BE PREPARED.
KNOW YOUR RESOURCES.

UndocuScholar RESOURCE CONNECTION
AMERICAN RIVER COLLEGE

You and your loved ones deserve to feel supported and prepared. Explore these resources to help you plan ahead, access support, and connect with trusted services.

UPDATE YOUR EMERGENCY CONTACT

eServices

How to update your contact:

1. Log in to **eServices**
2. Under **Profile**, select **Emergency Contacts**
3. Click **Add Contact** or the **+ icon** to update an existing contact
4. Enter your contact's information and submit

Need help? Stop by the UndocuScholar Resource Center, and we can help.

MAKE A FAMILY PREPAREDNESS PLAN

These free tools can help you organize important information and decisions ahead of time:

- **ILRC Step-by-Step Family Preparedness Plan:** Scan the QR code to download a PDF copy.
- **ReadyNow App:** **readynowapp.org** (store your plan and key contacts on your phone)

FREE & CONFIDENTIAL IMMIGRATION LEGAL SERVICES

As a California Community College student, you can get **free, confidential immigration legal services**, including consultations and help with applications.

- Book an appointment at: **findyourally.com**
  - Walk-in appointment available!

NOR-CAL RESIST RAPID RESPONSE

Sacramento Rapid Response Network

916-382-0256 - save this number

Call to report immigration enforcement activity or if someone you know has been detained within the last 24 hours.

sacfuelnetwork.org/sacramento-rapid-response-network

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ACCOMPANIMENT SUPPORT

NorCal Resist offers accompaniment support if you'd feel more comfortable having someone with you at an appointment or court date. They also recommend consulting an attorney.

For more information, visit:
norcalresist.org/accompaniment.html

KNOW YOUR RIGHTS

You have the right to remain silent. You do not have to answer questions about residency status or how you entered the country. Explore ACLU NorCal for additional guidance and resources: **aclunorcal.org/know-your-rights-guides-for-immigrants/**

Know Your Rights Red Cards are also available at the UndocuScholar Resource Center.

YOU DESERVE SUPPORT

STUDENT HEALTH AND WELLNESS

It's okay to ask for support. If you are feeling overwhelmed or would like a referral to mental health resources, make an appointment with the UndocuScholar Resource Center.

Visit **losrios.edu/mental-health** for more information on our Mental Health Services at ARC.

VISIT YOUR UNDOCU/DREAM CENTER

UNDOCUMENTED STUDENT SUPPORT
LOS RIOS COMMUNITY COLLEGE DISTRICT

American River College
UndocuScholar Resource Connection
Email: undocuscholar@arc.losrios.edu
Phone: (916) 484-4568

Folsom Lake College
UndocuFalcon Center
Email: undocu-falcons@flc.losrios.edu
Phone: (916) 608-6444

Cosumnes River College
Dream Center
Email:CRC-DreamCenter@crc.losrios.edu
Phone: (916) 691-7447

Sacramento City College
Undocu-Resource Center
Email: Undocu@scc.losrios.edu
Phone: (916) 558-2640