CR Student Services

Most departments open Monday-Thursday 9am-4pm & Friday 11am-3pm

Academic Support Center & Library

Tutoring, writing assistance, research materials, online databases, and more. Hours: M-Th 8am-8pm & F 8am-4pm ASC and Tutoring: 707-476-4154 Library: 707-476-4260

ACE Noncredit Classes

Support classes in computer skills, navigation CANVAS, ESL and GED classes and noncredit certificate programs. **Eureka:** 707-476-4500 **Email:** ace@redwoods.edu

Admissions & Records

Get help with registration, residency, and academic petitions. Eureka: 707-476-4200 Email: admissions@redwoods.edu

ASCR & Clubs

ASCR is the student government for CR, representing all CR students. Includes Student Clubs and Organizations.

Basic Needs Center

Food Pantry, housing assistance and clothing closet. **Eureka:** 707-476-4616 or 707 476-4455

CalWORKS

Serves students who receive Cash Aid/TANF with academic advising, transportation, and more. Eureka: 707-476-4581 Del Norte: 707-465-2322 Klamath-Trinity: 530-625-4821

Career Center

College of the Redwoods Career Center assists students with career exploration, job searches, resumes and interview prep. Students may also earn CSU-transferable units via internships or paid employment with Cooperative Work Experience Education. **Contact:** 707-476-4308 **Email:** careercenter@redwoods.edu

Counseling & Advising

Academic advisors can help students create education plans, select classes, discuss transfer, and more. Eureka: 707-476-4150 Email: counseling@redwoods.edu Del Norte: 707-465-2300 Klamath-Trinity: 530-625-4821 Adult & Community Ed: 707 476-4527 Mental Health: 707-476-2856

EOPS/CARE/NextUp

Provides financial assistance and support for eligible income disadvantaged students. Services include textbook vouchers, meal cards, counseling, tutoring, laptop and calculator loans, grants, transportation assistance, more. Eureka: 707-476-4270 Del Norte: 707-465-2332 Email: eops-staff@redwoods.edu

Financial Aid

Learn about financial aid grants and loans. Eureka: 707-476-4182 Email: finaid@redwoods.edu Scholarships: 707-476-4191

Student Wellness

Call Campus Safety for first aid and emergency assessment while on campus: **707-476-4111** Receive free 24/7 mental and physical healthcare through the TimelyCare telehealth app, including 12 free therapy sessions per year. **Timelycare.com/redwoods Dental Health Center:** 707-476-4250

Multicultural and Equity Center

Club meetings, student events, support clubs, and more. Student Ambassadors connect with new students to serve as tour guides and mentors. **Contact:** 707-476-4255

TRiO

Provides eligible students with financial support, academic and career counseling, tutoring, and more. Eureka: 707-476-4134 Email: trio-eureka@redwoods.edu Del Norte: 707-465-2320 Email: trio@redwoods.edu

Veterans Resource Center

For Active Duty Military, Veterans and Dependents: advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources. **Eureka:** 707-476-4110 **Email:** Veterans@redwoods.edu

Disability Services and Programs for Students

Providing tutoring, accommodations for disabilities and IEPs, advising, and more services. Eureka: 707-476-4280 Email: dsps@redwoods.edu

CR COLLEGE THE REDWOODS

Eureka 7351 Tompkins Hill Rd Eureka, CA 95501 (707) 476-4100

Eureka Downtown 525 D Street Eureka, CA 95501 (707) 476-4500

FOR MORE INFORMATION:

Visit www.redwoods.edu/Services/

Del Norte 883 W. Washington Blvd Crescent City, CA 95531 (707) 465-2380 Klamath-Trinity 65 Orchard St. Hoopa, CA 95546 (530) 625-4821

timely care

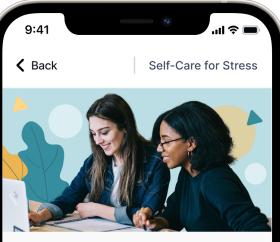
Support Your Mental Health with the Self-Care for Stress Journey

When you're feeling stressed or overwhelmed, the Self-Care for Stress Journey in TimelyCare is here to get you grounded. Through interactive videos and articles, you'll learn how to manage stress with intentional techniques, yoga, and meditation.

Explore the yoga and meditation sessions, including topics like the Sunday scaries, social media detox, and getting ready for test day.

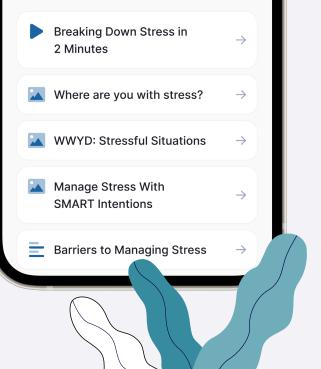


Download the TimelyCare app or visit timelycare.com/redwoods to get started.



Self-Care for Stress

Constantly feeling stressed with no relief? Walk through this journey to learn about stress and how to manage it while you're in school with intentional techniques, yoga, and meditation.





It's for Students. FOR FREE.

©TimelyMD 2023

