

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
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
M-F 8:30am coffee & pastries, 10:30am 1 hot meal

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

Showers- Gathering for Women

(831) 241-6154 | 147 El Dorado Street, Monterey
M-Th 8:00am-1:30pm & F 8:00am-11:30am

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

Dental- MPC Dental Assisting Program

(831) 646-4137 | Call for avail services

Auto Repair- MPC Auto Tech Skills Lab

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

Massage Lab- MPC Massage Therapy Program

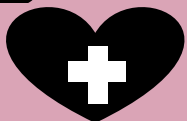
(831) 646-4232 | Closed for spring semester
Tentatively scheduled to reopen for fall semester

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