



STANISLAUS COUNTY  
BEHAVIORAL HEALTH & RECOVERY SERVICES

# FRIENDS ARE GOOD MEDICINE

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## **Find Your Support**

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



Behavioral Health and  
Recovery Services

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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 community/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](http://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](http://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

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# 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](http://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](http://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](http://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 Stubbart

(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 treatment and prevention for adults and adolescents via telemedicine at no cost for anyone with Medical anywhere in the county.

Referral Form: [letsrecover.com/referral](http://letsrecover.com/referral)

Call: (858) 208-0121

Email: [ian@letsrecover.com](mailto: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](http://www.oa.org)

## **Narcotics Anonymous**

Several 12-step, self-help groups for persons of all ages  
recovering from drug addiction. Groups for Spanish-  
speaking available. Meeting times and locations vary.

Meeting Info: times vary and various locations.

(209) 541-8809

See website: [svgna.org](http://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

[prodigalsonsanddaughters.org](http://prodigalsonsanddaughters.org)

Contact Ciel Morena, (209) 634-3538

## **Breaking Destructive Patterns Support Group**

Hope Found

This is a 12-Step Faith-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](http://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 recipients & 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.jessicashouse.org)

## **Lawfirm Grief Support**

Online grief support resources.  
Link: [www.lawfirm.com/resources/grief-support/](http://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](http://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](http://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](mailto: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](mailto: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](http://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](http://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](http://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](http://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](http://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/](http://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

## **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](http://www.chemocrew.com/chemokit)



## **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 - Sequioma 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](http://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](mailto:TheChemoCrew@gmail.com)

## **Breast Cancer Education Series**

Meeting Info:

July 22<sup>nd</sup> & October 28<sup>th</sup> 10-11AM

Doctors Medical Center

McHenry Conference Center - Cascade Room

1445 McHenry Ave. Modesto, CA

## **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 LGBTQ 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](http://www.coda.org)

## **Big Valley Grace Community Church**

4040 Tully Rd. Modesto  
(209) 577-1604 [divorcecare.org](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 while working 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](http://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](http://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



## **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.prodigalsonsanddaughters.org](http://www.prodigalsonsanddaughters.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, physical, 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](http://www.centerforhumanservices.org)

## **Youth Action Commission**

Youth Action Commission is a program that provides students in grades 6th-12th with activities 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

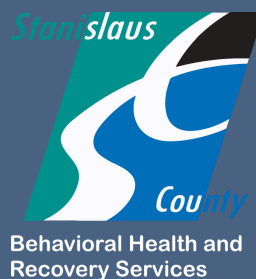
## **Community Hospice – Grief**

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](http://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***



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BEHAVIORAL HEALTH  
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GUIDE**



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Behavioral Health and  
Recovery Services