Lactation Stations

Are you a nursing mother?
We now have clean, private areas for breastfeeding moms to pump. All lactation spaces have access to refrigeration.

On the Warsaw campus,
The lactation station is in room W114C and refrigeration is available in the workforce area kitchen.

On the Glenns campus,
The lactation station is in room G133, and refrigeration is on site.

Spaces can be used by students, staff, and faculty.

For more information contact:
Dr. Dave Keel, 804-333-6731
dkeel@rappahannock.edu

Staff and faculty please contact Human Resources.

SINGLE STOP CONNECTS YOU WITH THE RESOURCES YOU NEED.

Virginia’s Community Colleges know that in order to succeed in the classroom, your needs must be met outside of the classroom.

Single Stop is an online screening tool that can estimate what supplemental resources you might be eligible to receive, like:

- Government Benefits (SNAP, WIC, etc.)
- Educational Resources
- Community Support
- Health Insurance Options

It’s available to all students, whether you take classes full-time, part-time, in-person or remotely.

Set yourself up for success this semester

◊ Set goals for the semester
◊ Use our planner to mark important dates
◊ Find an accountability buddy
◊ Connect with your professors and advisors

Relax and remember this is for you!
RCC COLLEGE FAIR

Student Activities and RCC’s Navigators are hosting an IN-PERSON college transfer fair.

October 17
5:30-7:30 pm
Warsaw Campus
52 Campus Drive, Warsaw

Some of the participating colleges and universities:

- Christopher Newport University
- College of William & Mary
- George Mason University
- James Madison University
- Liberty University
- Longwood University
- Norfolk State University
- Old Dominion University
- Radford University
- Randolph-Macon College
- University of Mary Washington
- University of Virginia
- Virginia Commonwealth University
- Virginia Tech

...AND MORE!

Snacks and drinks will be provided to attendees.
For more information contact your navigator.

Remote Area Medical—RAM®

FREE CLINIC

November 12-13, 2022
Richmond County Elementary School
361 Walnut St.,
Warsaw, VA 22572

VISION
Eye exams
Glasses made on-site
Prescription filling

DENTAL
Cleanings
Fillings
Extractions

MEDICAL
General exams
Women’s Health
& much more!

NO ID REQUIRED.
FIRST COME, FIRST SERVED.

Hosted by Rappahannock Community College & Virginia AHEC

RAMUSA.ORG
(865) 579-1530
Each month there will be two opportunities for group support in a judgement-free zone. The meetings will be held on Zoom and led by April Martinez, mental health professional. And it’s FREE!

We know that life can be overwhelming especially when you’re going to school, trying to organize your school work, going to work, and having fun.

Wellness Warrior meetings are here to support you and all of our students. At each meeting there will be introductions of attendees and discussion about the format of the group.

A topic of interest will be shared and discussed and you will be given coping mechanisms for handling stress, organization, or whatever is the monthly topic. Attend whichever meeting times work for you.

Meeting Schedule

Tuesday, September 28, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, September 29, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, October 25, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, October 26, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, November 29, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Thursday, December 1, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

If you have any questions, please contact Lorraine Justice, Director of the Student Support Services program at ljustice@rappahannock.edu.
Virtual care from anywhere.

Get on-demand support from counselors and more, right at your fingertips.

Create your FREE account:
1. Visit timelycare.com/vccs or download the TimelyCare app.
2. Click “Sign In.”
3. Create your profile using your school email.
4. Follow the prompts to start your first visit.

FOR FREE.

<table>
<thead>
<tr>
<th>TALKNOW</th>
<th>Get 24/7, on-demand mental health support.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCHEDULED COUNSELING</td>
<td>Access licensed counselors in your state.</td>
</tr>
</tbody>
</table>
Thrive Virginia will be providing supplemental meals during spring, summer, winter, and Thanksgiving breaks. You may know persons who may benefit with additional access to food for their families. Please share the following link to those who may benefit from this service:

https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=ef_1vww33E3eDKYN1uF1sNyYhS3FMkKqPoSsIgdRUNUV9SU9VWFJ3NVJTVVGVNEmVdIT01DW4u
If you need food assistance, please visit one of the pantries listed below.

<table>
<thead>
<tr>
<th>Pantry</th>
<th>Service Area</th>
<th>Address</th>
<th>Number</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tappahannock 7th Day Adventist</td>
<td>ESSEX</td>
<td>1683 Tappahannock Blvd. Tappahannock, VA</td>
<td>443-5085</td>
<td>Wednesdays 12-3PM</td>
</tr>
<tr>
<td>Holy Tabernacle of God</td>
<td>LANCASTER</td>
<td>2445 Merry Point Rd. Lancaster, VA</td>
<td>462-0056</td>
<td>3rd Tuesday 1-3PM</td>
</tr>
<tr>
<td>Upper Lancaster Community Food Pantry</td>
<td>LANCASTER</td>
<td>8484 Mary Ball Rd. Lancaster, VA</td>
<td>462-5908</td>
<td>2nd Thursday 2-6PM</td>
</tr>
<tr>
<td>White Stone Baptist</td>
<td>LANCASTER</td>
<td>549 Chesapeake Dr. White Stone, VA</td>
<td>435-1413</td>
<td>Tuesdays 1-3PM</td>
</tr>
<tr>
<td>Kilmarnock Baptist</td>
<td>LANCASTER &amp; NORTHAMBERLAND</td>
<td>65 E. Church St. Kilmarnock, VA</td>
<td>435-1703</td>
<td>3rd Wednesday 1-4PM</td>
</tr>
<tr>
<td>White Stone Church of the Nazarene</td>
<td>LANCASTER &amp; NORTHAMBERLAND</td>
<td>57 Whisk Dr., White Stone, VA</td>
<td>435-9886</td>
<td>2nd Saturday 8-10AM</td>
</tr>
<tr>
<td>Wicomico United Methodist</td>
<td>LANCASTER &amp; NORTHAMBERLAND</td>
<td>5660 Jessie DuPont Memorial Hwy. Wicomico Church, VA</td>
<td>436-4252</td>
<td>3rd Wednesday 3-5PM</td>
</tr>
<tr>
<td>Clarksbury United Methodist</td>
<td>MIDDLESEX</td>
<td>15924 Gen. Puller Hwy., Delaville, VA</td>
<td>776-6060</td>
<td>1st Saturday 9-11AM</td>
</tr>
<tr>
<td>Hands Across Middlesex</td>
<td>MIDDLESEX</td>
<td>7485 Gen. Puller Hwy., Locust Hill, VA</td>
<td>758-2044</td>
<td>2nd Tuesday 10AM-4PM</td>
</tr>
<tr>
<td>Union Shiloh Baptist</td>
<td>MIDDLESEX</td>
<td>Rt. 17, Jamaica, VA</td>
<td>758-4965</td>
<td>1st Tuesday 8:30-10:30AM</td>
</tr>
<tr>
<td>Gleamers and Blenders</td>
<td>NORTHAMBERLAND</td>
<td>16097 Nibland Hwy. Burgess, VA</td>
<td>761-7783</td>
<td>2nd, 3rd &amp; 4th Thursday 10AM-12PM</td>
</tr>
<tr>
<td>Melrose United Methodist</td>
<td>NORTHAMBERLAND</td>
<td>1317 Lewisetta Rd. Lottsburg, VA</td>
<td>529-6344</td>
<td>3rd Saturday 9-11AM</td>
</tr>
<tr>
<td>Callao Rescue Squad</td>
<td>NORTHAMBERLAND</td>
<td>1348 Northumberland Hwy. Callao, VA</td>
<td>529-6630</td>
<td>4th Sunday 2-4PM</td>
</tr>
<tr>
<td>Bethany Baptist</td>
<td>RICHMOND &amp; WESTMORELAND</td>
<td>16256 Richmond Rd. Callao, VA</td>
<td>529-6890</td>
<td>3rd Friday 9-11AM</td>
</tr>
<tr>
<td>Farnham Baptist</td>
<td>RICHMOND &amp; UPPER LANCASTER</td>
<td>4632 Farnham Creek Rd., Farnham, VA</td>
<td>394-9630</td>
<td>2nd Tuesday 1-3PM</td>
</tr>
<tr>
<td>Emmanuel Christian Fellowship</td>
<td>RICHMOND &amp; WESTMORELAND</td>
<td>440 Emmanuel Church Rd. Warsaw, VA</td>
<td>313-2022</td>
<td>4th Saturday 9:30-11:30 AM</td>
</tr>
<tr>
<td>Warsaw United Methodist</td>
<td>RICHMOND &amp; WESTMORELAND</td>
<td>287 Main St. Warsaw, VA</td>
<td>333-3220</td>
<td>The Friday after the 1st Thursday 8AM-12PM</td>
</tr>
<tr>
<td>Colonial Beach Baptist</td>
<td>WESTMORELAND</td>
<td>10 Garfield Avenue</td>
<td>224-7555</td>
<td>Every Thursday 10AM-12PM</td>
</tr>
<tr>
<td>Ebenezer Church</td>
<td>WESTMORELAND</td>
<td>144 Ebenezer Church Rd. Oldhams, VA</td>
<td>472-4642</td>
<td>3rd Saturday 9-11AM</td>
</tr>
<tr>
<td>Little Zion Baptist Food Pantry</td>
<td>WESTMORELAND</td>
<td>7748 Leedstown Rd. Oak Grove, VA</td>
<td>224-0418</td>
<td>3rd Saturday 9-10:30AM</td>
</tr>
<tr>
<td>Oak Grove Baptist Church</td>
<td>WESTMORELAND</td>
<td>8096 Leedstown Rd. Colonial Beach, VA</td>
<td>224-9695</td>
<td>1st Sunday 1-3PM</td>
</tr>
<tr>
<td>St. James Episcopal</td>
<td>WESTMORELAND</td>
<td>15870 King's Hwy. Montross, VA</td>
<td>493-8285</td>
<td>2nd Saturday 9-12PM</td>
</tr>
<tr>
<td>St. Mary's Episcopal</td>
<td>WESTMORELAND</td>
<td>203 Dennison St. Colonial Beach, VA</td>
<td>224-7186</td>
<td>2nd &amp; 4th Monday 10AM-12PM</td>
</tr>
</tbody>
</table>
The Affordable Connectivity Program

Provides eligible households with a discount on broadband service and connected devices. Anyone receiving a Federal Pell Grant during the current award year qualifies. Call 877-384-2575

https://www.fcc.gov/acp

The Benefit provides:

⇒ Up to $30/month discount for internet service
⇒ Up to $75/month discount for households on qualifying tribal lands
⇒ A one-time discount of up to $100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Rappahannock Community College will provide an additional $200 grant per semester to students whose house households participate in the Affordable Connectivity Program!

⇒ The grant will be applied to the student’s account. RCC anticipates funds to be available for fall, spring and summer of the 2022-23 academic year or until budget is exhausted.

⇒ The Federal Communication Commission’s Affordable Connectivity Program (ACP) https://www.fcc.gov/acp provides benefits to ensure families can afford broadband for school, work, healthcare and more. Families with incomes at or below 200% of the federal poverty guideline are eligible to apply.

⇒ To receive a grant, please complete the Survey by October 31, 2022 (for fall 2022 semester) and upload a copy of a recent cable bill for the student’s primary residence, indicating participation (credit reflected) in the ACP program. If the household recently enrolled in ACP and credit is not reflected on current bill, please upload conformation email from program by Oct. 31 deadline.

⇒ Students will be prompted to complete the application at the beginning of each semester as long as funds are available.
Students ride for FREE on Bay Transit

To and from RCC Campuses with Student I.D.

Need an ID? email: library@rappahannock.edu

Make Travel Arrangements:

Call the Bay Transit ride line at 877-869-6046 at least 24hrs. before you need a ride.

Tip: Calling even earlier increases the likelihood of accommodating your trip request.

♦ Identify yourself as an RCC Student when making the reservation.
♦ Pick-up from home, work, or an RCC campus Mondays thru Fridays.
♦ Be at your designated pick-up point at least five minutes prior to your scheduled departure.
♦ Show your Valid RCC Student ID as you board.
♦ If you need to cancel a ride, call Bay Transit ASAP. Not “No-Show.”
♦ Three no-shows or five same day cancellations may result in suspension of your privileges.

The RCC Educational Foundation Subsidizes the free fare program for RCC students.

The haven is committed to preventing and eliminating all types of domestic violence and sexual violence.

Support is available in the following counties:

Westmoreland, Richmond, Essex, Lancaster, and Northumberland

For more information visit https://www.havenshelter.org

24/7 Confidential Hotline: 1-800-22HAVEN(4236)

Question of the Week!

When you need advice who do you feel most comfortable asking?

Email your answers to: StudentActivities@rappahannock.edu