

Student Parent Resources

Compiled by the CSUMB Personal Growth and Counseling Center

AT CSUMB

Associated Students Food
Pantry
Nutritious, Non-Perishable Food
csumb.edu/as/food-pantry
(831) 758-1523

Campus Health Center Urgent,
Primary, and Diagnostic Care
csumb.edu/health
(831) 582-3965

Child Care Center
On-Campus Child Care
<https://csumb.edu/studentlife/child-care-center/>
(831) 582-4550

East Campus Apartments
Family Housing
<https://csumb.edu/housing/housing-options/east-campus-apartments/>
(831) 582-4811

Financial Aid
Student Grants, Loans, Work
Study, and Scholarships
csumb.edu/financialaid
(831) 582-5100

Lactation Spaces
Private, Clean Spaces for
Breastfeeding Mothers
Email:
grodriguez@csumb.edu
<https://csumb.edu/library/library-diversity-equity-inclusion/library-lactation-room/>

Personal Growth and
Counseling Center
Individual and Group Counseling
csumb.edu/pgcc
(831) 582-3969

Student Disability and
Accessibility Center (inc.
Pregnancy Related)
csumb.edu/sdr
(831) 582-3672

Title IX Office
Support for Students
Experiencing Discrimination
csumb.edu/titleix
(415) 486-5555

University Police CPR Training
Training for Adult, Pediatric, &
Infant CPR
<https://csumb.edu/risk/cpr-aed-training/>

IN THE COMMUNITY

Alisal Community Healthy Start
Family Resource Center Support
Groups and Workshops
<https://www.alisal.org/domain/254>
(831) 775-4500

Castro Plaza Family Resource
Center Parenting Classes
nmcusd.org/Page/431

Gonzales Adult School
Parent Education Classes
svaec.org/gonzales-adult-school

Montage Health
[Mom's Corner](https://montagehealth.com/moms-corner)
[Father's Group](https://montagehealth.com/fathers-group)

Papillon Center
Pregnancy and Infant Loss
Support Program
<https://pilscc.org/>
1 (825) 205-7918

Parenting Connection of
Monterey County
Play Groups, Support Groups,
and Parenting Classes
<https://www.parentingconnectionmc.com>

[org/programs](https://csumb.edu/org/programs)

Salinas Public Library
Storytimes, Play Groups, and
Homework Centers
salinaspubliclibrary.org/kids

Shine a Light Counseling
Center: Quality and Affordable
Couple and Family
Counseling
(831) 996-1222

The Parent Center at Salinas Adult
School Classes for Evidence Based
Parenting Skills
salinasuhd.org/domain/493
(831) 796-7000

Women, Infants, and Children
Program (WIC): Health and Nutrition
Program for Growing Families
<https://www.myfamily.wic.ca.gov/>
1 (800) 852-5770

ONLINE

La Leche League: Support for
Breastfeeding Families
llli.org

Postpartum Support: International
Online Support Meetings
postpartum.net/psi-online-support-meetings/

The Pregnant Scholar: Education About
Rights of Pregnant and Parenting
Students thepregnantscholar.org

2-1-1: Online Referrals for Local
Resources
unitedwaymcca.org/2-1-1-search

7 Cups: Free Online Therapy and
Counseling
7cups.com

Updated: 02.15.2024

BY PHONE

Postpartum Warm line

Free Postpartum Screening and

Referrals

831-783-5933