



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.

¿QUIENES SOMOS?

- El grupo Los Amigos Son Una Buena Medicina (Friends are Good Medicine) fue establecido en Noviembre de 1986. Fue el primero a lo largo de todo el país, algo único y primero en el Valle Central.
- El directorio fue publicado por vez primera en 1987 para hacer públicos los grupos de apoyo mutuo. Esto logró que la ayuda personal estuviera disponible para todos.

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.
- We provide leadership training, consultation and assistance to groups, and information sheets on topics of interest to self-helpers.

QUE ES LO QUE HACEMOS?

- Actuamos como una fuente de información y asistencia para los grupos en nuestra base de datos.
- Promovemos el concepto de ayuda personal tanto en la comunidad general como en la profesional.
- Proporcionamos entrenamiento en liderazgo, consultas y asistencia a grupos, y documentos informativos en tópicos de interés para los participantes de ayuda personal.

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.
- Friends endorse no group. 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.

LO QUE USTED DEBERIA DE SABER

ACERCA DE LOS GRUPOS EN ESTE DIRECTORIO

- Un compañero es el líder de cualquier grupo que se describe como un grupo de ayuda personal.
- Un profesional o para-profesional en esta especialidad es un líder de un grupo que se describe como un grupo de ayuda personal.
- Los amigos no apoyan a ningún grupo. Visite uno para saber si usted puede formar parte de ese grupo.
- Los grupos son diferentes de los demás aún aunque tengan el mismo nombre y propósito.
- La mayoría de los grupos son libres, algunos piden donaciones.

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Abuse

A Common Thread

Open to women who have, or currently experiencing domestic violence in a same sex relationship. This is a closed group. Please call for information.

Meeting Info: Call for dates and times
Call for location
(209) 524-4331

Battered Women's Support Group

Open to women who have, or currently experiencing domestic violence in their relationship. This is an open group; you may attend weekly.

Meeting Info: Tuesday 9:00 Am - 11:00 AM
Aspira/Turlock Family Resource Center
301 Star Ave, Turlock
(209) 664-9131

Domestic Violence Support Group

Open to women who have, or currently experiencing domestic violence in their relationship.

Meeting Info: Call for times and dates
Women's Haven Center
301 Starr Avenue, Turlock
209-664-9140

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. Call before attending.

Meeting Info: Call for meeting times and dates
610 14th Street, Modesto
(209) 524-4858

Rape/Sexual Assault Support Group

Open to women who have, or currently are a victim or survivor of sexual abuse, assault, or molest. This is an ongoing group; you may attend weekly at the Haven Counseling Office.

Meeting Info: Tuesdays 6:00pm-8:00pm (English)
Haven Counseling Center
618 13th Street, Suite E, Modesto
(209)524-4331

Meeting Info: Fridays 10:00AM-12:00pm (Spanish)

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: See web site for information
www.ascasupport.org

Battered Women's Support Group

Open to women who have, or currently experiencing domestic violence in their relationship. This is an open group; you may attend weekly.

Meeting Info: Tuesdays 3:30 PM - 5:30 PM
Haven Women's Center
618 13th Street Suite I, Modesto
209-524-4331

Meeting Info:

Meeting Info:

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. Call before attending.

Meeting Info: Call for dates and times
251 E. Hackett Road, 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. Call before attending.

Meeting Info: Call before attending
610 14th Street, Modesto
(209) 524-4858



12-Step/A Spiritual Journey

A weekly support group for addictive behavior.

Meeting Info: Please see website for time and day
Modesto Gospel Mission
1400 Yosemite Blvd., Modesto
209-529-8259

Adult Children of Alcoholics

Adult children of alcoholics is a 12-Step, 12 Tradition 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.

Meeting Info:

See website for meeting info
adultchildren.org

AI-Anon/Alateen

A number of self-help, 12 step groups, exists for spouses, family members, and friends of alcoholic persons. Some Spanish groups available (listed on website). For more information call the Hotline (209) 524-3907

Meeting Info: Call for meeting times, locations, and dates

Various locations
209-524-3907
<http://www.al-anon.alateen.org/>

Adolescent Substance Use Disorder Treatment Group for Teenagers

12-17 years of age, Initial assessment and 13 group sessions, No fee for services, Drug test required as part of treatment

Meeting Info: call for days and times

Center for Human Services (Counseling Center)
2000 W. Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: call for days and times

CHS-Patterson Family Resource Center
118 N. 2nd St, Suite D, Patterson
209-526-1440

Adult Children of Alcoholics/Dysfunctional Families

Twelve Step meeting for people 18 years old or older. Explore and recover from the effects of being brought up in an alcoholic family or otherwise dysfunctional family - the ways it affected us then and the way it affects us now.

Meeting Info:

Please see website
adultchildren.org

Alcoholics Anonymous

A number of self-help, 12 step groups to help the alcoholic person to achieve and maintain sobriety. Groups for Spanish-speaking, non-smokers, gays also available. For information call the Hotline 209-572-2970 www.cviaa.org

Meeting Info: times vary

Various locations
209-572-2970
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.

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center
2918 Tuolumne Road, Turlock
John B
209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna F
209-324-2403

Meeting Info: Tuesdays @ 6:30-8:30 PM

Big Valley Grace Church
4040 Tully Road, Modesto
Scott Miller
577-1604 x 341
www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Joe Bass
925-688-3656
joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church
5216 Yosemite Blvd, Empire
Kevin W
209-499-0581

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church
5901 Sisk Road, Modesto
Robert Mc
209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church
901 Rumble Road, Modesto
Mike K
209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church
124 S. Del Puerto Ave., Patterson
Kathy G
209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church
1505 Moffat Blvd., Manteca
Anthony M
209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church
1050 South Union Rd, Manteca
Steve Wilson
209-823-2089



Addiction/Recovery - Continued

Meeting Info: Monday @ 7:00 PM
Cornerstone Community Church
17900 Comconex Rd, Manteca
Robert Henson
209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM
St. Stanislaus (Spanish speaking)
1200 Maze Blvd., Modesto
Baldemar
408-849-6202

Dual Recovery

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: Thursday 10:00am-11:00am
Empowerment Center
1001 Needham St., Modesto
Christina Kenney
(209) 544-1913

God's Way Out

This is a 12-Step Faith-Based Recovery Group. Our Mission: To discover a vibrant, powerful, personal faith in Jesus Christ as the starting point of recovery. Recovery is facing and embracing all the pain in our lives so we will gain maximum growth, learning lessons, gaining power and looking for others to do the same. It takes other people's loving involvement in order to develop our maturity and it takes God's redemption to bring something good out of our pain. Time Limited.

Meeting Info: Thursdays 7:00 p.m. to 8:30 p.m
CrossPoint Community Church
12th and M St., Modesto
209-521-0181
crosspointmodesto.org

Men's Support Group

Support group for men centering on all aspects of recovery, including mental health, substance abuse, and anything else pertaining to men's issues.

Meeting Info: Thursday's from 1:00-2:00 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
(209) 558-4610

Narcotics Anonymous

A number of 12-step, self-help groups for persons of all ages recovering from drug addiction. Groups for Spanish-speaking available. Meeting times and locations vary. For information call the Hotline 209-526-1817 www.svgna.com

Meeting Info: Please see website for time/day
Various locations
www.svgna.com

Co-Occuring

Helping peers take control of their lives by enhancing recovery, education, and coping skills.

Meeting Info: Wednesday 1:00 PM- 2:00 PM
Wellness Recovery
500 N. 9th St., Modesto
209-558-4610

Experience Recovery

A faith based recovery group utilizing tools from Celebrate Recovery, AA's 12 step program and the Beatitudes as found in the Bible. A 16 week course.

Meeting Info: Mondays @ 6:00 PM
Crossroads Church
1804 East Hawkeye, Turlock
Doug Metcalfe
(209) 667-1476

Life Hurts, God Heals

LHGH group provides our community an opportunity to share our experience, strength, and hope in our own recovery, as well as support in practicing and learning the 12 steps and their Biblical comparisons.

Meeting Info: Thursdays 7:00 pm
Apostolic Jubilee Center
821 Lassen Avenue, Modesto
(209) 538-7587

Monday at the Movies

Socialization & peer support

Meeting Info: Monday's from 10:00 AM- 12:00 PM
Wellness Recovery Center
500 N. 9th Street suite A, Modesto
209-558-4610

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



Prodigal Sons and Daughters

A Christ-centered 12-step recovery organization that provides counseling and support groups for addicts of all ages (including teens) as well as loved ones of addicts.

Meeting Info: Mondays through Fridays. (see website for schedule)
352 E. Olive Ave., Turlock
Jim Riley
209-634-3538
www.prodigalsonsanddaughters.org

Prodigal Sons and Daughters-Support Groups for all Adolescents and Adults

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
e-mail: prodigalministry@aol.com

Sexaholics Anonymous

12-Step Self-Help Group for individuals struggling with sexual addiction.

Meeting Info: Tuesday, @ 6:00 p.m.
St. Paul's Church (Choir Room)
1528 Oakdale Rd., Modesto
209-918-8711

Prodigal Sons and Daughters - Parent/Youth Support Group

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Monday, 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
prodigalministry@aol.com

Recovery Support Group

A weekly recovery support group for people living substance addictions and seeking support. Learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Meeting Info: Wednesday 9:00am-10:00am
Empowerment Center
1001 Needham St., Modesto
Christina Kenney
(209) 544-1913

Spanish Support Group

Open to the public. Parents of all ages come together for support to discuss current life issues such as parenting, depression, addiction/alcoholism, gangs, education/truancy and the feeling of isolation from the dominant culture. This group is only in spanish.

Meeting Info: 1st & 3rd Monday 9:00AM-10:00AM
Hanshaw Elementary
1725 Las Vegas Street, Modesto
209-338-5706
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
209-338-5706
www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM
Waterford Support Group
116 E Street, Waterford
209-338-5706
www.elconcilio.org

Meeting Info: Every other Wednesday 9:00Am-11:00AM
Casa del Rio
2400 Stanislaus St., Riverbank
209-338-5706
www.elconcilio.org

Meeting Info: Friday 8:30AM - 10 AM
Keys Head Start
440 Maud Ave., Keys
209-338-5706
www.elconcilio.org

Meeting Info: Thursday 8:30AM-10:00AM
Ceres Healthy Start
2491 Lawrence St, Ceres
209-338-5706
www.elconcilio.org



Substance Abuse Peer Support Group

If you or someone you know might be interested in recovery from substance abuse, please stop by and spend some time with us.

Meeting Info: Sundays 12:30pm-2:00pm, Wednesdays 5:00pm-7:00pm
Drop-In Center
716 Marshall Avenue, Modesto
Kevin "Redhawk" Darnelle/ Barbera Anderson
(209) 522-6902

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 have had an abortion in your past, then join us in Surrendering the Secret.

Meeting Info: Call for times and dates
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
(209) 526-1734
www.modestopc.org

Teen Alcohol and Drug Treatment

Treatment groups are open to youth ages 13-17. An assessment prior to entering a group is required. After youth and his/her parent(s) complete an assessment, a youth can attend a 13 week program of group sessions based on the evidence based motivational interviewing model. Curriculum for the program includes: The Disease Concept of Addiction, Wheel of Change Theory, Abuse vs. Addiction, Identifying Signs of Addiction, Introduction to 12 Step meetings. Good and not so good things about using drugs, values, identifying triggers, refusal skills, and relapse prevention. Time Limited.

Meeting Info: Call for times and day
Center for Human Services Counseling Clinic
2000 W. Briggsmore Ave, Modesto
Samantha Hosker
(209) 526-1476
www.centerforhumanservices.org

Meeting Info:

The Last Resort Teen Support Group

Our Teen Group is geared toward adolescents with drug and/or alcohol related issues such as family discord, academics and social pressures.

Meeting Info: Monday, Wednesday, Thursday (call for times)
3125 McHenry Ave, Ste D, Modesto
Bob Housden
209-523-6910
thelastresortmodesto.com

Substance Use Disorder Treatment Group for Adults

No fees for services, Mandatory, random drug testing, Group days and times may vary

Meeting Info: Call for days and times
Center for Human Services (Counseling Center)
2000 Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: Call for days and times
Paradise Medical Clinic(Finley Conference Room)
401 Paradise RD, Suite E., Modesto
209-526-1400

Meeting Info: Call for days and times
CHS-Oakdale Family Resource and Counseling Center
631 West F St., Oakdale
209-526-1400

Meeting Info: Call for days and times
CHS-Patterson Family Resource Center
118 N. 2nd ST, Suite D, Patterson
209-526-1400

Sutter Tobacco Addiction Program (STAMP)

STAMP invites you to learn the basics of addiction management and behavior change to successfully quit tobacco. Attend our tobacco cessation class and optional weekly support groups to increase knowledge, support behavior and track your progress.

Meeting Info: Call for Time and Dates
Sutter Gould Health, McHenry Village
1700 McHenry Ave, Modesto
209-548-7892
suttergould.org/learning

The Family Advocate

The Family Advocate assists families with accessing, understanding and utilizing Mental Health Services, including Early Psychosis and Substance Use Disorder. The Family Advocate works independently and assists families in interactions with service providers in order to help improve and facilitate these important relationships.

Meeting Info:
BHRS Family Advocate Office
800 Scenic Dr, Modesto
209-525-4982

Women's Addiction 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 are going through? Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM
Empowerment Center
1001 Needham, Modesto
209-544-1913



Women's Support Group

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 Info: Mondays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street, Modesto
209-558-4610

Meeting Info: Fridays 10:30AM-12:00PM

Meeting Info:

Women's Support Group

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 Info: Mondays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street, Modesto
209-558-4610

Meeting Info: Fridays 10:30AM-12:00PM

Meeting Info:



Bereavement

Community Hospice - Caregiver Support Group

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Caregiver Support Group: For caregivers of all ages. Pre-registration Required.

Meeting Info: Call for Times and Dates
Call for Location and Times
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice - HUG Support Group

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. HUG Support Group: For children ages 7-9. Held in the evenings. Pre-registration Required.

Meeting Info: Call for times and dates
Call for Location and Times
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice - Pet Loss

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Pet Loss: For those who are anticipating death of their pet, or have already lost their pet. Held in the evenings. Pre-registration Required.

Meeting Info: Call for Times and Dates
Call for Location and Times
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice-Coping with the Holidays

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Coping with the Holidays: Annual workshop offered to help those who have suffered a loss to get through a difficult time of the year. Pre-registration Required.

Meeting Info: Call for Times and Location
Call for Location and Times
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice - General Grief

Support groups and one-on-one support for individuals who are grieving. Available to entire community, free of charge. General grief: loss of loved one, friend, or family member other than a spouse, Group held in the evenings. Pre-Registration Required.

Meeting Info: Call for meeting times and dates
Community Hospice
4368 Spyres Way., Modesto
209-578-6300
www.HospiceHeart.org

Meeting Info:
209-578-6378

Community Hospice - Infant Loss

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Infant Loss: For those who have experienced the loss of an infant due to stillbirth, miscarriage, SIDS, etc. Group held on weekends.

Meeting Info: Call for Times and Dates
Call for times and location
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice - SOS: Survivors of Suicide

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. SOS: Survivors of Suicide - held in the evenings. Pre-Registration Required.

Meeting Info: Call for Times and Dates
Call for Locations
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

Community Hospice-Loss of Spouse

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Loss of Spouse-held during the day. Pre-Registration Required

Meeting Info:
Call for Times and Location
209-578-6300
www.HospiceHeart.org

Meeting Info:
209-578-6378



Community Hospice-TAG Support Group

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. TAG Support Group: for teens ages 13-17. Held in the evenings. Pre-registration Required.

Meeting Info: Call for Times and Location
Call for Location and Times
209-578-6378
www.HospiceHeart.Org

Meeting Info:
209-578-6300

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 13 weeks and is on-going. There are several Grief Share support groups in different locations in Stanislaus County. To find one that best suits you go to www.griefshare.org/findagroup or call.

Meeting Info:
1-800-395-5755
www.griefshare.org/findagroup

Journey Through Grief

A support group for persons who have lost any family member, coworker, or friend. Pre-registration is required

Meeting Info: call for times and dates
CovenantCare Hospice
2125 N. Olive Ave, Turlock
209-664-2550
www.covenantcareathome.org

Loss of Spouse Daytime Support Group

For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration required.

Meeting Info: Call for times and dates
CovenantCare Hospice
2125 N. Olive Ave, Turlock
(209) 664-2550
www.covenantcareathome.org

One-On-One Grief Support

One-On-One grief support is offered by appointment only through CovenantCare Hospice. There is no fee.

Meeting Info: Call for times and dates
CovenantCare Hospice
125 North Broadwya Suite 1-B, Turlock
Connie Carrillo
(209) 664-2550
www.covenantcareathome.org

Community Hospice-Tween Support Group

Support groups and one-on-one support for individuals who are grieving. Available to the entire community, free of charge. Tween Support Group: For children ages 10-12. Held in the evenings. Pre-registration Required.

Meeting Info: Call for Times and Location
Call for Location and Times
209-578-6378
www.HospiceHeart.org

Meeting Info:
209-578-6300

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.

Group provides a safe place to be with other children and teens who have experienced a death. The ongoing groups meet every other week for 1.5 hours.

Meeting Info: Call for meeting times
Jessica's House
741 East Main Street, Turlock
Erin Nelson
209-250-5399
www.jessicashouse.org

Loss Of Spouse Evening Support Group

For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration is required.

Meeting Info: Call for meeting times and dates
CovenantCare Hospice
2125 N. Olive Ave, Turlock
(209) 664-2550
www.covenantcareathome.org

Loss Of Spouse For Men

For men who have experienced the loss of a spouse or significant other due to death, Pre-registration is required

Meeting Info: call for time/day
Call for location
209-664-2550
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 Limited

Meeting Info: Call for Dates and Times
CovenantCare Hospice
1850 Colorado Ave, Turlock
Art Ramirez
209-664-2550
www.covenantcareathome.org



Beyond the Walls

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.

Meeting Info: 3rd Thursday of each month 6:00pm
Perko's Restaurant
901 N. Carpenter Road, Modesto
Nita Brady/Linda Cash
209-613-7488/209-480-6189
Nitab.sos@gmail.com

Meditation

Maintaining awareness of thoughts, feelings, and surrounding environment to help with stress and/or anxiety.

Meeting Info: 11:00AM - 12 Noon
Wellness Recovery Center
500 N 9th St, Modesto
209-558-4610

Express Yourself Through Art

Creativity, Social Skills, & Peer Support

Meeting Info: Wednesday 10:00AM 12 Noon
Wellness Recovery Center
500 N. 9th Street, Modesto
209-558-4610



Redes de Promotoras-Promotora Networks

Las redes de promotoras de RAIZ en el condado de Stanislaus invitan a personas que quieren fomentar su bienestar, crear amistades, compartir sus talentos, y actuar con liderazgo para hacer la diferencia en sus comunidades. Los miembros de cada red se unen para planear actividades como bailoterapia, celebraciones, ballet folklórico, y festividades culturales. También, se unen para crear arte, apoyarse en su grupo y tomar acciones en sus vecindarios como limpiezas. Si gustas ser miembro/a de una red, llama a la que este mas cerca de ti.

The RAIZ Promotora Networks in Stanislaus County invite individuals that would like to strengthen their well-being, build friendships, share their talents, communities. The network members get together to plan activities such as bailoterapia (dance group), celebrations, folklore dances, and cultural festivities. In addition, they get together to create art, support each other in their group, and by taking actions in their neighborhoods like clean-ups. If you would like to be a member of the network, please call the network closest to you.

Meeting Info: Call for dates and times

Ceres Partnership for Healthy Children

Ceres

Experanza Gonzalez

209-541-0101

Meeting Info: Call for dates and times

Hughson Family Resource Center

Hughson

Maria Ramirez

209-883-2027

Meeting Info: Call for dates and times

Newman Family Resource Center

Newman

Maribel Archuleta

209-862-0295

Meeting Info: Call for dates and times

North Modesto/Salida Family Resource Center

North Modesto/Salida

Maria Gutierrez

209-338-0279

Meeting Info: Call for dates and times

Oakdale Family Support Network

Oakdale

Rosy Gomar

209-847-5121

Meeting Info: Call for dates and times

Patterson Family Resource Center

Patterson

Albertina Reynoso

209-892-6688

Meeting Info: Call for dates and times

Riverbank CASA del Rio Family Resource Center

Riverbank

Lydia Jimenez

209-869-0468

Meeting Info: Call for dates and times

Turlock Family Resource Center

Turlock

Martha Gutierrez

209-668-6118



Meeting Info: Call for dates and times
West Modesto King Kennedy Neighborhood Collaborativ
Modesto
Brenda Crump
209-522-6902

Meeting Info: Call for dates and times
BHRS Prevention Services-Countywide
County Wide
Vanessa Lopez
209-652-1043

Meeting Info: call for dates and times
Waterford Family Resource Center
Waterford
Maria Ramirez
209-874-8450



Care-Givers of the Blind

Group will discuss issues common to care-givers of the blind and visually impaired.

Meeting Info: 1st Wednesday of the Month; 10:30AM-12PM
VIPS
1409 H Street, Modesto
Janet
(209) 857-5446
www.vipsmodesto.org

DRAIL Cross Disability Support Group

The Drail Cross Disability Support Group provides a supportive, non-judgemental, and educational environment to gather with other individuals to share and support their personal experiences. Please join us in sharing the challenges associated with living with a disability, integrating into community lifestyles, and functioning as an independent person while making a supportive connection to others

Meeting Info: please see website for time/day
Disability Resource Agency for Independent Living
920 12th Street, Modesto
Tanja Wright
(209) 521-7260
www.drail.org

Men's Support Group

Support group for men centering on all aspects of recovery, including mental health, substance abuse, and anything else pertaining to men's issues.

Meeting Info: Thursday's from 1:00-2:00 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
(209) 558-4610

Central Valley Amputee Support

A self-help group that provides encouragement and aid in coping for amputees. Hospital visits available. Spanish speaking available. A member of the American Amputee Foundation (AAF) this group will empower amputees, their families, and care providers to make informed decisions by providing them with information, referral, peer counseling, self-help literature and education.

Meeting Info: Call for dates and times
Call for locations
(209) 577-3313
www.americanamputee.org

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Monday - Friday 10:00am-4:00pm
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

True Patriots- Veterans for Veterans

A support group for Veterans by Veterans. Open to all Veterans of any branch of service to the United States. Group discussions include but not limited to benefits, depression, anxiety, PTSD or anything else that may be of importance to Veterans.

Meeting Info: Every Tuesday 1:00PM-2:30PM
Redwoods
800 Scenic Drive, Modesto
Carlos Lara
209-597-1967



"Look Better...Feel Better"

Free program that teaches beauty techniques to women who are undergoing cancer treatment. To help them combat the appearance-related side effects of radiation and chemotherapy. This class is held on the 3rd Monday of the month from 12-2 PM in the Emanuel Cancer Center Conference Room. To register, call the American Cancer Society @ (800) 277-2345. This is a free program sponsored by Emanuel Cancer Center, American Cancer Society, Personal Care Products Foundation, and Professional Beauty Association.

Meeting Info: 3rd Monday of every month 12:00-2:00 p.m.

Emanuel Cancer Center
880 E. Tuolumne Rd., Turlock
American Cancer Society
(800) 277-2345
emanuelmedicalcenter.org

Anxiety and Depression Support Group

This is an outpatient treatment group dealing with anxiety and depression for adults. Please call for dates and times.

Meeting Info: Call for times and days

Center for Human Services
2000 W. Briggsmore, Modesto
Jennifer Smith
(209) 526-1476
www.centerforhumanservices.org

Breast Cancer Support Group

In a warm and caring small-group environment, learn about living with breast cancer. This group is designed to address the special challenges facing women with a diagnosis of breast cancer and are in treatment or about to begin treatment. Topics covered may be: Stress reduction, communication, coping skills, sexuality relationships, body image, and mutual support.

Meeting Info: 1st & 3rd Wednesday of every month 5:00-6:30 p.m.

Doctors Medical Center
1441 Florida Ave., Modesto
Jeanne Carlisle, LCSW
209-576-3878
www.dmc-modesto.com

Cancer Support Group

Cancer is scary and can be a difficult journey. Don't face it alone. Join us in a safe and supportive environment where you can meet others who understand what you are going through.

Meeting Info: Every Wednesday 6:45-8:15 PM

Big Valley Grace Church - Altar Room
4040 Tully Road, Modesto
Karen
209-571-4399 x321

American Cancer Society

A support and education group for persons newly diagnosed with cancer. Family and friends are welcome. Possible to join group by conference call.

Meeting Info:

(209) 524-7242
www.cancer.org

Breast Cancer Support Group

Explore the topic of breast cancer in a comfortable setting through the various aspects of diagnosis, treatment, and survivorship. This group is for women who are undergoing or have completed breast cancer treatment.

Meeting Info: 3rd Wednesday of the month 1:30 pm -3:30 pm

Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
209-735-3213
www.kp.org

Cancer in Your Life

Patient support group open to adult men and women cancer patients, current and former. This group is held at the Emanuel Cancer Center Conference Room.

Meeting Info: 1st & 3rd Thursday of every month from 1-2:30 p.m.

Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Cancer Support Group

A newly designed cancer support group where participants can share their feelings and experiences associated with a life altering illness. Come share your thoughts about relationships, coping skills, treatment issues, and body image. In a warm and caring environment, learn about the ways in which you and others are living with cancer.

Meeting Info: Every Thursday 4:00-5:30 p.m.

Doctors Medical Center
DMC Conference Center 1441 Florida Ave., Modesto
1-888-284-6641
www.dmc-modesto.com



Caregivers Support Group

A support group for family caregivers of anyone who has Parkinson's, ALS, Alzheimer's, Stroke, or Brain Injury.

Meeting Info: 4th Saturday of the month @ 10:00 AM-11:30AM
Bethel Retirement Center
2345 Scenic Drive, Modesto
1-800-541-8614
www.valleycrc.org

Celiac Sprue Support Grp.

Information for those who suffer from mal-absorption of wheat and other grains, also called gluten intolerance.

Meeting Info: Meets Annually
see website for location
www.celiacsprue.org.

CPR For Family and Friends

A class for those who want to learn CPR and relief of choking for adults and children. A \$25.00 fee for couples or \$15.00 fee for single person is required.

Meeting Info: Call for times and dates
Memorial Health and Education Conference Center
1700 McHenry Avenue Suite 60-B, Modesto
Nita Brady
209-548-7888

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Monday - Friday 10:00am-4:00pm
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

General Caregiver Support Group

People who take care of aging or ill family members sometimes don't take time to take care of themselves. Facilitated by a Licensed Clinical Social Worker, this group is designed to provide support to caregivers, self care and coping techniques as well as community resources. Please check in at health education for room assignment. Open to Kaiser clients and the community.

Meeting Info: 3rd Tuesday of the month 10:30-12:00 Noon
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Celebrate Recovery

A Christ-centered support group for men recovering from compulsive overeating.

Meeting Info: Tuesdays @ 6:00 PM
Big Valley Grace Church
4040 Tully Road, Modesto
Scott Miller
209-577-1604 x 341
www.bvg.org

Coronary Health Improvement Project (C.H.I.P)

Program designed to reduce risk factors through adoption of better health habits and lifestyle modifications. Some goals of the group is to help participants reduce excess weight, lower blood pressure, improve dietary choices, and eliminating tobacco use. Free cholesterol screening offered.

Meeting Info: Call for times and dates
Modesto Seventh Day Adventist Church
1614 H Street, Modesto
Karen Anderson
209-521-6460
www.modestosda.org

Expressive Writing Group

Join us in the healing process of writing and journaling through cancer. This group is free and open to any adult who has been affected by cancer regardless of writing ability.

Meeting Info: Call for times and dates
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
(209) 664-5044
www.emanuelmedicalcenter.org

General Cancer Support Group

Explore the topic of cancer in a comfortable setting through the various aspects of diagnoses, treatment and survivorship. This group is for individuals who are undergoing or have completed cancer treatment. Open to Kaiser members and the community. Check in to health education department for room assignment.

Meeting Info: 2nd Tuesday of the month 2:00PM - 3:30PM
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Insight Meditation Group

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. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m. Every Sunday, 9:00 a.m. 10:15 a.m.
Unitarian Universalist Fellowship of Stanislaus County
2172 Kieman Ave, Modesto
Lori Wong
209-343-2748
http://imcv.org



Lupus Support Group

A support group which offers support and information for persons of any age with Lupus.

Meeting Info:

Call for meeting times and locations
see website for information
209-450-7725
www.lfnc.org

Meditation

Maintaining awareness of thoughts, feelings, and surrounding environment to help with stress and/or anxiety.

Meeting Info: 11:00AM - 12 Noon

Wellness Recovery Center
500 N 9th St, Modesto
209-558-4610

Memorial Medical Center Heart to Heart Support Group

A group for people with heart disease, congestive heart issues, or have had a cardiac event.

Meeting Info:

See website for calender of monthly support groups.
209-548-7880
www.memorialmedicalcenter.org

Monkey Business: Childrens Support Group

Support group for kids, ages 5-13 whose loved one has cancer. Call the Emanuel Cancer Center for registration and session dates.

Meeting Info: Call for times and dates

Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Meeting Info:

Nutrition Class

A free class that meets the last Wednesday of every month. The goal of this nutrition class is to help people learn how they can modify their current eating habits in a way to improve their overall health. This class is taught by a registered dietician and will include a cooking demo.

Meeting Info: Last Wednesday of every 3:00 - 4:00 p.m.

Emanuel Medical Center
825 Delbon Ave, Turlock
209-664-2580
emanuelmedicalcenter.org

Pulmonary Hypertension Support Group

A support group that focuses on knowledge, support, and understanding.

Meeting Info: Saturdays, 12:00 - 3:00 p.m.

Doctors Medical Center Conference Room
1441 Florida Way, Modesto
(209) 602-1646

Lymphoma/Leukemia Group

A family support group for patients, family, and friends affected by leukemia, lymphoma, Hodgkins Disease, Melanoma, or any blood related cancer.

Meeting Info: Call for shedule and locations

1-800-410-8170
www.lls.org.

Meeting Info:

Memorial Medical Center Breast Cancer Support Group

A group for persons who have lost a breast to cancer.

Meeting Info:

Call for meeting times and locatins
209-548-7880
www.memorialmedicalcenter.org

Mended Heart Support Group

A support group/mutual-aid group that offers hospital visits to patients having open-heart surgery.

Meeting Info:

see website for calender of monthly support groups
209-548-7880
www.memorialmedicalcenter.org

Meeting Info:

Multiple Sclerosis Group

Offers psychological, emotional, and social support to persons with multiple sclerosis and their families.

Meeting Info: refer to website for date,time and location.

Multiple Sclerosis Group
www.msconnection.org.

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

Stroke Resources Social Support and Luncheon Group

Open to caregivers, individuals who have had a history of a stroke, as well as other interested parties.

Meeting Info: Wed., @ 11:30 a.m. (3rd Wed. of every month)

Trnity United Presbyterian Church
1600 Carver (Covell Hall), Modesto
(209) 522-1256



Sutter Health Memorial Medical Center Bariatric Surgery Support Group

A support group for people who have had or are considering gastric bypass surgery. Translators available.

Meeting Info: See website for calendar of monthly support group
Health Education and Conference Center McHenry Village
1700 McHenry Ave, Modesto
209-572-7262
www.memorialmedicalcenter.org

Total Hip or Knee Replacement Education Class

This class is offered to those considering or are already scheduled for a total hip or knee replacement. Educators are from Physical Therapy Departments.

Meeting Info: 1st and 3rd Tuesday @ 6:00PM, 2nd and 4th Tuesday @ 10:00AM
Memorial Medical Center: Foot Hill Room
1700 Coffee Road, Modesto
209-526-4500 x 7433

Westside Breast Cancer Prevention Program

We offer FREE or LOW COST assistance with breast cancer screening and support services in your neighborhood. Educational presentations are available in English and Spanish. Host a presentation exclusively for women at NO COST. Offered in Newman and Patterson.

Meeting Info: Monday through Thursday 8:00 am-5:00 pm. Closed from 1:00pm for lunch
Newman Family Resource Center
1300 Patchett Dr., Newman
Yadira Palmerin
209-862-0295

Meeting Info:

The Chemo Crew

The Chemo Crew is a local, community driven organization. We seek to provide hope and help to chemotherapy patients and their families, with our free helpful items, tips and resources. We work with local organizations and businesses to provide chemotherapy patients with many services that will benefit them during treatment.

Meeting Info:
Call for information
Bridgette Eilers
209-216-6271
thechemocrew.com

Weight Loss Surgery Support Group

A support group for those that have had weight loss surgery or for those thinking about having one.

Meeting Info: Second Wednesday of each month 6:00pm-7:00pm
Health Education and Conference Center McHenry Village
1700 McHenry Ave, Modesto
209-572-7262



A Common Thread

Open to women who have, or currently experiencing domestic violence in a same sex relationship. This is a closed group. Please call for information.

Meeting Info: Call for dates and times
Call for location
(209) 524-4331

Silver & Gold Support Group 4 LGBT 50+ years of age

Community-Hope-Recovery ...A Place where I belong
An ongoing support group for mental health and wellness to meet the needs of the Lesbian, Gay, Bisexual, and Transgender (LGBT) community. This group is designed for older adults and elders who need help coping with life challenges, isolation, depression and other mental and emotional situations that are impacting the quality of life for these generations. Groups are free, confidential, and informal and provide a safe environment to learn and share skills for living a healthy emotional life.

Meeting Info: Monday's 3:00 pm - 4 pm
Community-Hope-Recovery
305 Downey, Modesto
Monica O or Susan J
209-525-4919

Meeting Info:

The PLACE for Parents

Parents of LGBTQ youth - whether you are accepting, conflicted, or rejecting - join us for our parent support group.

Meeting Info: The first Saturday of every month, call for times
College Avenue United Church of Christ
1341 College Avenue, Modesto
Elizabeth Plata or Ed Plata at 209-683-8203 for more info
(209) 818-2378

Transgender Support Group

Support and discussions on topics of interest to the transgender community and their allies.

Meeting Info: Every first Tuesday of the month from 6:00-7:00pm
Emanuel Lutheran Church
324 College Avenue, Modesto
(209) 566-2468

LGBTQ Support Group

This group is a support/process group for individuals who identify themselves as Lesbian, Gay, Bisexual or Transgender, and the issues that are unique to them. We provide a comprehensive skill set that includes processing sensitive issues, increasing coping strategies, and providing community resources/referrals. If you are interested in joining this group please contact Elena Carillo @ (209)558-4464. Must be a member of Josies Place Drop In Center. Easy to become a member, just come on by. Membership available to anyone 18-25 years old.

Meeting Info: Mondays 1:00PM-2:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4464

Stanislaus Transgender Support Group

A peer run support group for transgender individuals and/or their family, friends, and allies. EVERYONE IS WELCOME. We are a safe place to discuss gender concerns as well as sexual orientation support for the individual or the whole family. If you are a transgender person or your family includes a transgender member and you wish to know more about how to support your/their transition, come and talk with others who have already dealt with these issues or are at the same place as you. We conduct our gatherings in a public venue to assert our right to be counted as part of the community

Meeting Info: Thursday's 2:30 PM - 4:30 PM
Queen Bean Coffee House
1126 14th St, Modesto
Jenna Stone
209-718-9931

The PLACE for Youth

A non-religious support group for lesbian, gay, bi-sexual, transgender, And questioning youth ages 14-20.

Meeting Info: Every 2nd and 4th Thursday of the month, 7:00-9:00pm
College Avenue United Church of Christ
1341 College Avenue, Modesto
Elizabeth Plata/Ed Plata
(209) 818-2378/209-683-8203



Adult Children of Alcoholics/Dysfunctional Families

Twelve Step meeting for people 18 years old or older. Explore and recover from the effects of being brought up in an alcoholic family or otherwise dysfunctional family - the ways it affected us then and the way it affects us now.

Meeting Info:

Please see website
adultchildren.org

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: See web site for information
www.ascasupport.org

Breast Cancer Support Group

Explore the topic of breast cancer in a comfortable setting through the various aspects of diagnosis, treatment, and survivorship. This group is for women who are undergoing or have completed breast cancer treatment.

Meeting Info: 3rd Wednesday of the month 1:30 pm -3:30 pm
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
209-735-3213
www.kp.org

Care-Givers of the Blind

Group will discuss issues common to care-givers of the blind and visually impaired.

Meeting Info: 1st Wednesday of the Month; 10:30AM-12PM
VIPS
1409 H Street, Modesto
Janet
(209) 857-5446
www.vipsmodesto.org

Anxiety and Depression Support Group

This is an outpatient treatment group dealing with anxiety and depression for adults. Please call for dates and times.

Meeting Info: Call for times and days

Center for Human Services
2000 W. Briggsmore, Modesto
Jennifer Smith
(209) 526-1476
www.centerforhumanservices.org

Beyond the Walls

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.

Meeting Info: 3rd Thursday of each month 6:00pm

Perko's Restaurant
901 N. Carpenter Road, Modesto
Nita Brady/Linda Cash
209-613-7488/209-480-6189
Nitab.sos@gmail.com

Cancer Support Group

Cancer is scary and can be a difficult journey. Don't face it alone. Join us in a safe and supportive environment where you can meet others who understand what you are going through.

Meeting Info: Every Wednesday 6:45-8:15 PM

Big Valley Grace Church - Altar Room
4040 Tully Road, Modesto
Karen
209-571-4399 x321



Celebrate Recovery

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

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center
2918 Tuolumne Road, Turlock
John B
209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna F
209-324-2403

Meeting Info: Tuesdays @ 6:30-8:30 PM

Big Valley Grace Church
4040 Tully Road, Modesto
Scott Miller
577-1604 x 341
www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Joe Bass
925-688-3656
joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church
5216 Yosemite Blvd, Empire
Kevin W
209-499-0581

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church
5901 Sisk Road, Modesto
Robert Mc
209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church
901 Rumble Road, Modesto
Mike K
209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church
124 S. Del Puerto Ave., Patterson
Kathy G
209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church
1505 Moffat Blvd., Manteca
Anthony M
209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church
1050 South Union Rd, Manteca
Steve Wilson
209-823-2089



Meeting Info: Monday @ 7:00 PM
Cornerstone Community Church
17900 Comconex Rd, Manteca
Robert Henson
209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM
St. Stanislaus (Spanish speaking)
1200 Maze Blvd., Modesto
Baldemar
408-849-6202

Conflict Resolution

Learn how to use your words to resolve conflict

Meeting Info: Mondays @ 11:00 AM
Empowerment Center
1001 Needham, Modesto CA 95354, Modesto
209-544-1913

Dual Recovery

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: Thursday 10:00am-11:00am
Empowerment Center
1001 Needham St., Modesto
Christina Kenney
(209) 544-1913

Expressive Writing Group

Join us in the healing process of writing and journaling through cancer. This group is free and open to any adult who has been affected by cancer regardless of writing ability.

Meeting Info: Call for times and dates
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
(209) 664-5044
www.emanuelmedicalcenter.org

Co-Dependents Anonymous

12 step self-help group for individuals struggling with co-dependency and/or wanting to develop healthy relationships.

Meeting Info: Wed. 7:15 p.m. McHenry Village Conference Center
McHenry Village Conference Center
1700 McHenry Ave., Suite 60B, Modesto
209-575-4596
www.coda.org

DivorceCare

Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before.

DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life.

Meeting Info: Call for times and dates
Valley View Church
3901 E. Whitmore Ave., Ceres
(209) 537-3831
divorcecare.org

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

Meeting Info: Call for times and dates
River Oak Grace Community Church
7712 Rodden Road, Oakdale
(209) 847-9428
divorcecare.org

Meeting Info:

Employment Skills

Learn about the available resources in the community and enhance chances of employment. Resume building and interview preparation.

Meeting Info: Call for times and dates.
Empowerment Center
1001 Needham St, Modesto
Christina Kenney
(209)544-1913

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Monday - Friday 10:00am-4:00pm
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org



General Cancer Support Group

Explore the topic of cancer in a comfortable setting through the various aspects of diagnoses, treatment and survivorship. This group is for individuals who are undergoing or have completed cancer treatment. Open to Kaiser members and the community. Check in to health education department for room assignment.

Meeting Info: 2nd Tuesday of the month 2:00PM - 3:30PM
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Goal Setting Group

The group will give consumers the opportunity to connect in a caring and non-judgemental atmosphere. All members will be allowed to voice goals. Everyone is welcome!

Meeting Info: Mondays 9:00am-10:00am
Empowerment Center
1001 Needham St, Modesto
Christina Kenney
(209)544-1913

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. Group provides a safe place to be with other children and teens who have experienced a death. The ongoing groups meet every other week for 1.5 hours.

Meeting Info: Call for meeting times
Jessica's House
741 East Main Street, Turlock
Erin Nelson
209-250-5399
www.jessicashouse.org

Life Hurts, God Heals

LHGH group provides our community an opportunity to share our experience, strength, and hope in our own recovery, as well as support in practicing and learning the 12 steps and their Biblical comparisons.

Meeting Info: Thursdays 7:00 pm
Apostolic Jubilee Center
821 Lassen Avenue, Modesto
(209) 538-7587

General Caregiver Support Group

People who take care of aging or ill family members sometimes don't take time to take care of themselves. Facilitated by a Licensed Clinical Social Worker, this group is designed to provide support to caregivers, self care and coping techniques as well as community resources. Please check in at health education for room assignment. Open to Kaiser clients and the community.

Meeting Info: 3rd Tuesday of the month 10:30-12:00 Noon
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Insight Meditation Group

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. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m. Every Sunday, 9:00 a.m. to 10:15 a.m.
Unitarian Universalist Fellowship of Stanislaus County
2172 Kiernan Ave, Modesto
Lori Wong
209-343-2748
http://imcv.org

LGBTQ Support Group

This group is a support/process group for individuals who identify themselves as Lesbian, Gay, Bisexual or Transgender, and the issues that are unique to them. We provide a comprehensive skill set that includes processing sensitive issues, increasing coping strategies, and providing community resources/referrals. If you are interested in joining this group please contact Elena Carillo @ (209)558-4464. Must be a member of Josies Place Drop In Center. Easy to become a member, just come on by. Membership available to anyone 18-25 years old.

Meeting Info: Mondays 1:00PM-2:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4464

Life Plan

A curriculum used to make a difference by providing support and skills to help youth overcome the four social epidemics that threaten their success: drug and alcohol abuse, teen pregnancy, dropping out of school and gang participation. Eligibility: Freshman-Senior in high school. Ability to participate in a 6-9 week class.

Meeting Info: call for date and times
call for location in Patterson
Sergio Fuentes/Heather Vega
209-526-1476/209-892-7450
www.centerforhumanservices.org



Loss Of Spouse Evening Support Group

For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration is required.

Meeting Info: Call for meeting times and dates
CovenantCare Hospice
2125 N. Olive Ave, Turlock
(209) 664-2550
www.covenantcareathome.org

Lupus Support Group

A support group which offers support and information for persons of any age with Lupus.

Meeting Info:
Call for meeting times and locations
see website for information
209-450-7725
www.lfnc.org

Music for the Soul

Music for the Soul is an instructional group where young adults can build positive coping skills and confidence through obtaining basic guitar/bass skills.

Meeting Info: Call for times and dates.
Josie's Place
1208 9th Street, Modesto
(209) 558-4464

Meeting Info:

One-On-One Grief Support

One-On-One grief support is offered by appointment only through CovenantCare Hospice. There is no fee.

Meeting Info: Call for times and dates
CovenantCare Hospice
125 North Broadwya Suite 1-B, Turlock
Connie Carrillo
(209) 664-2550
www.covenantcareathome.org

She Became

A group of diverse women coming together to impact young women in a positive and healthy way. Our monthly workshops are targeted for young women 14 and up. Our programs are designed to promote self-esteem, self-love, self-image, and motivation. We build, empower, and encourage young women in all stages of life. Time limited.

Meeting Info: Please call for time and dates
Please call for location
209-918-6300
www.shebecame.com

Loss of Spouse Daytime Support Group

For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration required.

Meeting Info: Call for times and dates
CovenantCare Hospice
2125 N. Olive Ave, Turlock
(209) 664-2550
www.covenantcareathome.org

Monkey Business: Childrens Support Group

Support group for kids, ages 5-13 whose loved one has cancer. Call the Emanuel Cancer Center for registration and session dates.

Meeting Info: Call for times and dates
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Meeting Info:

New Journey

New Journey is an open group based on the needs of the members of the Josies Place Drop In Center. This group focuses on providing a comprehensive set of psychoeducation, everyday living and coping skills to help increase chances of successful independence. Members select different topics they are interested in learning about, and staff presents information related to one topic every week. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

Meeting Info: call for times and dates
Josies Place
1208 9th Street, Modesto
(209) 558-4464

Pro Social Skills

Pro Social Skills is a group where young adults (18-25) can learn to identify and process their emotions in a positive and healthy way, through learning and coping skills. We work to decrease expression of aggressive behavior. The group provides a place to learn and practice skills such as listening, giving compliments, and how to have uncomfortable conversations etc. This is a closed group: a new rotation begins every ten weeks. If you are interested in joining this group contact Elena Carillo @ (209) 558-4464. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

Meeting Info: Wednesdays 3:00PM-4:30PM, Fridays 3:00PM-4:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209) 558-4464

Stigma

Join peers learning how to understand what stigma is and how to educate yourself and others. Become a voice with Letter Writing Exercises to express how others around you impact your life.

Meeting Info: Friday 09:00am-10:00am
Empowerment Center
1001 Needham St, Modesto
Christina Kenney
(209)544-1913



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 have had an abortion in your past, then join us in Surrendering the Secret.

Meeting Info: Call for times and dates
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
(209) 526-1734
www.modestopc.org

Women's Addiction 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 are going through?
Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM
Empowerment Center
1001 Needham, Modesto
209-544-1913

Young Adult Grief Support Group

This group is for people between the ages of 18-35 who have lost someone due to death. The loss can be a parent, grandparent, friend, sibling, etc.

Meeting Info: Call for time and dates
Hospice of Emanuel
825 Delbon Avenue, Turlock
Sandy Ricardo
209-664-2550

Weight Loss Surgery Support Group

A support group for those that have had weight loss surgery or for those thinking about having one.

Meeting Info: Second Wednesday of each month 6:00pm-7:00pm
Health Education and Conference Center McHenry Villa
1700 McHenry Ave, Modesto
209-572-7262

Women's Group

Women's group is a safe place to openly discuss issues related to women ages 18-25. The focus of the group is to provide members with an environment they feel safe to openly communicate with each other and to share personal issues that are important to them; as well as being able to make connections with other young women. There are a variety of topics and activities that promote healthy relationships, self-care, and having a positive body image. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to those 18-25 years old.

Meeting Info: Tuesdays 3:30PM-4:30PM
Josies Place
1208 9th Street, Modesto
(209) 558-4464

Zephyr Clarke Drop-In Center

The Drop-In Center for homeless or at risk of being homeless adult residents is open on Fridays @ 6:00PM and remains open until Monday @ 6:00AM each weekend. Services available include Depression Screening; Parenting Education; Transportation; Document Storage; Respite; Clothes Closet; Social Support; Substance Abuse and Mental Health Groups; refreshments and more.

Meeting Info:
Zephyr Clarke Drop-In Center
716 Marshall Avenue, Modesto
Barbara Anderson/Kevin Darnelle
209-522-6902, 209-496-8350



A New Beginning Support Group

A place to give and receive support and learn topics including improving communication, techniques to treat depression, creative activities/crafts, establish friendships and improve your self-esteem.

Meeting Info: Wednesdays 10:00AM - 11:30AM
Hughson Family Resource Center
6940 Hughson Ave., Hughson
209-883-2027

Adult Anger Management

12 week group. Individual assessment required. Assessment fee of \$20 and weekly group fee of \$15.

Meeting Info: Tuesdays, 5:30 - 7:00 p.m.
Center for Human Services
2000 W. Briggsmore Ave, Modesto
Jennifer Smith
209-526-1476
www.centerforhumanservices.org

Arts & Crafts

Do you enjoy creating things? Then come on in and take part in making fun, thoughtful cards and gifts.

Meeting Info: Wednesdays 1:00pm-2:00pm
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209)544-1913

Care-Givers of the Blind

Group will discuss issues common to care-givers of the blind and visually impaired.

Meeting Info: 1st Wednesday of the Month; 10:30AM-12PM
VIPS
1409 H Street, Modesto
Janet
(209) 857-5446
www.vipsmodesto.org

Adolescent Substance Use Disorder Treatment Group for Teenagers

12-17 years of age, Initial assessment and 13 group sessions, No fee for services, Drug test required as part of treatment

Meeting Info: call for days and times
Center for Human Services (Counseling Center)
2000 W. Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: call for days and times
CHS-Patterson Family Resource Center
118 N. 2nd St, Suite D, Patterson
209-526-1440

Anxiety and Depression Support Group

This is an outpatient treatment group dealing with anxiety and depression for adults. Please call for dates and times.

Meeting Info: Call for times and days
Center for Human Services
2000 W. Briggsmore, Modesto
Jennifer Smith
(209) 526-1476
www.centerforhumanservices.org

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: See web site for information
www.ascasupport.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.

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center
2918 Tuolumne Road, Turlock
John B
209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna F
209-324-2403

Meeting Info: Tuesdays @ 6:30-8:30 PM

Big Valley Grace Church
4040 Tully Road, Modesto
Scott Miller
577-1604 x 341
www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Joe Bass
925-688-3656
joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church
5216 Yosemite Blvd, Empire
Kevin W
209-499-0581

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church
5901 Sisk Road, Modesto
Robert Mc
209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church
901 Rumble Road, Modesto
Mike K
209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church
124 S. Del Puerto Ave., Patterson
Kathy G
209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church
1505 Moffat Blvd., Manteca
Anthony M
209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church
1050 South Union Rd, Manteca
Steve Wilson
209-823-2089



Meeting Info: Monday @ 7:00 PM
Cornerstone Community Church
17900 Comconex Rd, Manteca
Robert Henson
209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM
St. Stanislaus (Spanish speaking)
1200 Maze Blvd., Modesto
Baldemar
408-849-6202

Conflict Resolution

Learn how to use your words to resolve conflict

Meeting Info: Mondays @ 11:00 AM
Empowerment Center
1001 Needham, Modesto CA 95354, Modesto
209-544-1913

Depression Peer Support Group

If you or someone you know might benefit from meeting others in a non-threatening and supportive environment please stop by and spend some time with us.

Meeting Info: Saturdays 4:00pm-5:00pm
Drop-In Center
716 Marshall Avenue, Modesto

Dual Recovery

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: Thursday 10:00am-11:00am
Empowerment Center
1001 Needham St., Modesto
Christina Kenney
(209) 544-1913

Co-Dependents Anonymous

12 step self-help group for individuals struggling with co-dependency and/or wanting to develop healthy relationships.

Meeting Info: Wed. 7:15 p.m. McHenry Village Conference Center
McHenry Village Conference Center
1700 McHenry Ave., Suite 60B, Modesto
209-575-4596
www.coda.org

Co-Occuring

Helping peers take control of their lives by enhancing recovery, education, and coping skills.

Meeting Info: Wednesday 1:00 PM- 2:00 PM
Wellness Recovery
500 N. 9th St., Modesto
209-558-4610

DivorceCare

Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before.

DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life.

Meeting Info: Call for times and dates
Valley View Church
3901 E. Whitmore Ave., Ceres
(209) 537-3831
divorcecare.org

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

Meeting Info: Call for times and dates
River Oak Grace Community Church
7712 Rodden Road, Oakdale
(209) 847-9428
divorcecare.org

Meeting Info:

Educate, Equip & Support/Parent To Parent Educational Series

A 12 week educational series regarding children's emotional and mental health. It is intended to assist parents and caregivers in understanding some of the symptoms of various childhood emotional or mental health disorders. It is also designed to provide parents and caregivers an opportunity to come together for information and mutual support. After the 12 week series a peer support group will be offered to provide ongoing parenting support.

Meeting Info: Call for meeting times
Family Partnership Center
421 E. Morris Ave., Modesto
209-558-7494



General Caregiver Support Group

People who take care of aging or ill family members sometimes don't take time to take care of themselves. Facilitated by a Licensed Clinical Social Worker, this group is designed to provide support to caregivers, self care and coping techniques as well as community resources. Please check in at health education for room assignment. Open to Kaiser clients and the community.

Meeting Info: 3rd Tuesday of the month 10:30-12:00 Noon
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Insight Meditation Group

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. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m. Every Sunday, 9:00 a.m. to 10:15 a.m.
Unitarian Universalist Fellowship of Stanislaus County
2172 Kiernan Ave, Modesto
Lori Wong
209-343-2748
http://imcv.org

Meditation Group

Meditation is meant for us to make our minds calm and peaceful. Eventually, we can learn to be peaceful, even in the most difficult of times!

Meeting Info: Tuesday 1:00pm-2:00pm
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209)544-1913

Mental Health Services

Family and Individual Counseling, Parenting Classes, Referral Information, Medi-Cal & Health Families (children and adolescents) and Sliding Fee based on income and family.

Meeting Info:
Patterson Family Resource Center
118 N. 2nd St., Suite D, Patterson
(209) 892-6688
www.centerforhumanservices.org

Monkey Business: Childrens Support Group

Support group for kids, ages 5-13 whose loved one has cancer. Call the Emanuel Cancer Center for registration and session dates.

Meeting Info: Call for times and dates
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Meeting Info:

Goal Setting Group

The group will give consumers the opportunity to connect in a caring and non-judgemental atmosphere. All members will be allowed to voice goals. Everyone is welcome!

Meeting Info: Mondays 9:00am-10:00am
Empowerment Center
1001 Needham St, Modesto
Christina Kenney
(209)544-1913

Life Hurts, God Heals

LHGH group provides our community an opportunity to share our experience, strength, and hope in our own recovery, as well as support in practicing and learning the 12 steps and their Biblical comparisons.

Meeting Info: Thursdays 7:00 pm
Apostolic Jubilee Center
821 Lassen Avenue, Modesto
(209) 538-7587

Men's Support Group

Support group for men centering on all aspects of recovery, including mental health, substance abuse, and anything else pertaining to men's issues.

Meeting Info: Thursday's from 1:00-2:00 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
(209) 558-4610

Monday at the Movies

Socialization & peer support

Meeting Info: Monday's from 10:00 AM- 12:00 PM
Wellness Recovery Center
500 N. 9th Street suite A, Modesto
209-558-4610

Music Jam

Music provides communication that can be helpful to those who find it difficult to express themselves with words.

Meeting Info: Every 3rd Thursday of the month 12pm-1pm
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209)544-1913



NAMI Connection Group (Peer Support)

A confidential and safe support group for adults living with mental health conditions, access to a community of people who relate to your experiences. You will gain support from people like you who get it, who have been there. Trained facilitators will guide you in learning to empower yourself in a place that offers respect, understanding, encouragement and hope.

Meeting Info: call for times, dates, and locations
Modesto
209-558-4555
www.namistanislaus.org

Meeting Info: call for times, dates and locations
Turlock
209-558-4555
www.namistanislaus.org

Meeting Info:

NAMI Family to Family Classes

NAMI offers these classes for family members or friends of youth or adults who have a mental illness. Youth, ages 15 and older, may take this class along with a parent. It is a free 12 week class offered in both English and Spanish.

Meeting Info: call for schedule and location
Various Locations
209-558-4555
www.namistanislaus.org

NAMI Parent/Teachers as Allies

This program (PTAA), sponsored by NAMI Stanislaus helps school professionals identify warning signs of early onset mental illness in youngsters, and provides an educational tool for understanding and communications between families and school professionals.

Meeting Info: call for schedule and location
Various Locations
209-558-4558
www.stanislaus.org

Necesita Transportacion? Nosotros Podemos Ayuda!

En la comunidad, muchas personas faltan a sus citas medicas y tratamientos debido a la falta de transporte. El Stanislaus Multi-Cultural Community Health Coalition, West Modesto/King Kennedy Neighborhood Collaborative ofrecera servicios de transporte gratuito para citas de doctor y el tratamiento medicos a los rsidentes de West Modesto. Si usted necesita transporte or sabe de alguien que necesite transportacion para ir a sus citas medicas, por favor llamenos por lo menos 24 horas antes para programar quien vaya por usted.

Meeting Info: Llame 24 horas antes
Stanislaus Multi-Cultural Community Health Coalition We
Modesto/King Kennedy Neighborhood Coll.
601 N. Martin Luther King Drive, Modesto
Barbara Anderson
209-522-6902

Meeting Info:

NAMI Family Support Group

A support group for relatives and friends of those that have a mental illness

Meeting Info: call for times, dates, and locations
Modesto
209-558-4555
www.namistanislaus.org

Meeting Info:
Turlock
209-558-4555
www.namistanislaus.org

Meeting Info:

NAMI In Our Own Voice (IOOV)

(IOOV) Demonstrates how individuals with severe mental illness experience recovery. Each program presenter has been through training to translate the story of his or her own struggles and successes. It is a powerful anti-stigma tool that can change hearts, minds and attitudes about mental illness

Meeting Info: Call for schedule and for location
Various Locations
209-558-4555
www.namistanislaus.org

NAMI Peer to Peer Classes

NAMI presents this class to consumers with a team of at least two trained peers who can help consumers deal with their illness and maintain their recovery. It runs for 10 weeks

Meeting Info: call for schedule and for location
Various Locations
209-558-4555
www.namistanislaus.org

Need a ride? We can help!

In the community of West Modesto, many people miss mental health appointments due to lack of transportation. The Stanislaus Multi-Cultural Community Health Coalition, West Modesto/King Kennedy Neighborhood Collaborative will provide transportation services for mental health related appointments free of charge to West Modesto residents. Call to arrange a pick-up at least 24 hours prior to your appointment.

Meeting Info:
The Stanislaus Multi-Cultural Community Health Coalitio
Modesto/King Kennedy Neighborhood
601 S. Martin Luther King Drive, Modesto
Barbara Anderson
209-522-6902



Peer Support

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: Wednesdays 10:30am-11:30am
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209) 544-1913

PTSD Support Group

Learn simple steps about how to process PTSD: Reactivating your life, coping with negative thinking habits, and solving problems as they arise.

Meeting Info: Monday 1:00pm-2:00pm
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209)544-1913

Self-Esteem Group

To address issues on self-esteem and how it pertains to ones recovery and peer support

Meeting Info: 11:00 Am - 12:00 Noon
Wellness Recovery Center
500 N. 9th Street, Modesto
209-558-4610

Peer Support

Peers provide personal experience in a supportive environment.

Meeting Info: Tuesday's from 1:00-2:00 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
209-558-4610

Recovery International

The Recovery International Method is a system of cognitive-behavioral self-help techniques for controlling behavior and changing attitudes. People who practice the living skills detailed Recovery International Method learn to change their thoughts and behaviors.

Meeting Info: Fridays, 7:00 p.m.
Geneva Presbyterian Church
1229 E. Fairmont Ave., Modesto
Dave Bartlett
209-552-3141
www.lowselfhelpsystems.org

Servicios de Salud Mental

Asesoramiento individual y familiar, clases sobre el cuidado de los niños, Información de referencias, Medi-Cal y Healthy Families para niños y adolescentes, Escala móvil esta basado en ingresos económicos y en el número de miembros en la familia.

Meeting Info:
Patterson Family Resource Center
118 N. 2nd Street, Patterson
(209)892-6688
www.centerofhumanservices.org



Spanish Support Group

Open to the public. Parents of all ages come together for support to discuss current life issues such as parenting, depression, addiction/alcoholism, gangs, education/truancy and the feeling of isolation from the dominant culture. This group is only in spanish.

Meeting Info: 1st & 3rd Monday 9:00AM-10:00AM
Hanshaw Elementary
1725 Las Vegas Street, Modesto
209-338-5706
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
209-338-5706
www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM
Waterford Support Group
116 E Street, Waterford
209-338-5706
www.elconcilio.org

Meeting Info: Every other Wednesday 9:00Am-11:00AM
Casa del Rio
2400 Stanislaus St., Riverbank
209-338-5706
www.elconcilio.org

Meeting Info: Friday 8:30AM - 10 AM
Keys Head Start
440 Maud Ave., Keys
209-338-5706
www.elconcilio.org

Meeting Info: Thursday 8:30AM-10:00AM
Ceres Healthy Start
2491 Lawrence St, Ceres
209-338-5706
www.elconcilio.org

Stigma

Join peers learning how to understand what stigma is and how to educate yourself and others. Become a voice with Letter Writing Exercises to express how others around you impact your life.

Meeting Info: Friday 09:00am-10:00am
Empowerment Center
1001 Needham St, Modesto
Christina Kenney
(209)544-1913

Special Interest Groups

Support each other in special topics that may not be discussed often, many topics not discussed because we don't know how to approach it. LGBTQ support, self-harm, domestic violence, and many other focuses will be discussed on how to talk about supporting each other.

Meeting Info: Call for times and dates.
Empowerment Center
1001 Needham Street, Modesto
Christina Kenney
(209)544-1913

Substance Use Disorder Treatment Group for Adults

No fees for services, Mandatory, random drug testing, Group days and times may vary

Meeting Info: Call for days and times
Center for Human Services (Counseling Center)
2000 Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: Call for days and times
Paradise Medical Clinic(Finley Conference Room)
401 Paradise RD, Suite E,, Modesto
209-526-1400

Meeting Info: Call for days and times
CHS-Oakdale Family Resource and Counseling Center
631 West F St,, Oakdale
209-526-1400

Meeting Info: Call for days and times
CHS-Patterson Family Resource Center
118 N. 2nd ST, Suite D, Patterson
209-526-1400



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 have had an abortion in your past, then join us in Surrendering the Secret.

Meeting Info: Call for times and dates
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
(209) 526-1734
www.modestopc.org

True Patriots- Veterans for Veterans

A support group for Veterans by Veterans. Open to all Veterans of any branch of service to the United States. Group discussions include but not limited to benefits, depression, anxiety, PTSD or anything else that may be of importance to Veterans.

Meeting Info: Every Tuesday 1:00PM-2:30PM
Redwoods
800 Scenic Drive, Modesto
Carlos Lara
209-597-1967

Women's Support Group

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 Info: Mondays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street, Modesto
209-558-4610

Meeting Info: Fridays 10:30AM-12:00PM

Meeting Info:

The Family Advocate

The Family Advocate assists families with accessing, understanding and utilizing Mental Health Services, including Early Psychosis and Substance Use Disorder. The Family Advocate works independently and assists families in interactions with service providers in order to help improve and facilitate these important relationships.

Meeting Info:
BHRS Family Advocate Office
800 Scenic Dr, Modesto
209-525-4982

Women's Addiction 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 are going through?

Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM
Empowerment Center
1001 Needham, Modesto
209-544-1913



Adolescent Substance Use Disorder Treatment Group for Teenagers

12-17 years of age, Initial assessment and 13 group sessions, No fee for services, Drug test required as part of treatment

Meeting Info: call for days and times
Center for Human Services (Counseling Center)
2000 W. Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: call for days and times
CHS-Patterson Family Resource Center
118 N. 2nd St, Suite D, Patterson
209-526-1440

Daddy 101

A support/learning group for new and expectant dads. Dads can learn the ropes about baby care, infant behavior, child proofing techniques, and etc. A fee of \$25.00 is required for all three sessions.

Meeting Info: 1st, 2nd, and 3rd Thursdays of the month. Call for times.
Memorial Medical Center
1800 Coffee Road Suite 61, Modesto
209-572-7262

Healthy Birth Outcome

The Health Birth Outcome program invites you to join our weekly meetings. You will find support, information and resources. Topics include: Postpartum Depression, Labor and Delivery, Infant Nutrition, Stress Management, Nutrition in pregnancy and more. Healthy food, arts and crafts, PRIZES, incentives for mom and baby included!

Meeting Info: Tuesdays 9:30AM-11:00AM
Hughson Family Resource Center
6940 Hughson Ave, Hughson
209-883-2027

Meeting Info: 2nd and 4th Thursday 9:30AM - 11:00AM
Waterford Family Resource Center
12617 Bentley St., Waterford
209-874-8450

Monkey Business: Childrens Support Group

Support group for kids, ages 5-13 whose loved one has cancer. Call the Emanuel Cancer Center for registration and session dates.

Meeting Info: Call for times and dates
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Meeting Info:

Beyond the Walls

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.

Meeting Info: 3rd Thursday of each month 6:00pm
Perko's Restaurant
901 N. Carpenter Road, Modesto
Nita Brady/Linda Cash
209-613-7488/209-480-6189
Nitab.sos@gmail.com

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Monday - Friday 10:00am-4:00pm
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

Mommy and Me

Mothers with newborns and infants to one year are invited to attend the Mommy and Me Group. This free group provides a place to discuss your thoughts and feelings, share ideas for keeping your life in balance while your roles change, and have your questions about motherhood answered. A baby scale is available to weigh your baby.

Meeting Info: Fridays 12:00pm-1:30pm
Memorial Medical Plaza
1800 Coffee Road, Room 63, Modesto
Ruth Van Groningen
209-572-7262

Parent Support Group

"A place where young parents can be themselves!" At Josie's Place we understand it's not easy parenting children, so we are here to listen. Creating a safe place for parents to obtain support, parenting strategies, and community resources. Group/Activities will be weekly (Mondays) Childcare is not provided. (Children's Crisis Center is available upon request) Ask for more information. This is your group so bring your ideas!

Meeting Info: Every Monday 10 a.m.
Josie's Place
1208 9th St, Modesto
209-558-4464



Parenting with Love

This fun, popular nurturing program is an opportunity for you to explore creative learning activities, learn about your child's development, share your parenting experiences, offer support and make parent-to-parent connections. Because children don't come with instructions! Topics include family communication, setting family rules, behavior management and more.

Meeting Info: Mondays 9:30AM-11:30AM
Hughson Family Resource Center
6940 Hughson Ave, Hughson
209-883-2027

Prodigal Sons and Daughters-Support Groups for all Adolescents and Adults

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
e-mail: prodigalministry@aol.com

Spanish Support Group

Open to the public. Parents of all ages come together for support to discuss current life issues such as parenting, depression, addiction/alcoholism, gangs, education/truancy and the feeling of isolation from the dominant culture. This group is only in Spanish.

Meeting Info: 1st & 3rd Monday 9:00AM-10:00AM
Hanshaw Elementary
1725 Las Vegas Street, Modesto
209-338-5706
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
209-338-5706
www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM
Waterford Support Group
116 E Street, Waterford
209-338-5706
www.elconcilio.org

Meeting Info: Every other Wednesday 9:00AM-11:00AM
Casa del Rio
2400 Stanislaus St., Riverbank
209-338-5706
www.elconcilio.org

Meeting Info: Friday 8:30AM - 10 AM
Keys Head Start
440 Maud Ave., Keys
209-338-5706
www.elconcilio.org

Meeting Info: Thursday 8:30AM-10:00AM
Ceres Healthy Start
2491 Lawrence St, Ceres
209-338-5706
www.elconcilio.org

Prodigal Sons and Daughters - Parent/Youth Support Group

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Monday, 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
prodigalministry@aol.com

Single Parent Resources

Resource center offers exercise, health, parenting, child tutoring, Bible study, and depression recovery groups. Free pregnancy testing also available.

Meeting Info: Call for times and dates
Modesto SDA Church
1614 H Street, Modesto
Teri Johnson
209-484-4044
www.modestosda.org

Teen Parent Support Group

A group for Teen Parents to provide support, information, and resources. Learn about baby's growth and development during pregnancy.

Learn about what comes next in your child's development and learn fun activities to do at home to help your child's development. Borrow books, games, and other resources from our resource center. Connect with other pregnant teens or teen parents.

Meeting Info: 1st and 3rd Friday of the month 12:30PM-2:30PM
Parent Information Resource Center (PIRC)
4300 Sisk Road Suite B, Modesto
209-545-9766



The Family Advocate

The Family Advocate assists families with accessing, understanding and utilizing Mental Health Services, including Early Psychosis and Substance Use Disorder. The Family Advocate works independently and assists families in interactions with service providers in order to help improve and facilitate these important relationships.

Meeting Info:

BHRS Family Advocate Office
800 Scenic Dr, Modesto
209-525-4982

The PLACE for Youth

A non-religious support group for lesbian, gay, bi-sexual, transgender, And questioning youth ages 14-20.

Meeting Info: Every 2nd and 4th Thursday of the month, 7:00-9:00pm

College Avenue United Church of Christ
1341 College Avenue, Modesto
Elizabeth Plata/Ed Plata
(209) 818-2378/209-683-8203

The PLACE for Parents

Parents of LGBTQ youth - whether you are accepting, conflicted, or rejecting - join us for our parent support group.

Meeting Info: The first Saturday of every month, call for times

College Avenue United Church of Christ
1341 College Avenue, Modesto

Elizabeth Plata or Ed Plata at 209-683-8203 for more info
(209) 818-2378



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: Call for Times and dates
Alzheimer's/Dementia Support Cenhter
700 McHenry Ave Suite B, Modesto
Cindy DenBrave
209-577-0018

Caregivers Support Group

A support group for family caregivers of anyone who has Parkinson's, ALS, Alzheimer's, Stroke, or Brain Injury.

Meeting Info: 4th Saturday of the month @ 10:00 AM-11:30AM
Bethel Retirement Center
2345 Scenic Drive, Modesto
1-800-541-8614
www.valleycrc.org

General Caregiver Support Group

People who take care of aging or ill family members sometimes don't take time to take care of themselves. Facilitated by a Licensed Clinical Social Worker, this group is designed to provide support to caregivers, self care and coping techniques as well as community resources. Please check in at health education for room assignment. Open to Kaiser clients and the community.

Meeting Info: 3rd Tuesday of the month 10:30-12:00 Noon
Kaiser Permanente
4601 Dale Road, Modesto
April Spiller
(209) 735-3213
www.kp.org

Alzheimer's/Dementia Support Group

Support group for family, friends and caregivers of loved ones suffering from Alzheimer's or other kinds of dementia

Meeting Info: Call for times and dates
Paramount Court Senior Living
9791 Crowell Road, Turlock
Cheryl Gerhardt
209-664-6500

Drop In Group 4 Seniors

Come and join other Seniors in outings, games and crafts. Open to any Senior in Stanislaus County.

Meeting Info: Every Monday 2:00PM-3:30PM
Senior Access Team
701 14th Street, Modesto
Karen Reid
209-525-7432



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: Call for Times and dates

Alzheimer's/Dementia Support Cenhter
700 McHenry Ave Suite B, Modesto
Cindy DenBrave
209-577-0018

Alzheimer's/Dementia Support Group

Support group for family, friends and caregivers of loved ones suffering from Alzheimer's or other kinds of dementia

Meeting Info: Call for times and dates

Paramount Court Senior Living
9791 Crowell Road, Turlock
Cheryl Gerhardt
209-664-6500

Modesto Vet Center

The Vet center offers many services to the Combat Veteran including but not limited to: Individual and Group Counseling, Marital and Family Counseling, Medical Referrals, Assistance in applying for VA Benefits, Employment Counseling, Guidance and Referral, Alcohol/Drug Treatment Referrals, Information and Referral to Community Resources, Sexual Trauma, Referral Services, and Community Education

Meeting Info: Call for meeting times

Modesto Vet Center
1219 Carpenter Road, Ste 12, Modesto
James Silveira
(209) 569-0713

True Patriots- Veterans for Veterans

A support group for Veterans by Veterans. Open to all Veterans of any branch of service to the United States. Group discussions include but not limited to benefits, depression, anxiety, PTSD or anything else that may be of importance to Veterans.

Meeting Info: Every Tuesday 1:00PM-2:30PM

Redwoods
800 Scenic Drive, Modesto
Carlos Lara
209-597-1967



Adolescent Substance Use Disorder Treatment Group for Teenagers

12-17 years of age, Initial assessment and 13 group sessions, No fee for services, Drug test required as part of treatment

Meeting Info: call for days and times

Center for Human Services (Counseling Center)
2000 W. Briggsmore Ave, Suite 1, Modesto
209-526-1440

Meeting Info: call for days and times

CHS-Patterson Family Resource Center
118 N. 2nd St, Suite D, Patterson
209-526-1440

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Monday - Friday 10:00am-4:00pm

Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

Life Plan

A curriculum used to make a difference by providing support and skills to help youth overcome the four social epidemics that threaten their success: drug and alcohol abuse, teen pregnancy, dropping out of school and gang participation. Eligibility: Freshman-Senior in high school. Ability to participate in a 6-9 week class.

Meeting Info: call for date and times

call for location in Patterson
Sergio Fuentes/Heather Vega
209-526-1476/209-892-7450
www.centerforhumanservices.org

Music for the Soul

Music for the Soul is an instructional group where young adults can build positive coping skills and confidence through obtaining basic guitar/bass skills.

Meeting Info: Call for times and dates.

Josie's Place
1208 9th Street, Modesto
(209) 558-4464

Meeting Info:

Al-Anon/Alateen

A number of self-help, 12 step groups, exists for spouses, family members, and friends of alcoholic persons. Some Spanish groups available (listed on website). For more information call the Hotline (209) 524-3907

Meeting Info: Call for meeting times, locations, and dates

Various locations
209-524-3907
<http://www.al-anon.alateen.org/>

LGBTQ Support Group

This group is a support/process group for individuals who identify themselves as Lesbian, Gay, Bisexual or Transgender, and the issues that are unique to them. We provide a comprehensive skill set that includes processing sensitive issues, increasing coping strategies, and providing community resources/referrals. If you are interested in joining this group please contact Elena Carillo @ (209)558-4464. Must be a member of Josies Place Drop In Center. Easy to become a member, just come on by. Membership available to anyone 18-25 years old.

Meeting Info: Mondays 1:00PM-2:30PM

Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4464

Monkey Business: Childrens Support Group

Support group for kids, ages 5-13 whose loved one has cancer. Call the Emanuel Cancer Center for registration and session dates.

Meeting Info: Call for times and dates

Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Meeting Info:

New Journey

New Journey is an open group based on the needs of the members of the Josies Place Drop In Center. This group focuses on providing a comprehensive set of psychoeducation, everyday living and coping skills to help increase chances of successful independence. Members select different topics they are interested in learning about, and staff presents information related to one topic every week. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

Meeting Info: call for times and dates

Josies Place
1208 9th Street, Modesto
(209) 558-4464



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. Call before attending.

Meeting Info: Call for meeting times and dates
610 14th Street, Modesto
(209) 524-4858

Pro Social Skills

Pro Social Skills is a group where young adults (18-25) can learn to identify and process their emotions in a positive and healthy way, through learning and coping skills. We work to decrease expression of aggressive behavior. The group provides a place to learn and practice skills such as listening, giving compliments, and how to have uncomfortable conversations etc. This is a closed group: a new rotation begins every ten weeks. If you are interested in joining this group contact Elena Carillo @ (209) 558-4464. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

Meeting Info: Wednesdays 3:00PM-4:30PM, Fridays 3:00PM-4:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209) 558-4464

Prodigal Sons and Daughters-Support Groups for all Adolescents and Adults

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
e-mail: prodigalministry@aol.com

Teen Talk

Teen Talk is designed to help youth in developing essential social skills. Youth must be in Junior High School. \$20 assessment fee and \$15 per class. Class topics include communication, listening empathy, responsibility, managing emotions, social cues, peer relations, and perspectives.

Meeting Info: Wednesday 4:00 - 5:45 p.m.
Center for Human Services
2000 Briggsmore Ave, Modesto
Jennifer Smith
209-526-1440

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. Call before attending.

Meeting Info: Call before attending
610 14th Street, Modesto
(209) 524-4858

Prodigal Sons and Daughters - Parent/Youth Support Group

Christ-centered study/support group for adolescents and adult. Groups utilize the 12-step program of Alcoholics Anonymous along with Biblical teaching.

Meeting Info: Monday, 7:00 - 8:30 p.m.
352 E. Olive Ave., Turlock
209-634-3538
prodigalministry@aol.com

Teen Alcohol and Drug Treatment

Treatment groups are open to youth ages 13-17. An assessment prior to entering a group is required. After youth and his/her parent(s) complete an assessment, a youth can attend a 13 week program of group sessions based on the evidence based motivational interviewing model. Curriculum for the program includes: The Disease Concept of Addiction, Wheel of Change Theory, Abuse vs. Addiction, Identifying Signs of Addiction, Introduction to 12 Step meetings. Good and not so good things about using drugs, values, identifying triggers, refusal skills, and relapse prevention. Time Limited.

Meeting Info: Call for times and day
Center for Human Services Counseling Clinic
2000 W. Briggsmore Ave, Modesto
Samantha Hosker
(209) 526-1476
www.centerforhumanservices.org

Meeting Info:

The Last Resort Teen Support Group

Our Teen Group is geared toward adolescents with drug and/or alcohol related issues such as family discord, academics and social pressures.

Meeting Info: Monday, Wednesday, Thursday (call for times)
3125 McHenry Ave, Ste D, Modesto
Bob Housden
209-523-6910
thelastresortmodesto.com



The PLACE for Youth

A non-religious support group for lesbian, gay, bi-sexual, transgender, And questioning youth ages 14-20.

Meeting Info: Every 2nd and 4th Thursday of the month, 7:00-9:00pm
College Avenue United Church of Christ
1341 College Avenue, Modesto
Elizabeth Plata/Ed Plata
(209) 818-2378/209-683-8203

Women's Group

Women's group is a safe place to openly discuss issues related to women ages 18-25. The focus of the group is to provide members with an environment they feel safe to openly communicate with each other and to share personal issues that are important to them; as well as being able to make connections with other young women. There are a variety of topics and activities that promote healthy relationships, self-care, and having a positive body image. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to those 18-25 years old.

Meeting Info: Tuesdays 3:30PM-4:30PM
Josies Place
1208 9th Street, Modesto
(209) 558-4464

Transgender Support Group

Support and discussions on topics of interest to the transgender community and their allies.

Meeting Info: Every first Tuesday of the month from 6:00-7:00pm
Emanuel Lutheran Church
324 College Avenue, Modesto
(209) 566-2468

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.

Meeting Info: Every other Monday 5:30pm
Patterson Teen Center
118 N. 2nd St., Patterson
Jason Hayward
(209) 895-8083