

03/20/20

Good Afternoon Everyone,

I hope this missive finds you well and successfully settling into the on-line environment. I want to remind you all to check the RMC website often, updates are posted daily and all information pertaining to the COVID-19 situation are being archived to the site. As always, if you have unanswered questions or need immediate assistance, please do not hesitate to contact me at studentlife@rocky.edu or at studentservices@rocky.edu.

Today we want to share with you a few more resources that you may find helpful.

The Bear's Cupboard Food Pantry is operated by the Office of Community Engagement and the Office of Spiritual Life. The pantry has no income or needs requirement. You can choose up to 12 food items per visit. If you are in need of long term support, we will refer and connect you with resources in the Billings community.

The Bear's Cupboard is there for you when:

- You have a sudden expense or emergency
- You are in between paychecks
- You have to choose between housing, bills and food.

Please email kim.woeste@rocky.edu to set up an appointment.

Off Campus Resource: Montana211

Montana211 provides information about non-profit and government services available to meet non-emergency needs. It provides information available about food, mental health, and housing resources as well as many other important areas. For more information or to use Montana 211 use please visit montana211.org.

Career Services is available for phone or Google Meet appointments. To schedule an appointment, email Lisa Wallace lisa.wallace@rocky.edu. The Career Services website (<https://www.rocky.edu/careerservices>) also offers numerous resources such as resume tips, access to jobs that have been posted, etc.

Chaplain—Kim Woeste is available to meet with students via Google Meet or to talk on the phone to offer guidance and resources. Email for an appointment kim.woeste@rocky.edu.

Emergency Funds

The Dean of Students and Chaplain's Offices have modest budgets intended to support students with unanticipated emergency expenses. Things like travel expenses, academic supplies, assistance with technology, etc., can be considered for those in need. To access funding, please contact Kim Woeste at kim.woeste@rocky.edu.

Counseling Services

The Counseling Office and College Chaplain are committed to providing mental health resources for the RMC community and supporting students during this uncertain time. If you are a current client or student seeking mental health care, please contact Cynthia Hutchinson, campus counselor, at hutchinc@rocky.edu or the Chaplain, Kim Woeste at chaplain@rocky.edu.

The Writing Center

The Writing Center will offer online tutoring Monday through Thursday from 6:00-9:00 p.m., starting Monday, March 23. Students can email writingcenter@rocky.edu to schedule appointments for synchronous video conferences with tutors. Students need to be familiar with Google Meet. Appointments will last approximately one hour.

The Academic Resource Center (ARC)

The ARC will continue to provide academic support services, including Tutoring and Holistic Advising. Follow this link for a complete listing of services and instructions for gaining access: <https://www.rocky.edu/sites/default/files/arc-covid-19.pdf>