



STANISLAUS COUNTY  
BEHAVIORAL HEALTH & RECOVERY SERVICES

# FRIENDS ARE GOOD MEDICINE

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## **Find Your Support**

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



Behavioral Health and  
Recovery Services

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# WHO ARE WE?

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

# WHAT DO WE DO?

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

# WHAT YOU SHOULD KNOW ABOUT THE GROUPS IN THIS DIRECTORY

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

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

# ABUSE

## **ASCA Modesto (Adult Survivors Of Child Abuse)**

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

Meeting info:

[www.ascasupport.org](http://www.ascasupport.org)

## **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.

Thursday 1 pm

Women's Haven 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.

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

**Women's Haven Center**

618 13th Street Suite I, Modesto

(209) 524-4331



# ABUSE

## **Parents United – Adult Victim, Parent, Support, and Offender**

Sign-up meetings for victims and offenders. After attending a sign-up meeting, an individual may begin attending group sessions.

251 E. Hackett Road, Modesto  
(209) 524-4858, Call for dates & times

## **Parents United – Children and Teen Victims**

Sign-up meetings for children and teen victims of abuse (no children please, only parents or legal guardians) After attending a sign-up meeting, an individual may begin attending group sessions.

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

## **Parents United – juvenile/teen offenders**

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

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

# ADDICTION RECOVERY

## **Adult Children of Alcoholics**

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

Visit website for meeting information [adultchildren.org](http://adultchildren.org)

## **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](http://adultchildren.org)

# ADDICTION RECOVERY

## **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](http://www.cviaa.org)

## **Celebrate Recovery**

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

## **New Life Christian Center**

2918 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 Stubbart

(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](http://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.

# ADDICTION RECOVERY

## **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

Please call to confirm date & time (209) 558-4610

## **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

522 East Granger Avenue, Modesto

Monday @ 12:30 – 1:30 PM

Please call to confirm date and time (209) 558-4610

## **Men's Addiction Group (Peer Recovery)**

Behavioral Health Wellness Center

522 East Granger Avenue, Modesto CA

Wednesday 11:30 to 12:30 PM.

Please call to confirm date and time (209) 558-4610

## **Breaking Destructive Patterns Support Group**

Hope Found

This is a 12-Step Faith-Based Recovery Group. Our Mission: To discover a vibrant, powerful, personal faith in Jesus Christ as the startingpoint of recovery. This group is to encourage, support and help people find freedom from destructive patterns.

**Meeting Info:**

Cross Point Community Church

1301 12th and M St., Modesto

Call for dates and times. (209) 521-0181

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

## **Narcotics Anonymous**

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

Meeting Info: times vary and various locations.

(209) 541-8809

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

# ADDICTION RECOVERY

## **Overeaters Anonymous**

OA is a fellowship of individuals who, through shared experiences, strength, and hope, are recovering from compulsive overeating. OA is a 12-step program.

Meeting Info:

Various Locations. See website [www.oa.org](http://www.oa.org)

## **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](http://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](http://sexaholicsanonymous.wixsite.com) for information

## **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

# ADDICTION RECOVERY

## **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 95307

Meeting Inform. Please call Ericka Bowman, (209) 526-1440 for  
dates and times.

#### **CHS-Turlock Family Resource Center**

420 E. Canal Drive, Turlock 95380

Meeting Inform. Please call Lorna Pina, (209) 526-1440

#### **CHS-Patterson Family Resource Center**

1010 Las Palmas, Patterson, CA 95363

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](http://www.elconcilio.org)



# BEREAVEMENT

## **Grief Share Support Group**

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

## **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](http://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](http://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](http://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](http://www.covenantcareathome.org)

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

Jessica's House offers free on-going peer support groups for grieving children, teens, and families. Groups provide a safe place to be with other children and teens who have experienced a death. Groups include Parent Loss, Sibling Loss, Hope after Suicide, Hope after Homicide, Hope after Accidental Overdose, Spanish Language Groups, etc.)

Meeting Info: Call for dates and times.

1225 West Christofferson Parkway, Turlock

(209) 250-5395

[www.jessicashouse.org](http://www.jessicashouse.org)

## **Lawfirm Grief Support**

Online grief support resources.

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

## **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](http://www.covenantcareathome.org)

## **Survivors Support Group**

This group is for adults who have lost a loved one who has completed suicide. The group runs 10 weeks and space is limited, so you must pre-register. Time is limited.

Meeting Info: Call for meeting times Covenant Care Hospice

125 North Broadway, Turlock C

Contact Persons: Connie Carrillo or Jill Chiesa (209) 250-5200.

Please call for dates and times, [www.covenantcareathome.org](http://www.covenantcareathome.org)

## **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](http://www.modestopc.org)

# COMMUNITY WELLNESS

## **Adult Education and Financial Literacy**

Contact: (209) 644- 2600 Website: [www.elconcilio.org](http://www.elconcilio.org) For 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](mailto: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](mailto:nitab.sos@gmail.com)

Meeting Info: Group meetings depend on location. Locations vary.

# DISABILITIES

## **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](http://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](http://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](http://www.drail.org)

## **Stroke Support Group**

It is open to the community members who have had a stroke and their caregivers (it's not just for our patients).

Virtual and In-Person Meeting: On the 4th Tuesday of every month from 6 to 7 pm.

- 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](http://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](http://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](http://www.cancer.org)

## **Anxiety and Depression Support Group**

This is an outpatient treatment group dealing with anxiety and depression for adults.

Meeting Information:

Center for Human Services

2000 W. Briggsmore Ave., Modesto

Call (209) 526-1476, for dates and times.

[www.centerforhumanservices.org](http://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.

Meets Annually

Call or see the website for location.

(209) 632-8540 [www.celiacsprue.org](http://www.celiacsprue.org).

## **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

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](http://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:

[www.insightmeditationmodesto.wordpress.com](http://www.insightmeditationmodesto.wordpress.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.

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

Big Valley Grace Community Church, In the Altar Room  
3rd Wednesday of the month 6:45 – 8:15 PM

To confirm date and time please contact, Brittany Thayer,  
email: [TheChemoCrew@gmail.com](mailto: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 Inform.

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 LGBTQ youth. Youth lead activities.

Meeting Inform.

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 Inform.

MoPride, 400 12th St, Suite 2, Modesto, (209) 567-2124 to confirm the schedule.

Meets every third Thursday from 5:30 to 7 PM

# LIFE CHANGES & TRANSITIONS

## **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](http://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](http://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 [divorcecare.org](http://divorcecare.org)

Meeting Info:

Call for times and dates.

## **Big Valley Grace Community Church**

4040 Tully Rd. Modesto

(209) 577-1604 [divorcecare.org](http://divorcecare.org)

Meeting Info:

Call for times and dates.

## **Calvary Chapel of Modesto**

4300 American Ave, Modesto

(209) 545-5530 [divorcecare.org](http://divorcecare.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.

# LIFE CHANGES & TRANSITIONS

## **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 Fridays 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

# MENTAL EMOTIONAL HEALTH

## **Adult Anger Management**

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

Meeting Info:

Center for Human Services

2000 W. Briggsmore Ave, Modesto

Call for times and days (209) 526-1476

[www.centerforhumanservices.org](http://www.centerforhumanservices.org)

## **Anxiety and Depression Support Group**

Individual assessment requirement. Assessment fee based on income and weekly group fee of \$15

Center for Human Services

2000 W. Briggsmore Ave. Modesto

Call for times and days (209) 526-1476

[www.centerforhumanservices.org](http://www.centerforhumanservices.org)



# MENTAL EMOTIONAL HEALTH

## **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](http://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

Contact Person: Dar Thomas, (209) 558-4555

## **NAMI (Peer Support)**

### **NAMI Connection Group**

800 Scenic Drive, Building F, Office 7, Modesto

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.

NAMI, 800 Scenic Drive, Building F, Office 7, [www.namistanislaus.org](http://www.namistanislaus.org)

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.

Contact Person: Lisa Jackson (209) 672-5273,

[www.namistanislaus.org](http://www.namistanislaus.org)

## **Co-Occurring Group**

Behavioral Health Wellness Center

522 E. Granger Ave. Modesto

Friday 10 – 11 AM. (209) 558-4610. Call to confirm the schedule.

# MENTAL EMOTIONAL HEALTH

## **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:

[www.insightmeditationmodesto.wordpress.com](http://www.insightmeditationmodesto.wordpress.com).

## **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/](http://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](http://www.memorialmedicalcenter.org)

## **Parent Education and Support Groups (Spanish and English)**

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

## **Parent Education and Parenting Groups (Spanish and English)**

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

## **Parent Education Groups (Spanish and English)**

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

## **Parent Education and Parenting Groups (Spanish and English)**

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

## **Parent Education Classes (Spanish and English)**

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

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

# SENIORS

## **Senior Living & Caregiver Legal Services**

Modesto, CA

Contact: (209) 523-2860. Please call for day & time.

[www.elconcilio.org](http://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>

# SPANISH SPEAKING WELLBEING GROUPS

## **Immigration Legal Services & Citizenship Classes**

Contact: (209) 644-2606 or visit [www.elconcilio.org](http://www.elconcilio.org)

Call for day & time and more information

## **Spanish Peer Support**

Behavioral Health Wellness Center, Modesto

Meet Inform: Thursday 2:30 to 3:30 PM

Please call to Confirm Schedule. (209) 558-4610

# SPANISH SPEAKING WELLBEING GROUPS

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

## The RAIZ Promotora Network Sites:

### **Ceres Center for Human Services**

(209) 541-0101

### **Empire/Hughson Sierra Vista**

(209) 883-2027

### **Newman/Crows Landing Center for Human Services**

(209) 862-0295

### **North Modesto/Salida Sierra Vista**

(209) 338-0279

### **Patterson Center for Human Services**

(209) 690-3100

### **Turlock Aspiranet**

(209) 668-6118

### **West Modesto Parent Resource Center**

(209) 549-8193

### **South Modesto Sierra Vista**

(209) 273-2240

### **Airport Center for Human Services**

(209) 541-0101

### **Denair/Hickman/Waterford Sierra Vista**

(209) 883-2027

### **Grayson/Westley Center for Human Services**

(209) 690-3100



## **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 9:00AM to 3:30PM

## **Parent Education and Parenting Support Groups (Spanish and English)**

Patterson Center for Human Services  
1010 W. Last Palmas Ave, Suite E, Patterson, CA  
(209) 690-3100. Please call for dates and times.  
[www.centerforhumanserives.org](http://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.prodigalsonsanddaughters.org](http://www.prodigalsonsanddaughters.org).

Contact Rebekah Bonilla, (209) 634-3538

## **Parents United – Children and Teen Victims**

Sign-up meetings for children and teen victims of abuse (no children please, only parents or legal guardians) After attending a sign-up meeting, an individual may begin attending group sessions.

Meeting Info: Call for meeting times and dates

610 14th Street, Modesto, (209) 524-4858

## **Parents United– Juvenile/Teen Offenders**

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

Meeting Info: Call for meeting times and date

610 14th Street, Modesto, (209) 524-4858

## **Adolescent Substance Use Treatment Groups**

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

### **Center for Human Services, Community Counseling Clinic**

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

### **Center for Human Services–Patterson**

1010 Las Palmas, Patterson, CA  
Meeting Inform. Please call Maricela Rodriguez, (209) 526-1440 for dates and times.  
[www.centerforhumanservices.org](http://www.centerforhumanservices.org)

## **Youth Action Commission**

Youth Action Commission is a program that provides students in grades 6th–12th with activities and learning experiences that teach leadership, social skills, problem solving, and team building skills, while promoting community and culture awareness. We value and promote youth ideas, input, involvement, diversity, communication, and success.

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](http://www.hospiceheart.org)

## FRIENDS ARE GOOD MEDICINE

IF YOU WOULD LIKE TO ADD A SUPPORT  
GROUP OR UPDATE A SUPPORT GROUP  
INFORMATION,  
PLEASE EMAIL US:  
**[PREVENTIONSERVICES@STANBHRS.ORG](mailto:PREVENTIONSERVICES@STANBHRS.ORG)**



FRIENDS ARE GOOD MEDICINE

# FIND YOUR COMMUNITY SUPPORT

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*scan here for digital directory booklet*



[www.FriendsAreGoodMedicine.com](http://www.FriendsAreGoodMedicine.com)

