Ashley Arrocha Associate Dean of Student Services and Alternate Human Relations Officer 831-647-4654 or aarrocha@miis.edu Skype: ashley.arrocha	Alisyn Gruener Assistant Dean of Student Life and Engagement 831-647-6583 or agruener@miis. edu	Charlotte Roulet, New Student Support Specialist + general questions student.services@miis.edu 831.647.4128 studentservicesga		
		AVAILABLE SERVICES AND RESOURCES		
Item	Web-based info	Contact for more info	Notes	
Disability Accommodations	https://www.middlebury. edu/institute/student-life/health- wellness/ada	aarrocha@miis.edu	Complete the online disability accomodation request form along with documentation from a licensed physician to request an accomodation.	
Drop-in Questions	https://www.middlebury. edu/institute/student-life/team	Send an email to student.services@miis.edu or reach us between 9:00am-4:00pm on Skype: studentservicesga	We can accommodate meeting times outside the 8:30am-5pm PST time zor when possible.	
Physical Well-Being Classes and Resources	https://www.middlebury. edu/institute/student-life/health- wellness/fitness	agruener@miis.edu	See the second tab "Online Resource Guide" to check out free, local classes being streamed online.	
Housing Advising and Questions	https://www.middlebury. edu/institute/student-life/life-in- monterey/housing	student.services@miis.edu or aarrocha@miis.edu	Landlords: Contact Naomi Braswell - miishousinginfo@miis.edu or 831-647-4120	
International Student Support (documents, status, CPT, OPT)	https://www.middlebury. edu/institute/offices-services/international- student-scholar	isss@middlebury.edu if you need assistance with your documents, status, CPT or OPT		
Mental Health Support Services	https://www.middlebury. edu/institute/student-life/health- wellness/well-connect	aarrocha@miis.edu	All services available online: WellConnect Student Assistance Program SilverCloud	
Health Insurance Information and Resources	https://www.middlebury. edu/institute/student-life/health-	student.services@miis.edu or aarrocha@miis.edu		
Student Club Questions	https://www.middlebury. edu/institute/student-life/clubs	student.services@miis.edu	Website includes process for new clubs, current club roster, club policies and more.	
Student Policies (Student Conduct, Title IX Investigation & Resolution Procedures, Anti-harassment/Discrimination) Questions or concerns	https://www.middlebury. edu/institute/student-life/student- policies	aarrocha@miis.edu		
Student Council Questions	https://www.middlebury. edu/institute/student-life/student-	studentcouncil@miis.edu		
Veterans Services	https://www.middlebury. edu/institute/student-life/veterans	agruener@miis.edu		
MST Bus Passes	https://www.middlebury. edu/institute/student-life/community- discounts	Barbara Burke: blburke@miis.edu	Email Barbara Burke to coordinate your MST pass purchase and pickup. The discounted monthly bus pass sell for \$70.00. You must have exact cash or check made out to the Monterey Institute.	
		ANALIA PLE TURQUICULA NICE FOR THE CENTER PRO		
UNAVAILABLE THROUGH MIIS FOR THE SEMESTER				
Item		Access	Notes	

https://www.middlebury. edu/institute/student-life/community-

Unavailable

Costco Card

Access to Student Services'				
Ashley Arrocha Associate Dean of Student Services and Alternate Human Relations Officer 831-647-4654 or aarrocha@miis.edu Skype: ashley.arrocha	Alisyn Gruener Assistant Dean of Student Life and Engagement 831-647-6583 or agruener@miis. edu	Charlotte Roulet, New Student Support Specialist + general questions student.services@miis.edu 831.647.4128 studentservicesga		
AVAILABLE SERVICES AND RESOURCES				
Item	Web-based info	Contact for more info	Notes	
Equipment Checkout	https://www.middlebury. edu/institute/student-life/community-	Unavailable		
McGowan Wellness Space (MG215)	N/A	Closed through the semester		

## FREE Online Resource and Oppportunity Guide

If you have ideas to add to this list, please email them to student.services@miis.edu!

This document will be added to and updated as additional resources come in.

Silver Cloud Self-Guided Cognitive Behavioral Therapy Program  Crisis Support: National Suicide Prevention Hotline  1-800-273-8255  Crisis Support: Trevor Project (LGBTQ+) Crisis Lifeline  1-866-488-7388/ https://www.lhetrevorproject.org/get-heip-now/  WIS/Middlebury Mental Health Courses, Workshops, One:One Appts. and More  Taking Care of Your Mental Health during COVID-19 Ideas Handout  Connection During Social Distancing Guide  Mittos://drive.google.com/file/d/1w1AHIA2Zul4-5ljaTNJCG/5NxrkZYEff/vew/Jusp=sharing  Monterey Bay Meditation Studio Online Offerings and Online Community  Managing Stress for Positive Change Video Course from Linkedin  Living With Worry and Anxiety Amidst Global Uncertainty  Emotional Wellbeing Ideas  Stress and Coping During an Outbreak  PHYSICAL WELLBEING & FITNESS  TO ACCESS  Centers for Disease Control and Prevention (CDC)  Montercy County Health Department  https://www.cdc.gov/coronavirus/2019-ncov/fi-you-are-sick/steps-when-sick.html  https://www.comnerey.ca.us/government/departments-a-nhealth/diseases/2019-novel-coronavirus-2019-no  Community Hospital of Monterey COVID-19 Information and Advice  Montercy County Food Bank (free food for low/no income individuals)  Virtual doctor appointments through Community Hospital of Monterey  Montercy Sports Center fitness class videos posted on Facebook  Physics (Stream of Classes  Union Yoga Live Stream of Classes  Instagram @unionyogamontercy		
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Crisis Support: Trevor Project (LGBTQ+) Crisis Lifeline  1-866-488-7386/ https://www.thetrevorproject.org/get-help-now/  MIS/Middlebury Mental Health Courses, Workshops, One:One Appts. and More  Taking Care of Your Mental Health during COVID-19 Ideas Handout  https://drive.google.com/file/d/1AL45ijaTNjCGi6Nxrk2YEifview?usp=sharing  Connection During Social Distancing Guide  https://drive.google.com/file/d/1AL45Wrvbxfi817Bgpzv/rm-OC8HBORjwTN/iew?usp=sharing  Monterey Bay Meditation Studio Online Offerings and Online Community  Managing Stress for Positive Change Video Course from LinkedIn  Living With Worry and Anxiety Amidst Global Uncertainty  Emotional Wellbeing Ideas  https://drive.google.com/file/d/1Asc0t8mBW/Wbog3iHOBtX-IlmfindLEFAiew?usp=sharing  Stress and Coping During an Outbreak  https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html  PHYSICAL WELLBEING & FITNESS  TO ACCESS  Centers for Disease Control and Prevention (CDC)  https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html  bittps://www.cdc.gov/coronavirus/2019-ncov/lif-you-are-sick/steps-when-sick.html  https://www.cdc.gov/coronavirus/2019-ncov/lif-you-are-sick/steps-when-sick.html  h	Silver Cloud Self-Guided Cognitive Behavioral Therapy Program	https://midd.silvercloudhealth.com/signup/
MIIS/Middlebury Mental Health Courses, Workshops, One:One Appts. and More Taking Care of Your Mental Health during COVID-19 Ideas Handout Connection During Social Distancing Guide https://drive.google.com/file/d/1w1AHIA2Zul/4-5ijaTNjCGJ6Nxrk2YEiffview/tusp=sharing Monterey Bay Meditation Studio Online Offerings and Online Community Managing Stress for Positive Change Video Course from LinkedIn Living With Worry and Anxiety Amidst Global Uncertainty Emotional Wellbeing Ideas https://drive.google.com/file/d/12Enf00I5VRXOfJJdfikNwg2jMVnA5fTjAview?tusp=sharing  Stress and Coping During an Outbreak https://drive.google.com/file/d/1aKs018mBWWbbog3iHO8tX_limfimdLEF/view?usp=sharing  Stress and Coping During an Outbreak  PHYSICAL WELLBEING & FITNESS TO ACCESS Centers for Disease Control and Prevention (CDC) https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html https://www.cdc.gov/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.cbmp.org/coronavirus/ https://www.focebook.com/Monterey-Sports-Center/ https://www.focebook.com/Monterey-Sports-Center/ Seaside Yoga Sanctuary Live Stream of Classes Instagram @omoasisstudios Instagram @omoasisstudios Instagram @omoasisstudios Instagram @unionyogamonterey International https://www.focebook.com/Monterey Instagram @omoasisstudios Instagram @omoasisstudios	Crisis Support: National Suicide Prevention Hotline	1-800-273-8255
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Montery County Food Bank (free food for low/no income individuals)  https://foodbankformontereycounty.org/food-assistance/  Virtual doctor appointments through Community Hospital of Monterey  Monterey Sports Center fitness class videos posted on Facebook  https://evisit.montagehealth.org/  Monterey Sports Center fitness class videos posted on Facebook  https://www.facebook.com/MontereySportsCenter/  Seaside Yoga Sanctuary Live Stream of Classes (\$10/class)  Via zoom: sign up on their website - https://seasideyogasanctuary.com/class-schedule/  Om Oasis Live Stream of Classes  Union Yoga Live Stream of Classes  Instagram @unionyogamonterey	Monterey County Health Department	https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-2019-ncov
Virtual doctor appointments through Community Hospital of Monterey  Monterey Sports Center fitness class videos posted on Facebook  https://evisit.montagehealth.org/  https://evisit.montagehealth.org/  https://www.facebook.com/MontereySportsCenter/  Seaside Yoga Sanctuary Live Stream of Classes (\$10/class)  Via zoom: sign up on their website - https://seasideyogasanctuary.com/class-schedule/  Om Oasis Live Stream of Classes  Instagram @omoasisstudios  Union Yoga Live Stream of Classes	Community Hospital of Monterey COVID-19 Information and Advice	https://www.chomp.org/coronavirus/
Monterey Sports Center fitness class videos posted on Facebook  Seaside Yoga Sanctuary Live Stream of Classes (\$10/class)  Via zoom: sign up on their website - https://seasideyogasanctuary.com/class-schedule/  Om Oasis Live Stream of Classes  Instagram @omoasisstudios  Union Yoga Live Stream of Classes	Montery County Food Bank (free food for low/no income individuals)	https://foodbankformontereycounty.org/food-assistance/
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25 Fitness Studios and Gyms Offering Free Classes https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/	Union Yoga Live Stream of Classes	Instagram @unionyogamonterey
	25 Fitness Studios and Gyms Offering Free Classes	https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/
Apps and Sites that Offer Free Fitness Classes https://www.thrillist.com/news/nation/virtual-fitness-classes	Apps and Sites that Offer Free Fitness Classes	https://www.thrillist.com/news/nation/virtual-fitness-classes

REMOTE WORK & LEARNING	TO ACCESS	
Ergonomic Tips for Working Remotely	https://docs.google.com/document/d/1jz9IZ7ENfwNnUUzOgE-UKhbBcHV9AgfnNUQUTCfEi7U/editum to the control of the	
Remote Work Resources from Middlebury	Remote Working page	
DLINQ's Remote Student Resources	https://dlinq.middcreate.net/remote-student/	
DLINQ's Study Guide	https://dlinq.middcreate.net/remote-study-guide/	
Free or Low Cost Internet and Access Resources from ITS	https://docs.google.com/document/d/13v2vtShoN7aK982q9L-z2DyRB4yG21H_1WCXRJOVeXI/edit	
LinkedIn's Working from Home Video Course	https://www.linkedin.com/learning/time-management-working-from-home	
ENTERTAINMENT & COMMUNITY BUILDING	TO ACCESS	
Monterey Bay Aquarium Webcams for Inspiration	https://www.montereybayaquarium.org/animals/live-cams	
Social Distancing Festival Daily Live Streams and Recordings	https://www.socialdistancingfestival.com/	
Vienna State Opera Performances	https://www.staatsoperlive.com/	
Nightly Met Opera Live Stream	https://www.metopera.org/user-information/nightly-met-opera-streams/	
Budapest Festival Orchestra Quarantine Soirées	https://www.jegy.hu/	
Berlin Philharmonic Digital Concert Hall	https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/?fbclid=lwAR3HKRsJPE	
	https://philharmoniedeparis.fr/en	