STANISLAUS COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

FRIENDS ARE GOOD MEDICINE

Find Your Support

A county-wide directory to publicize peer support groups and access to encourage emotional health & wellbeing

Stanislaus County
Behavioral Health and Recovery Services

TABLE OF CONTENTS

03	Abuse
04	Addiction/Recovery
10	Bereavement
12	Community Wellness
13	Disabilities
14	Health
17	LGBTQ
18	Life Changes & Transitions
19	Mental/Emotional Health
21	Parenting
22	Seniors
23	Spanish-Speaking Wellbeing Groups
24	Veterans
25	Youth/Teen

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WHO ARE WE?

•Friends are Good Medicine was established in November of 1986. It was the first county-wide clearinghouse in the Central Valley.
•The directory was first published in 1987 to publicize support groups. This made mutual - aid available to everyone.

WHAT DO WE DO?

•We act as an information and assistance source to
the groups in our database.
•We promote the concept of self-help in both the general and professional community.

WHAT YOU SHOULD KNOW ABOUT THE GROUPS IN THIS DIRECTORY

•A peer leads any group that is described as a self-help group.
•A professional or paraprofessional in the field leads any group that is described as a support group.
• A listing in this directory does not constitute an endorsement. Visit a group to see if it is for you.
•Groups are different from each other even when they have the same name or purpose.
•Most groups are free; some ask for a donation.

**Note* *This booklet contains non BHRS funded groups, and only consists of commuity/peer lead groups*

ABUSE

ASCA Modesto (Adult Survivors Of Child Abuse)

The purpose of the ASCA meetings is to allow survivors to share their abuse and recovery experiences; to receive support and affirmation for their recovery efforts;
to try out new, more adaptive behaviors and, in doing so, to better understand themselves and their recovery
process. As survivors come to terms with their abuse histories and develop healthier behaviors and relationship patterns, they are able to test out some of those
new patterns. The increased confidence, mastery and sense of responsibility that survivors build as a result of participating in ASCA meetings are skills that transfer to the larger world.
Meeting info:
www.ascasupport.org

Domestic Violence Support Group

Open to women who have or are currently experiencing domestic violence in their relationship.
Call to sign-up: (209) 524-4331
Current Sessions:
Tuesday 3:30pm-5:00pm, Spanish (Virtual)
Tuesday 1:30pm-3:00pm, English (In-Person)
Wednesday 3:30pm-5pm, English (Virtual)
Women's Haven Center
618 13th Street, Suite I, Modesto
www.havenstan.org

ABUSE

Parents United - Adult Victim, Parent, Support, and Offender

Sign-up meetings for victims and offenders. After attending a sign-up meeting, an individual may begin attending group sessions.
251 E. Hackett Road, Modesto
(209) 524-4858, Call for dates & times

Parents United - Children and Teen Victims

Sign-up meetings for children and teen victims of abuse (no children please, only parents or legal guardians) After attending a sign-up meeting, an individual may begin attending group sessions.
Meeting Info: Call for times and dates 610 14th Street, Modesto
(209) 524-4858, Call before attending.

Parents United - Juvenile Teen Offenders

Sign-up meetings for juvenile/teen offenders ages 8-18 (no children please, only parent or adult guardians) After attending a sign-up meeting, an individual may begin attending group sessions.
Meeting Info: 610 14th Street, Modesto
(209) 524-4858, Call for dates and times

ADDICTION RECOVERY

Adult Children of Alcoholics & Dysfunctional Families

Adult children of alcoholics is a 12-Step, program of men and women who grew up in alcoholic or otherwise dysfunctional homes. We meet with each other in a mutual respectful, safe environment and acknowledge our common experiences. We discover how childhood affected us in the past and influences us in the present. By practicing the 12- Steps, focusing on the solution, and accepting a loving Higher-Power of our own understanding.
Visit website for meeting information adultchildren.org

ADDICTION RECOVERY

Al-Anon/Alateen

A number of self-help, 12 Step-Groups, exists for spouses, family members, teens, and friends of alcoholic persons. Some Spanish Groups are available.
Visit website for meeting information: al-anon.org

Alcoholics Anonymous

Several self-help, 12-Step groups to help the alcoholic person to achieve and maintain sobriety. Groups for Spanish-speaking, LGBTQ, young people also available.
Meeting Info: (209) 572-2970 or visit website: www.cviaa.org

Celebrate Recovery

A Christ-centered 12-step recovery support group for those struggling with any hurt, habit, or hang-up. Men and Womens groups.

New Life Christian Center
2918 W Tuolumne Road, Turlock
Monday 6:30pm
(209) 667-5433. Please call for dates and time.

Crossroads Grace Community Church
1505 Moffat Blvd., Manteca
(209) 239-5566. Please call for dates and time.

Big Valley Grace Community Church
4040 Tully Rd., Modesto
Please call for dates and time. Contact Scott Stubbert
(209) 577-1604.

Ceres Christian Church
3502 Roeding Rd, Ceres
Friday 5:45pm (Dinner Provided)
(209) 324-2403 Please call for dates and time.

Recover

is contracted with Stanislaus County to provide substance use treatement and prevention for adults and adolescents via telemedicine at no cost for anyone with Medical anywhere in the county.
Referral Form: letsrecover.com/referral
Call: (858) 208-0121
Email: ian@letsrecover.com

ADDICTION RECOVERY

Women's Group

Do you need a little extra support? Stressed out and need somewhere to talk? Need a place where you can get support from other women? Do you want to be around others who know what you're going through?
Meeting Info:
Behavioral Health Wellness Center
800 Scenic Dr. Modesto CA. Building E
Wednesday @ 6:00PM – 7:00PM
Please call to confirm date and time (209) 558-4610

Men's Group

Behavioral Health Wellness Center (1st Location)
800 Scenic Dr. Modesto CA. Building E
Monday 6:00PM - 7:00PM
Wednesday 11:00PM - 12:00PM.
Please call to confirm date and time (209) 558-4610

Turlock Gospel Mission (2nd Location)
432 S. Broadway Turlock, CA 95380
Mondays 2-3pm

Co-Occurring Group

This group addresses the co-occurring illness of mental illness and problems with drugs and/or alcohol. This group is open to everyone at no charge.
Meeting Info:
Behavioral Health Wellness Center (1st location)
800 Scenic Dr. Modesto CA. Building E
Friday @ 10 -11 AM
Please call to confirm date & time (209) 558-4610

Peer Support

Patterson Senior Center
1033 W Las Palmas Ave., Patterson, CA 95363
Fridays 12:15PM - 1:15PM

Peer recovery meeting
Meeting Inform.
Behavioral Health Wellness Center
800 Scenic Dr. Modesto CA. Building E
(209)558-4610 Call to Confirm date and time.
Thursday 1 – 2 PM

Spanish Peer Support

Peer recovery meeting
Meeting Inform.
Behavioral Health Wellness Center
800 Scenic Dr. Modesto CA. Building E
(209) 558-4610 Call to Confirm date and time.
Thursday 3:30PM - 4:30PM

ADDICTION RECOVERY

Sexaholics Anonymous

Book Study
Monday from 6:30-7:30pm
Please call to confirm date/time (209) 613-4985
(Room 5 of the Saint John Paul II Center)

"Pen To Paper" Step-Writing Meeting
Please call to confirm date/time (209) 918-8711
Tuesdays from 6:00-7:30pm
(Room 10 of the Saint John Paul II Center)

"Step Into Action" Step Study
Please call to confirm date/time (209) 613-4985
Fridays from 6:00 - 7:30pm
(Room 5 of the Saint John Paul II Center)

(^ All 3 Groups above Contact Info. ^)
St. Joseph's Catholic Church
1813 Oakdale Road, Modesto, CA 95350
Email: gratefulinsa@gmail.com

"Conscious Contact" Book Study
Thursdays from 6:30 - 8:00pm
(Our Lady of Assumption Church, Room 2)
2602 South Walnut Road, Turlock, CA 95380
*New Meeting Room! Room 2 is accessible from the rear of the main church
Please call to confirm day/time/location: (209) 606-1766

Overeaters Anonymous

OA is a fellowship of individuals who, through shared experiences, strength, and hope, are recovering from compulsive overeating. OA is a 12-step program.
Meeting Info:
Various Locations. See website www.oa.org

Narcotics Anonymous

Several 12-step, self-help groups for persons of all ages recovering from drug addiction. Groups for Spanish-speakingavailable. Meeting times and locations vary.
Meeting Info: times vary and various locations.
(209) 541-8809
See website: svgna.org

ADDICTION RECOVERY

Prodigal Sons and Daughters

A Christ-centered 12-step recovery organization that provides counseling and support groups for addicts as well as loved ones of the addicts.
Meeting Info: Call For dates and times.
352 E. Olive Ave. Turlock, CA
See the website for the schedule
prodigalsonsanddaughers.org
Contact Ciel Morena, (209) 634-3538

Breaking Destructive Patterns Support Group

Hope Found
This is a 12-Step Fath-Based Recovery Group. Our Mission: To discover a vibrant, powerful, personal faith in Jesus Christ as the startingpoint of recovery. This group is to encourage, support and help people find freedom from destructive patterns.
Meeting Info:
Cross Point Community Church
1301 12th and M St., Modesto
Call for dates and times. (209) 521-0181
crosspointmodesto.org

Co-Occuring Group (Zoom)
Tuesdays 3-4pm
For zoom passcode please call (209) 558-4610

Co-ed Peer Support Group (Zoom)
Saturday 3-4pm
For zoom passcode please call (209) 558-4610

ADDICTION RECOVERY

Substance Use Disorder Treatment Group for Adults

Outpatient & Intensive outpatient groups
Medi-Cal recipients & sliding fee available for uninsured
Group days and times may vary.

Center for Human Services

CHS-Community Counseling Clinic
2000 W. Briggsmore Ave. Ste. I Modesto, CA 95350
Meetings Inform. Please call Debbie Atkinson or Crissy Kelly (209) 526-1476(Ext. 460) for dates and times.

CHS-Oakdale Family and Counseling Center
631 West F Street Oakdale, CA 95361
Meeting Inform. Please call Sarah Hamilton, (209) 526-1440 for dates and times.

CHS-Ceres Family Resource Center
1317 Grandview Ave. Ceres 95307
Meeting Inform. Please call Ericka Bowman, (209) 526-1440 for dates and times.

CHS-Asparinet Turlock Office
420 E. Canal Drive, Turlock 95380
Meeting Inform. Please call Kimberly Espinoza (209)526-1476(Ext. 206)

CHS-Patterson Family Resource Center
1010 Las Palmas, Patterson, CA 95363
Meeting Inform. Please call (209) 526-1440 for dates and times.

Substance Use Treatment Groups for Adolescents

12-17 years of age
Initial assessment and 12 group sessions
Medi-Cal recepients & sliding fee available for uninsured

CHS, Community Counseling Clinic
2000 W. Briggsmore Ave. Ste. I Modesto, CA 95350
Meeting Inform. Please call (209) 526-1440 for dates and times.

CHS-Patterson Family Resource Center
1010 Las Palmas Ste. E, Patterson, CA
Meeting Inform. Please call (209) 526-1440 for dates and times.

BEREAVEMENT

Grief Share Support Group

A support group for anyone who has experienced a loss. The class time is divided between videos, discussion, and support. Class lasts for 13 weeks and is on-going. There are several Grief Share support groups in different locations of Stanislaus County. To find the one that best suits you, go to: www.griefshare.org/findagroup or call 1-800-395-5755

Hope Counseling, a program offered by Community Hospice - Bereavement Support

One-on-one support for individuals. Available to the entire community, free of charge (Registration is Required).
4368 Spyres Way, Modesto
(209) 578-6370
www.HospiceHeart.org

Community Hospice and Health Services

Bereavement support for hospice families.
To learn more call (209) 578-6300

Journey Through Grief

A support group for persons who have lost any family member, coworker, or friend.
Pre-registration is required.
Covenant Care Hospice
Meeting Info: Call for times and dates.
125 North Broadway Ave., Suite 1A, Turlock
Jill Chiesa, Bereavement Coordinator, (209) 664-2550
www.covenantcareathome.org

One-on-One Grief Support

One-on-One grief support is offered by appointment only through Covenant Care Hospice. There is no fee.
Covenant Care Hospice
125 North Broadway St. 1A, Turlock
Contact Persons: Connie Carrillo or Jill Chiesa (209) 250-5200,
Please call for dates and times, www.covenantcareathome.org

Survivors Support Group

This group is for adults who have lost a loved one who has completed suicide. The group runs 10 weeks and space is limited, so you must pre-register. Time is limited.
Meeting Info: Call for meeting times Covenant Care Hospice
125 North Broadway St. 1A, Turlock C
Contact Persons: Connie Carrillo or Jill Chiesa (209) 250-5200.
Please call for dates and times, www.covenantcareathome.org

BEREAVEMENT

Loss of Spouse Daytime and Evening Support Group

For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration is required.
Covenant Care Hospice Meeting Info: Call for times and dates
124 North Broadway Ave., Suite 1A, Turlock
Contact: Jill Chiesa, Bereavement Coordinator, (209)664-2550
www.covenantcareathome.org

Jessica's House Grief Support Group for Children, Teens, and Families

Jessica's House offers free on-going peer support groups for grieving children, teens, and families. Groups provide a safe place to be with other children and teens who have experienced a death. Groups include Parent Loss, Sibling Loss, Hope after Suicide, Hope after Homicide, Hope after Accidental Overdose, Spanish Language Groups, etc.
Meeting Info: Call for dates and times.
1225 West Christofferson Parkway, Turlock
(209) 250-5395
www.jessicashouse.org

Lawfirm Grief Support

Online grief support resources.
Link: www.lawfirm.com/resources/grief-support/

Surrendering the Secret

Many women who have had an abortion suffer from symptoms of post-abortion, grief, and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you had had an abortion in your past, then join us in Surrendering theSecret.
Call for meeting information: days, times, and locations.
Modesto Pregnancy Center
2801 Coffee Road, Ste A5
www.modestopc.org - email to schedule and appointment with medical staff

COMMUNITY WELLNESS

Adult Education and Financial Literacy

Computer literacy, basic computer skills, ESL classes, financial literacy and information on scholarships.
Contact: (209) 644- 2600 Website: www.elconcilio.org For more information (English & **in Spanish**)

Beyond the Walls (For Adults)

To reach out to family members of inmates incarcerated in juvenile facilities, jail, or prison by offering an authentic community through support, hope, information, and prayer.
Nita Brady (209) 613-7488 or nitab.sos@gmail.com
Call for more Information.

Beyond the Walls (For Kids)

An 8-week program that children ages 6-14 deals with issues that specifically affect them due to family member's incarceration.
Nita Brady (209) 613-7488 or nitab.sos@gmail.com
Call for more Information

Insight Meditation Group (Insight Meditation Central Valley)

This group practices insight (mindfulness) meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield.
Meeting Info:
2172 Kiernen Ave. Modesto CA
Hybrid and In-Person Meetings
For meeting dates and times please go to:
www.insightmeditationmodesto.wordpress.com

DISABILITIES

Support Group for the Visually Impaired

A support group for the blind where caregivers are welcome to attend with them. Topics of discussion include vision loss and adapting to blindness. Separate caregiver's support is offered where topics specific to caregivers are discussed.
Meeting Info:
Visually Impaired Persons Support (VIPS)
1409 H Street, Modesto
Please call to join: (209) 846-9027
www.vipsmodesto.org

Modesto Care Givers of the Visually Impaired

Group will discuss issues common to caregivers of the blind and visually impaired.
Meeting Inform:
Visually Impaired Persons Support (VIPS)
1409 H Stret, Modesto
To join call: (209) 846-9027
www.vipsmodesto.org

Peer Support & Caregiver Support Group

A support group for anyone with a disability.
Disability Resources Agency for Independent Living (DRAIL)
1101 Sylvan Avenue, C-105, Modesto
Please call to join: (209) 521-7260.
www.drail.org

Stroke Support Group

It is open to the community members who have had a stroke and their caregivers (it's not just for our patients).
Virtual and In-Person Meeting: On the 4th Tuesday of every month from 6 to 7 pm, Virtual & In-Person Meeting.
Doctors Medical Center
McHenry Conference Center at 1445 McHenry Avenue, Modesto.
To register, please call (833) 204-7720 to confirm date/time/location.

Monkey Business: Children's Support Group

Support group for kids, ages 5-13 years old who's loved one has cancer.
Emanuel Cancer Center
880 E. Tuolumne Rd, Turlock emanuelmedicalcenter.org
Contact Person: Sandra Cantrell, (209) 664-5043, Please call to confirm date & time.

American Cancer Society

Provides support for people coping with cancer.
24/7 Cancer Helpline
1-800-227-2345

Thrive Cancer Support Group

A warm and caring small-group environment, for cancer patients
Emanuel Cancer Center
8880 E. Tuolumne Road, Turlock
Contact Person: Sandra Cantrell, (209) 664-5043 to confirm the schedule.

Mesothelioma Caregivers

Offers educational tools, caregivers support, and information to help anyone in a caregiver role. All of our information online and our mesothelioma guide is free.. When someone calls us, we direct them to nearby organizations in their area that can best serve their needs - whether that's treatment, support groups, or financial assistance.
www.mesotheliomahope.com/resources/caregivers/
(855) 680-0259

Alzheimer's/Dementia Support Group

Support groups for caregivers of persons with Alzheimer's disease or related dementia. Another group for persons diagnosed with dementia meets at the same facility, at the same time.
Meeting info: Alzheimer's/Dementia Support Center 700 McHenry Ave, Suite B. Modesto
Call for meeting times and dates.
Contact: Jewell Tkee (209) 577-0018 Monday – Thursday 10 am to 4 pm Or (209) 996-3054 24 hours

HEALTH

Men's Cancer Support Group

Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
Contact Person: Sandra Cantrell, (209) 664-5043, call for date & time

Caregivers Support Group

A support group for family, caregivers of anyone who has Parkinson's, ALS, Alzheimer's, Stroke, or Brain Injury.
Valley Caregiver Resource Center, 1101 Standiford Avenue, Suite A-10, Modesto
Contact Person: Melissa Cacho, (209) 846-9635 to confirm the date/time.

Chemo Crew

Free support group that provides one on one individual support and resources.
For group details contact Brittany Thayer at (209) 216-6271
Website: www.chemocrew.com/chemokit

Support Group for Spanish Speaking

This support group is for Spanish speaking patients receiving cancer treatment consisting of open conversations with trained specialist and free of charge for all participants.
For safety, all groups are held virtually:.
For more information or to register contact:
Erika Navarro at (209) 557-6854

HEALTH

Cancer Support Group

Open and free to all cancer survivors and caregivers in our community.
4th Tuesday of every month
11am-12pm / In-Person Meeting
(209) 342-3415 (To register & confirm location)
Doctor's Medical Center
McHenry Conference Center - Sequioua Room
1445 McHenry Ave. Modesto, CA 95350

Multiple Sclerosis Group

Offers psychological, emotional, and social support to persons with multiple sclerosis and their families.
Meeting Info:
Visit website for date, time and location.
www.msconnection.org.

Cancer Support Group

Meeting Info:
United Way, 422 McHenry Ave. Modesto CA
To confirm date and time please contact:
Brittany Thayer (209) 216-6271
Email: TheChemoCrew@gmail.com

Breast Cancer Education Series

Meeting Info:
July 22nd & October 28th 10-11AM
Doctors Medical Center
McHenry Conference Center - Cascade Room
1445 McHenry Ave. Modesto, CA

LGBTQ

The PLACE for Youth

A non-religious support group for lesbian, gay, bisexual, transgender, and questioning youth ages, 20 and younger.
Meeting Info: Pho Americana, 3821 Crowell Road, Turlock, 2nd, and 4th Sunday, from 3:00 p.m. – 5:00 p.m.
Contact Modesto Pride Center
Alvaro Juarez (209) 606-9038 or Joe (209) 602-1778 to confirm the date/time/location.

Teen Tuesday Support Group

A support group for LBGTQ youth. Youth lead activities.
Meeting Inform.
MoPride, 508 13th Street, Modesto, (209) 567-2124 to confirm the schedule.
Meets every Tuesday from 4PM to 7PM

Chronic Illness Support Group

A support group for LGBTQ youth 13 and up experiencing chronic illnesses.
Meeting Inform.
MoPride, 508 13th Street, Modesto, (209) 567-2124 to confirm the schedule.
Meets every third Thursday from 5PM to 7PM

Trans Support Circle

Open to people that identify as transgender, non-binary, gender queer, a-gender, or gender nonconforming.
Meets every Saturday from 1PM - 2:30PM

Mental Health First (Resources for LGBTQ+ & Community Members)

Meets first Friday of the month from 5-6PM

LGBTQ+ Group

Peer Recovery meeting
Meeting Info:
Behavioral Health Wellness Center
800 Scenic Dr. Modesto CA. Building E
(209) 558-4610 Call to confirm date and time.
Tuesday 12:30PM - 1:30PM
Thursdays 7Pm-8PM

LIFE CHANGES & TRANSITIONS

Co-Dependents Anonymous
12 step self-help group for individuals struggling with co-dependency and/or wanting to develop healthy relationships.
Visit website to find a meeting:
www.coda.org

Big Valley Grace Community Church
4040 Tully Rd. Modesto
(209) 577-1604 divorcecare.org
Meeting Info:
Call for times and dates.

Shelter Cove Community Church
4242 Coffee Road, Modesto
Contact Eddi (209) 567-3200 (Call to confirm date/time)
Thursdays 6:30PM-8PM
www.sheltercovelive.org

Women's Support Group
Behavioral Health Wellness Center,
800 Scenic Dr. Building E. Modesto, CA
(209) 558-4610
A support group by women supporting women in all aspects of recovery to include mental health, substance abuse and any/all gender specific issues/topics.
Meeting Inform:
Meets Mondays 12:30 to 1:30 PM and Wednesdays 6PM to 7PM.
Please call to confirm the schedule.

LIFE CHANGES & TRANSITIONS

Co-occurring Group

Behavioral Health Wellness Center
800 Scenic Dr. Building E. Modesto, CA
(209)558-4610
We strive to provide a safe and friendly environment where you can flourish emotionally while developing courage and confidence. Come to the center and get support from your peers.
Meeting Info:
Meets Fridays 10AM to 11AM and Saturdays 3PM to 4PM. Please call to confirm the schedule.

MENTAL EMOTIONAL HEALTH

Adult Anger Management

12-week group. Individual assessment required. Assessment fee of $20 and weekly group fee of $20.
Meeting Info:
Center for Human Services
2000 W. Briggsmore Ave, Modesto
Call for times and days (209) 526-1476
www.centerforhumanservices.org

Anxiety and Depression Support Group

Individual assessment requirement. Assessment fee based on income and weekly group fee of $15
Center for Human Services
2000 W. Briggsmore Ave. Modesto
Call for times and days (209) 526-1476
www.centerforhumanservices.org

Catholic Charities Prevention & Early Intervention

Mental Health Support Group
1506 H Street, Modesto CA
(209) 396-6947

MENTAL EMOTIONAL HEALTH

NAMI (Connection Support Group)

A support group for those living with a mental health condition.
800 Scenic Drive, Building F, Office 7, Modesto
Meets every Monday from 6:30PM-8PM
Contact Person: Dar Thomas, (209) 558-4555 (Call to confirm date/time)

Family to Family Education Classes

Free 8 week education classes for families, partners, and friends of people living with mental health conditions.
(209) 558-4555 (Call for date/time)

NAMI Family Support Group

A support group for relatives and friends of those that have a mental illness.
800 Scenic Drive, Building F, Office 7, Modesto
Every Monday 6:30PM - 8PM
Contact Person: Dar Thomas, (209) 558-4555
Email: info@namistanislaus.org

Valley Caregiver Resource Center (Caregiver Support Group)

Open to caregivers, family members, and anyone joining in the journey of caring for a loved one.
Meets on the 3rd Thursdays of each month
2:30pm - 3:30pm
1101 Standiford Ave. Ste A-10 Modesto, CA
For more information contact:
Melissa Cacho, Family Consultant (209) 846-9635

Self-Esteem Group

A group to address issues of self-esteem and how it pertains to one's recovery.
800 Scenic Dr. Modesto CA. Building E
Meeting Inform:
Tuesday 11 to 12 PM. Please call to confirm the schedule. (209) 558-4610.

Insight Meditation Group (Insight Meditation Central Valley)

This group practices insight (mindfulness) meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield.
Meeting Info:
Hybrid Format: Both In-Person & online via Zoom
For meeting dates and times please go to:
www.imcv.org/meetings

PARENTING

Pregnancy, Childbirth, Breastfeeding, and Prenatal & Post Partum Support Groups classes On-line

Memorial Medical Center
1800 Coffee Rd, Modesto
www.memorialmedicalcenter.org

Parent Education and Support Groups (Spanish and English)

Family Resource Center
Ceres Partnership
1317 Grandview Ave., Ceres, CA
(209) 541-0101. Please call for dates and times.
www.centerforhumanserives.org

Parent Education and Parenting Groups (Spanish and English)

Patterson Family Resource Center
1010 W. Last Palmas Aven, Suite E, Patterson, CA
(209) 690-3100. Please call for dates and times.
www.centerforhumanserives.org

Parent Education Groups (Spanish and English)

Newman Family Resource Center
1300 Patchett Drive, Newman, CA
(209) 862-0295. Please call for dates and times.
www.centerforhumanserives.org

Parent Education and Parenting Groups (Spanish and English)

Oakdale Family Resource and Counseling Center
631 West F Street, Oakdale, CA
(209) 847-0420. Please call for dates and times.
www.centerforhumanserives.org

Parent Education Classes (Spanish and English)

Parent Resource Center
811 5th Street, Modesto
(209) 549-8193. Please call for dates and times.
www.centerforhumanserives.org

Healthy Beginnings

We invite you to participate in our Teen Pregnancy and Parenting support group. Learn more about your baby's growth and development whileworking one on one with a case manager. This is support for you and your baby.
Eligibility: Parenting or pregnant teen.
Meeting Info:
Call for dates and times.
Patterson Family Resource Center
(209) 526-1476

SENIORS

Well Connected (Adults 60 and over)
Offers phone and online activities that build community through group conversations, games, and education.
Enroll online or by phone at (877) 797-7299,
https://covia.org/programs/well

Senior Information Line
209-558-8698

Project Hope
Free in-home services that provides emotional support & social visits to older adults.
For more information: (209) 558-8698

Senior Advocacy Network & Senior Law Project
Provides free legal & housing services to older adults aged 60 & older.
Legal Intake: (209) 577-3814
Housing Intake: (209) 497-6226
821 13th St. Suite A, Modesto CA
senioradvocacynetwork.org

Zumba Gold
Low intensity dance exercise dance for older adults.
Location: Doctors Medical Center
1400 Florida Ave. St. 207 Modesto CA
Registration is required for each class:
Call (855) 631-5673

SPANISH SPEAKING WELLBEING GROUPS

Immigration Legal Services & Citizenship Classes
Contact: (209) 644-2606 or visit www.elconcilio.org
Call for day & time and more information

Spanish Peer Support
800 Scenic Dr. Building E, Modesto CA
Meet Inform: Monday 3:30PM to 4:30PM
Please call to Confirm Schedule. (209) 558-4610

Domestic Violence Support Group (Spanish/Virtual)
Women's Haven Center
Call to sign up: (209) 524-4331

SPANISH SPEAKING WELLBEING GROUPS

The RAIZ Promotora Networks in Stanislaus County are a network of Community Based Health Outreach Workers (CBHOW) specifically targeting Spanish-speaking populations throughout Stanislaus County. They provide help & support around mental health & wellbeing, how to access services & support in this county through outreach efforts, educational & support groups, convening dance-therapy, art groups & more. Please note that while the Spanish-speaking population is the focus of this program that all are welcome to participate. For more information, please call the network closest to you

The RAIZ Promotora Network Sites:

Ceres Center for Human Services
(209) 541-0101

Empire/Hughson Sierra Vista
(209) 883-2027

Newman/Crows Landing Center for Human Services
(209) 862-0295

North Modesto/Salida Sierra Vista
(209) 338-0279

Patterson Center for Human Services
(209) 690-3100

Turlock Aspiranet
(209) 668-6118

West Modesto Parent Resource Center
(209) 549-8193

South Modesto Sierra Vista
(209) 273-2240

Airport Center for Human Services
(209) 541-0101

Denair/Hickman/Waterford Sierra Vista
(209) 883-2027

Grayson/Westley Center for Human Services
(209) 690-3100

VETERANS

Community Hospice and Health Services (Veterans Centered Care)

Certified to care for veterans and their families with specialized patient care and grief support.
To schedule a free confidential consultation,
Call (209) 578-6340

Stanislaus County Aging & Veterans Services

Stanislaus County Veterans Office
3500 Coffee Rd. Suite 19, Modesto, (209) 558-7380
Representatives are available in person or via our virtual office during Walk-In Hours: Monday - Friday 8AM-4:30PM

Supportive Services for Veterans

Housing/Homelessness
(209) 396-6940

1:1 Mentoring for Youth/Teen

Provides mentorin, guidance, coping skills, listening & support. They also offer substance intervention & prevention presentations & courses on substance intervention and prevention.
Prodigal Sons and Daughters
A Christ-centered 12-step recovery organization that provides counseling, classes, and meetings and support groups for adult addicts.
Meeting Info: Call For dates and times.
352 E. Olive Ave., Turlock, CA
www.prodigalsonsanddaughers.org.
Contact Rebekah Bonilla, (209) 634-3538

Parents United - Children and Teen Victims

Sign-up meetings for children and teen victims of abuse (no children please, only parents or legal guardians) After attending a sign-up meeting, an individual may begin attending group sessions.
Meeting Info: Call for meeting times and dates
610 14th Street, Modesto, (209) 524-4858

Parents United- Juvenile/Teen Offenders

Sign-up meetings for juvenile/teen offenders ages 8-18 (no children please, only parent or adult guardians) After attending a sign-up meeting, an individual may begin attending group sessions.
Meeting Info: Call for meeting times and date
610 14th Street, Modesto, (209) 524-4858

HAVEN (Healthy Alternatives to Violent Environments)

618 13th St. Modesto CA
(209) 524-4331

Kids Count!

A violence prevention and youth empowerment program designed for children ages 5 to 11 who have been or may be exposed to family violence (verbal, physical, or emotional).

Teen Count!

A violence prevention and youth empowerment program designed for adolescents ages 12 to 17 who have been or may be exposed to family violence or teen dating abuse (verbal, physcial, or emotional).

TRUST(Teaching Respect Understanding & Safety Together)

A educational program and peer support group for survivors whose lives have been directly affected by sexual abuse or assault (ages 5 - 17).

Adolescent Substance Use Treatment Groups

12-17 years of age
Initial assessment and 12 group sessions
No fee for services
Drug test required as part of treatment.

Center for Human Services, Community Counseling Clinic
2000 W. Briggsmore Ave., Ste. I Modesto, CA 95350
Meeting Inform. Please call Maricela Rodriguez, (209) 526-1440 for dates and times.

Center for Human Services-Patterson
1010 Las Palmas, Patterson, CA
Meeting Inform. Please call Maricela Rodriguez, (209) 526-1440 for dates and times.
www.centerforhumanservices.org

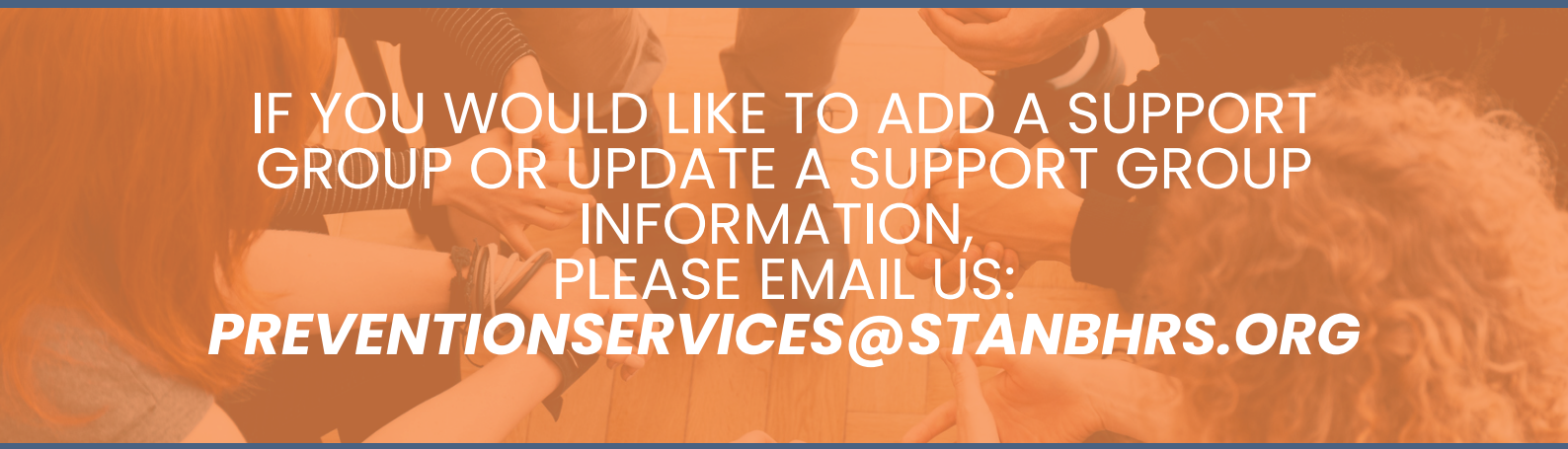
Youth Action Commission

Youth Action Commission is a program that provides students in grades 6th-12th withactivities and learning experiences that teach leadership, social skills, problem solving, and team building skills, while promoting community and culture awareness. We value and promote youth ideas, input, involvement, diversity, communication, and success.
Patterson Senior Center
1033 W. Las Palmas Avenue, Patterson
Meeting Information:
Wednesdays: 4PM-5PM
To Confirm(date/time) Please Contact:
Jason Hayward (209) 895-8083

Community Hospice – Grief

Hope Counseling offers compassionate and high-quality care using evidence-based practices to meet the needs of people with family, mental health and behavioral issues. Support is available for children, teens, adults, and families who are experiencing issues that may delay their ability to live fully. Hope Counseling a program offered by Community Hospice.
Appointments are available. Monday-Friday from 8 am to 5 pm.
Evening appointments are available.
Pre-registration is required.
(209) 578-6300
www.hospiceheart.org

FRIENDS ARE GOOD MEDICINE



IF YOU WOULD LIKE TO ADD A SUPPORT GROUP OR UPDATE A SUPPORT GROUP INFORMATION,
PLEASE EMAIL US:
PREVENTIONSERVICES@STANBHRS.ORG

Stanislaus County
Behavioral Health and Recovery Services

Scan here for Digital Directory Booklet

STANISLAUS COUNTY BEHAVIORAL HEALTH RESOURCE GUIDE

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Linktree

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