



C U Y A M A C A
· C O L L E G E ·

CUYAMACA COLLEGE IS PROUD TO INTRODUCE:



CUYAMACA CARES

WHAT WE DO:

Cuyamaca Cares is a brand new initiative brought to our students by Student Affairs and the Health and Wellness Center to address the basic needs of our students here at Cuyamaca College.

Our programs are:

On the House! A nutrition program geared to address food insecurity among our students:

- The Fresh Joint Farmers Market
- Mobile Produce Food Truck
- Campus-wide Pantries
- CalFresh Assistance

Self-Care Services:

- Personal counselors available
- Relaxation spaces
- Stress Management
- Cuyamaca Cares Band

Housing Resources:

- Referrals to shelters, safe parking, rental assistance
- Care Fair

WHY WE DO IT:

According to Grossmont College District Research and Planning Department, 62% of all Cuyamaca Students were economically disadvantaged in Fall 2018. These economic disadvantages could mean food insecure, housing insecure, health burdened, or on the verge of any of these. What we do at Cuyamaca Cares is provide a safe space for students to come and get assistance to ensure that not only do they remain in school, but that they are successful on campus and off.



ON THE HOUSE! FALL SCHEDULE:

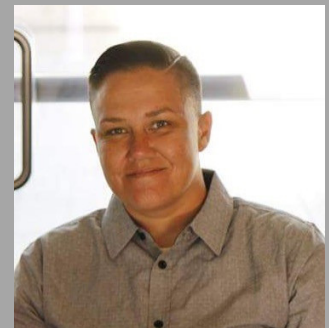
THE FRESH JOINT IS HELD EVERY 4TH THURSDAY OF THE MONTH (NOVEMBER EXCEPTION) IN THE QUAD IN FRONT OF THE H-BUILDING:

- AUGUST 22
- SEPTEMBER 26
- OCTOBER 24
- NOVEMBER 21

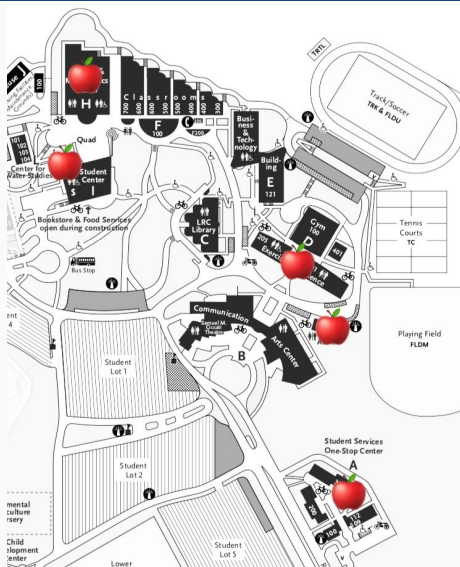
THE MOBILE PANTRY IS HELD EVERY THIRD MONDAY OF THE MONTH IN THE QUAD IN FRONT OF THE H-BUILDING:

- SEPTEMBER 16
- OCTOBER 21
- NOVEMBER 18

Contact us:
Health and Wellness Center
I-134
Mon - Thurs 8am - 6pm
(619) 660-4200



Kaylin Rosal
Cuyamaca Cares Coordinator
kaylin.rosal@gcccd.edu



SATELLITE PANTRY LOCATIONS:

- **HEALTH & WELLNESS CENTER (I-134)**
- **VETERANS RESOURCE CENTER (ANNEX 1)**
- **EOPS (A-300)**
- **STEM CENTER (H-126)**
- **ATHLETICS (D-202/320)**



John Kennon
Cuyamaca Cares Intern