comprehensive academic, career, personal, and crisis counseling necessary to successfully reach their goals. Crisis services are available to students experiencing non-life threatening emergencies.

Academic—Assist you in clarifying and planning your academic goals.



A **career** goal should be based on your own unique interests, personal values, aptitude, and life experiences.

You and your counselor can explore and select the best major and career goal for you.



Personal Counseling

We recognize that life does not always run smoothly. Going to school and dealing with obstacles that sometimes get in the way, can be a stressful experience. For that reason, we provide confidential short-term counseling.



Mental Health Services can treat issues including but not limited to: Relationship issues, Worries/Anxiety, Depression, Transitions in Life, Conflict, Stress, Grief and Loss, Parenting, Addiction. Services are strict confidential and there is no fee charged for enrolled Cosumnes River College students.

Visit the Counseling website for more information: <https://crc.losrios.edu/student-resources/counseling>



The **WEAVE confidential advocate** is a person available to confidentially support or provide information to students or employees who have experienced domestic violence, sexual assault, or sexual harassment.

The confidential advocate is not an employee of Cosumnes River College. The confidential advocate is provided through **WEAVE**, Sacramento County's primary provider of crisis intervention services for survivors of domestic violence and sexual assault.

How Can the Confidential Advocate Help?

The confidential advocate is someone you can share your story with confidentially. She will not report anything to the police or Title IX officer unless you ask her to.

The confidential advocate can:

- Provide emotional support
- Provide information or referrals to on-campus or off-campus resources
- Accompany you to investigations, discipline processes, or hearings

Meet With the Confidential Advocate by email or phone: weave@losrios.edu or (916) 568-3011.

Website: <https://crc.losrios.edu/campus-life/health-and-safety/sexual-violence-and-title-ix/weave-confidential-advocate>



CRC Safe Space

The CRC campus community is committed to creating a safe, open, and bias-free learning and working environment for everyone. The Safe Spaces Program is one way we are achieving this goal.

Purpose

Cosumnes River College is an inclusive campus where students and staff respect the views of others. We strive to keep our campus community free of bias, discrimination, and intolerance. Safe Spaces on campus are where anyone who feels threatened or otherwise unsafe can seek assistance and support regardless of race, ethnicity, sexual orientation, gender, religious affiliation, citizenship or immigration status, veteran's status, or political views.

The Safe Spaces program works in conjunction with our police services, administration, and counseling center as an additional resource for individuals to discuss, and act upon, situations of intolerance and bias. Safe Spaces on campus are located in academic division/area offices, the Counseling Center, and individual staff and faculty offices displaying the Safe Spaces sticker.

For more information visit <https://crc.losrios.edu/student-resources/support-services/safe-spaces>



My Sister's House

A Safe Haven. To serve Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services.

Programs and Services

- 24-Hour Multilingual Helpline (916)428-3271
- Safe haven Shelter Program
- Counseling Sessions
- Domestic Violence Education
- #MeToo Sexual Assault Survivor Support Group

Community Resources



Elite Translingo

The Interpretation services section in our company is concerned with facilitating oral communications both simultaneously and consecutively between our customers and their respective clients. Since Elite TransLingo covers more than 150 of the world languages, our professional and certified interpreters are ready to help you with any simultaneous, or consecutive translation or interpretation services. We always provide certified interpretation services for courts, law offices, business meeting sessions, conferences, technical consultation sessions, human resources interviews, and professional language escorting services in the USA for tourists that can not speak the English language.

Services available:

- Certified Interpretation Services
- Over-the-phone Interpretation Services
- Zoom Interpretation

Contact Information:

Email: info@elitetranslingo.com

Phone: 1-800-772-5103

Website: <https://elitetranslingo.com/>



Eaton Interpreting Services, Inc.

Founded in 1994, we are an interpreter-owned, Certified Small Business providing American Sign Language/English interpreting and transliterating services to the Sacramento and surrounding communities.

We steadfastly adhere to high ethical business principles and professional standards. Our consistent performance offers our customers the confidence and security of knowing that when they contact Eaton, they will receive excellent results.

We have a team of passionate and articulate schedulers who are also RID certified interpreters. We are available 24 hours a day, 7 days a week to provide responsive, personalized service with a request fill rate of 95%.

Services Available:

- On-Site Interpreting
- Video Remote Interpreting (VRI)
- Certified Deaf Interpreter (CDI)
- Trilingual Services (Spanish/English/ASL)
- Communication Access Realtime Transcription (CART)

Contact Information:

Phone: 916-721-3636

Video Phone: 916-742-7979



Our services include language services such as translation, localization, over-the-phone interpretation, onsite interpretation, voice-over, subtitling, transcription and other services.

Contact information:

Phone: 1-888-415-1580

Email: info@internationaltranslating.com

Website: <https://internationaltranslating.com/>



The **Interpreter Network by Spring Institute** has been a leading provider of interpretation services in the Rocky Mountain region for more than 15 years, meeting customer needs in over 100 languages from Amharic to Zyphe. We assist with customer service and engagement in a variety of industries including healthcare, education, nonprofit, government, legal, and finance settings and in numerous contexts from one-on-one meetings to conferences.

Our professionally trained interpreters don't just serve as an invaluable 'bridge' from one language and culture to another, they reduce business liability, improve outcomes, and facilitate mutual understanding. Proper language access improves patient understanding and treatment adherence, boosts family engagement and civic involvement, and enhances community integration. This increases customer satisfaction and supports effective use of your agency's time and resources — a win-win for everyone!

Contact Information:

Phone: 303-831-4151

Website: <https://interpreternetwork.springinstitute.org/interpretation/>



Brought to you by the office of
Vice President, Institutional Equity
and Research & Planning.

COSUMNES
RIVER COLLEGE