

SWC Cares Resource Wednesday



Southwestern College

Grocery Card: Currently enrolled students can receive a \$25.00 grocery card

Email:

SWCOfficeofStudentServices@swccd.edu or
pbartow@swccd.edu



Food

South Bay Community Services Food Distribution Schedule

southbaycommunityservices.org/portfolio/food-distribution/



Community Through Hope

465 C Street, CV 91910. (619) 915-7256

Food distribution available on Tues. & Thurs.
starting at 8 a.m. until food runs out

Hugs and Bags nonprofit

SWC Instructor Jackee Penhos
Call or text (619) 799-1078

Toiletries & Food



SWC Jaguar Justice

Legal information available by
appointment only
(619)-421-6700, ext 5704

Legal information

SWC Personal Wellness Services

Behavioral health care for students

Email: swcpersonalwellness@swccd.edu or
SWCOfficeofStudentServices@swccd.edu

Call (619) 421-6700 x5279



Personal Wellness



Community Mobile Shower

www.thinkdignity.org

211 San Diego: Call 211-will connect you with resources in your community: food, health services, housing & resources

211sandiego.org/resources/health-wellness/