



## Who can use the food pantry?

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Students, faculty, staff, and any members of our community. No one will be turned away who is in need of food.

## How many times can someone visit the food pantry per week?

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Different types of visits can be made to the food pantry:

**Full Visits:** Full visits include non-perishable goods, frozen meat, eggs, bread and pastries, and fresh produce. Each visitor is allowed 15 full visits a year (July to July) from any Thurston County Food Bank Satellite.

**Partial Visits:** Partial visits include produce, protein, dairy, bread, and pastries. Partial visits are limited to 10 visits (in addition to the 15 full visits).

**Supplemental Visits:** Supplemental visits include only bread, pastries, and produce. Visitors are free to take as many of these items as they can use. Supplemental visits are limited to once per week.

## Does the food pantry offer anything besides food?

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Yes, the food pantry offers hygiene products, children's books, toiletries, and warm clothing items.

The hygiene products we offer include shampoo, conditioner, body wash, bar soap, toothpaste, toothbrushes, mouthwash, dental floss, brushes/combs, deodorant, toilet paper, diapers (sizes and availability may vary), umbrellas, and can openers.

We also offer grab-and-go, pre-packed meal kits available upon request.

# Mental Health Counseling

Counseling Services provides mental health counseling to support your mental health, emotional well-being, and resiliency. Our licensed providers offer confidential services that are free of charge to current SPSCC students.



## Services for Students

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### Personal Counseling

Personal Counseling gives students the opportunity to meet with a licensed professional mental health counselor to discuss issues and concerns that may be interfering with their ability to achieve educational and personal goals. Personal Counseling is available by appointment, walk-in, or on an emergency basis.

### Study Skills Coaching

Study skills coaching assists students in learning how to improve study skills such as reducing test anxiety, managing time more effectively, establishing and reaching realistic goals, and adjusting to college life.

### Crisis Intervention

Counselors are available to help with a variety of emotional crises or emergencies. When a counselor cannot be reached, call the Thurston County Crisis Clinic at (360) 586-2800 for personal assistance; and call 911 for medical assistance.

## Meet Our Counselors

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### Ross Artwohl, M.S.W., LICSW

Ross's therapy is tailored to unique needs and preferences, a "custom" therapy rather than a one-size-fits-all approach.

### Sally Sharbaugh, M.C., L.M.H.C.

Sally works with students on a wide range of issues and incorporates the power of mindfulness, helping students discover their own emotional and cognitive resiliency.

Contact: [counseling@spscc.edu](mailto:counseling@spscc.edu) | 360-596-5306 | In Person & Virtual Appointments