



Portland Community College International Student Services

We Stand With Our Asian, Asian-American, and Pacific Islander Communities

03/17/2021

Dear International Students,

This past year has been a very difficult year for all due to COVID-19, social distancing, and changes to how we are living our daily lives. In addition, this year has been particularly difficult because of the increase in discrimination and violence towards Asian, Asian-American and Pacific Islander (AAPI) communities. The acts of violence towards the AAPI community that took place recently in Atlanta, Georgia, as well as daily in our country, are horrific and have no place in our world.

PCC does not support or condone acts of hate, racism, or xenophobia. If you feel that you are a victim of hate speech, racism, or xenophobia, [report it immediately](#).

Please take a moment to [read this message](#) from President Mitsui and Chief Diversity Officer, Tricia Brand and know that the Office of International Student Services is here to support you.

If you need to speak with someone, or need help connecting with available resources and services, please contact us. We have many ways to connect with you -

- by visiting our [Virtual Front Desk](#),
- emailing us (oiss-help@pcc.edu), or
- calling us (971) 722-7150.

I'd like to leave you with this message from Dr. Jenny Wang, a clinical psychologist with expertise in social justice and the Asian Diaspora.

"Dear AAPI family,

As you hear the news of the attacks in Atlanta, please sit down. Please give your weary soul time to breathe and catch up. Please turn off your phones and turn inward toward those you love. Please grieve, cry, wail, and exhale. Give your body the space to acknowledge the pain that you have been carrying for so long." - [Asians for Mental Health](#)

With compassion,

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