BASIC NEEDS @MPC STUDENT HEALTH SERVICES MONTEREY PENINSULA COLLEGE

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

FOOD

ASMPC Food Pantry (831) 646-4013 Access through email at mpcfoodpantry@mpc.edu prepared food bags can be picked up by appointment

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

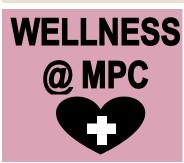


MPC P.E. Shower Facilities MPC Gym- No services at this time

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



Student Health Services welcomes you! Care for acute illness & injuries Any health & wellness questions

- Nurse consults, Blood Pressure & Glucose Screenings •
- **Tuberculosis and Spirometry Tests** •
- **Condoms & Pregnancy Tests**
- Individual/Couples Therapy- Confidential
- Wellness Workshops & Presentations
- Insurance information
- Medical & Mental Health resources & referrals
- Gender neutral bathroom
- COVID-19 PCR Testing & assistance w/COVID-19 Vaccine appts •
- Confidential Support & Advocacy for Survivors of Sexual Assault/Domestic Violence/Stalking •
- Check out our FREE Online Health & Wellness Magazine at: https://mpc.campuswell.com



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

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



MPC Student Job Center Resume help, job postings (831) 646- 4195 MPC General Classroom, Rm 103 iobcenter@mpc.edu

Contact us @

(831) 646-4017

MPC Student Services Bldg, rm101

StudentHealthServices@mpc.edu

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

> **MPC Financial Aid** (831) 646-4202 | financialaid@mpc.edu MPC Student Services Bldg, Rm 111

Lactation Room- MPC Student Health Services (831) 646-4017 |Call for avail/ask instructor for assistance