

Access to Student Services' Resources During Physical Office Closure		
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	<a href="https://www.middlebury.edu/institute/student-life/health-wellness/ada">https://www.middlebury.edu/institute/student-life/health-wellness/ada</a>	aarrocha@miis.edu	Complete the online disability accomodation request form along with documentation from a licensed physician to request an accomodation.
Drop-in Questions	<a href="https://www.middlebury.edu/institute/student-life/team">https://www.middlebury.edu/institute/student-life/team</a>	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 zone when possible.
Physical Well-Being Classes and Resources	<a href="https://www.middlebury.edu/institute/student-life/health-wellness/fitness">https://www.middlebury.edu/institute/student-life/health-wellness/fitness</a>	agruener@miis.edu	See the second tab "Online Resource Guide" to check out free, local classes being streamed online.
Housing Advising and Questions	<a href="https://www.middlebury.edu/institute/student-life/life-in-monterey/housing">https://www.middlebury.edu/institute/student-life/life-in-monterey/housing</a>	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)	<a href="https://www.middlebury.edu/institute/offices-services/international-student-scholar">https://www.middlebury.edu/institute/offices-services/international-student-scholar</a>	iss@middlebury.edu if you need assistance with your documents, status, CPT or OPT	
Mental Health Support Services	<a href="https://www.middlebury.edu/institute/student-life/health-wellness/well-connect">https://www.middlebury.edu/institute/student-life/health-wellness/well-connect</a>	aarrocha@miis.edu	All services available online: WellConnect Student Assistance Program SilverCloud
Health Insurance Information and Resources	<a href="https://www.middlebury.edu/institute/student-life/health-wellness/fitness">https://www.middlebury.edu/institute/student-life/health-wellness/fitness</a>	student.services@miis.edu or aarrocha@miis.edu	
Student Club Questions	<a href="https://www.middlebury.edu/institute/student-life/clubs">https://www.middlebury.edu/institute/student-life/clubs</a>	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	<a href="https://www.middlebury.edu/institute/student-life/student-policies">https://www.middlebury.edu/institute/student-life/student-policies</a>	aarrocha@miis.edu	
Student Council Questions	<a href="https://www.middlebury.edu/institute/student-life/student-council">https://www.middlebury.edu/institute/student-life/student-council</a>	studentcouncil@miis.edu	
Veterans Services	<a href="https://www.middlebury.edu/institute/student-life/veterans">https://www.middlebury.edu/institute/student-life/veterans</a>	agruener@miis.edu	
MST Bus Passes	<a href="https://www.middlebury.edu/institute/student-life/community-discounts">https://www.middlebury.edu/institute/student-life/community-discounts</a>	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.
UNAVAILABLE THROUGH MIIS FOR THE SEMESTER			
Item		Access	Notes
Costco Card	<a href="https://www.middlebury.edu/institute/student-life/community-discounts">https://www.middlebury.edu/institute/student-life/community-discounts</a>	Unavailable	

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AVAILABLE SERVICES AND RESOURCES			
Item	Web-based info	Contact for more info	Notes
Equipment Checkout	<a href="https://www.middlebury.edu/institute/student-life/community-">https://www.middlebury.edu/institute/student-life/community-</a>	Unavailable	
McGowan Wellness Space (MG215)	N/A	Closed through the semester	

## FREE Online Resource and Opportunity Guide

If you have ideas to add to this list, please email them to [student.services@miis.edu](mailto:student.services@miis.edu)!

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

MENTAL & EMOTIONAL HEALTH	TO ACCESS
WellConnect Online Therapy, Telephonic Counseling and Online Resources	<a href="https://www.middlebury.edu/institute/student-life/health-wellness/well-connect">https://www.middlebury.edu/institute/student-life/health-wellness/well-connect</a> - MIIS Student Code: MIIS-STU
Silver Cloud Self-Guided Cognitive Behavioral Therapy Program	<a href="https://midd.silvercloudhealth.com/signup/">https://midd.silvercloudhealth.com/signup/</a>
Crisis Support: National Suicide Prevention Hotline	1-800-273-8255
Crisis Support: Trevor Project (LGBTQ+) Crisis Lifeline	1-866-488-7386/ <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>
MIIS/Middlebury Mental Health Courses, Workshops, One:One Appts. and More	Updates Coming Soon
Taking Care of Your Mental Health during COVID-19 Ideas Handout	<a href="https://drive.google.com/file/d/1w1AHIA2Zul4-5ljaTNjCGJ6NxrkZYElf/view?usp=sharing">https://drive.google.com/file/d/1w1AHIA2Zul4-5ljaTNjCGJ6NxrkZYElf/view?usp=sharing</a>
Connection During Social Distancing Guide	<a href="https://drive.google.com/file/d/1ALq5Wrwbxfi817Bgpzv7m-OC8HBORjwT/view?usp=sharing">https://drive.google.com/file/d/1ALq5Wrwbxfi817Bgpzv7m-OC8HBORjwT/view?usp=sharing</a>
Monterey Bay Meditation Studio Online Offerings and Online Community	<a href="https://www.montereybaymeditation.com/">https://www.montereybaymeditation.com/</a>
Managing Stress for Positive Change Video Course from LinkedIn	<a href="https://www.linkedin.com/learning/managing-stress-for-positive-change/welcome?u=2213609">https://www.linkedin.com/learning/managing-stress-for-positive-change/welcome?u=2213609</a>
Living With Worry and Anxiety Amidst Global Uncertainty	<a href="https://drive.google.com/file/d/17Enf00I5VRXOfJdhKNwg2jMVnA5fTjA/view?usp=sharing">https://drive.google.com/file/d/17Enf00I5VRXOfJdhKNwg2jMVnA5fTjA/view?usp=sharing</a>
Emotional Wellbeing Ideas	<a href="https://drive.google.com/file/d/1aKsOt8mBWWbog3IH08tX-_llmfimdLEF/view?usp=sharing">https://drive.google.com/file/d/1aKsOt8mBWWbog3IH08tX-_llmfimdLEF/view?usp=sharing</a>
Stress and Coping During an Outbreak	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a>
PHYSICAL WELLBEING & FITNESS	TO ACCESS
Centers for Disease Control and Prevention (CDC)	<a href="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</a>
Monterey County Health Department	<a href="https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-2019-ncov">https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-2019-ncov</a>
Community Hospital of Monterey COVID-19 Information and Advice	<a href="https://www.chomp.org/coronavirus/">https://www.chomp.org/coronavirus/</a>
Monterey County Food Bank (free food for low/no income individuals)	<a href="https://foodbankformontereycounty.org/food-assistance/">https://foodbankformontereycounty.org/food-assistance/</a>
Virtual doctor appointments through Community Hospital of Monterey	<a href="https://evisit.montagehealth.org/">https://evisit.montagehealth.org/</a>
Monterey Sports Center fitness class videos posted on Facebook	<a href="https://www.facebook.com/MontereySportsCenter/">https://www.facebook.com/MontereySportsCenter/</a>
Seaside Yoga Sanctuary Live Stream of Classes (\$10/class)	Via zoom: sign up on their website - <a href="https://seasideyogasanctuary.com/class-schedule/">https://seasideyogasanctuary.com/class-schedule/</a>
Om Oasis Live Stream of Classes	Instagram @omoasisstudios
Union Yoga Live Stream of Classes	Instagram @unionyogamonterey
25 Fitness Studios and Gyms Offering Free Classes	<a href="https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/">https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/</a>
Apps and Sites that Offer Free Fitness Classes	<a href="https://www.thrillist.com/news/nation/virtual-fitness-classes">https://www.thrillist.com/news/nation/virtual-fitness-classes</a>

<b>REMOTE WORK &amp; LEARNING</b>	<b>TO ACCESS</b>
Ergonomic Tips for Working Remotely	<a href="https://docs.google.com/document/d/1jz9IZ7ENfwNnUUzOgE-UKhbBcHV9AgfnNUQTCfEi7U/edit">https://docs.google.com/document/d/1jz9IZ7ENfwNnUUzOgE-UKhbBcHV9AgfnNUQTCfEi7U/edit</a>
Remote Work Resources from Middlebury	<a href="#">Remote Working page</a>
DLINQ's Remote Student Resources	<a href="https://dlinq.middcreate.net/remote-student/">https://dlinq.middcreate.net/remote-student/</a>
DLINQ's Study Guide	<a href="https://dlinq.middcreate.net/remote-study-guide/">https://dlinq.middcreate.net/remote-study-guide/</a>
Free or Low Cost Internet and Access Resources from ITS	<a href="https://docs.google.com/document/d/13v2vtShoN7aK982q9L-z2DyRB4yG21H_1WCXRJOVeXI/edit">https://docs.google.com/document/d/13v2vtShoN7aK982q9L-z2DyRB4yG21H_1WCXRJOVeXI/edit</a>
LinkedIn's Working from Home Video Course	<a href="https://www.linkedin.com/learning/time-management-working-from-home">https://www.linkedin.com/learning/time-management-working-from-home</a>
<b>ENTERTAINMENT &amp; COMMUNITY BUILDING</b>	<b>TO ACCESS</b>
Monterey Bay Aquarium Webcams for Inspiration	<a href="https://www.montereybayaquarium.org/animals/live-cams">https://www.montereybayaquarium.org/animals/live-cams</a>
Social Distancing Festival Daily Live Streams and Recordings	<a href="https://www.socialdistancingfestival.com/">https://www.socialdistancingfestival.com/</a>
Vienna State Opera Performances	<a href="https://www.staatsoperlive.com/">https://www.staatsoperlive.com/</a>
Nightly Met Opera Live Stream	<a href="https://www.metopera.org/user-information/nightly-met-opera-streams/">https://www.metopera.org/user-information/nightly-met-opera-streams/</a>
Budapest Festival Orchestra Quarantine Soirées	<a href="https://www.jegy.hu/">https://www.jegy.hu/</a>
Berlin Philharmonic Digital Concert Hall	<a href="https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/?fbclid=IwAR3HKRsJPE">https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/?fbclid=IwAR3HKRsJPE</a>
The Philharmonie de Paris daily free concert	<a href="https://philharmoniedeparis.fr/en">https://philharmoniedeparis.fr/en</a>