

Health & Wellness Calendar

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HOLIDAY	3 Katie's Kitchen Pirates Pantry Pop-Up Pirates Pantry Doctor Clinic	4 Katie's Kitchen FLOW Pirates Pantry Pop-Up	5 Doctor Clinic Pirates Pantry	6 Pirates Pantry	7
8	9 Care Cupboard Pirates Pantry	10 Katie's Kitchen Pirates Pantry Pop-Up Pirates Pantry	11 Katie's Kitchen FLOW Pirates Pantry Pop-Up	12 Doctor Clinic Pirates Pantry	13 Pirates Pantry	14
15	16 Pirates Pantry	17 Katie's Kitchen Pirates Pantry Pop-Up Pirates Pantry Doctor Clinic	18 Katie's Kitchen FLOW Pirates Pantry Pop-Up Healthy Living Presentation: Bystander Intervention	19 Doctor Clinic Pirates Pantry	20 Pirates Pantry	21
22	23 Care Cupboard Pirates Pantry Healthy Living Presentation: Bystander Intervention	24 Katie's Kitchen Pirates Pantry Pop-Up Pirates Pantry Healthy Living Presentation: Question, Persuade, Refer (QPR)	25 Katie's Kitchen FLOW Pirates Pantry Pop-Up	26 Doctor Clinic Pirates Pantry	27 Pirates Pantry	28
29	30 Pirates Pantry					

Pirates Pantry:

Free pantry food, recipes, and toiletries
Mary Stuart Rodgers, West Campus
Mon., Thurs., Fri.: 10am-12pm, 1-3pm
Tue.: 1-3pm; Wed.: Closed

* ID and verification of MJC student status (class schedule) required

Pirates Pantry Pop-Up:

Free Starbucks food

Tues: 11-1pm, West Campus (outside of Yosemite Hall)

Wed: 11-1pm, East Campus Quad

FLOW: Free Lunch on Wednesdays

Wednesdays, 11am

East and West Campus Quads

Care Cupboard: Free pantry food

Every other Monday, 1pm to 4pm
Emanuel Lutheran Church, 324 College Ave.

Katie's Kitchen: Free breakfast

Tues. and Wed., 7am to 9:30am
Emanuel Lutheran Church, 324 College Ave.

Doctor Clinic: A medical doctor is available to see students. Physical exams, prescriptions and lab tests available.

Appointments required in advance. Visit Health Services to schedule. * ID and verification of paid MJC fees required (class schedule with \$0 balance)

Healthy Living Presentations:

Free for students and staff

Bystander Intervention Class:

9/18: Sierra Hall 137 (West), 1-2pm

9/23: Forum Bldg 101 (East), 1-2pm

Film and discussion about Bystander Intervention and strategies.

Question, Persuade, Refer (QPR):

9/24: CAT 116 (East), 12-1pm

QPR participants should be able to:

1. Recognize someone at risk for suicide.
2. Intervene with those at risk; and,
3. Refer them to an appropriate resource.

MJC Health Services: Open M-F, 8am-5pm (Closed for lunch 12-1pm)

East: Morris Memorial, Rm 108 (575-6037); West: Yosemite Hall, Rm 114 (575-6360).

Nurses and mental health providers available. For 1-on-1, in-person mental health provider appointments, visit Health Services on either campus. You may also visit www.piratecare.care for free, unlimited 24/7 access to a mental health provider from your mobile device/computer. Are you in crisis? Call the Suicide Prevention Lifeline at 1-800-273-8255 or text "courage" to 741741.