

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

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 | (831) 646-4220
Call for available services

OTHER



MPC Student Job Center
Resume help, job postings
(831) 646- 4195
MPC General Classroom, Rm 103
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

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

WELLNESS

@ MPC



Student Health Services welcomes you!

- Care for acute illness & injuries
- 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>

Any health & wellness questions
Contact us @
(831) 646-4017
MPC Student Services Bldg, rm101
StudentHealthServices@mpc.edu