

Health & Wellness Calendar

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 Haven Advocate	5 Doctor Clinic Haven Advocate	6 Haven Advocate FLOW Cal Fresh - Application Assistance HL Presentation: Stalking	7 Food Pantry @ West Campus Cal Fresh -Application Assistance	8 Support Group	9
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Food Pantry: Free pantry food and toiletries
West - 10am; Yosemite Hall Room A106
East - 8:30am; Student Center
* **MJC student ID with current semester sticker required**

Care Cupboard: Free pantry food
Every other Monday @ 1pm to 4pm
Emanuel Lutheran Church, 324 College Avenue

Katie's Kitchen: Free breakfast
Tues. and Wed. @ 7am to 9:30am
Emanuel Lutheran Church, 324 College Avenue

Haven Women's Center Advocacy @ West Campus: Haven offers a variety of supportive services designed to aid victims in crisis, following a traumatic incident, and with their longer-term planning and goal setting. An advocate can provide resources, crisis intervention/support, safety planning, and will protect your confidentiality. **Visit Health Services for more information and to schedule an appointment.**

Support Groups:
Come learn stress and time management, self-care techniques, coping skills, study skills, and/or general health and wellness.
Tuesdays: 9-10am, 1-2pm (Yosemite A106, West)
Fridays, 10-11am (Yosemite A106 - West and Founders 116 - East); 1-2pm on 2/8, 2/22 only (Yosemite A106 - West)

Doctor Clinic: Appointments required
Visit Health Services in advance for an appointment to see a doctor on campus. * **MJC student ID with current semester sticker required**

CalFresh Application Assistance:
Interested in applying for CalFresh (otherwise known as Food Stamps or SNAP)? You may qualify! Come to an application assistance workshop to learn about eligibility requirements. If approved, the average payout is \$200/month to help purchase food and groceries.
Choose a workshop to learn more!
Feb 6th or Feb 7th: 1pm-4pm, MCLS (Classroom Annex), east campus

Healthy Living (HL) Presentations:
Stalking: 10:15a-11:15a, Sierra Hall 137 (westcampus); 1-2pm, Forum 110 (east campus). Presenter: Haven Women's Center. This presentation will define stalking and discuss its impacts. Presenter will share campus and community resources provided.
Cal Fresh: 1-2pm, CAT 101 (east campus). Presenter: Angelica Sanchez, Nahrain Michael, MJC Health Services. The presentation will provide information on the benefits of the CalFresh (food stamp/SNAP) program and will address eligibility requirements and application assistance.

FLOW: Free Lunch on Wednesday
Wednesdays, 10am, East & West Campus
* **MJC student ID with current semester sticker required**

MJC Health Services
East Campus, Morris Memorial, Rm 108
(209) 575-6037
West Campus, Yosemite Hall, Rm 114
(209) 575-6360