

# Basic Needs Fair

## Self-actualization

desire to become the most that one can be

## Esteem

respect, self-esteem, status, recognition, strength, freedom

## Love and belonging

friendship, intimacy, family, sense of connection

## Safety needs

personal security, employment, resources, health, property

## Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

**Come & learn about San Diego area resources that provide students & their families additional support such as,**

**•Food •Affordable •Housing •Healthcare,  
•Mental Health Services •Cal-Fresh •etc...**

**WHEN: Thursday November 15th  
11am-1pm**

**WHERE: Grossmont College Main Quad**

**Sponsored by:  
Student Affairs,  
Student Engagement,  
Student Mental Health,  
Student Health Services**



**G R O S S M O N T  
C O L L E G E**