

# SAN DIEGO MESA COLLEGE

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## Project Restart

### What is Project Restart?

*Project Restart is a program committed to support students who have been impacted by incarceration.*

### What services does Project Restart provide?

- Academic, Personal, and Career Counseling
- Student-centered workshops
- Referrals to on and off-campus resources
- Advocacy for students
- School supplies and bookstore cards (based on available funding)
- Safe and welcoming personalized support



### What are the Project Restart Program Requirements?

Be enrolled at San Diego Mesa College and identify as a student who has been affected by incarceration.

### How to Apply:

To learn more about Project Restart and to apply, contact the EOPS Office.

*"I am...  
I am repaired  
I am growing  
I am eager  
Because I own my whole story..."*

*Project Restart Student*

*"I am...  
I am forgiven so I forgive  
I am uncomfortable but moving forward  
I am a mother and still learning  
I am a singer and I will keep singing  
Because my purpose is to be a helper to the lost and broken ..."*

*Project Restart Student*

*"I am...  
I am a survivor  
I am capable of whatever  
I set my mind to.  
I am genuine  
I am a role model  
Because my purpose is to be the person I needed at the beginning of the end..."*

*Project Restart Student*

### Contact information:

EOPS Office | 619-388-2706 | MesaEOPS@sdccd.edu | www.sdmesa.edu/EOPS