

BASIC NEEDS



STUDENT HEALTH SERVICES
MONTEREY PENINSULA COLLEGE

Take a look at these on- and off-campus resources!

FOOD



ASMPC Food Pantry
(831) 646-4013
Student Center- Monterey Peninsula College
1 bag per student per month

Gathering for Women

(831) 241-6154 | 147 El Dorado Street, Monterey
Breakfast & Lunch, M-F 8-9:30am & 12-1:45pm

The Salvation Army- Good Samaritan Center

(831) 899-4988 | 800 Scott Street, Sand City
Breakfast & Lunch, M-F 8:30am- 4pm

CalFresh (Food Stamp) Program

1 (866) 323-1953 | 1281 Broadway Ave, Seaside

WIC (Women, Infant & Children) Nutrition Program

(831) 393-3251 | 1942 Fremont St, Seaside

HYGIENE



MPC P.E. Shower Facilities
MPC Gym- *For students in good standing (see district policy). Preferred usage time: M-F 7:30-10:30 am*

Showers- Gathering for Women

(831) 241-6154 | 147 El Dorado Street, Monterey
M-F 8:30am- 3pm

Showers- The Salvation Army- Good Samaritan Center

(831) 899-4988 | 800 Scott Street, Sand City
Showers: M-F 8:30-11am & 1-2pm, Laundry: 8:30-10:30a

Dental- MPC Dental Assisting Program

(831) 646-4137 | Limited services

SHELTER



ASMPC Housing Board
Student Center- Monterey Peninsula College
Rental listings: rooms, apts

Seasonal Warming Shelter (December-March)

(831) 384-3388 | 20 W Market St, Salinas
Overnight housing, meals during winter- 6pm check-in

I-HELP Interfaith Homeless Emergency Lodging Program

(831) 251-8663 | Pickup locations (Arrive before 4:30p)
1) Men: *Parking lot across Naval Post Graduate School off Del Monte Ave, Monterey. 2) Women:* *El Estero Lake near Fremont St, Monterey*

Interim, Inc- Short-Term Residential Program

(831) 649-4522 | For people with mental illness in crisis

OTHER



MPC Student Job Center
(831) 646- 4195
MPC Student Srv Bldg, Rm 211
Resume help, job postings
M-Th 8a-12p & 1-5p, Fri 8a-2p

Auto Repair- MPC Auto Tech Skills Lab

(831) 646-4189 | Search "Auto Tech Skills Lab" on www.mpc.edu - *Fridays by appointment- 1- 5pm*

Massage Lab- MPC Massage Therapy Program

(831) 646-4232 | Search "Massage Lab" on www.mpc.edu - *Fridays by appt- 3-6pm (subj to change)*

Lactation Room- MPC Student Health Services

(831) 646-4017 | M-Th 8a-5p, Fri 8a-12p

WELLNESS

@ MPC



Student Health Services welcomes you!

- Care for acute illness & injuries
- Nurse consults, TB & Pregnancy Tests
- Personal Therapy- Confidential
- Medical & mental health resources
- Gender neutral bathroom

(831) 646-4017
MPC Student Services Bldg- STS 101
M-Th 8a-12p & 1-5p, Fri 8a-12p