

## Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) at the University of the Pacific provides a broad range of therapeutic services including group therapy, individual, couples sessions, informal consultations, and online assisted therapy for students experiencing emotional distress, anxiety, depression, adjustment concerns, and/or more serious mental health issues. CAPS also offers psychiatric medication management, crisis consultation, and preventative outreach/education on a variety of mental health topics.

209.946.2315 • CAPS@pacific.edu • Insta: pacificCAPS

Location: **Cowell Wellness Center Building**  
(across footbridge from main campus)



## Food Resource Center

The Food Resource Center (FRC) is a full-service stop for food and gardening resources. The space houses the food pantry, a student work and lounge space, the garden coordinator office and a library focused on all things food, including food systems issues, how to grow food and how to cook it. All Pacificans are welcome to use the space.

The Kitchen Co-op, located in Calaveras Hall, offers a fully equipped kitchen that is available for use by students, staff, faculty, clubs and Pacific organizations.

209.932.2991 • sustainingpacific@pacific.edu  
Insta: sustaining\_pacific

Location: **Communications Building Room 10**



## Services for Students with Disabilities (SSD)

SSD works with students that have learning disabilities, ADHD, chronic health conditions, traumatic brain injuries, hearing impairments, physical disabilities, psychological disorders, visual impairments and other health impairments. We also assist students who experience temporary medical conditions and injuries who may need accommodations. Furthermore, we consult with students who suspect they may have a disability or are referred by a faculty or staff member. Whether you're a new student at Pacific or a current student just now checking out our resources, we'd be happy to talk with you about the services that we provide.

209.946.3221 • ssd@pacific.edu • Insta: ssdpacific  
Location: **McCaffrey Center - Second Floor**

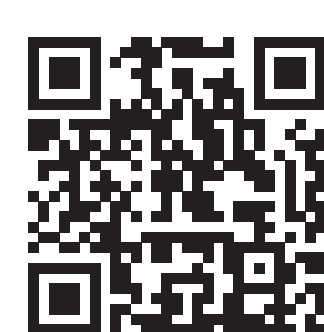


## Career Services

Career Services is here to support you in developing and achieving your career goals. Some of the services we provide are resume and cover letter assistance, job and internship support, and graduate school planning. If you are not sure what you want to major in, our career assessments can help you learn more about your interests, personality type, and careers that are best suited for you.

209.946.2361 • careerservices@pacific.edu  
Insta: uopcareer

Location: **McCaffrey Center - Second Floor**



## Care Manager Support

Care Managers support Pacific students by providing goal-oriented advocacy and guidance to assist students in overcoming personal or educational challenges. As a part of the Office of the Dean of Students, Care Managers play a primary role in managing student referrals, case assessment and intervention, crisis prevention, as well as the management of various student issues, including personal and medical emergencies. Our goal is to empower students to find solutions to the obstacles they may encounter while at Pacific and to help educate them on ways they can holistically succeed and thrive.

209.946.2177 • caremanagers@pacific.edu • Insta: careatpacific

Location: **First Floor of Hand Hall**



## Public Safety

Public Safety provides protection, services and education to ensure a safe place for our students, faculty, staff and guests, to live, study, work and visit. Furthermore, the STRIPES campus escort program provides both cart and walking escort to students on campus, along with providing door unlocks and lock-ups based on schedule or dispatched assignment.

**Report an Emergency** 209.946.3911  
(63911 from university phones)  
**Non-emergency:** 209.946.2537

**STRIPES: hours:** 6:00pm-2:00am **number:** 209.624.8747

Facebook: University of Pacific Police Department / Department of Public Safety

Location: **First floor of the Cowell Wellness Center**

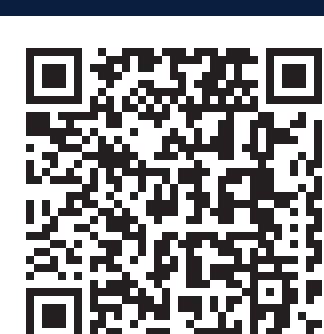


## Center for Identity and Inclusion (CII)

The Center for Identity and Inclusion (CII) is home to El Centro, Native American Student Services, Black Student Services, Asian, Pacific Islander and Desi Student Services, LGBTQ+ Resource Center and the Lactation Lounge. CII spaces serve as a home away from home for students who live on- and off-campus.

209.946.7707 • thecenter@pacific.edu  
Insta: thecenteratpacific

Location: **McCaffrey Center, First & Second Floor East**



## Religious and Spiritual Life Office

Religious and Spiritual Life works together with our larger university community to promote the health of the whole person. Our goal is to provide spaces and places for you to explore and strengthen your religious or non-faith beliefs and traditions. We also seek to provide opportunities for persons of all different world views and beliefs to be in dialogue.

209.946.2538 • religiouslife@pacific.edu  
Insta: pacific\_rs\_lif

Location: **Chaplain's Office in Sears Hall**  
(Connected to Morris Chapel)

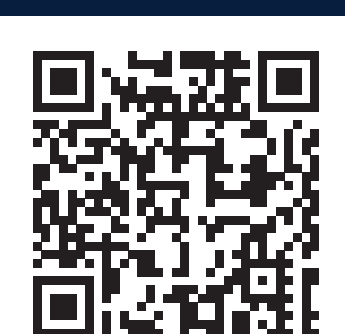


## Student Health Services

Student Health Services provides comprehensive healthcare to Pacific students on all three campuses. Contact us or visit the medical portal to schedule with our Physician, Nurse Practitioners, Dietitian as well as our Insurance and Immunization experts.

209.946.2315 • rviney@pacific.edu  
(Director of Student Health Services)  
Insta: pacifichealthservices

Location: **Cowell Wellness Center, 1041 Brookside Road,**  
(across the footbridge from the main campus)



## Pacific Volunteer Center

The Pacific Volunteer Center's focus is on education, action, and service. Programs offered by the Center allow University of the Pacific students to become more involved in their community. Through hands-on learning, students will serve to empower one another and work toward a more socially just community.

209.946.2384 • VolunteerCenter@pacific.edu  
Insta: pacificvolunteercenter

Location: **Sears Hall**

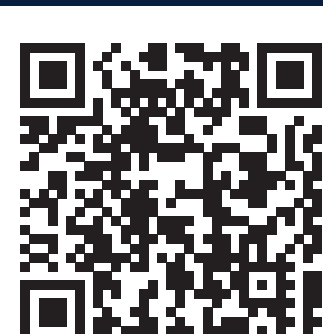


## International Programs and Services (IPS)

International Programs and Services supports Pacific's international student community and facilitates opportunities to study abroad!

209.946.2246 • ips@pacific.edu • Insta: pacific.abroad

Location: **Bechtel International Center (The Quads), main campus**



## Military and Veteran Student Services

Pacific's Military and Veterans Student Center is dedicated to providing programs and services in support of the academic and personal success of our active duty, reserve, military-affiliated, and veteran students.

209.932.3237 • veterans@pacific.edu  
Insta: pacificmvsc

Location: **265 Knoles Way, Stockton, CA 95204**  
(across the street from the Stockton main campus)

