# **Newsletter of ENMU-Ruidoso Branch Community College**

# Back to College Bash Thursday, 4-7 p.m.

ENMU-Ruidoso will host the Back to College BASH Thursday, Aug. 15, 4-7 p.m. Join us and bring your family and friends to enjoy a free cookout. The Back to College free registration event will feature games, music and time to register for fall semester classes that begin Tuesday, Aug. 20.



# **Community Support Group Meetings Fridays**

The Lincoln County Community Health Council is sponsoring free weekly Community Support Group meetings every Friday at ENMU-Ruidoso, Room 202, 3-5 p.m. Join us for help and healing. The entire community is invited to a Community Support Group to help us all process ad heal from everything currently happening in our community. This is a casual group with local counselors present for additional support if needed. Come share your thoughts, feelings, and experiences from the last several weeks.



## Healing in the Mountains Event Saturday, Aug. 17, 10 a.m.-4 p.m.

A collaborative healing event for Lincoln County Communities will be held at ENMU-Ruidoso, Learning Commons, Saturday, Aug. 17, 10 a.m.-4 p.m. Practitioners and healing modalities that will be available include: grief and trauma specialists, therapists, chair massages, trauma-sensitive somatic movement, mindfulness-based stress reduction, therapy dogs, chiropractic and nervous system health specialists, emotional freedom techniques, herbal remedies, youth and children support, spiritual support and sound healing. The event objective is to provide our communities affected by the wildfires and flooding an opportunity for health and wellness healing; provide basic grief and traumatic stress knowledge,

and healing modalities to help residents and our first responders understand and validate their experience; and encourage community healing and support—knowing we are never expected to deal with grief alone. This event will provide tools and resources by local practitioners to begin the process of healing and recovery in a safe and trusting space. For more information or questions, call or text Bequi at 575-263-0289.



Aug. 12, 2024

#### **Upcoming Events**

# <u>August</u>

#### 12 Monday

 ENMU-Ruidoso Foundation Board Meeting, Rm209, 4p

#### 13 Tuesday

- ♦ Lincoln Co. Commissioners Meeting, Rm106, 9:30a-1p
- ♦ Food Distribution, Rm120, 4-6p
- ♦ Free Cooking & Nutrition Class, Rm120, 5p
- FEMA Community Partner Meeting, Rm106, 6p

#### 15 Thursday

- Back to College Bash, Register for Classes, Food/games/music, 4-7p
- ♦ FEMA Community Partner Meeting, Rm106, 6p

#### 16 Friday

♦ Community Support Group, Rm202, 3-5p

## 17 Saturday

 Healing in the Mountains, Grief & Trauma support for first responders, Learning Commons, 10a-4p

## 20 Tuesday

♦ Fall Semester Classes begin

## 22 Thursday

- BNSF Customized Training, Rm106, 8a-5p
- ENMU-Ruidoso Community
  College Board Meeting, Rm209,
  5p
- ♦ Classic Cinema, "Forbidden Planet," (1956)m Rm202, 6p



Alto Coalition for Environmental Preservation presents a FREE Lecture by Wildlife Biologists Larry Cordova & Taylor Joray

Birdwise: The Birds of Lincoln County Tuesday, Aug. 27 5-7 p.m.



ENMU-Ruidoso Branch Community College Room 201, 709 Mechem, Ruidoso, N.M.