



# QUICK REFERENCE GUIDE CAMPUS RESOURCES

BASIC NEEDS | ACADEMIC SUPPORT | WELLNESS



CONTRA  
COSTA  
COLLEGE

# BASIC NEEDS @ CCC

Many CCC students experience financial hardship, food and housing insecurity, and related challenges. Here are some ways to get help on campus.

## FOOD

### Food Pantry

Student + Administration Building, Room 109 | 510.215.4796

Monday – Thursday, 9:00 a.m. – 5:00 p.m.; Friday, 9:00 a.m. – 3:00 p.m.

All students have access to our food pantry, which offers both canned and packaged food.

### Free Breakfast

Student + Administration Building, Room 109 | 510.215.4796

Monday – Thursday, 8:30 a.m. – 10:30 a.m.

A limited number of daily vouchers are available in the Student Life Office for a free breakfast at Pronto, CCC's grab-n-go cafe.

### Free Produce Truck

Pick-Up / Drop-Off Area | 510.215.4796

1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, 12:00 p.m. – 3:00 p.m.

Every other Monday, free produce is distributed in the pick-up / drop-off zone in front of the Student Services Center. All are welcome. Just remember to bring an empty bag!

### Cal-Fresh

Office of Financial Assistance | Student Services Center, Room 102 | 510.215.6026

People who meet federal income eligibility rules might also qualify for Cal-Fresh. Its goal is to help you put healthy and nutritious food on the table. Our Office of Financial Assistance does Cal-Fresh eligibility screening once a month, by appointment. If you are an EOPS, CARE or CalWORKs student, you may also be screened and apply for Cal-Fresh in their offices.

## HEALTH CARE

### Student Health Care Coverage

CCC's insurance partner, Keenan, offers options for [affordable health care coverage](http://www.keenandirect.com/collegestudents) for students via their website at [www.keenandirect.com/collegestudents](http://www.keenandirect.com/collegestudents).

## PERSONAL CARE

### Comet Care Packages

SparkPoint | Student and Administration Building, Room 227 | 510.215.6873

Monday – Friday, 9:00 a.m. – 5:00 p.m.

Free basic bathroom supplies including toothbrushes and toothpaste, soap, shampoo, deodorant, feminine hygiene products and shaving supplies.

### Lactation Room

Student and Administration Building, Room 124 | 510.215.4796

Monday – Thursday, 9:00 a.m. – 5:00 p.m., Friday 9:00 a.m. – 3:00 p.m.

A quiet, comfortable space for nursing mothers with a rocking chair, desk and refrigerator. Go to Student Life for a key.

### Men's Shower Facilities-

Men's Locker Room | Monday – Thursday, 8:30 a.m. – 1:00 p.m. and Friday 9:00 a.m. – 1:00 p.m.

Entrance between the swimming pool and football stadium, east of the field. Student ID required.

### Women's Shower Facilities

Women's Locker Room | Monday – Thursday, 8:30 a.m. – 1:00 p.m. and Friday 9:00 a.m. – 1:00 p.m.

Entrance between the swimming pool and football stadium, across from the women's locker room pool entrance. Student ID required.

## TRANSPORTATION

### Clipper Cards

Student Life | Student + Administration Building, Room 101 | 510.215.4796

If you need help getting to school, Clipper Cards are available from Student Life, on a first-come, first-serve basis, and are limited one per student per semester. If you're an EOPS or CalWORKs student, check in with the EOPS office in Student Services Center, room 106 about ways they can help with transportation.

# ACADEMIC SUPPORT @ CCC

It's never too early to get some academic assistance for your classes. We won't give you the answers, but we will help you find them!

## PROFESSOR OFFICE HOURS

Check your syllabi to find out when your professors can meet with you to answer questions and provide additional support with coursework.

## CANVAS HELP

Get support with CCC's online learning system 24/7. View Canvas help guides at [www.contracosta.edu/online](http://www.contracosta.edu/online) or call 877-930-1126.

## TUTORING

[Library + Learning Resource Center, Room 121](#) | 510.215.4898 | [www.contracosta.edu/tutoring](http://www.contracosta.edu/tutoring)

There are a variety of tutoring solutions-including drop-in tutoring, booked appointments, online access, and peer-led team learning, designed to meet your needs.

## STUDENT SUCCESS WORKSHOPS

[Student Success & Retention](#) | [Student Services Center, Room 113](#) | 510.215.3901 | [www.contracosta.edu/student-success-services](http://www.contracosta.edu/student-success-services)

Be proactive and take a student success workshop! Get help with study skills, time management, improving your confidence and over all well-being.

## STEM JAM SESSIONS

[STEM Center](#) | [Physical Sciences, Room 109](#) | 510.215.4815

Our pre-semester Jam Sessions are week-long workshops designed to boost your confidence and give you a head start in many subjects. You'll learn introductory concepts, and qualify for book and calculator loans for the semester!

- Anatomy Jam
- Biology Jam
- Chemistry Jam

## TEXTBOOK AND CALCULATOR LOANS

[STEM Center](#) | [Physical Sciences, Room 109](#) | 510.215.4815 | [www.contracosta.edu/books-calculators](http://www.contracosta.edu/books-calculators)

[EOPS/CARE](#) | [Student Services Center, Room 106](#) | 510.215.3949 |

If you're having a hard time paying for textbooks. There are programs around campus that might be able to help out!

## DISABILITY SERVICES

[Disabled Students' Programs and Services](#) | [Student Services Center, Room 109](#) | 510.215.3969 | [www.contracosta.edu/dsps](http://www.contracosta.edu/dsps)

Make sure you are fully benefiting and able to participate in college. DSPS provides support services, specialized instruction, and educational accommodations (academic adjustments) to students with disabilities.

## COUNSELING CENTER

[Student Services Center, Room 108](#) | 510.215.3935 | [www.contracosta.edu/counseling](http://www.contracosta.edu/counseling)

Counselors provide students with personal, career, and academic support. We recommend that students meet with a counselor at least twice a semester to check in about your education plan, progress, and get helpful information. Book appointments online, by phone or in person.

## TRANSFER SERVICES

[Career + Transfer Center](#) | [Student + Administration Building, Room 227](#) | 510.215.6874 | [www.contracosta.edu/transfer](http://www.contracosta.edu/transfer)

One-on-one advising and assistance, meet with university representatives, attend a workshop, use computer to fill out transfer applications, and participate in campus tours and events.

## EOPS/CARE

[Student Services Center, Room 106](#) | 510.215.3949 | [www.contracosta.edu/eops](http://www.contracosta.edu/eops)

Provides assistance with books, supplies, parking permits or bus passes, and more to those who qualify.

## LEARNING COMMUNITIES

[www.contracosta.edu/learningcommunities](http://www.contracosta.edu/learningcommunities)

When you join a Learning Community, you can expect to build relationships with peers and mentors through a variety of activities that may include course work, special events, field trips, and more.

- African American Male Leadership: 510.215.4804
- Center for Science Excellence (CSE): 510.215.4815
- Per Ankh Academy: 510.215.4133
- Puente Project: 510.215.4130
- Science, Technology, Engineering, and Math (STEM): 510.215.4815



# WELLNESS @ CCC

We all need a little help sometimes. Here are some on campus resources.

## MENTAL WELLNESS

### STUDENT WELLNESS

[wellness@contracosta.edu](mailto:wellness@contracosta.edu) | 510.215.3960

Free, confidential individual/specialized group therapy in a safe and welcoming environment to share feelings about the social and academic challenges that impact your health and home life.

### MHN STUDENT ASSISTANCE

800-227-1060

Can help with stress, anxiety, grief and depression, relationship issues, domestic violence, substance abuse, and much more. Must be enrolled in 6 units to be entitled to as many free telephone or web sessions as needed, as well as 5 free face-to-face clinical counseling sessions per incident, per year. Call toll free 24 hours a day, seven days a week.

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Student Services Center, Room 108 | 510.215.3935

[www.contracosta.edu/counseling](http://www.contracosta.edu/counseling)

Counselors provide students with personal, career and academic support. We are here to help! We recommend that students meet with a counselor at least twice a semester to check in about your education plan, progress, and get helpful information. You can book appointments online, on the telephone, or in person.

### STUDENT CLUBS

Student Life | Student + Administration Building, Room 109 | 510.215.4796

[www.contracosta.edu/student-clubs](http://www.contracosta.edu/student-clubs)

Social wellbeing is important for your mental health. Student clubs are a great way to make new friends, explore your interests and develop new skills. There are 25+ clubs at CCC. Don't see a club you want? Why not start a new one?

## PHYSICAL WELLNESS

### HEALTH CARE

Student Health Care Coverage

CCC's insurance partner, Keenan, offers options for affordable health care coverage for students via their website at [www.keenandirect.com/collegestudents](http://www.keenandirect.com/collegestudents).

### ATHLETICS

Temporary Location Library, Room 206 | 510.215.4804

[www.contracosta.edu/athletics](http://www.contracosta.edu/athletics)

CCC offers a variety of physical education (P.E.) courses or you can try out for the team!

## FINANCIAL WELLNESS

### FINANCIAL AID

Student Services Center, Room 102 | 510.215.6026 | [financialaid@contracosta.edu](mailto:financialaid@contracosta.edu)

[www.contracosta.edu/pay-for-college](http://www.contracosta.edu/pay-for-college)

Don't let the cost of college prevent you from achieving your dreams! Get help with your FAFSA, grant and scholarship applications.

### SPARKPOINT

Student + Administration Building, Room 227 | 510.215.6873

Finances got you down? SparkPoint is a nonprofit that helps people achieve financial security. Get free, private coaching about budgeting, saving money, improving credit scores, reducing debt, and more!

### CAREER SERVICES

Career and Transfer Center | Student + Administration Building, Room 227 | 510.215.6874 or 510.215.6865

[www.contracosta.edu/career](http://www.contracosta.edu/career)

We can help you discover a rewarding career path, find a job, write your resume and cover letters and even get ready for interviews.

## VETERAN SERVICES

### VETERAN CENTER

Student + Administration Building, Room 111 | 510.215.6774

[www.contracosta.edu/veterans](http://www.contracosta.edu/veterans)

This is the starting point for Veterans and veteran dependents to start their educational journey. Staff and veteran peers will guide new veterans and dependents in the next steps to success and supply them with the forms and resources needed to access their G.I. Benefits. The Veteran Resource Center (VRC) is a place for veterans to study, use a computer, or relax among other veteran peers.