

# SOURCES OF STRENGTH RESOURCE GUIDE

Not sure what resources are available to you? Use this guide to connect and find help.

## Medical Access



### ON CAMPUS

#### Student Health and Wellness Services

Student Health provides primary medical care for all CPP students as part of their student health fee. Wellness Services provides disease prevention/health promotion services and resources on a variety of health topics.

<https://www.cpp.edu/health>

Phone: 909-869-4000  
Nurse Advice Line: 855-272-1723  
(after 5pm weekdays & on weekends and holidays)  
Instagram: @cpphealth  
Facebook: @cpphealth  
Twitter: @Calpolywellness

### OFF CAMPUS

#### Pomona Valley Hospital Medical Center

Comprehensive medical care, including emergency and urgent care services, located Pomona.

<https://www.pvhmc.org/>

Phone: 909-865-9500  
Instagram: @pvhmc  
Facebook: Pomona Valley Hospital Medical Center  
Twitter: @pvhmc

## Mental Health

### ON CAMPUS

#### Counseling and Psychological Services (CAPS)

Individual therapy, workshops, virtual services, crisis counseling, wellbeing coaching, and referrals to outside providers.

<https://www.cpp.edu/caps/index.shtml>

Phone: 909-869-3220  
Instagram: @cppcaps  
Twitter: @cppcaps

#### Integrated Care Network at CPP

Early intervention and resources for students facing a variety of challenges. Providers are located at CAPS, Student Health, Housing, Disability Resource Center, and ASI.

<https://www.cpp.edu/healthwellbeing/icn.shtml>

### OFF CAMPUS

#### Tri-City Mental Health Services

Culturally competent behavioral and mental health care services and resources for Pomona, Claremont, and La Verne.

<https://www.tricitymhs.org/>

Phone: 909- 623-6131  
Instagram: @tricitymhs  
Facebook: Tri-City Mental Health Services  
Twitter: @tricitymhs

#### National Suicide Prevention Lifeline

National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

<https://suicidepreventionlifeline.org/>

Phone: 909-623-6131  
Facebook: National Suicide Prevention Hotline  
Twitter: @800273TALK

## Family Support

Think about what family means to you.

Who are some people you consider your family?

List them here:

Need support? Call one of the people you listed above.

### ON CAMPUS

#### Office of Student Life and Cultural Centers

This office serves as the hub for student clubs, organizations, and affinity groups that can provide community and sense of belonging for all CPP students.

<https://www.cpp.edu/oslcc/index.shtml>

Phone: 909-869-2841

Instagram: @oslcc

Facebook: @oslcc



## Positive Friends

What does being a positive friend mean to you? List some people in your life whom you consider positive friends:

Need support? Call one now.

### ON CAMPUS

#### ASI

Housed in the Bronco Student Center (BSC), ASI provides student-run events, programs, and services to engage all the campus community and foster friendship and connection.

<https://asi.cpp.edu/>

Instagram: @asicpp

Facebook: @asicpp

Twitter: @asicpp

#### MyBAR

At CPP there are over 400 ways to get involved – and counting! MyBAR is a student engagement platform that connects you to student organizations where you can make positive friends who share common interests.

<https://calpolypomona.campuslabs.com/engage/>

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<https://www.cpp.edu/oslcc/>

[index.shtml](#)

Instagram: @oslcc

Facebook: @oslcc

## Mentors

### ON CAMPUS Career Center



This office provides resources and assistance to help students with job searching, major selection, career exploration, and planning for graduate school.

<https://www.cpp.edu/career/index.shtml>

Phone: 909-869-2342

Instagram: @cpp\_careercenter

Facebook: @calpolypomonacareercenter

Twitter: @cppcareercenter

### CPP Bronco Advising Center

This office provides CPP students with guidance for general academic advising, class registration, financial aid and student account services.

<https://www.cpp.edu/student-success/bronco-advising-center/index.shtml>

Phone: 909-869-4600

Instagram: @cppbac

Facebook: @cppbac

Twitter: @cppbac

### CPP Bronco Mentoring Network

A networking portal helps CPP Students connect with alumni who have been in your shoes. Ask a question, join a community, find your mentor today!

<https://www.cpp.edu/alumni/get-involved/-mentoring.shtml>

Phone: 909-869-2963

Instagram: @cppalumni

Facebook: @cppalumni

Twitter: @cppalumni

## Healthy Activities

Think about the fun things you like to do.  
List them here:

**Need support do one now.**

### ON CAMPUS Bronco Wellness Center

This office provides resources and programs on a variety of health topics including but not limited to nutrition, sexual health mental health, physical activity, sleep and stress management.

<https://www.cpp.edu/health/bronco-wellness-services.shtml>

Phone: 909-869-5272

Instagram: @cpphealth

Facebook: @cpphealth

Twitter: @Calpolyhealth

### BRIC

The recreation center on campus the place where CPP students can join fitness groups, participate in outdoor trips or even take a swim in the pool.

<https://asi.cpp.edu/campusrec/>

Instagram: @cppcampusrec

Facebook: @cppcampusrec

Twitter: @cppcampusrec

### Mind Heart Lab

Looking for ways to de-stress? The Mind and Heart on campus the place where can students can relax with guided meditation, yoga, or even join stress support groups. <http://www.mindandheartlab.com/>

Instagram: @mindheartlabcpp



## Generosity

Generosity can take many forms from donating money or time, to being intentionally kind to other people. If you are looking for a way to begin, research local churches and community volunteering groups.

### ON CAMPUS Center for Community Engagement

Looking to volunteer but not sure where to begin? This office provides multiple opportunities throughout the school year for students to get involved.

<https://www.cpp.edu/cce/index.shtml>

Phone: 909-869-4269

### Bronco Cares Basic Needs

This office serves students experiencing housing instability, food insecurity, and other emergency/crisis situations.

<https://www.cpp.edu/basicneeds/index.shtml>

Phone: 909-869-2763  
Instagram: @cppbasicneeds  
Facebook: @cppbasicneeds  
Twitter: @cppbasicneeds

### Local food pantries

Looking for a food pantry to volunteer or donate to? Visit this website to find various food pantries in your area.

<https://www.cpp.edu/basicneeds/food-resources/poly-pantry.shtml>

## Spirituality

What does spirituality mean to you?  
What are some activities or practices that help you connect spiritually?  
List them here.

Feeling disconnected? Try doing one of these activities/practices now.

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