

# BASIC NEEDS



STUDENT HEALTH SERVICES  
MONTEREY PENINSULA COLLEGE

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

## FOOD



**ASMP Food Pantry**  
(831) 646-4013 Access through email at [mpcfoodpantry@mpc.edu](mailto:mpcfoodpantry@mpc.edu)  
prepared food bags can be picked up by appointment only

## SHELTER



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

### Gathering for Women

(831) 241-6154 | 147 El Dorado Street, Monterey  
*Breakfast & Lunch, M-Th 8am-2pm & F 8am-12pm*

### The Salvation Army- Good Samaritan Center

(831) 899-4988 | 800 Scott Street, Sand City  
*1 meal @10:30 am, M-F 8:30am- 11:30am & 1pm-4pm*

### CalFresh (Food Stamp) Program

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

### WIC (Women, Infant & Children) Nutrition Program

(831) 796-2888 | 1156 Fremont St, Seaside

### Salinas Warming Shelter *\*Accepting new clients*

*with proof of negative covid-19 results*  
(831) 256-7028 | 20 W Market St, Salinas  
*Overnight housing, meals during winter- 6pm check-in*

### I-HELP Interfaith Homeless Emergency Lodging Program

(831) 251-8663 | Due to current circumstances this program is not accepting any new clients. If you are not a current client & need shelter, please **call 2-1-1**.

### Interim, Inc- Short-Term Residential Program

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

## HYGIENE



**MPC P.E. Shower Facilities**  
MPC Gym- No services at this time

## OTHER



**MPC Student Job Center**  
(831) 646- 4195  
Remote services available email for assistance at [jobcenter@mpc.edu](mailto:jobcenter@mpc.edu)

### Showers- Gathering for Women

(831) 241-6154 | 147 El Dorado Street, Monterey  
*M-Th 8:00am-2pm & F 8:00am-12pm*

### Auto Repair- MPC Auto Tech Skills Lab

(831) 646-4189 | Search "Auto Lab" on [www.mpc.edu](http://www.mpc.edu)  
Call for available services

### Showers- The Salvation Army- Good Samaritan Center

(831) 899-4988 | 800 Scott Street, Sand City  
*Showers: M-F 8:30-11:30am, Laundry: 8:30-10:30am*

### Massage Lab- MPC Massage Therapy Program

(831) 646-4232 | Closed for fall semester  
Tentatively scheduled to reopen for spring semester

### Dental- MPC Dental Assisting Program

(831) 646-4137 | Call for avail services

### Lactation Room- MPC Student Health Services

(831) 646-4017 | Call for avail/ask instructor for assistance

## WELLNESS

@ MPC



## Student Health Services has gone remote!

- Tele-health nurse consults
- Tele-therapy services
- Outside medical and mental health resources/referrals
- FREE Online Health & Wellness Magazine now available!

Sign up at <https://mpc.campuswell.com>

Any health & wellness questions or support needed, Call or email us at:  
(831) 646-4017

[StudentHealthServices@mpc.edu](mailto:StudentHealthServices@mpc.edu)