FRIENDS ARE GOOD MEDICINE

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

www.stancounty.com/bhrs
TABLE OF CONTENTS
Abuse ................................................................................. 3
Addiction/Recovery ......................................................... 4
Bereavement ....................................................................... 8
Community Wellness ....................................................... 10
Disabilities ......................................................................... 10
Health ................................................................................. 11
LGBTQ ............................................................................... 15
Life Changes & Transitions ................................................. 15
Mental/Emotional Health ................................................... 17
Parenting ............................................................................. 19
Seniors ................................................................................. 21
Spanish-Speaking Wellbeing Groups ................................. 22
Grupos de Bienestar en Español ......................................... 23
Veterans ............................................................................... 24
Youth/Teen .......................................................................... 24

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

WHAT DO WE DO?
• We act as an information and assistance source to
  the groups in our database.
• We promote the concept of self-help in both the
  general and professional community.
• We provide leadership training, consultation and assistance
  to groups, and information sheets on topics
  of interest to self-helpers.

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

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

**Meeting Info:**
www.ascasupport.org

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

**Meeting Info:**
**English** Tuesdays 3:30-5:30pm  
Spanish Fridays 10:00am - 12:00pm  
Haven Women’s Center  
618 13th Street Suite I, Modesto  
(209) 524-4331

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**Domestic Violence Support Group**
Open to women who have, or are currently experiencing domestic violence in their relationship.

**Meeting Info:**
Tuesdays 9:00am - 11:00pm  
Women’s Haven Center  
301 Starr Avenue, Turlock  
(209) 664-9140

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**Grupo De Apoyo**
Grupo para las mujeres latinas que toman la oportunidad para Mujeres que hablen espanol. Para compartir sus situaciones personales sobre la violencia domestica. Este grupo es gratis, y no se provee cuidado de ninos. Este es un grupo semanal.

**Para mas información:** llame al 883-2027 o 577-5980. This group is provided in Spanish.

**Meeting Info:**
10:30 am - 12:30 pm every Monday  
Centro de Recursos Familiares de Hughson  
6940 Hughson Ave, Suite B, Hughson, Ca.  
883-2027 – 577-5980

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**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

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**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

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**Parents United - juvenile/teen offenders**
Sign-up meetings for juvenile/teen offenders ages 8-18 (no children please, only parent or adult guardians) After attending a sign-up meeting, an individual may begin attending group sessions.

**Meeting Info:** Call before attending.  
610 14th Street, Modesto  
(209) 524-4858
Adult Children of Alcoholics
Adult 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: Visit website for meeting information adultchildren.org

Adult Children of Alcoholics/Dysfunctional Families
Twelve Step meeting for people 18 years old or older. Explore and recover from the affects of being brought up in an alcoholic family or otherwise dysfunctional family - the ways it affected us then and the ways it affects us now.
Meeting Info: Visit website for meeting information adultchildren.org

Al-Anon/Alateen
A number of self-help, 12 Step-Groups, exists for spouses, family members, and friends of alcoholic persons. Some Spanish Groups are available (listed on Website).
Meeting Info: For more information, call Hotline Call for meeting times, locations, and dates Various locations

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.
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 Women's groups.
Meeting Info:
New Life Christian Center
2918 Tuolumne Road, Turlock Contact: Michelle Padilla (209) 495-2140 Monday @ 5:30 PM
Crossroads Grace Community Church
1505 Moffatt Blvd., Manteca Contact Anthony Martin (209) 872-8075 Monday @ 7:00 PM
Village Christian Fellowship Church
5216 Yosemite Blvd., Empire CA C Monday @5:30 PM
Neighborhood Church
5901 Sisk Rd., Modesto Contact Robert McClendon (209) 404-3948 Monday @ 6:30 PM
Big Valley Grace Community Church
4040 Tully Rd., Modesto Contact Scott Miller (209) 577-1604x341 Tuesday @ 6:30 PM
Sequoia Heights Baptist Church
1050 South Union Rd., Manteca Contact Steve Wilson (209) 823-2089 Thursday 7:00 PM
Cornerstone Community Church
17900 Comconex Rd, Manteca Contact Robert Henderson 209-986-4942 Monday 7:00 PM
First Baptist Church 124 S. Del Puerto Ave., Patterson Contact Kathy Goss (209) 892-2088 Thursday @ 6:15 PM
Ceres Christian Church 3502 Roeding Rd., Ceres Contact Donna Farmstead (209) 324-2403 Friday @6:30 PM
Taking Control/Co-Occurring
This group addresses the co-occurring illness of mental illness and problems with drugs and/or alcohol, i.e. co-occurring. This group is open to everyone at no charge.
Meeting Info:
Thursdays 2:00pm - 3:00pm
Empowerment Center
1001 Needham St. Modesto
Christina Kenney (209) 558-4610

Dual Recovery Support Group
This group addresses the Dual Illness of Mental Illness and problems with Drugs and/or Alcohol, i.e., co-occurring. This group is open to anyone at no charge.
Meeting Info:
Wednesdays 1:00 - 2:00 p.m.
Wellness Recovery
500 N. 9th St., #C, Modesto
Amaeo 209-558-4157

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’re going through? Join us for a Women’s addiction support group.
Meeting Info: Empowerment Center
1001 Needham, Modesto Tuesday 9:00 AM - 10:00 AM
(209) 544-1913

Hope Found
This is a 12-Step Faith-Based Recovery Group. Our Mission: To discover a vibrant, powerful, personal faith in Jesus Christ as the 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 6:30 p.m
CrossPoint Community Church
12th and M St., Modesto
Charlie & Linda Shepard (209) 577-4884
crosspointmodesto.org

Life Hurts, God Heals
LIGHG 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 @ 7:00pm
Apostolic Jubilee Center
821 Lassen Avenue, Modesto
(209) 538-7587

Men’s Group
Peer recovery meeting
Meeting Info:
Thursdays 1:00 - 2:00 PM
Wellness Recovery Center
500 N. 9th St., Modesto, Ca., Modesto
(209) 558-4610
Monday at the Movies
A group for anyone that is working their recovery from a mental health or substance abuse issue. A variety of movies with popcorn, sodas and snacks with staff and volunteer support.

Meeting Info:
Call for meeting information
Wellness Recovery Center
500 North 9th Street Suite A, 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.

Meeting Info: times vary
Various locations
(209) 541-8809

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)
340 E. Olive Ave., Turlock, Ca.
Robin Popolicio (209) 634-3538
www.prodigalsonsanddaughters.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.
340 E. Olive Ave., Turlock
(209) 634-3538 prodigalministry@aol.com
Director: Robin Popolicio

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. 6:00 - 7:00 p.m.
340 E. Olive Ave., Turlock
(209) 634-3538
e-mail: prodigalministry@aol.com

Recovery Support Group
A weekly recovery support group for people living substance addictions and seeking support. Learn from each other’s experiences, share coping strategies, and offer each other encouragement and understanding

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

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

Meeting Info:
Tuesday, @ 6:00 - 7:00 p.m.
St. Paul’s Church (Choir Room)
1528 Oakdale Rd., Modesto
(209) 918-8711

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. No Time Limited.

Meeting Info:
Monday, Tuesday, Thursday- please call for times
3125 McHenry Ave. Suite D, Modesto (209) 523-6910
thelastresortmodesto.com
Surrendering the Secret
Many women who have had an abortion suffer from symptoms of post-abortion, grief, and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you had had an abortion in your past, then join us in Surrendering the Secret.
Meeting Info: Call for meeting information
2801 Coffee Road, Suite A-5, Modesto
Amy Whitley (209) 526-1734 ext. 21 www.modestopc.org

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 1:00 - 2:30 PM
Fridays 10:30 AM- 12:00 PM
Wellness Recovery Center
500 North 9th Street Suite A, Modesto
(209) 558-4610

Substance Use Disorder Treatment Group for Adults
No fees for services
Mandatory, random drug testing
Group days and times may vary
Center for Human Services
2000 W. Briggsmore Ave., Ste. I
Modesto, CA 95350
Mon, Tue, Thu 9 am to 4 pm
Thu, Thu 10 am to 12 pm and
5:45 to 7:45 pm
CHS-Oakdale Family and Counseling Center
631 West F Street
Oakdale, CA 95361
Tue, Thu 5:30 to 7:30 pm
CHS-Patterson Family Resource Center
700 F Street
Patterson, CA 95363
Tue, Thu 1:30 to 3:30 pm

Teen AOD
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:
Center for Human Services Counseling Clinic
Tues., 3-5 p.m., and Wed., 5-7 p.m.
2000 W. Briggsmore Ave, Modesto
Jorge Fernandez (209) 526-1476
www.centerforhumanservices.org
CHS-Oakdale Family Resource
and Counseling Center
631 West F Street
Oakdale, CA 95361
Thursday 2:30 - 4:00 pm

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
Center for Human Services
(Counseling Clinic)
2000 W. Briggsmore Ave., Ste. I
Modesto, CA 95350
Monday 3:30 - 5:00 pm
CHS-Oakdale Family Resource and Counseling Center
631 West F Street
Oakdale, CA 95361
Thursday 2:30 - 4:00 pm
Family & Childhood Wellness - El Concilio
Contact: (209) 644-2602 Address: 1314 H Street Modesto, CA 95354 "Call for time/days and more information"
Website: www.elconcilio.org

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.

Behavioral Health and Recovery Services
Family Advocate Office
500 N. 9th St, Suite B, Modesto
(209) 525-4982

• BEREAVEMENT •

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

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
1850 Colorado Ave, Turlock
Art Ramirez (209) 664-2550
www.covenantcareathome.org

Community Hospice - Grief
Hope Counseling offers compassionate and high-quality care using evidence-based practices to meet the needs of people with family, mental health and behavioral issues. Support is available for children, teens, adults, couples and families who are experiencing issues that may delay their ability to live fully. Areas of focus and expertise include the following: Anger Management, Anxiety, Depression, Eating Disorders, Grief and Loss, Marriage and Relationship Counseling, Self-esteem Issues, Stress Management, Substance Use Disorder, Trauma/PTSD, and more.

Appointments are available
Monday- Friday from 8:00 a.m. – 5:00 p.m.
Evening Appointments are available. Pre-registration is required.

Hope Counseling, a program offered by Community Hospice.
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 times and dates
CovenantCare Hospice
1850 Colorado Ave, Turlock
Art Ramirez (209) 664-2550
www.covenantcareathome.org

Jessica’s House Grief Support Group For Children, Teens, and Families
Jessica’s House offers free on-going peer support groups for grieving children, teens, and families. Groups provide a safe place to be with other children and teens who have experienced a death. 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) 250-5395
www.jessicashouse.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 is required.
Meeting Info: Call for times and dates
CovenantCare Hospice 1850 Colorado Ave, Turlock Jill Chiesa and Cathy Morelli (209) 250-5200
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 meeting times
CovenantCare Hospice
1850 Colorado Ave, Turlock
Connie Carrillo (209) 250-5200
www.covenantcareathome.org

Survivors Support Group
This group is for adults who have lost a loved one who has completed suicide. The group runs 10 weeks and space is limited, so you must pre-register. Time is limited.
Meeting Info: Call for meeting times
CovenantCare Hospice
1850 Colorado Ave, Turlock
Art Ramirez (209) 250-5200
www.covenantcareathome.org
**COMMUNITY WELLNESS**

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 esté más 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.

Ceres Partnership for Healthy Children
Esperanza Gonzalez: (209) 541-0101

Hughson Family Resource Center
Carmen Ponce-Perez: (209) 883-2027

Newman Family Resource Center
Rosa Hernandez Gomez: (209) 862-0295

North Modesto/Salida Family Resource Center
Mariela Cervantes: (209) 338-0279

Oakdale Family Support Network
Rossy Gomar: (209) 847-5121

Patterson Family Resource Center
Albertina Reynoso: (209) 892-6688

Riverbank Family Support Network: (209) 847-5121

Turlock Family Resource Center
(209) 668-6118

West Modesto Parent Resource Center
Nelssy Navarro: (209) 549-8193

South Modesto Sierra Vista Child & Family Services
Mireya Santibanez
(209) 273-2240

Airport Partnership
Estefani Robles-Leyva (209) 214-5883

Denair/Hickman/Waterford
Annai Flores-Nunez: (209) 883-2027

Grayson/Westley
Alejandra Tinoco: (209) 690-3100

BHRS Prevention Services - Countywide
Jose Lopez-Higareda: (209) 312-3540
Luz Pulido: (209) 262-7095

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**Adult Education and Financial Literacy**

Contact: (209) 644-2600 Website: www.elconcilio.org
"Call for date/time and more information"

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**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:** Perko’s Restaurant
901 N. Carpenter Rd, Modesto
3rd Thursday of each month at 6:00 PM
Nita Brady (209) 613-7488 or nitab.sos@gmail.com

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**Beyond the Walls**

8 week program that children ages 6-14 deals with issues that specifically affect them due to family member’s incarceration.

**Meeting Info:** Group meetings depend on location. Locations vary. Call for information.

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**DISABILITIES**

**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 are not limited to: benets, depression, anxiety, PTSD, or anything else that may be of importance to Veterans.

**Meeting Info:** Every Tuesday
Redwoods
800 Scenic Drive, Modesto
Carlos Lara (209) 597-1967
Call for Information

**Care-Givers of the Blind**

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

**Meeting Info:** Every other Monday; 10:30AM-12PM
Janet’s Flowers Wedding Shop
704 14th Street, Modesto
Marty Lanser (209) 522-1888
www.vipsmodesto.org
Deaf and Hard of Hearing Support Group
Deaf and hard of hearing persons communicate and discuss their common disability issues
Meeting Info:
2nd & 4th Tuesday of each month
Disability Resource Agency for Independent Living
920 12th Street, Modesto
Lisa Archibeque or lisa@drail.org

Disability Support Group
A support group for anyone with a disability. Share common experiences and learn useful community services.
Meeting Info:
1st and 3rd Thursday of the month 10:00AM-12:00PM
Disability Resource Agency for Independent Living
920 12th Street, Modesto
Facilitator: Angelo (209) 521-7260 x 311
www.drail.org

Dual Recovery
We strive to provide a safe and friendly enviroment where you can flourish emotionally while developing courage and confidence. Come to the center and get support from your peers.
Meeting Info:
Thursdays 10:00am-11:00am
Empowerment Center
1001 Needham St. Modesto
Christina Kenney (209) 544-1913

Behavioral Health and Recovery Center-
El Concilio
Contact: (209) 644-2605 Address: 1314 H Street
Modesto, CA 95354 "Call for time/days and more information" Website: www.elconcilio.org

Visually Impaired Persons Support
Two support groups for the blind where caregivers are welcome to attend with them. Topics of discussion include vision loss and adapting to blindness. A separate caregiver's support is offered where topics specific to caregivers are discussed.
Meeting Info:
Call for Information
1409 H Street, Modesto, Tim Splan (209) 846-9027
www.vhips.com. Must call in to be assigned to a group.

Men's Group
Peer recovery meeting
Wellness Recovery Center, Call for Information
500 N. 9th St., Modesto, Ca., Modesto(209) 558-4610

Stroke Resource Inc.
Meet at Mountain Mike’s on McHenry. The last Friday of every month at 4:30 p.m. to socialize (No Host).
Meeting Info:
Last Friday of every month @ 4:30 p.m.
Mountain Mike’s
1720 McHenry Ave., Modesto
(209) 521-1786

• H E A L T H •

Monkey Business: Children’s Support Group
Support group for kids, ages 5-13 who’s loved one has cancer. Meeting Info: Call the Emanuel Cancer Center for registration and session dates. Call for dates and times.
Emanuel Cancer Center (209) 664-5044
880 E. Tuolumne Rd, Turlock
emanuelmedicalcenter.org

K.I.S.S
Kidney Interactive Support Services is a support group of people who are currently receiving or have received in the past any type of kidney treatment. Also for loved ones of those that have ever received or are receiving treatment.
Meeting Info:
700 McHenry Ave, Suite B, Modesto
Ester Farris (209) 523-9367
3rd Sunday of the month 2:00PM-5:00PM

T.A.L.K.S.
Peer to peer kidney support group. Our goal is to create a safe, supportive place where people can come together to share concerns, get information or talk with others dealing with kidney disease.
Sutter Health Memorial Health and Education Conf. Center
1700 McHenry Ave, Suite 608, Modesto, CA
Ray Paulino (209) 568-2539
facebook.com/kidney.support.group.TALKS/
4th Tuesday and 2nd Wednesday 2:00pm-4:00pm
“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 12-2PM in the Emanuel Cancer Center Conference Room. To register, call the American Cancer Society at (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
Emanuel Cancer Center
880 E. Tuolumne Rd., Turlock
American Cancer Society (800) 277-2345
emanuelmedicalcenter.org
Call for times and days

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

Anxiety and Depression Support Group
This is an outpatient treatment group dealing with anxiety and depression for adults.
Meeting Info:
Center for Human Services
2000 W. Brigsgrove Ave, Modesto
Jennifer Smith
(209) 526-1476
www.centerforhumanservices.org
Call for times and days

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 in Your Life
Patient support group open to adult men and women cancer patients, current and former.
Meeting Info: 1st and 3rd Thursday of every month
Emanuel Cancer Center Conference Room
880 E. Tuolumne Road, Turlock
(209) 664-5044
emanuelmedicalcenter.org
Call for times and days

Celiac Sprue Support Group
Information for those who suffer from mal-absorption of wheat and other grains, also called gluten intolerance.
Meeting Info:
Meets Annually
Call or see website for location
(209) 632-8540 www.celiacsprue.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

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 - 8:15PM
Big Valley Grace Church, 4040 Tully Rd.
Altar Room (209) 216-6271
Karen (209) 571-4399 x321 KarenT@bv.org
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 @ 10:00am - 11:30am
Bethel Retirement Center
2345 Scenic Dr., Modesto

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

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
Call (209) 572-7262 for more information

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

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 Thursday of the month 10:30AM-12:00PM
Kaiser Permanente
4601 Dale Road, Modesto
Loren Morris
(209) 735-3213
www.kp.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 members and the community.

Meeting Info:
3rd Wednesday of the month 10:00-11:30 AM
Kaiser Permanente
4601 Dale Road, Modesto
Loren Morris
(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.
Unity Church
2467 Veneman Ave., Modesto
Lori Wong (209) 343-2748

Memorial Medical Center Diabetes Support Group
A group for adults with diabetes. Facilitated by a diabetes educator.

Meeting Info:
See website calendar for monthly support groups
(209) 548-7880 www.memorialmedicalcenter.org

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

Living Well with Diabetes
For individuals diagnosed with diabetes and any loved ones who may want to attend. This is an opportunity to learn a positive approach to living with diabetes and to get answers to questions about diabetes. All classes are facilitated by a certified diabetes instructor.
This is a set of 4 classes - 2 hours each, held weekly. Class size is limited. Registrations will be accepted on a first come first serve basis. Attendance to first class is mandatory to attend rest of the series. The fee is $20.00 per person or $30.00 per family for the set of 4 classes.

Meeting Info: Call for times and dates
Oak Valley Medical Plaza
1425 W “H” Street, Oakdale (209) 847-5121 Ext 10
www.oakvalleyhospital.com

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 schedule and locations
1-800-410-8170 www.lls.org

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 locations
(209) 548-7880 www.memorialmedicalcenter.org

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 calendar of monthly support groups.
(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 calendar of monthly support groups
(209) 548-7880 www.memorialmedicalcenter.org

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
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

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) Trinity United Presbyterian Church
1600 Carver (Cowell Hall), Modesto

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

Total Hip or Knee Replacement Education Class
This class is offered to those considered or are already scheduled for a total hip or knee replacement. Educators are from Physical Therapy Departments.
Meeting Info: Memorial Medical Center- Foothill Room
1st and 3rd Tuesday @ 6:00PM, 2nd and 4th Tuesday @10:00AM
1700 Coffee Rd., Modesto
(209) 526-4500 x 7433

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

The PLACE for Youth
A non-religious support group for lesbian, gay, bisexual, transgender, and questioning youth ages 14-20.
Meeting Info: College Avenue United Church of Christ
2nd and 4th Thursday, from 7:00 p.m. – 9:00 p.m.
1341 College Avenue Modesto, CA 95350
Contact Modesto Pride Center
Alvaro Juarez (209) 606-9038 for more information

The PLACE for Parents
Parents of LGBTQ youth—whether you are accepting, conflicted, or rejecting- join us for our parent support group on the first Saturday of every month.
Meeting Info:
College Avenue United Church of Christ
1341 College Avenue Modesto, CA 95350
Contact Elizabeth Plata at (209) 818-2378 or Ed Plata at (209) 683-8203 for more information

Transgender Support Group
Support and discussions on topics of interest to the Transgender community and their allies.
Meeting Info:
Every 1st Tuesday of the month, 6:00-7:00pm
Emanuel Lutheran Church
324 College Avenue, Modesto

Adult Children of Alcoholics/Dysfunctional Families
Twelve Step meeting for people 18 years old or older. Explore and recover from the affects of being brought up in an alcoholic family or otherwise dysfunctional family - the ways it affected us then and the ways it affects us now.
Meeting Info: Visit website for meeting information adultchildren.org
**The Way**  
5682 Pirrone Road, Salida Doug B 209-403-7612  
**Meeting Info:** Saturday @ 6:00 PM  
Living Hope Christian Fellowship  
10055 Valley Home Road, Oakdale  
Kevin R (209) 605-7316 www.livinghopeoakdale.net

**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  
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 divorcercare.org  
**Meeting Info:**  
Call for times and dates  
**Big Valley Grace Community Church**  
4040 Tully Rd., Modesto  
(209) 577-1604 divorcercare.org  
**Meeting Info:**  
Call for times and dates  
**Calvary Chapel of Modesto**  
4300 American Ave, Modesto  
(209) 545-5530 divorcercare.org  
**Meeting Info:**  
Call for times and dates  
**River Oak Grace Community Church**  
7712 Rodden Road, Oakdale  
(209) 847-9428 divorcercare.org

**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 1:00 - 2:30 PM  
Fridays 10:30 AM - 12:00 PM  
Wellness Recovery Center  
500 North 9th Street Suite A, Modesto

**Dual Recovery**  
We strive to provide a safe and friendly enviroment where you can flourish emotional while developing courage and confidence. Come to the center and get support from your peers.  
**Meeting Info:**  
Call for Information  
Empowerment Center, 1001 Needham St. Modesto  
Christina Kenney (209) 544-1913

**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 Wednesday of the month 10:00-11:30 AM  
Kaiser Permanente, 4601 Dale Road, Modesto  
Loren Morris  
(209) 735-3213  
www.kp.org

**Goal Setting Group**  
The group will give consumers the opportunity to connect in a caring and non-judgmental atmosphere. All members will be allowed to voice goals. Everyone is welcome!  
**Meeting Info:** Call for dates and times  
Empowerment center  
1001 Needham St, Modesto Christina Kenney (209) 544-1913

**Healthy Beginnings**  
We invite you to participate in our Teen Pregnancy and Parenting support group. Learn more about your baby’s growth and development while working one on one with a case manager. This is support for you and your baby.  
Eligibility: Parenting or pregnant teen.  
**Meeting Info:**  
Call for dates and times  
Del Puerto High School  
640 M Street, Patterson Patterson Family Resource Center  
(209) 892-6688  
www.centerforhumanservices.org

**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 Ave, Modesto  
Christina Kenney (209)544-1913
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, (209) 544-3743

• MENTAL / EMOTIONAL HEALTH •

NAMI (Peer Support)
NAMI Modesto Connection Group (Peer Support)
500 N. 9th St, Modesto
Jana Lynn Community Room
Call for dates and times
(209) 558-4555

CSUS Connection Group (Mental Health Peer Support)
One University Circle, Turlock
Call for times and dates
(209) 409-6006 or email: MHNOC@outlook.com

Adult Anger Management
12 week group. Individual assessment required.
Assessment fee of $20 and weekly group fee of $15.

Meeting Info:
Call for times and days
Center for Human Services
200 W. Briggsmore Ave, Modesto
Jennifer Smith (209) 526-1476
www.centerforhumanservices.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: Call for dates and times
Empowerment Center 1001 Needham St. Modesto
Christina Kenney (209) 544-1913

Arts & Crafts
Do you enjoy creative things? Then come on in and take part in making fun, thoughtful cards and gifts.

Meeting Info: Wednesdays 11:00 - 2:00 pm
Empowerment Center, 1001 Needham St. Modesto
Christina Kenney (209) 544-1913

Community Hospice - Grief
Hope Counseling offers compassionate and high-quality care using evidence-based practices to meet the needs of people with family, mental health and behavioral issues. Support is available for children, teens, adults, couples and families who are experiencing issues that may delay their ability to live fully. Areas of focus and expertise include the following: Anger Management, Anxiety, Depression, Eating Disorders, Grief and Loss, Marriage and Relationship Counseling, Self-esteem Issues, Stress Management, Substance Use Disorder, Trauma/PTSD, and more.
Appointments are available Monday- Friday from 8:00 a.m. – 5:00 p.m.
Evening Appointments are available. Pre-registration is required.
Hope Counseling, a program offered by Community Hospice.

New Journey
New Journey is an open group based on the needs of the members of the Josie’s 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 Josie’s Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

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

Pro Social Skills
Pro Social Skills is a group of young adults (18-25) can learn to identify and process their emotions in a positive, 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 complements, and how to have comfortable conversations, etc. This is a closed group; a new rotation begins every 10 weeks. If you are interested in joining this group contact Elena Carillo @ (209) 558-4464. Must be a member of Josie’s Place Drop In Center. Easy to join. Membership open anyone 18-25 years old.

Meeting Info: Wednesdays 3:00-4:30pm, Fridays 3:00-4:30pm.
Josie’s Place, 1208 9th Street, Modesto
Elena Carillo (209) 558-4464
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 are not limited to: benefits of depression, anxiety, PTSD or anything else that may be of importance to Veterans.
**Meeting Info:**
Every Tuesday 1:00PM to 2:30PM
Redwood Room
800 Scenic Drive, Modesto
Carlos Lara: (209) 597-1967

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

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:** Call for times and days
Empowerment Center
1001 Needham St. Modesto
Christina Kenney (209) 544-1913

NAMI In Our Own Voice
(100V) 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
Turlock Recovery Services
2101 Geer Rd, Suite 120, Turlock
Lynn Padlo (209) 558-4555

Music Jam
Music provides communication that can be helpful to those who find it difficult to express themselves with words.
**Meeting Info:** Call for times and days
Empowerment Center
1001 Needham St. Modesto
Christina Kenney (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:**
Thursdays 10:00am-11:00am
Empowerment Center
1001 Needham St. Modesto
Christina Kenney (209) 544-1913

Taking Control/Co-occurring
Group addresses the co-occurring illness of mental illness and problems with drugs and/or alcohol, i.e. co-occurring. This group is open to everyone at no charge.
**Meeting Info:**
Wednesday 1:00 PM - 2:00 p.m.
Wellness Recovery
500 N. 9th St., Modesto
(209) 558-4610

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

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 for location
NAMI Stanislaus
Modesto
**Meeting Info:** Call for schedule and location
Turlock Recovery Services
2101 Geer Road, Suite 120, Turlock
Lynn Padlo (209) 558-4555 www.namistantislaus.org
NAMI Family Support Group
A support group for relatives and friends of those that have a mental illness.

Meeting Info:
Modesto Contact (209) 558-4555
Turlock Contact (209) 558-4555
Oakdale Contact: Judy (209) 480-0387
Call for times, dates and locations

Men’s Group
Peer recovery meeting

Meeting Info:
Thursdays 12:00 - 1:00 PM
Wellness Recovery Center
500 N. 9th St., Modesto, Ca., Modesto
(209) 558-4610

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
NAMI Stanislaus
Modesto
Lynn Padlo (209) 558-4555

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

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:
Tuesdays 1:00 - 2:00pm
Empowerment Center
Christina Kenney (209) 544-1913

Parent/Teacher 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
NAMI Stanislaus
Modesto

Peer Support Group
A Peer Support Group. Come in and get support from your peers

Meeting info: Wellness Recovery Center
500 North 9th Street, Modesto
Tuesdays 2:00-3:00
Lynda (209) 558-4158

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:
Geneva Presbyterian Church
1229 E. Fairmont Ave., Modesto
www.lowselfhefpsystems.org

Self-Esteem Group
A group to address issues of self-esteem and how it pertains to one’s recovery.

Meeting info: Call for times and days
Wellness Recovery Center, 500 North 9th Street, Modesto
Dot (209) 558-4156

Servicios de Salud Mental
Asesoramiento individual y familiar, clases sobre el cuidado de los niños, Informacion de referencias, Medi-Cal y Healthy Families para niños y adolescentes, Escala movil esta basado en ingresos economicos y en el numero de miembros en la familia.

Meeting Info:
Patterson Family Resource Center
118 N. 2nd Street, Patterson (209) 892-6688
www.centerforhumanservices.org
**Special Interest Groups**

Support each other in special topics that may not be discussed often, many topics 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 St. Modesto
Christina Kenney (209) 544-1913

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**Insight Meditation Central Valley**

**Meeting Info:**
Offered in English Every Tuesday, 6:30 to 8:30 p.m or Sunday 8:45am to 10:15am
Spanish by Vanessa Lopez Asah (209) 408-6172
Thursday 7:30 to 9:00 p.m.

**Every Second Sunday Buddhist 12 step group**
by Charlie Wheeler (209) 606-7214
6:00pm to 7:30pm
Unitarian Universalist Fellowship of Stanislaus County
2172 Kiernan Ave, Modesto
Lori Wong (209) 343-2748 http://imcv.org

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**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
700 F Street, Patterson, Paul Corona (209) 690-3100

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**Women’s Mental Health Support Group**

Mental Support Group that meet every week to talk about personal experiences or topics that ladies want to have, some topics include depression, drugs, postpartum depression, etc. Group is provided in SPANISH and is open to the community. No Time Limit.

**Meeting Info:**
Wednesday 9:00 a.m.- 11:00 a.m.
Hughson Family Resource Center
6940 Hughson Ave., Hughson
(209) 883-2027

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**Parenting**

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**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 Rd Suite 61, Modesto
(209) 572-7262

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**Prodigal Sons and Daughters - Support Groups for all Adolescents and Adults**
Christ-centered study/support group for all 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.
340 E. Olive Ave., Turlock
(209) 634-3535
prodigalministry@aol.com

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**Healthy Beginnings**
We invite you to participate in our Teen Pregnancy and Parenting support group. Learn more about your baby’s growth and development while working one on one with a case manager. This is support for you and your baby.

Eligibility: Parenting or pregnant teen.

**Meeting Info:**
Call for dates and times Del Puerto High School
640 M Street, Patterson
Patterson Family Resource Center
(209) 892-6688 www.centerforhumanservices.org

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**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.
340 E. Olive Ave., Turlock
(209) 634-3538 prodigalministry@aol.com
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
Facilitator: Ruth Van Groningen, RNC, BSN, IBCLC
For more information call (209) 572-7262

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

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**SENIORS**

Senior Living & Caregiver Legal Services
Contact: (209) 644-2607 Website: www.elconcilio.org “Call for day/time and more information”

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
707 14th Street, Modesto
Karen Reid (209) 525-7432

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:**
Kaiser Permanente
4601 Dale Road, Modesto
Loren Morris: (209) 735-3213
3rd Wednesday of the month 10:00AM to 11:30AM
www.kp.org
**SPANISH-SPEAKING WELLBEING GROUPS**

**Infinitamente Sanas**  
Spanish Mental Health peer support group for adults. Members support one another and share the challenges and highlights of their lives while learning more about mental health conditions, treatments, and local resources.  
**Meeting info:** Oakdale Family Support  
1405 W. F Street, Oakdale  
1st and 2nd Tuesday of the month- 11:00AM to 1:00PM  
(209) 847-5121

**Bailo-Cultura**  
Promoting self-worth and mental wellness through dance and culture in Spanish.  
**Meeting info:** Grange Hall in Oakdale  
Every Monday 8:30AM to 10:30AM  
Oakdale Family Support Net (209) 847-5121

**Bailo-Inspiración**  
Promoting mental and emotional wellbeing through movement, music and education on mental health topics in Spanish.  
**Meeting info:** Grange Hall in Oakdale  
Every Tuesday 8:30AM to 10:30AM  
Oakdale Family Support Net (209) 847-5121

**Bailo-Belleza**  
Promoting inner beauty and healthy self-image for women. Spanish educational sessions related to mental health and physical activity that enhances overall health.  
**Meeting info:** Grange Hall in Oakdale  
Every Thursday 8:30AM to 10:30AM  
Oakdale Family Support Net (209) 847-5121

**Immigration Legal Services & Citizenship Classes**  
Contact: (209) 644-2606 Website: www.elconcilio.org  
“Call for day/time and more information”

**Club de Bienestar**  
Bilingual group for children to reduce the stress experienced during the academic year by providing a space to work with a mentor.  
**Meeting info:** Oakdale Family Support Network  
1405 W. F Street, Oakdale  
Every Tuesday 4:00PM to 6:00PM  
(209) 847-5151

**Mente & Corazón**  
Bilingual group for children ages 8 to 13 years promoting healthy social engagement, nurture creativity and healthy cultural identity and self-expression.  
**Meeting info:** Oakdale Family Support Network  
1405 W. F Street, Oakdale  
Every Monday 4:00PM to 6:00PM  
(209) 847-5151

**Cuidando Nuestra Comunidad**  
Oakdale Parks and Neighborhood cleaning crew focused on maintaining a healthy community and developing a sense of belonging. All volunteers welcomed.  
**Meeting info:** Oakdale Community  
Every Saturday 10:00AM to 12:00PM from March to June  
Oakdale Family Support Net (209) 847-5121

**Rosebuds**  
Spanish Wellbeing and Health Development group for girls 3 to 6 years. All children regardless of language are welcomed.  
**Meeting info:** Oakdale Family Support Network  
1405 W. F Street, Oakdale  
Every Tuesday 4:00PM to 6:00PM  
(209) 847-5151
**GRUPOS DE BIENESTAR EN ESPAÑOL**

**Infinitamente Sanas**
Grupo de pares al apoyo de salud mental para adultos en español. Miembros se apoyan el uno al otro y comparten los retos y aspectos más destacados de sus vidas mientras aprenden más sobre las condiciones, tratamientos y recursos locales para la salud mental.

**Meeting info:** Oakdale Family Support
1405 W. F Street, Oakdale
El primer y segundo martes del mes- 11:00AM a 1:00PM (209) 847-5121

**Bailo-Cultura**
Promoviendo la autoestima y la salud mental a través del baile y cultura en español.

**Meeting info:** Grange Hall en Oakdale
Cada lunes de 8:30AM a 10:30AM
Oakdale Family Support Net (209) 847-5121

**Rosebuds**
Grupo en español de bienestar y el desarrollo de la salud para niñas de 3 a 6 años. **Todos los niños son bienvenidos sin importar el idioma.**

**Meeting info:** Oakdale Family Support Network
1405 W. F Street, Oakdale
Cada martes de 4:00PM a 6:00PM (209) 847-5151

**Club de Bienestar**
Grupo bilingüe de niños para reducir el estrés experimentado durante el año escolar al proporcionar un espacio para trabajar con un mentor.

**Meeting info:** Oakdale Family Support Network
1405 W. F Street, Oakdale
Cada martes de 4:00PM a 6:00PM (209) 847-5151

**Mente & Corazón**
Grupo bilingüe para niños de 8 a 13 años para promover interacciones sociales saludables, creatividad, identidad cultural saludable y expresiones propias.

**Meeting info:** Oakdale Family Support Network
1405 W. F Street, Oakdale
Cada lunes de 4:00PM a 6:00PM (209) 847-5151

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**Cuidando Nuestra Comunidad**
El equipo de limpieza de la comunidad y parques de Oakdale se enfoca en mantener una comunidad saludable y desarrollar un sentido de pertenencia. Todos los voluntarios son bienvenidos.

**Meeting info:** Comunidad de Oakdale
Cada sabado de 10:00AM a 12:00PM de marzo a junio
Oakdale Family Support Net (209) 847-5121

**Bailo-Inspiración**
Promoviendo el bienestar mental y emocional con movimiento, música, educación y temas sobre la salud mental.

**Meeting info:** Grange Hall en Oakdale
Cada martes de 8:30AM a 10:30AM
Oakdale Family Support Net (209) 847-5121

**Bailo-Belleza**
Promoviendo la belleza interna e imagen propia saludable para mujeres. Sesiones educacionales en español relacionadas a la salud mental y actividad física que mejora la salud general.

**Meeting info:** Grange Hall en Oakdale
Cada jueves de 8:30AM a 10:30AM
Oakdale Family Support Net (209) 847-5121
**Veterans**

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

Alzheimer’s/Dementia Support Group
Support groups for caregivers of persons with Alzheimer’s disease or related dementia. Another group for persons diagnosed with dementia meets at the same facility, at the same time.
**Meeting Info:** Alzheimer’s/Dementia Support Center
700 McHenry Ave, Suite B, Modesto
Call for meeting times and dates
Jewell Tkee (209) 577-0018

True Patriots-Veterans for Veterans
A new 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 @ 1:00 - 2:30 PM
800 Scenic Dr, Modesto
Facilitators: Carlos Lara
Contact Info: Carlos Lara (209) 597-1967

**Youth/Teen**

Healthy Beginnings
We invite you to participate in our Teen Pregnancy and Parenting support group. Learn more about your baby’s growth and development while working one on one with a case manager. This is support for you and your baby.
**Meeting Info:**
Call for dates and times Del Puerto High School
640 M Street, Patterson Patterson Family Resource Center (209) 892-6688
www.centerforhumanservices.org

Kids Connection Group
For children 6-11 who have experienced a loss due to death. Please call the bereavement staff to register at (209) 664-2550. Preregistration required.
**Meeting Info:** Call for times and dates Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo (209) 664-2550
www.emanuelmedicalcenter.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:** Parent/Youth Support Group Upon Request
Women’s Art
Only available upon request
Depression group, Adult women only, Thursdays 12-1pm
Bible Study for adults, Fridays 12-1pm Robin Popolico
(209) 634-3538 340 E. Olive Ave., Turlock
prodigalsonsanddaughters.org

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

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:**
610 14th Street, Modesto
(209) 524-4858
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. Medi-cal insurance needed.
Center for Human Services (Counseling Center)
Call for times and days. 2000 W. Briggsmore Ave, Modesto (209) 526-1476
www.centerforhumanservices.org

Community Hospice - Grief
Hope Counseling offers compassionate and high-quality care using evidence-based practices to meet the needs of people with family, mental health and behavioral issues. Support is available for children, teens, adults, couples and families who are experiencing issues that may delay their ability to live fully. Areas of focus and expertise include the following: Anger Management, Anxiety, Depression, Eating Disorders, Grief and Loss, Marriage and Relationship Counseling, Self-esteem Issues, Stress Management, Substance Use Disorder, Trauma/PTSD, and more.
Appointments are available
Monday- Friday from 8:00 a.m. – 5:00 p.m.
Evening Appointments are available. Pre-registration is required.
Hope Counseling, a program offered by Community Hospice.

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

If you would like to add a support group or update support group information, please visit the website or call Prevention Services at 209-541-2555.
FIND YOUR SUPPORT IN YOUR COMMUNITY

www.FriendsAreGoodMedicine.com