



# CAMPUS RESOURCE GUIDE



CONTRA  
COSTA  
COLLEGE

2600 Mission Bell Drive, San Pablo, CA 94806 | 510.215.4110 | [welcome@contracosta.edu](mailto:welcome@contracosta.edu)



| [www.contracosta.edu](http://www.contracosta.edu)



## Connect with the Compass Center

Not sure where to begin? The Compass Center is your first step. **Scan the QR code to get started!**

Filling out the **Compass Center Support Request Form** is your first step to getting the resources you need. Our team will review your request and get you connected.

### Core Support

#### Welcome Center (SSC 111)

Get help with admissions, registration and general questions. If you don't know where to find the help you need, the Welcome Center is a great place to start.

**Contact Us** | [welcome@contracosta.edu](mailto:welcome@contracosta.edu) | 510.215.4110

#### Compass Center (SAB 101)

Connects students with personalized support and referrals for food, emergency housing, hygiene supplies, transportation, technology access, and more. Services are compassionate, confidential, and tailored to each student's needs.

**Submit a Referral** | [www.contracosta.edu/compass-form](http://www.contracosta.edu/compass-form)

#### Student Life Office (SAB 101)

The Student Life Office connects you to clubs, leadership opportunities, events, and resources that make campus life engaging and supportive.

**Learn More** | [www.contracosta.edu/student-life](http://www.contracosta.edu/student-life)

**Contact Us** | [studentlife@contracosta.edu](mailto:studentlife@contracosta.edu) | 510.215.6775

#### Financial Aid Office (SSC Lobby)

Get help with FAFSA, CA Dream Act, and other financial aid applications. Many students qualify for free or reduced tuition.

**Learn More** | [www.contracosta.edu/pay-for-college](http://www.contracosta.edu/pay-for-college)

**Contact Us** | [financialaid@contracosta.edu](mailto:financialaid@contracosta.edu) | 510.215.6026

#### Academic Counseling (SSC 108)

Create an academic plan, explore majors and careers, and get transfer guidance with help from a counselor. Counselors can also support you through academic challenges, help you stay on track, and connect you with key campus resources.

**Learn More** | [www.contracosta.edu/counseling](http://www.contracosta.edu/counseling)

**Contact Us** | 510.215.3935

## Food Access + Nutrition

#### Compass Market (SAB 101)

The Compass Market offers free groceries, snacks, parenting supplies and hygiene items to all CCC students, staff, and faculty. Visit the link below to check out current pantry hours.

**Learn More** | [www.contracosta.edu/compass-market](http://www.contracosta.edu/compass-market)

#### Compass Market – Food Pick-Up Lockers (Cafeteria)

Order fresh groceries online and pick them up anytime from secure, refrigerated lockers in the cafeteria. It's quick, convenient, and completely free for CCC students.

**Food Locker Form** | [www.contracosta.edu/food-locker](http://www.contracosta.edu/food-locker)

#### Free Produce on Campus (Comet Way – Drop Off Area)

Get fresh fruits and vegetables at weekly and bi-monthly distributions on campus. Open to all students and community members. No ID or income verification required. Just bring your own bags.

**Dates:** 1st + 3rd Mondays

**Time:** 1:30 p.m. – 3:00 p.m.



#### CalFresh Application Assistance

Get help with CalFresh. Staff can guide you through the application and connect you to monthly grocery funds. Support is available for undocumented and part-time students too.

**Make an Appointment** | [wellness@contracosta.edu](mailto:wellness@contracosta.edu)

#### Student Meals Program (SAB 101 + Cafeteria)

Free meals on campus during the Fall and Spring semesters. Redeem Breakfast tickets at Student Life Office. Availability is first come, first served.

##### Breakfast Club:

Tuesday through Thursday | Starts at 8:30 a.m. | SAB 101

##### Lunch Program:

Tuesday through Thursday | 12:00 p.m. + 4:00 p.m. | Cafeteria



## ♥ Health + Wellbeing



### Free 24/7 Healthcare Services

All current CCC students have free, immediate access to medical and mental health support through TimelyCare's 24/7 on-demand telehealth program. Connect with a licensed provider from your smartphone or any web-enabled device.

- **Medical Now:** On-demand help for common health issues
- **TalkNow:** 24/7 emotional support
- **Counseling:** Book appointments that fit your schedule
- **Health Coaching:** Guidance on nutrition, sleep, and stress
- **Self-Guided Wellness:** Meditations, tips, and more

Learn More | [www.contracosta.edu/timelycare](http://www.contracosta.edu/timelycare)

### Mobile Medical Clinic (Comet Way - Lot 2)

CCC offers free health services to all community members. No insurance or appointment needed. From check-ups to medication support, just walk in.

#### Available Times:

Wednesdays | 1:00 p.m. to 4:30 p.m.

### Hygiene Kits (Compass Market + SparkPoint)

Free kits include soap, razors, hair products, toothbrushes, sanitary napkins, and more. Available through the Compass Market (SAB 101) and SparkPoint Office (SSC 110)

### Period Products (Compass Market + Restrooms)

Free menstrual products are stocked in restrooms and also available through the Compass Center.

### Safer Sex Kits (SAB 101)

Free condoms and safer sex supplies are available in Student Life Office, the Compass Market, and tables across campus, with additional kits upon request for campus offices, events, or shared spaces.

### Drop in and request from the Compass Center (SAB 101)

### Lactation Rooms (SAB + SCI)

Private lactation spaces are available in the Student + Administration Building and Science Center.

### Request Access at the Student Life Office (SAB 101)

### Gym Showers (Locker Room Building)

Shower facilities at CCC are open to all students, staff, and faculty. No appointment or student ID is needed. Just stop by during open hours.

#### Available Times:

Monday through Thursday | 8:30 a.m. to 10:00 a.m.

*Available times are subject to change, check locker room building for posted signage.*

### Free Narcan and Test Strips on Campus (SAB 101 + SAB 223)

Free Narcan (naloxone) and fentanyl test strips are available on campus to support student health and safety. Stop by Student Life Office for access and information.

Freely available at the **Student Life Office (SAB 101)** and **Dean of Students Office (SAB 223)**

## 📷 Financial Support

### Financial Aid Office (SSC Lobby)

Get help with FAFSA, CA Dream Act, and other financial aid applications. Many students qualify for free or reduced tuition.

Learn More | [www.contracosta.edu/pay-for-college](http://www.contracosta.edu/pay-for-college)

Contact Us | [FinancialAid@contracosta.edu](mailto:FinancialAid@contracosta.edu) | 510.215.6026

### BankMobile Disbursements

Contra Costa College partners with BankMobile to deliver financial aid refunds quickly and securely. Choose direct deposit, a BankMobile Vibe account, or a check.

Contact Us | [financialaid@contracosta.edu](mailto:financialaid@contracosta.edu) | 510.215.6026

Support + Setup | [www.refundselection.com](http://www.refundselection.com)

Financial Support Continued →



### Free Application for Federal Student Aid (FAFSA)

U.S. citizens and eligible non-citizens (including permanent residents) can apply for federal financial aid such as Pell Grants, loans, and work-study. Have questions? Our financial aid team can help you get started!

**Contra Costa College FAFSA School Code:** 001190

**Have questions?** Visit our Financial Aid Office to get started!

**Learn More + Apply** | [www.fafsa.gov](http://www.fafsa.gov)

### California Dream Act Application (CADAA)

Students who meet AB 540 criteria, including many undocumented students, can apply for state financial aid, including Cal Grants, through the CADAA.

*This application is for eligible Dreamers and does not require a Social Security number.*

**Have questions?** Visit our Financial Aid Office to get started!

**Learn More + Apply** | [www.caldreamact.org/](http://www.caldreamact.org/)

**Contact our Undoc Office** | [undoc@contracosta.edu](mailto:undoc@contracosta.edu)

### Scholarships

Apply for over 100 unique scholarships only available to 4CD students with one application through the CCC Foundation! There are CCC Foundation scholarships available to all types of students, not just ones who excel at academics.

*The application is available between November and February of each academic year.*

Our Financial Aid Office also maintains a list of external scholarship applications on our website.

**Find a Scholarship** | [www.contracosta.edu/scholarships](http://www.contracosta.edu/scholarships)

### SparkPoint: Financial Coaching (SSC 110)

Offers one-on-one financial coaching, budgeting help, credit repair guidance, and assistance with public benefits.

**Contact Us** | [g.mendoza172@dvc.edu](mailto:g.mendoza172@dvc.edu) | 510.215.6873

### Career Services (SAB 227)

Connect with job opportunities, build resumes, prepare for interviews, and explore career options.

**Learn More** | [www.contracosta.edu/career](http://www.contracosta.edu/career)

**Contact Us** | [careerservices@contracosta.edu](mailto:careerservices@contracosta.edu) | 510.215.6874

### EOPS/CARE/CalWORKs: Additional Support (SSC 106)

If you're a first-generation college student or had a high school GPA below 2.5, you may qualify for EOPS, a support program offering academic counseling, priority registration, book vouchers, school supplies, and transportation help.

CARE provides added support for single parents, and CalWORKs assists students receiving county cash aid.

**Learn More** | [www.contracosta.edu/eops-care](http://www.contracosta.edu/eops-care)

**Contact Us** | [eops@contracosta.edu](mailto:eops@contracosta.edu) | 510.215.3949

### NextUP: Current or Former Foster Youth (SSC 106)

Provides specialized support for eligible foster youth, including academic counseling, priority registration, book and meal vouchers, transportation assistance, and connections to housing and mental health resources.

**Learn More** | [www.contracosta.edu/nextup](http://www.contracosta.edu/nextup)

**Contact Us** | [nextup@contracosta.edu](mailto:nextup@contracosta.edu) | 510.215.3905

## Student Stability Support

## Technology Access

### Canvas Help

Click the Help icon in the left menu of Canvas for 24/7 support or drop by the tutoring center for quick troubleshooting.

### InSite + Tech Support

Get help with inSite portal access, student email troubleshooting, wi-fi, and other physical and online tools.

**Contact IT** | [it-help@4cd.edu](mailto:it-help@4cd.edu) | 925.229.6888

### Technology Loans (Library Circulation Desk)

Need a Chromebook, hotspot, headset or calculator? Get a free semester-long loan. Supplies limited; request early.

**CCC Library** | [library@contracosta.edu](mailto:library@contracosta.edu) | 510.215.4921

**Note:** Student ID is required to check out devices.

### Internet Access (Comcast + CCC Foundation)

The Foundation pays for up to 12 months of home internet for CCC students through a partnership with Comcast.

**Fill request form** | [www.contracosta.edu/techsupplies](http://www.contracosta.edu/techsupplies)

### Zero Textbook Cost Classes (ZTC)



Look for the ZTC icon for free textbook courses in the class schedule builder or the online search tool.

**Find a ZTC Class** | [www.contracosta.edu/class-schedule](http://www.contracosta.edu/class-schedule)

## Academic Success

### Library + Learning Resource Center (LLRC)

Research help, textbook reserves, study rooms, computers, and free printing/scanning. 24/7 librarian chat available.

**Visit** | [www.contracosta.edu/library](http://www.contracosta.edu/library)

**Ask a Librarian** | [libguides.contracosta.edu/students/247chat](http://libguides.contracosta.edu/students/247chat)

**Reserve a Study Room** | [contracosta.libcal.com/spaces](http://contracosta.libcal.com/spaces)

**Call** | Circulation [510.215.4921](tel:510.215.4921) | Reference [510.215.4897](tel:510.215.4897)

### Tutoring Centers (LLRC 116 + AA 210)

Free drop-in or scheduled tutoring for math, English, science, and more. Peer and professional tutors available.

**Learn More** | [www.contracosta.edu/tutoring](http://www.contracosta.edu/tutoring)

### Pathways Program Mapper

Pathways Program Mapper lets students explore sample full-time schedules before meeting with a counselor.

**Learn More** | [www.contracosta.edu/program-mapper](http://www.contracosta.edu/program-mapper)

## Transportation

### Bus Passes + Gas Cards (SAB 101 + SSC 106)

Enrolled in at least one class? You can request a free bus pass or gas card once per semester through the Compass Center, or through EOPS if you qualify. Supplies are limited.

**Submit a Referral** | [www.contracosta.edu/compass-form](http://www.contracosta.edu/compass-form)

### Clipper Start Card

Bay Area residents who qualify can get 50% off public transit with a Clipper Start card.

**Check Eligibility** | [www.contracosta.edu/clipper-start](http://www.contracosta.edu/clipper-start)

## Off Campus Housing Resources

### CCC Housing Reference Guide

Find emergency shelters, affordable housing, roommate matching, and more.

**Download Housing Guide** | [www.contracosta.edu/housing-guide](http://www.contracosta.edu/housing-guide)

### Support for Homeless Students

Students experiencing homelessness may be eligible for priority registration, financial aid, and help with documents.

**Visit Financial Aid Office and Request Homelessness Liaison**

### Student Success + Retention Services (SSC 104A)

Personalized support for students facing academic challenges, including connections to tutoring and help navigating academic alerts or dismissal.

**Learn More** | [www.contracosta.edu/success-retention](http://www.contracosta.edu/success-retention)

**Contact Us** | [studentsuccess@contracosta.edu](mailto:studentsuccess@contracosta.edu) | [510.215.3862](tel:510.215.3862)

### Disabled Student Programs and Services (SSC 109)

Academic accommodations and support for students with disabilities. Services include assistive technology, note-taking assistance, testing accommodations, and more.

**Learn More** | [www.contracosta.edu/dsp](http://www.contracosta.edu/dsp)

**Contact Us** | [dspoffice@contracosta.edu](mailto:dspoffice@contracosta.edu) | [510.215.3969](tel:510.215.3969)

### Academic Counseling (SSC 108)

Create an academic plan, explore majors and careers, and get transfer guidance with help from a counselor. Counselors can also support you through academic challenges, help you stay on track, and connect you with key campus resources.

**Learn More** | [www.contracosta.edu/counseling](http://www.contracosta.edu/counseling)

**Contact Us** | [510.215.3935](tel:510.215.3935)

### Transfer Center (SAB 227)

Plan your transfer, explore universities, meet reps, and get help with applications.

**Learn More** | [www.contracosta.edu/transfer](http://www.contracosta.edu/transfer)

**Contact Us** | [TransferServicesCCC@contracosta.edu](mailto:TransferServicesCCC@contracosta.edu) | [510.215.6874](tel:510.215.6874)

### Veterans Resource Center (SAB 109)

Veterans at CCC get dedicated support, help with benefits, peer connections, and a quiet study space. Visit the Veterans Only space in SAB 109 or get one-on-one help in the SSC Lobby.

**Learn More** | [www.contracosta.edu/veterans](http://www.contracosta.edu/veterans)





## Youth + Family Resources

### Early Learning Center: Care for Youngest Learners (ELC)

On-campus childcare for infants, toddlers, and preschoolers in a safe and nurturing environment is available on campus. Priority is given to currently enrolled CCC student-parents.

**Learn More** | [510.215.4885](tel:510.215.4885) | [www.contracosta.edu/elc](http://www.contracosta.edu/elc)

### Concurrent / Dual Enrollment

Earn college credit while in high school:

- **Concurrent Enrollment:** Take classes directly at CCC
- **Dual Enrollment:** Take CCC classes at your high school

**Learn More** | [www.contracosta.edu/startearly](http://www.contracosta.edu/startearly)

### CORE Education (Housing + Essential Resources)

Drop-in support for youth 18–26 + families with kids to access resources + emergency housing.

**Learn More** | [www.contracosta.edu/startearly](http://www.contracosta.edu/startearly)

### Middle College High School: 9th to 12th Graders

Middle College High School blends high school and college coursework so students can earn college credit while completing their diploma.

**Learn More** | [www.contracosta.edu/mchs](http://www.contracosta.edu/mchs)

**Contact Us** | [510.215.3881](tel:510.215.3881)

### High School College Connection: 9th to 11th Graders

A free **summer math program** for WCCUSD and JSUSD high school students to earn college and high school credit. Includes academic support, mentoring, supplies, and meals.

**Learn More** | [www.contracosta.edu/hsc](http://www.contracosta.edu/hsc)

## LGBTQIA+ Support

### Rainbow Comets Club (SAB 101)

Student-led group uplifting LGBTQIA+ voices and community through meetings, discussions, and advocacy, education and celebration events. LGBTQIA+ students and allies welcome.

**Contact Us** | [studentlifeccc@contracosta.edu](mailto:studentlifeccc@contracosta.edu)

### Gender-Neutral Restrooms

To ensure inclusive access for all students, gender-neutral restrooms are located throughout campus:

- **General Education Building** (2nd floor)
- **Science Center** (2nd floor)

### College 4 Kids: 4th to 6th Graders

A summer enrichment program for incoming 4th–6th graders offering hands-on learning in STEM, arts, and performance. Optional sports and creative activities available.

**Learn More** | [www.contracosta.edu/c4k](http://www.contracosta.edu/c4k)

### METAS Program: 7th to 12th Graders

A free year-round academic support program for 7th through 12th graders that includes tutoring, mentoring, and the opportunity to take college courses.

**Learn More** | [www.contracosta.edu/metas](http://www.contracosta.edu/metas)

## Student Communities

### Associated Student Union (ASU) (SAB 101)

The Associated Student Union (ASU) is your student government at CCC. ASU hosts events, advocates for students, and strengthens our campus community.

**Learn More** | [www.contracosta.edu/asu](http://www.contracosta.edu/asu)

### Communities of Belonging

At Contra Costa College, you'll find identity and academic-based communities that offer mentorship, connection, belonging, and the support you need to thrive.

**Learn More** | [www.contracosta.edu/student-communities](http://www.contracosta.edu/student-communities)

### Student Clubs

CCC student clubs bring people together around shared interests. Join a club to explore passions, build friendships, share experiences, and make the most of campus life.

**Learn More** | [www.contracosta.edu/clubs](http://www.contracosta.edu/clubs)

### Rising Scholars (Justice Impacted Students)

CCC student clubs connect students with shared interests. Join to explore passions, build friendships + make the most of campus life.

**Learn More** | [www.contracosta.edu/rising-scholars](http://www.contracosta.edu/rising-scholars)

## Undocumented Student Support

### Undocumented Student Support @ CCC

Questions or referrals for undocumented students? Contact the Undocumented Student Program Coordinator.

**Contact Us** | [undoc@contracosta.edu](mailto:undoc@contracosta.edu)

# DEGREES + CERTIFICATES

Learn more about our programs: [www.contracosta.edu/academics](http://www.contracosta.edu/academics)

Contra Costa College offers flexible, career-focused programs to help you reach your goals. Whether you're preparing to transfer, gain skills, or start working, our degrees and certificates move you forward. Most students graduate debt-free.

● Certificate of Achievement ● Certificate of Accomplishment

**Business + Applied Technology** **People, Culture + Social Sciences**  
**Film, Media, Visual + Culinary Arts** **Health + Wellness**  
**Language + Communication** **Science, Technology, Engineering + Math**

Program of Study	Degrees + Certificates		Program of Study	Degrees + Certificates		Program of Study	Degrees + Certificates	
<b>Administration of Justice</b>			<b>Computer Science</b>	AS		<b>Humanities</b>		●
Corrections Specialist		●	<b>Culinary Arts</b>			<b>History</b>	AA-T, AA	
Administration of Justice	AS	●	Basic Food Services		●	<b>Journalism</b>	AA-T, AA	
Forensic Criminalist		●	Classical/Modern Food Preparation + Restaurant Training	AS	●	<b>La Raza Studies</b>	AA	
Law Enforcement	AS	●	Restaurant Management		●	Social Justice: Latino and Chicano Studies	AA-T	
Police Records + Services Technician		●	Training in Pastry + Baking Skills	AS	●	<b>Liberal Arts</b>		
Pre-Law Studies		●	<b>Dramatic Arts</b>			Arts + Humanities	AA	
Security Specialist		●	Theater Arts	AA-T		Communication in the English Language	AA	
<b>African American Studies</b>	AA		<b>Early Childhood Education</b>			Math + Science	AA	
<b>Anthropology</b>	AA-T, AA		Early Childhood Education	AS-T, AS	●	Science, Technology, Engineering + Math		●
<b>Art</b>			Associate Teacher - Infant + Toddler		●	<b>Mathematics</b>	AS-T	
Studio Arts	AA-T, AA		Associate Teacher - Preschool		●	<b>Media</b>		
<b>Automotive Services</b>			Associate Teacher - School Age Children		●	Digital Film Production		●
Automotive Collision Repair Technology	AS	●	Montessori Education: Preschool Teacher	AS	●	<b>Medical Assisting</b>		
Automotive Hybrid Technician		●	Montessori Education: Introductory Level		●	Medical Assisting	AS	●
Automotive Service Technician	AS	●	Violence Intervention + Counseling		●	<b>Music</b>	AA-T, AA	
Chassis Level I Technician		●	<b>Earth Science</b>	AS		<b>Nursing</b> <sup>2</sup>	AS	
Powertrain Level I Technician		●	<b>Economics</b>	AA-T, AA		<b>Philosophy</b>	AA-T	●
Automotive Collision Repair - Damage Estimator		●	<b>Emergency Medical Services</b>			<b>Physical Education/Kinesiology</b>		
<b>Biological Sciences</b> <sup>1</sup>			Emergency Medical Services		●	Kinesiology	AA-T	
Biology	AS-T		Paramedic Studies		●	Physical Education/Kinesiology	AS	
Biological Science	AS		<b>Engineering</b>	AS		Fitness Trainer		●
Biotechnology	AS		<b>English</b>	AA-T		Personal Training Prep Course		●
Biotechnology Assistant		●	<b>English as a Second Language</b>			<b>Physics</b>	AS-T	
Biotechnology Technician		●	High-Beginning ESL <sup>1</sup>		●	<b>Political Science</b>	AA-T, AA	
Pre-Allied Health		●	Intermediate ESL <sup>1</sup>		●	<b>Psychology</b>	AA-T, AA	
<b>Business</b>			High-Intermediate ESL <sup>1</sup>		●	<b>Real Estate</b>	AA	●
Accounting Technician		●	Advanced ESL		●	<b>Sociology</b>	AA-T, AA	
Business Administration	AS-T, AS	●	ESL Pronunciation <sup>1</sup>		●	<b>Spanish</b>	AA-T, AA	
Business Management	AS	●	<b>Geography</b>			<b>Speech</b>		
<b>Business Office Technology</b>			Geography	AA-T, AA		Communication Studies	AA-T	
Administrative Assistant	AS	●	Geographical Information Systems		●			
Business Information Worker		●	<b>Health + Human Services</b>					
General Office	AS	●	Human Services	AA	●			
<b>Chemistry</b>	AS	●	Dual Diagnosis Screening		●			
<b>Computer Information Services</b>			Dual Diagnosis Specialization		●			
Computer Operations	AS	●	Peer Support Services		●			
Computer Programming	AS	●	Psychosocial Rehabilitation		●			
Computer User Support Specialist		●	Substance Abuse Case Management		●			
Information Technology	AS	●						
Network and Security Specialist		●						
Project Management <sup>1</sup>		●						

<sup>1</sup>Non-credit certificate available. Check with counseling or our welcome center for additional non-credit certificates not listed.

<sup>2</sup>Bachelor of Science in Nursing, in partnership with the University of Phoenix, and Certified Nursing Assistant programs also available.



## Explore More Support

Access everything in this guide and find new, updated resources as they become available by visiting [www.contracosta.edu/campus-resource-guide](http://www.contracosta.edu/campus-resource-guide) or scanning the QR code.

## Apply Today!

Find connection, opportunity, and a place to belong at CCC.

[www.contracosta.edu/apply](http://www.contracosta.edu/apply)



**CONTRA  
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## Steps to Enroll

- 1 Apply to CCC
- 2 Apply for financial aid
- 3 Complete the online orientation
- 4 Determine your placement in English/ESL and math
- 5 Complete an educational plan
- 6 Register for classes

The Contra Costa Community College District is committed to equal opportunity in educational programs, employment, and campus life. The District does not discriminate on the basis of age, ancestry, color, disability, gender, marital status, national origin, parental status, race, religion, sexual orientation, or veteran status in any access to and treatment in College programs, activities, and application for employment.