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
  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

**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

**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: 8:30-10:30 am

- **Dental - MPC Dental Assisting Program**
  (831) 646-4137 | Limited services

- **Dental - MPC Dental Assisting Program**
  (831) 646-4177

**Wellness**

**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

**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

Monterey Peninsula College | 980 Fremont Street, Monterey, CA 93940 | www.mpc.edu | (831) 646-4000