

Health & Wellness Calendar

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NEW YEAR'S DAY HOLIDAY	2 Haven Advocate	3 Doctor Clinic	4	5
6	7 Haven Advocate	8 Doctor Clinic Haven Advocate	9 Haven Advocate	10 Doctor Clinic	11 Support Group	12
13	14 Spring '19 Classes Begin Care Cupboard Haven Advocate	15 Katie's Kitchen Support Group Doctor Clinic Haven Advocate	16 Katie's Kitchen Haven Advocate	17 Doctor Clinic Food Pantry @ East Campus	18 Support Group	19
20	21 MLK HOLIDAY	22 Katie's Kitchen Support Group Haven Advocate	23 Katie's Kitchen Haven Advocate FLOW	24 Doctor Clinic Food Pantry @ West Campus	25 Support Group	26
27	28 Care Cupboard Support Group Haven Advocate	29 Katie's Kitchen Support Group Haven Advocate	30 Katie's Kitchen Haven Advocate FLOW	31 Doctor Clinic Food Pantry @ East Campus	Support Group	

Food Pantry: Free pantry food and toiletries

West - 10am; Yosemite Hall Room A106

East - 8:30am; Student Center

****Must bring student ID with current semester sticker**

Care Cupboard: Free pantry food

Every other Monday @ 1pm to 4pm

Emanuel Lutheran Church

324 College Avenue (Across from MJC East Campus)

Katie's Kitchen: Free breakfast

Tues. and Wed. @ 7am to 9:30am

Emanuel Lutheran Church

324 College Avenue

(Across from MJC East Campus)

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 (Yosemite A106 - West)

Doctor Clinic: Appointments required

Visit Health Services in advance for an appointment to see a doctor on campus.

****Must bring student ID with current semester sticker**

FLOW: Free Lunch on Wednesday

Wednesdays, 10am, East & West Campus

****Must bring student ID with current semester sticker**

MJC Health Services

Locations:

East Campus, Morris Memorial, Room 108
(209) 575-6037

West Campus, Yosemite Hall, Room 114
(209) 575-6360

WELCOME 2019 SPRING SEMESTER STUDENTS!

