

Health & Wellness Calendar

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 FLOW Katie's Kitchen Pirates' Pantry Pop-Up	5 Doctor Clinic Pirates' Pantry Homeless Services	6 Pirates' Pantry	7
8	9 Care Cupboard Pirates' Pantry	10 Pirates' Pantry Katie's Kitchen Pirates' Pantry Pop-Up	11 FLOW Katie's Kitchen Pirates' Pantry Pop-Up	12 Doctor Clinic Pirates' Pantry Homeless Services HL Presentation: Healthy Relationships	13 Pirates' Pantry	14
15	16 Pirates' Pantry	17 Pirates' Pantry Katie's Kitchen Pirates' Pantry Pop-Up	18 FLOW Katie's Kitchen Pirates' Pantry Pop-Up	19 Doctor Clinic Pirates' Pantry Homeless Services	20 Pirates' Pantry	21
22	23 Care Cupboard Pirates' Pantry	24 Doctor Clinic Katie's Kitchen Pirates Pantry Pirates' Pantry Pop-Up HL Presentation: QPR	25 FLOW Katie's Kitchen Pirates' Pantry Pop-Up	26 Doctor Clinic Pirates' Pantry Homeless Services	27 Pirates' Pantry	28
29	30 Pirates' Pantry	31 Pirates' Pantry Katie's Kitchen Pirates' Pantry Pop-Up				

Pirates' Pantry:

Free pantry food, recipes, and toiletries

Mary Stuart Rogers, West Campus

Mon., Thurs., Fri.: 10am-12pm, 1-3pm

Tue.: 2pm-6pm; Wed.: Closed

* ID and verification of MJC student status (class schedule or Student Activities sticker required)

Pirates' Pantry Pop-Up:

Free Starbucks food

Tues: 11:00am, West Campus (Yosemite Hall)

Wed.: 11:00am, East Campus Quad

FLOW: Free Lunch on Wednesdays

Wednesdays, 11am

East and West Campus Quads

* MJC ID with Student Activities sticker required

Care Cupboard: Free pantry food

Every other Monday, 1pm to 4pm

Emanuel Lutheran Church, 324 College Ave.

* ID and verification of MJC student status (class schedule or Student Activities sticker required)

Katie's Kitchen: Free breakfast

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

Emanuel Lutheran Church, 324 College Ave.

* ID and verification of MJC student status (class schedule or Student Activities sticker required)

Doctor Clinic: Appointments required

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

* ID and verification of MJC student status (class schedule or Student Activities sticker required)

Healthy Living Presentations:

Healthy Relationships

March 12, 2020 1:00pm – 2:00pm

@ East CAT 116

Suicide Prevention Training QPR

March 24, 2020 2:00pm – 3:00pm

@ East CAT 108

Homeless Services:

Abigail Williams - Service Assessor/Navigator,

Center for Human Services

For students 18 – 24 yrs. old

Thursdays 1:00pm – 5:00pm, located in MJC Counseling Center (Student Services Building, East, 575-6080)

MJC Health Services

East Campus, Morris Memorial, Rm 108

(209) 575-6037

West Campus, Yosemite Hall, Rm 114

(209) 575-6360

