FRIENDS ARE GOOD MEDICINE

Find Your Support
A county-wide directory to publicize peer support groups and access to encourage emotional health & wellbeing
| 03  | Abuse                  |
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WHO ARE WE?

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

WHAT DO WE DO?

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

WHAT YOU SHOULD KNOW ABOUT THE GROUPS IN THIS DIRECTORY

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

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

**Healing from Trauma (Sexual)**
Open to women who have, or currently experiencing sexual trauma in their relationship. This is an open group; you may attend weekly.
Zoom Meeting Info: 209–524-4331
Thursday 1 pm
Haven Women’s Center
618 13th Street, Suite I, Modesto

**Domestic Violence Support Group**
Open to women who have or are currently experiencing domestic violence in their relationship.
Hybrid Meeting Inform: For more information: call 209–524–4331
English Tuesdays 10:00am - 11:30pm, Wednesday 5:30 -7 pm, Thursday 12 – 1:30 pm
Spanish Monday 3 – 4:30 pm
Haven Women’s Center
618 13th Street Suite I, Modesto
(209) 524-4331
Parents United – Adult Victim, Parent, Support, and Offender
Sign-up meetings for victims and offenders. After attending a sign-up meeting, an individual may begin attending group sessions.
251 E. Hackett Road, Modesto
(209) 524-4858, Call for dates & times

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

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

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

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.
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: Call Hotline Call for meeting times, locations, and dates.

Alcoholics Anonymous
Several self-help, 12-Step groups to help the alcoholic person to achieve and maintain sobriety. Groups for Spanish-speaking, LGBTQ, young people also available.
Meeting Info: Times and locations may vary.
{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:

New Life Christian Center
2918 Tuolumne Road, Turlock
(209) 667-5433. Please call for dates and time.

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

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

Sequoia Heights Baptist Church
1050 South Union Rd., Manteca
Please call for dates and time. Contact Steve Wilson (209) 823-2089.
Website: sequoiachurch.net.

Cornerstone Community Church
17900 Commoner Rd, Manteca
209-986-4942. Please call for dates and time.

Ceres Christian Church
3502 Roeding Rd, Ceres
(209) 324-2403. Please call for dates and time.
Co-Occurring Group
This group addresses the co-occurring illness of mental illness and problems with drugs and/or alcohol and co-occurring. This group is open to everyone at no charge.
Meeting Info:
Behavioral Health Wellness Center
522 East Granger Avenue, Modesto
Friday @ 10 –11 AM
{209} 558-4610 – Please call to confirm date & time.

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:
Behavioral Health Wellness Center
(209) 522 East Granger Avenue, Modesto
Monday @ 12:30 – 1:30 PM
(209) 558-4610 – Please call to confirm date and time.

Men’s Addiction Group (Peer Recovery)
Behavioral Health Wellness Center
522 E. Granger Ave.
Wednesday 11:30 to 12:30 PM.
209-558-4610 – Please call to confirm date and time.

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

Narcotics Anonymous
Several 12-step, self-help groups for persons of all ages recovering from drug addiction. Groups for Spanish-speaking available. Meeting times and locations vary.
Meeting Info: times vary and various locations.
(209) 541-8809
See website: svgna.org.
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, classes, and meetings and support groups for addicts as well as loved ones of the addicts.
Meeting Info: Call For dates and times.
352 E. Olive Ave., Turlock, CA
See the website for the schedule – prodigalsonsanddaughters.org
Contact Rebekah Bonilla, 209-634-3538

Sexaholics Anonymous
12-Step Self-Help Group for individuals struggling with sexual addiction.
Meeting Info:
St. Joseph’s Catholic Church, 1813 Oakdale Road, Modesto, 209-918-8711
See Website: sexaholicsanonymous.wixsite.com for meetings, locations, and times.

LGBTQ+ Group
Peer Recovery meeting
Meeting Info:
Behavioral Health Wellness Center
522 E. Granger Ave., Modesto
(209) 558-4610 – Call to confirm date and time.
Tuesday 1 – 2 PM

Peer Support
Peer recovery meeting
Meeting Inform.
Behavioral Health Wellness Center
522 E. Granger Ave., Modesto
(209) 558-4610 – Call to Confirm date and time.
Thursday 1 – 2 PM

Spanish Peer Support
Peer recovery meeting
Meeting Inform.
Behavioral Health Wellness Center
522 E. Granger Ave., Modesto
(209) 558-4610 – Call to Confirm date and time.
Thursday 2:30 3:30 PM
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
CHS—Community Counseling Clinic
2000 W. Briggsmore Ave., Ste. I Modesto, CA 95350
Meetings Inform. Please call Debbie Atkinson or Crissy Kelly (209) 526-1440 for dates and times.

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

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

CHS—Turlock Family Resource Center
420 E. Canal Drive, Turlock
Meeting Inform. Please call Lorna Pina, (209) 526-1440

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

Adolescent Substance Use Treatment Groups
12–17 years of age
Initial assessment and 12 group sessions
No fee for services
Drug test required as part of treatment.

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

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

Family & Childhood Wellness—El Concilio
Contact: (209) 644-2602
1314 H Street Modesto, CA 95354
Call for time/days and more information, Website: www.elconcilio.org
**Grief Share Support Group**
A support group for anyone who has experienced a loss. The class time is divided between videos, discussion, and support. Class lasts for 13 weeks and is on-going. There are several Grief Share support groups in different locations of Stanislaus County. To find the one that best suits you, go to: www.griefshare.org/findagroup or call 1-800-395-5755

**Community Hospice, Hope Counseling, a program offered by Community Hospice – General Grief**
One-on-one support for individuals. Available to the entire community, free of charge.
4368 Spyres Way, Modesto
209-578-6370
www.HospiceHeart.org

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

**Community Hospice – Grief**
Hope Counseling offers grief support for children, teens, adults and families.
Pre-registration is required.
4368 Spyres Way, Modesto
209-578-6300
www.HospiceHeart.org

**Loss of Spouse Daytime and Evening Support Group**
For adults who have experienced the loss of a spouse or significant other due to death. Pre-registration is required.
Covenant Care Hospice Meeting Info: Call for times and dates
124 North Broadway Ave., Suite 1A, Turlock
Contact: Jill Chiesa, Bereavement Coordinator, (209)664-2550
www.covenantcareathome.org
Jessica’s House Grief Support Group for Children, Teens, and Families
Jessica’s House offers free on-going peer support groups for grieving children, teens, and families. Groups provide a safe place to be with other children and teens who have experienced a death. Groups include Parent Loss, Sibling Loss, Hope after Suicide, Hope after Homicide, Hope after Accidental Overdose, Spanish Language Groups, etc.) Meeting Info: Call for dates and times. 1225 West Christofferson Parkway, Turlock {209} 250-5395 www.jessicashouse.org

One-on-One Grief Support
One-on-One grief support is offered by appointment only through Covenant Care Hospice. There is no fee. Meeting Info: Call for meeting times Covenant Care Hospice 125 North Broadway, Turlock Contact Persons: Connie Carrillo or Jill Chiesa {209} 250-5200. Please call for dates and times, www.covenantcareathome.org

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

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: days, times, and locations. www.modestopc.org
Adult Education and Financial Literacy
Contact: (209) 644-2600 Website: www.elconcilio.org "Call for date/time and more information"

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.
Nita Brady {209} 613-7488 or nitab.sos@gmail.com
Call for Information.
3rd Tuesday of each month at 6:00 PM

Beyond the Walls
An 8-week program that children ages 6-14 deals with issues that specifically affect them due to family member’s incarceration.
Nita Brady 209-613-7488 or nitab.sos@gmail.com
Meeting Info: Group meetings depend on location. Locations vary.
Modesto Care Givers of the Visually Impaired Support Group
Group will discuss issues common to caregivers of the blind and visually impaired.
Meeting Inform:
1409 H Stret, Modesto
To join call: (209) 846-9027
www.vipsmodesto.org

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

Disability Support Group
A support group for anyone with a disability. Share common experiences and learn useful community services.
Disability Resource Agency for Independent Living (DRAIL)
1101 Sylvan Avenue, C-105, Modesto
Please call to join: (209) 521-7260.
www.drail.org

Stroke Support Group
It is open to the community members who have had a stroke and their caregivers (it's not just for our patients).
Virtual and In-Person Meeting: On the 4th Tuesday of every month from 6 to 7 pm.
In-Person: Doctors Medical Center McHenry Conference Center at 1445 McHenry Avenue, Modesto.
To register, please call (833) 204-7720. For more information, call the Support Group Facilitator at (209) 342-3105. Dates are subject to change.
Monkey Business: Children’s Support Group
Support group for kids, ages 5–13 years old who’s loved one has cancer.
Emanuel Cancer Center
880 E. Tuolumne Rd, Turlock emanuelmedicalcenter.org
Contact Person: Jane, 209–250–5310, Please call to confirm date & time
Meeting Info: Every 2 Weeks – Monday 4:30 – 6 PM

“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.
Emanuel Cancer Center
880 E. Tuolumne Rd, Turlock
American Cancer Society {800} 277–2345
emanuelmedicalcenter.org
Call for times and dates.

American Cancer Society
A support and education group for persons newly diagnosed with cancer. Family and friends are welcome. Possible to join the 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 Inform.
Center for Human Services
2000 W. Briggsmore Ave., Modesto
Call (209) 526–1476, for dates and times.
www.centerforhumanservices.org

Thrive Cancer Support Group
In a warm and caring small-group environment, for cancer patients
Emanuel Cancer Center
8880 E. Tuolumne Road, Turlock
Contact Person: Jane, 209–250–5310 to confirm the schedule.
Every 2 weeks, 3 – 4:30 PM
**Men’s Cancer Support Group**
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
Contact Person: Jane, (209) 250-5310, Call to confirm date & time
Every 2 weeks, Wednesday 1:30 – 2:30 PM

**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 the website for location.

**Caregivers Support Group**
A support group for family, caregivers of anyone who has Parkinson’s, ALS, Alzheimer’s, Stroke, or Brain Injury.
Valley Caregiver Resource Center, 1101 Standiford Avenue, Suite A-10, Modesto
Meets on the Third Thursday of the month, 2:30 – 3:30 PM –
Contact Person: Roxanne Mitchell, 209-846-9635 to confirm the schedule.

**Weight Loss Surgery Support Group**
A support group for those that have had weight loss surgery or for those thinking about having one.
Sutter Memorial
Zoom
Contact: Aline Van, 209-503-3597 or 209-503-3784

**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 their writing ability.
Meeting Info:
Emanuel Cancer Center 880 E. Tuolumne Road, Turlock
{209} 664-5044, Please call for date & time.
www.emanuelmedicalcenter.org Call for times and dates.

**Insight Meditation Group (Insight Meditation Central Valley)**
This group practices insight {mindfulness} meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield.
Meeting Info:
Hybrid and In-Person Meetings
For meeting dates and times please go to:
Lymphoma/Leukemia Group
A family support group for patients, family, and friends affected by leukemia, lymphoma, Hodgkins Disease, Melanoma, or any blood related cancer.
Virtual Groups: Call for schedule and locations (209) 522-1800.

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

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

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:
Where: In the Altar Room, Big Valley Grace Community Church
3rd Wednesday of the month 6:45 – 8:15 PM
To confirm date and time please contact, Brittany Thayer, email: TheChemoCrew@gmail.com
The PLACE for Youth
A non-religious support group for lesbian, gay, bisexual, transgender, and questioning youth ages, 20 and younger.
Meeting Info: Pho Americana, 3821 Crowell Road, Turlock, 2nd, and 4th Sunday, from 3:00 p.m. – 5:00 p.m.
Contact Modesto Pride Center
Alvaro Juarez (209) 606-9038 or Joe (209) 602-1778 to confirm the schedule.

Parent Support Group
A support group for parents of LGBTQ youth
Meeting Info.
MoPride, 400 12th St., Suite 2, Modesto, (209) 567-2124 to confirm the schedule.
Meets every 4th Tuesday from 5 to 7 PM

Teen Tuesday Support Group
A support group for LBGTQ youth. Youth lead activities.
Meeting Info.
MoPride, 400 12th St, Suite 2, Modesto, (209) 567-2124 to confirm the schedule.
Meets every Tuesday from 4 to 7 PM

Chronic Illness Support Group
A support group for LGBTQ youth 13 and up experiencing chronic illnesses.
Meeting Info.
MoPride, 400 12th St, Suite 2, Modesto, (209) 567-2124 to confirm the schedule.
Meets every third Thursday from 5:30 to 7 PM
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 ways it affects us now. Meeting Info: Visit website for schedule. adultchildren.org.

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

Divorce Care
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.

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.

Women’s Support Group
Behavioral Health Wellness Center, 522 E. Granger Ave., Modesto, CA, (209) 558-4610
A support group by women supporting women in all aspects of recovery to include mental health, substance abuse and any/all gender specific issues/topics. Meeting Inform. Meets Mondays 12:30 to 1:30 PM. Please call to confirm the schedule.
Co-occurring Group
Behavioral Health Wellness Center, 522 E. Granger Ave., Modesto, CA, (209)558-4610
We strive to provide a safe and friendly environment where you can flourish emotionally while developing courage and confidence. Come to the center and get support from your peers.
Meeting Info:
Meets Friday 10 to 11 AM. Please call to confirm the schedule.

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

Adult Anger Management
Meeting Info:
Center for Human Services
2000 W. Briggsmore Ave, Modesto
Call for times and days {209} 526-1476
www.centerforhumanservices.org

Anxiety and Depression Support Group
Individual assessment requirement. Assessment fee based on income and weekly group fee of $15
Center for Human Services
2000 W. Briggsmore Ave., Modesto
Call for times and days (209) 526-1476
www.centerforhumanservices.org
**Community Hospice – Grief**
Hope Counseling offers compassionate and high-quality care using evidence-based practices to meet the needs of people with family, mental health and behavioral issues. Support is available for children, teens, adults, and families who are experiencing issues that may delay their ability to live fully. Pre-registration is required. Appointments are available. Monday–Friday from 8 am to 5 pm. Evening appointments are available.
Hope Counseling a program offered by Community Hospice.
(209) 578-6300, www.hospiceheart.org

**NAMI Family Support Group**
A support group for relatives and friends of those that have a mental illness.
800 Scenic Drive, Building F, Office 7, Modesto
Zoom Meeting Info:
Contact Person: Dar Thomas, (209) 558-4555

**NAMI (Peer Support)**
**NAMI Connection Group**
800 Scenic Drive, Building F, Office 7, Modesto
Zoom meeting inform:
Contact Person: Dar Thomas, (209) 558-4555

**NAMI In Our Own Voice**
Presentation: 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.
Contact Person: Lisa Jackson, (209) 672-5273

**NAMI, Ending the Silence**
Presentations offered to schools, for youth ages 13 to 18, to educate them about MH issues.

**Co-Occurring Group**
Behavioral Health Wellness Center
522 E. Granger Ave., Modesto
Friday 10 – 11 AM. (209) 558-4610. Call to confirm the schedule.
Self–Esteem Group
A group to address issues of self-esteem and how it pertains to one’s recovery.
Behavioral Health Wellness Center, Modesto, CA
Meeting Inform.
Tuesday 11 to 12 PM. Please call to confirm the schedule. (209) 558-4610.

Men’s Group
Support Group.
Behavioral Health Wellness Center, Modesto, CA
Meeting Inform.
Wednesday 11:30 – 12:30 PM. Please call to confirm the schedule. (209) 558-4610.

Peer Support Group
Behavioral Health Wellness Center, Modesto, CA
Meeting Inform.
Thursday 1 to 2 PM. Please call to confirm the schedule. (209) 558-4610.

Spanish Peer Support
Behavioral Health Wellness Center, Modesto, CA
Meeting Inform.
Thursday 2:30 to 3:30 PM. Please call to confirm the schedule. (209) 558-4610.

Insight Meditation Group (Insight Meditation Central Valley)
This group practices insight {mindfulness} meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield.
Meeting Info:
Hybrid and In–Person Meetings
For meeting dates and times please go to:
Mesothelioma Hope
offer educational tools, caregivers support, and information to help anyone in a caregiver role. No in person meeting. All of our information online is free, our mesothelioma guide is free, and calling us for more information is free as well. When someone calls us, we direct them to nearby organizations in their area that can best serve their needs - whether that’s treatment, support groups, or financial assistance.
www.mesotheliomahope.com/resources/caregivers/
(855) 311-6529

Pregnancy, Childbirth, Breastfeeding, and Parenting
classes On-line
Memorial Medical Center
1800 Coffee Rd, Modesto
www.memorialmedicalcenter.org

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

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

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

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

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

Prodigal Sons and Daughters
A Christ-centered 12-step recovery organization that provides counseling, classes, and meetings and support groups for addicts as well as loved ones of the addicts.
Meeting Info: (209) 634-3538
352 E. Olive Ave., Turlock, CA
Contact Rebekah Bonilla, 209-634-3538, For dates and times.
www.prodigalsonsanddaughers.org.
Senior Living & Caregiver Legal Services
Modesto, CA
Contact: (209) 523-2860. Please call for day/time.
Website: www.elconcilio.org,

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

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

Spanish Peer Support
Behavioral Health Wellness Center, Modesto
Meet Inform.: Thursday 2:30 to 3:30 PM
Please call to Confirm Schedule. (209) 558-4610
The RAIZ Promotora Networks in Stanislaus County are a network of Community Based Health Outreach Workers (CBHOW) specifically targeting Spanish-speaking populations throughout Stanislaus County. They provide help & support around mental health & wellbeing, how to access services & support in this county through outreach efforts, educational & support groups, convening dance-therapy, art groups & more. Please note that while the Spanish-speaking population is the focus of this program that all are welcome to participate. For more information, please call the network closest to you.

The RAIZ Promotora Network Sites:
Ceres Partnership for Healthy Children
Esperanza Gonzalez: (209) 541-0101

Empire/Hughson Family Resource Center
Marcela Pacheco-Arana (209) 883-2027

Newman/Crows Landing 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) 690-3100

Riverbank Family Support Network
Lourdes Diaz-Hernandez (209) 847-5121

Turlock Family Resource Center
Isabella Leon (209) 668-6118

West Modesto Parent Resource Center
Denise Martinez (209) 549-8193

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

Airport Partnership
Socorro Arriola (209) 541-0101

Denair/Hickman/Waterford
Marcela Pacheco-Arana (209) 883-2027

Grayson/Westley
Vacant (209) 690-3100
**Delta 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
1327 Historical Plaza Way, Manteca, CA
Please call for schedules. (209) 825-8320

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

**Stanislaus County Aging & Veterans Services**
Stanislaus County Veterans Office
3500 Coffee Rd, Suite 19, Modesto, (209) 558-7380
Representatives are available in person or via our virtual office during Walk-In hours: M–Th 9 to 3:30 PM
**Parent Education and Parenting Support Groups (Spanish and English)**

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

**Freedom 1:1 Mentoring for Youth/Teen**
Provides Mentoring, Guidance, Coping Skills, Listening and Support

Prodigal Sons and Daughters
A Christ-centered 12-step recovery organization that provides counseling, classes, and meetings and support groups for adult addicts.
Meeting Info: Call For dates and times.
352 E. Olive Ave., Turlock, CA
www.prodigalsonsanddaughers.org.
Contact Rebekah Bonilla, 209-634-3538

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

**Parents United - Juvenile/Teen Offenders**
Sign-up meetings for juvenile/teen offenders ages 8–18 (no children please, only parent or adult guardians) After attending a sign-up meeting, an individual may begin attending group sessions.
Meeting Info: Call for meeting times and date, 610 14th Street, Modesto, {209} 524-4858
Adolescent Substance Use Treatment Groups
12-17 years of age
Initial assessment and 12 group sessions
No fee for services
Drug test required as part of treatment.

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

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

Youth Action Commission
Youth Action Commission is a program that provides students in grades 6th-12th 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.
Hammon Senior Center
1033 W. Las Palmas Avenue, Patterson
Meeting Information, Please Call: Jason Hayward (209) 895-8083

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

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

www.FriendsAreGoodMedicine.com