

www.FriendsAreGoodMedicine.com FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

WHO ARE WE?

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

¿QUIENES SOMOS?

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

WHAT DO WE DO?

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

QUE ES LO QUE HACEMOS?

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

WHAT YOU SHOULD KNOW

ABOUT THE GROUPS IN THIS DIRECTORY

- A peer leads any group that is described as a self-help group.
- A professional or paraprofessional in the field leads any group that is described as a support group.
- Friends endorse no group. Visit a group to see if it is for you.
- Groups are different from each other even when they have the same name or purpose.
- Most groups are free; some ask for a donation.

LO QUE USTED DEBERIA DE SABER

ACERCA DE LOS GRUPOS EN ESTE DIRECTORIO

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

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Abuse

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Meeting Info:

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: call for dates and times

(209) 661-1003 www.ascasupport.org

Battered Women's Support Group

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

Meeting Info: Tuesdays 6:00pm-8:00pm

Haven Women's Center

618 13th Street Suite I, Modesto

209-524-4331

Meeting Info: Meeting Info:

Healthy Marriages

Our organization conducts classes in relationship health and wellness in the community with an aim toward strenghthening marriages and families.

Meeting Info: Call for information

Various Locations Jim Steward (209) 606-0772

www.stancomarriage.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

A Common Thread

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

Meeting Info: Call for dates and times

Call for location (209) 524-4331

Battered Women's Support Group

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

Meeting Info: Mondays 1:00pm-3:00pm

Aspira/Turlock Family Resource Center

2160 Geer Road, Turlock

(209) 524-4331

Domestic Violence Support Group

Open to women who have, or currently experiencing domestic

violence in their relationship.

Meeting Info: Call for times and dates

Women's Haven Center 301 Starr Avenue, Turlock

209-664-9140

Parents United- adult victim, parent, support, and offender

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

Meeting Info: Call for dates and times

251 E. Hackett Road, Modesto

(209) 524-4858

Parents United- juvenile/teen offenders

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

Meeting Info: Call before attending

610 14th Street, Modesto

(209) 524-4858

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Abuse - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Rape/Sexual Assault Support Group

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

Meeting Info: Tuesdays 6:00pm-8:00pm (English)

Haven Counseling Center 618 13th Street, Suite E, Modesto

(209)524-4331

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

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Addiction/Recovery

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

12-Step/A Spiritual Journey

A weekly support group for addictive behavior.

Meeting Info: Thursday, @ 7:00 p.m.

Modesto Gospel Mission 1400 Yosemite Blvd., Modesto

209-529-8259

Adult Children of Alcoholics

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

See website for meeting info adultchildren.org

Al-Anon/Alateen

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

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

Various locations 209-524-3907

http://www.al-anon.alateen.org/

Adolescent Substance Use Disorder Treatment Group for Teenagers

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

Meeting Info: call for days and times

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

209-526-1440

Meeting Info: call for days and times

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

209-526-1440

Adult Children of Alcoholics/Dysfunctional Families

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

Meeting Info:

Please see website adultchildren.org

Alcoholics Anonymous

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

Meeting Info: times vary

Various locations 209-572-2970 www.cviaa.org

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Celebrate Recovery

A Christ-centered 12-step recovery support group for those

struggling with any hurt, habit, or hang-up. Men and Womens groups.

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center 2918 Tuolumne Road, Turlock

John B

209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church 3502 Roeding Road, Ceres

Donna F 209-324-2403

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

Big Valley Grace Church 4040 Tully Road, Modesto

Scott Miller 577-1604 x 341

www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church

7712 Rodden Road, Oakdale

Joe Bass 925-688-3656

joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church 5216 Yosemite Blvd, Empire

Kevin W 209-499-0581

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church 5901 Sisk Road, Modesto

Robert Mc 209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church

901 Rumble Road, Modesto

Mike K

209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church

124 S. Del Puerto Ave., Patterson

Kathy G 209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church

1505 Moffat Blvd.,, Manteca

Anthony M 209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church 1050 South Union Rd, Manteca

Steve Wilson 209-823-2089

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Meeting Info: Monday @ 7:00 PM

Cornerstone Community Church 17900 Comconex Rd, Manteca

Robert Henson 209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM

St. Stanislaus (Spanish speaking)

1200 Maze Blvd., Modesto

Baldemar 408-849-6202

Experience Recovery

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

Meeting Info: Mondays @ 6:00 PM

Crossroads Church

1804 East Hawkeye, Turlock

Doug Metcalfe (209) 667-1476

Life Hurts, God Heals

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

Meeting Info: Thursdays 7:00 pm

Apostolic Jubilee Center 821 Lassen Avenue, Modesto

(209) 538-7587

Monday at the Movies

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 the staff and volunteer support.

Meeting Info: Monday's from 10:00 AM- 12:00 PM

Wellness Recovery Center

500 N. 9th Street suite A, Modesto

209-558-4610

Overeaters Anonymous

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

Meeting Info:

Various Locations. See website

www.oa.org

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: Thursday 10:00am-11:00am

Empowerment Center 1001 Needham St., Modesto

Christina Kenney (209) 544-1913

God's Way Out

This is a 12-Step Fath-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 Lmited

Meeting Info: Thursdays 7:00 p.m. to 8:30 p.m

CrossPoint Community Church 12th and M St.,, Modesto Charlie & Linda Shepard

209-577-4884

crosspointmodesto.org

Men's Group

Peer Recovery Meeting. Time limited

Meeting Info: Thursday's from 1:00-2:00 PM

Wellness Recovery Center 500 N. 9th Street, Modesto

(209) 558-4610

Narcotics Anonymous

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

110tilile 209-320-1017 www.svgii

Meeting Info: times vary

Various locations 209-526-1817 www.svgna.com

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

Mike Hibdon 209-634-3538

www.prodigalsonsanddaughters.org

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FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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

Recovery Support Group

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

Meeting Info: Wednesday 9:00am-10:00am

Empowerment Center 1001 Needham St., Modesto

Christina Kenney (209) 544-1913

Smoking Cessation Program

Emanuel Medical Center is offering a FREE 6-Session smoking Cessation Program. Starting August 3rd in the Emanuel Cancer Center Conference Room. For more information and to pre-register, call Amy or Nancy at 664-2434. Participants will not be able to enroll after the first seeeion. Group offered about four times a year. Time Limited.

Meeting Info: Wednesdays 4:00 p.m. to 5:00 p.m.

Emanuel Cancer Center 880 E. Tuolumne, Turlock

Nancy Daley 209-664-2434

Substance Abuse Peer Support Group

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

Meeting Info: Sundays 12:30pm-2:00pm, Wednesdays 5:00pm-7:00pn

Drop-In Center

716 Marshall Avenue, Modesto

Kevin "Redhawk" Darnelle/ Barbera Anderson

(209) 522-6902

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

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

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.

340 E. Olive Ave., Turlock

209-634-3538

e-mail: prodigalministry@aol.com

Sexaholics Anonymous

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

addiction.

Meeting Info: Tuesday, @ 6:00 p.m.

St. Paul's Church (Choir Room) 1528 Oakdale Rd., Modesto

209-918-8711

Spanish Support Group

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

Meeting Info: Tuesdays 10:00AM-12:00PM

1725 Las Vegas Street, Modesto

209-523-2860

www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM

8900 Laird Street, Grayson

209-523-2860 www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM

Waterford Support Group 116 E Street, Waterford 209-523-2860

www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM

Hughson Support Group

6940 Hughson Avenue, Hughson

209-523-2860 www.elconcilio.org

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Substance Use Disorder Treatment Group for Adults

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

Meeting Info: Call for days and times

Center for Human Services (Counseling Center)

2000 Briggsmore Ave, Suite 1, Modesto

209-526-1440

Meeting Info: Call for days and times

Paradise Medical Clinic(Finley Conference Room)

401 Paradise RD, Suite E,, Modesto

209-526-1400

Meeting Info: Call for days and times

CHS-Oakdale Family Resource and Counseling Center

631 West F St,, Oakdale

209-526-1400

Meeting Info: Call for days and times

CHS-Patterson Family Resource Center 118 N. 2nd ST, Suite D, Patterson

209-526-1400

Sutter Tobacco Addiction Program (STAMP)

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

Meeting Info: Call for Time and Dates

Sutter Gould Health, McHenry Village

1700 McHenry Ave, Modesto

209-548-7892

suttergould.org/learning

Teen Alcohol and Drug Treatment

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

Meeting Info: Tues., 3-5 p.m., and Wed., 5-7 p.m.

Center for Human Services Counseling Clinic

2000 W. Briggsmore Ave, Modesto

Jorge Fernandez (209) 526-1476

www.centerforhumanservices.org

Meeting Info:

The Last Resort Teen Support Group

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

Meeting Info: Monday, Wednesday, Thursday (call for times)

3125 McHenry Ave, Ste D, Modesto

Bob Housden 209-523-6910

thelastresortmodesto.com

Surrendering the Secret

Many women who have had an abortion suffer from symptoms of post-abortion, grief and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you have had an abortion in your past, then join us in

Surrendering the Secret.

Meeting Info: Call for times and dates

Modesto Pregnancy Center

2801 Coffee Road, Suite A-5, Modesto

Amy Whitley (209) 526-1734 x 21 www.modestopc.org

Taking Control/Co-Occuring

This group addresses the co-occuring illness of Mental Illness and problems with Drugs and/or Alcohol, ie., cooccurring. This group is open to anyone at no charge.

Meeting Info: Wednesday 1:00 PM- 2:00 PM

Wellness Recovery 500 N. 9th St.,, Modesto

Steve H. 209-558-4610

The Family Advocate

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

Meeting Info:

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

Women's Addiction Group

Do you need a little extra support? Stressed out and need somewhere to talk?

Need a place where you can get support from other women? Do you want to be around others who know what you are going through? Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM

Empowerment Center 1001 Needham, Modesto

209-544-1913

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FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Women's Support Group

A support group by women supporting women in all aspects of recovery to include mental health, substance abuse and any/all gender specific issues/topics.

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

Wellness Recovery Center 500 North 9th Street, Modesto

209-558-4610

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

Meeting Info:

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Bereavement

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Community Hospice - Caregiver Support Group

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

Meeting Info: Call for Times and Dates

Call for Location and Times

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice - HUG Support Group

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

Meeting Info: Call for times and dates

Call for Location and Times

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice - Pet Loss

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

Meeting Info: Call for Times and Dates

Call for Location and Times

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice-Coping with the Holidays

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

Meeting Info: Call for Times and Location

Call for Location and Times

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice - General Grief

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

Meeting Info: Call for meeting times and dates

Community Hospice

4368 Spyres Way,, Modesto

209-578-6300

www.HospiceHeart.org

Meeting Info:

209-578-6378

Community Hospice - Infant Loss

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

Meeting Info: Call for Times and Dates

Call for times and location

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice - SOS: Survivors of Suicide

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

Meeting Info: Call for Times and Dates

Call for Locations 209-578-6378 www.HospiceHeart.org

Meeting Info:

209-578-6300

Community Hospice-Loss of Spouse

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

Meeting Info:

Call for Times and Location

209-578-6300

wwww.HospiceHeart.org

Meeting Info:

209-578-6378

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Bereavement - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Community Hospice-TAG Support Group

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

Meeting Info: Call for Times and Location

Call for Location and Times

209-578-6378

www.HospiceHeart.Org

Meeting Info:

209-578-6300

Grief Share Support Group

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

Meeting Info:

1-800-395-5755

www.griefshare.org/findagroup

Journey Through Grief

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

Meeting Info: call for times and dates

CovenantCare Hospice 1850 Colorado Ave., Turlock

Art Ramirez 209-664-2550

www.covenantcareathome.org

Loss of Spouse Daytime Support Group

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

Meeting Info: Call for times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Art Ramirez (209) 664-2550

www.covenantcareathome.org

Survivors Support Group

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

Meeting Info: Call for Dates and Times

CovenantCare Hospice 1850 Colorado Ave, Turlock

Art Ramirez 209-664-2550

www.covenantcareathome.org

Community Hospice-Tween Support Group

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

Meeting Info: Call for Times and Location

Call for Location and Times

209-578-6378

www.HospiceHeart.org

Meeting Info:

209-578-6300

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

Jessica's House offers free on-going peer support groups for grieving

children, teens and families.

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

Meeting Info: Call for meeting times

Jessica's House

741 East Main Street, Turlock

Erin Nelson 209-250-5399

www.jessicashouse.org

Loss Of Spouse Evening Support Group

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

Meeting Info: Call for meeting times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Art Ramirez (209) 664-2550

www.covenantcareathome.org

One-On-One Grief Support

One-On-One grief support is offered by appointment only through

CovenantCare Hospice. There is no fee.

Meeting Info: Call for times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Connie Carrillo (209) 664-2550

www.covenantcareathome.org

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Community Wellness

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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: 3rd Thursday of each month 6:00pm

Perko's Restaurant

901 N. Carpenter Road, Modesto

Nita Brady/Linda Cash 209-613-7488/209-480-6189 Nitab.sos@gmail.com

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Community Wellness - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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 folklorico, y festividades culturales. Tambien, se unen para crear arte, apoyarse en su grupo y tomar acciones en sus vecindarios como limpiezas. Si gustas ser mimbro/a de una red, llama a la que este mas cerca de ti.

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

Meeting Info: Call for dates and times

Ceres Partnership for Healthy Children

Ceres

Experanza Gonzalez

209-541-0101

Meeting Info: Call for dates and times

Hughson Family Resource Center

Hughson Victoria Trujillo 209-883-2027

Meeting Info: Call for dates and times

Newman Family Resource Center

Newman Maribel Archuleta 209-862-0295

Meeting Info: Call for dates and times

North Modesto/Salida Family Resource Center

North Modesto/Salida Maria Gutierrez 209-338-0279

Meeting Info: Call for dates and times

Oakdale Famiuly Support Network

Oakdale Rossy Gomar 209-847-5121

Meeting Info: Call for dates and times

Patterson Family Resource Center

Patterson

Albertina Reynoso 209-892-6688

Meeting Info: Call for dates and times

Riverbank CASA del Rio Family Resource Center

Riverbank Lydia Jimenez 209-869-0468

Meeting Info: Call for dates and times

Turlock Family Resource Center

Turlock

Martha Gutierrez 209-668-6118

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Community Wellness - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Meeting Info: Call for dates and times

West Modesto King Kennedy Neighborhood Collaborativ

Modesto Brenda Crump 209-522-6902

Meeting Info: Call for dates and times

BHRS Prevention Services-Countywide

County Wide Vanessa Lopez 209-652-1043

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Disabilities

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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

Janets Flowers Wedding Shop 704 14th Street, Modesto

Marty Lanser (209) 526-4091

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 (209) 566-0547 lisa@drail.org

Disability Support Group

A support group for anyone with a disability (since birth or recently disabled). Share common experiences and learn useful community services.

Meeting Info: 1st & 3rd Thursday of the month 10:00AM-12:00PM

Disability Resource Agency for Independent Living

920 12th Street, Modesto

Angelo

209-521-7260 x 311 www.drail.org

Men's Group

Peer Recovery Meeting. Time limited

Meeting Info: Thursday's from 1:00-2:00 PM

Wellness Recovery Center 500 N. 9th Street. Modesto

(209) 558-4610

True Patriots- Veterans for Veterans

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

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

Redwoods

800 Scenic Drive, Modesto

Carlos Lara 209-597-1967

Central Valley Amputee Support

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

Meeting Info: Call for dates and times

Call for locations (209) 577-3313

www.americanamputee.org

Disability Goals Group

A self-help group for disabled persons trying to achieve independent

Meeting Info: 3rd Thursday of the month 10am-12pm

DRAIL

920 12th Street, Modesto

Angelo

(209) 521-7260 x 311

www.drail.org

Eye Will Inc

Support center for visually impaired children and their families.

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

Eve Will Inc

948 11th Street lower level suite 3, Modesto

April Maciel (209) 417-4420 www.eyewillinc.org

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 on McHenry 1720 McHenry Ave., Modesto

209-521-1786

Visually Impaired Persons Support

VIPS mission is to provide a place of compassion, understanding, education and personal growth for any person who is visually impaired, while providing independent life and job skills training. We teach computer, independent living skills and braille. Support group meets every other Monday.

Meeting Info: Call for times and dates

Visually Impaired Persons Support

704 14th Street, Modesto

Jon Brooks (209) 522-8477 www.vhips.com

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Health

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

"Look Better...Feel Better"

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

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

Emanuel Cancer Center 880 E. Tuolumne Rd., Turlock American Cancer Society

(800) 277-2345

emanuelmedicalcenter.org

Anxiety and Depression Support Group

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

Meeting Info: Call for times and days

Center for Human Services 2000 W. Briggsmore, Modesto

Jennifer Smith (209) 526-1476

www.centerforhumanservices.org

Breast Cancer Support Group

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

Meeting Info: 3rd Wednesday fo the month 2:30-4:00 pm

Kaiser Permanente 4601 Dale Road, Modesto

Loren Morris 209-735-3213 www.kp.org

Cancer Support Group

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

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

Big Valley Grace Church - Altar Room

4040 Tully Road, Modesto

Karen

209-571-4399 x321

American Cancer Society

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

Meeting Info:

(209) 524-7242 www.cancer.org

Breast Cancer Support Group

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 diiagnosis of breast cancer and are in treatment or about to begin treatment. Topics covered may be: Stress reduction, communicatin, 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. This group is held at the Emanuel Cancer Center Conference Room.

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

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Cancer Support Group

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

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

Doctors Medical Center

DMC Confenece Center 1441 Florida Ave., Modesto

1-888-284-6641

www.dmc-modesto.com

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Health - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Caregivers Support Group

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

Meeting Info: 4th Saturday of the month @ 10:00 AM-11:30AM

Bethel Retirement Center 2345 Scenic Drive, Modesto

1-800-541-8614 www.valleycrc.org

Celiac Sprue Support Grp.

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

Meeting Info: Meets Annually

Call or see website for location

209-632-8540

www.celiacsprue.org.

CPR For Family and Friends

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

Meeting Info: Call for times and dates

Memorial Health and Education Conference Center 1700 McHenry Avenue Suite 60-B, Modesto

Nita Brady 209-548-7888

Eye Will Inc

Support center for visually impaired children and their families.

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

Eye Will Inc

948 11th Street lower level suite 3, Modesto

April Maciel (209) 417-4420 www.eyewillinc.org

General Caregiver Support Group

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

Meeting Info: 3rd Wednesday of the month 10:00-11:30 AM

Kaiser Permanente 4601 Dale Road, Modesto

Loren Morris (209) 735-3213 www.kp.org

Celebrate Recovery

A Christ-centered support group for men recovering from compulsive

overeating.

Meeting Info: Tuesdays @ 6:00 PM

Big Valley Grace Church 4040 Tully Road, Modesto

Scott Miller

209-577-1604 x 341 www.bvg.org

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

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

Meeting Info: Call for times and dates

Modesto Seventh Day Adventist Church

1614 H Street, Modesto Karen Anderson 209-521-6460 www.modestosda.org

Expressive Writing Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

(209) 664-5044

www.emanuelmedicalcenter.org

General Cancer Support Group

Explore the topic of cancer in a comfortable setting through the various aspects of diagnoses, treatment and survivorship. This group is for individuals who are undergoing or have completed cancer treatment. Open to Kaiser membvers 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

Insight Meditation Group

This group practices insight (mindfulness) meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.Every Sunday, 9:00 a.r

10:15 a.m.

Unitarian Universalist Fellowship of Stanislaus County

2172 Kiernan Ave, Modesto

Lori Wong 209-343-2748 http://imcv.org

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Health - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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 received or receiving treatment.

Meeting Info: 3rd Sunday of the month 2:00PM-5:00PM

700 McHenry Ave Suite B, Modesto

Esther Farris (209) 523-9367

Lupus Support Group

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

Meeting Info:

Call for meeting times and locations

see website for information

209-450-7725 www.lfnc.org

Memorial Medical Center Breast Cancer Support Group

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

Call for meeting times and locatins

209-548-7880

www.memorialmedicalcenter.org

Memorial Medical Center Heart to Heart Support Group

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

Meeting Info:

See website for calender of monthly support groups.

209-548-7880

www.memorialmedicalcenter.org

Monkey Business: Childrens Support Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Meeting Info:

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. Attendence to class #1 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 shedule and locations

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

Meeting Info:

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

Mended Heart Support Group

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

Meeting Info:

see website for calender of monthly support groups

209-548-7880

www.memorialmedicalcenter.org

Meeting Info:

Multiple Sclerosis Group

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

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

Multiple Sclerosis Group www.msconnection.org.

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Health - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Nutrition Class

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

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

Emanuel Medical Center 825 Delbon Ave, Turlock

209-664-2580

emanuelmedicalcenter.org

Pulmonary Hypertension Support Group

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

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

Doctors Medical Center Conference Room

1441 Florida Way, Modesto

(209) 602-1646

Sutter Health Memorial Medical Center Bariatric Surgery Support Group

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

Meeting Info: See website for calendar of monthly support group

Health Education and Conference Center McHenry Villaç

1700 McHenry Ave, Modesto

209-572-7262

www.memorialmedicalcenter.org

Total Hip or Knee Replacement Education Class

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

Meeting Info: 1st and 3rd Tuesday @ 6:00PM, 2nd and 4th Tuesday @

10:00AM

Memorial Medical Center: Foot Hill Room

1700 Coffee Road, Modesto 209-526-4500 x 7433

Westside Breast Cancer Prevention Program

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

Meeting Info: Monday through Thursday 8:00 am-5:00 pm. Closed fro

1:00pm for lunch

Newman Family Resource Center 1300 Patchett Dr., Newman

Yadira Palmerin 209-862-0295

Meeting Info: Every Friday 8:00 am-5:00 pm. Closed from Noon-1:00r

lunch

Patterson Family Resource Center 118N. Second Street, Patterson

Yadira Palmerin 209-892-6688

Overeaters Anonymous

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

Meeting Info:

Various Locations. See website www.oa.org

Stroke Resources Social Suport and Luncheon Group

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

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

Trnity United Presbyterian Church 1600 Carver (Covell Hall), Modesto

(209) 522-1256

The Chemo Crew

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

Meeting Info:

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

Weight Loss Surgery Support Group

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

Meeting Info: Second Wednesday of each month 6:00pm-7:00pm

Health Education and Conference Center McHenry Villag

1700 McHenry Ave, Modesto

209-572-7262

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LGBTQ

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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 Parents

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

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

College Avenue United Church of Christ

1341 College Avenue, Modesto

Elizabeth Plata or Ed Plata at 209-683-8203 for more infe

(209) 818-2378

Transgender Support Group

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

Meeting Info: Every first Tuesday of the month from 6:00-7:00pm

Emanuel Lutheran Church 324 College Avenue, Modesto

(209) 566-2468

LGBTQ Support Group

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

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

Josies Place

1208 9th Street, Modesto

Elena Carillo (209)558-4644

The PLACE for Youth

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

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

College Avenue United Church of Christ 1341 College Avenue, Modesto

Elizabeth Plata/Ed Plata (209) 818-2378/209-683-8203

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Life Changes & Transitions

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Adult Children of Alcoholics/Dysfunctional Families

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

Meeting Info:

Please see website adultchildren.org

ASCA Modesto (Adult Survivors Of Child Abuse)

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

Meeting Info: call for dates and times

(209) 661-1003 www.ascasupport.org

Breast Cancer Support Group

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

Meeting Info: 3rd Wednesday fo the month 2:30-4:00 pm

Kaiser Permanente 4601 Dale Road, Modesto

Loren Morris 209-735-3213 www.kp.org

Care-Givers of the Blind

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

Meeting Info: Every other Monday; 10:30AM-12PM

Janets Flowers Wedding Shop 704 14th Street, Modesto

Marty Lanser (209) 526-4091 www.vipsmodesto.org

Anxiety and Depression Support Group

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

Meeting Info: Call for times and days

Center for Human Services 2000 W. Briggsmore, Modesto

Jennifer Smith (209) 526-1476

www.centerforhumanservices.org

Beyond the Walls

To reach out to family members of inmates incarcerated in juvenile facilities, jail, or prison by offering an authentic community through support, hope, information, and prayer.

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

Perko's Restaurant

901 N. Carpenter Road, Modesto

Nita Brady/Linda Cash 209-613-7488/209-480-6189 Nitab.sos@gmail.com

Cancer Support Group

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

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

Big Valley Grace Church - Altar Room

4040 Tully Road, Modesto

Karen

209-571-4399 x321

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Celebrate Recovery

A Christ-centered 12-step recovery support group for those

struggling with any hurt, habit, or hang-up. Men and Womens groups.

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center 2918 Tuolumne Road, Turlock

John B

209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church 3502 Roeding Road, Ceres

Donna F 209-324-2403

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

Big Valley Grace Church 4040 Tully Road, Modesto

Scott Miller 577-1604 x 341

www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church

7712 Rodden Road, Oakdale

Joe Bass 925-688-3656

joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church 5216 Yosemite Blvd, Empire

Kevin W

209-499-0581 Meeting Info: Mondays @ 6:30 PM

> Neighborhood Church 5901 Sisk Road, Modesto

Robert Mc 209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church

901 Rumble Road, Modesto

Mike K

209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church

124 S. Del Puerto Ave., Patterson

Kathy G 209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church

1505 Moffat Blvd.,, Manteca

Anthony M 209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church 1050 South Union Rd, Manteca

Steve Wilson 209-823-2089

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www.FriendsAreGoodMedicine.com



FRIENDS ARE GOOD MEDICINE Life Changes & Transitions - Continued PHONE: (209) 602-4311

Meeting Info: Monday @ 7:00 PM

Cornerstone Community Church 17900 Comconex Rd, Manteca

Robert Henson 209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM

St. Stanislaus (Spanish speaking)

1200 Maze Blvd., Modesto

Baldemar 408-849-6202

Conflict Resolution

Learn how to use your words to resolve conflict

Meeting Info: Mondays @ 11:00 AM

Empowerment Center

1001 Needham, Modesto CA 95354, Modesto

209-544-1913

Co-Dependents Anonymous

12 step self-help group for individuals struggling with co-dependency

and/or wanting to develop healthy relationships.

Meeting Info: Wed.7:15 p.m. McHenry Village Conference Center

McHenry Village Conference Center 1700 McHenry Ave., Suite 60B, Modesto

209-575-4596 www.coda.org

DivorceCare

Most people will tell you that seperation 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 rebluiding your life.

Meeting Info: Call for times and dates

Valley View Church

3901 E. Whitmore Ave., Ceres

(209) 537-3831 divorcecare.org

Meeting Info: Call for times and dates

Big Valley Grace Community Church

4040 Tully Rd., Modesto

(209) 577-1604 divorcecare.org

Meeting Info: Call for times and dates

Calvary Chapel of Modesto 4300 American Ave, Modesto

(209) 545-5530 divorcecare.org

Meeting Info: Call for times and dates

River Oak Grace Community Church

7712 Rodden Road, Oakdale

(209) 847-9428 divorcecare.org

Dual Recovery

We strive to provide a safe and friendly environment where you can flourish emotionally while developing courage and confidence. Come to the center and get support from your peers.

Meeting Info: Thursday 10:00am-11:00am

Empowerment Center 1001 Needham St., Modesto

Christina Kenney (209) 544-1913

Expressive Writing Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

(209) 664-5044

www.emanuelmedicalcenter.org

Employment Skills

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

Meeting Info: Call for times and dates.

Empowerment Center 1001 Needham St, Modesto

Christina Kenney (209)544-1913

Eye Will Inc

Support center for visually impaired children and their families.

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

Eye Will Inc

948 11th Street lower level suite 3, Modesto

April Maciel (209) 417-4420 www.eyewillinc.org

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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 membvers 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

Goal Setting Group

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

Meeting Info: Mondays 9:00am-10:00am

Empowerment Center 1001 Needham St, Modesto

Christina Kenney (209)544-1913

Healthy Marriages

Our organization conducts classes in relationship health and wellness in the community with an aim toward strenghthening marriages and families.

Meeting Info: Call for information

Various Locations Jim Steward (209) 606-0772

www.stancomarriage.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.

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

Meeting Info: Call for meeting times

Jessica's House

741 East Main Street, Turlock

Erin Nelson 209-250-5399

www.jessicashouse.org

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

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

Insight Meditation Group

This group practices insight (mindfulness) meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.Every Sunday, 9:00 a.r

10:15 a.m.

Unitarian Universalist Fellowship of Stanislaus County

2172 Kiernan Ave, Modesto

Lori Wong 209-343-2748 http://imcv.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 received or receiving treatment.

Meeting Info: 3rd Sunday of the month 2:00PM-5:00PM

700 McHenry Ave Suite B, Modesto

Esther Farris (209) 523-9367

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LGBTQ Support Group

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

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

Josies Place

1208 9th Street, Modesto

Elena Carillo (209)558-4644

Life Plan

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

Meeting Info: call for date and times

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

Loss Of Spouse Evening Support Group

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

Meeting Info: Call for meeting times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Art Ramirez (209) 664-2550

www.covenantcareathome.org

Lupus Support Group

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

Meeting Info:

Call for meeting times and locations

see website for information

209-450-7725 www.lfnc.org

Music for the Soul

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

Meeting Info: Call for times and dates.

Josie's Place

1208 9th Street, Modesto

(209) 558-4464

Meeting Info:

Life Hurts, God Heals

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

Meeting Info: Thursdays 7:00 pm

Apostolic Jubilee Center 821 Lassen Avenue, Modesto

(209) 538-7587

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. Attendence to class #1 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

Loss of Spouse Daytime Support Group

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

Meeting Info: Call for times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Art Ramirez (209) 664-2550

www.covenantcareathome.org

Monkey Business: Childrens Support Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Meeting Info:

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New Journey

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

Membership open to anyone 18-25 years old. Meeting Info: call for times and dates

Josies Place

1208 9th Street, Modesto

(209) 558-4464

Pro Social Skills

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

Meeting Info: Wednesdays 3:00PM-4:30PM, Fridays 3:00PM-4:30PM

Josies Place

1208 9th Street, Modesto

Elena Carillo (209) 558-4464

Stigma

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

Meeting Info: Friday 10:00am-11:00am

Empowerment Center 1001 Needham St, Modesto

Christina Kenney (209)544-1913

Surrendering the Secret

Many women who have had an abortion suffer from symptoms of post-abortion, grief and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you have had an abortion in your past, then join us in Surrendering the Secret.

Meeting Info: Call for times and dates

Modesto Pregnancy Center

2801 Coffee Road, Suite A-5, Modesto

Amy Whitley (209) 526-1734 x 21

www.modestopc.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 Villaç

1700 McHenry Ave, Modesto

209-572-7262

One-On-One Grief Support

One-On-One grief support is offered by appointment only through

CovenantCare Hospice. There is no fee.

Meeting Info: Call for times and dates

CovenantCare Hospice 1850 Colorado Ave, Turlock

Connie Carrillo (209) 664-2550

www.covenantcareathome.org

Resume Workshop/Interview

Open to the general public. Opportunity to develop brand new resume, understand how the resume is created and how to use it effectively in the search for employment in successfully obtaining an interview. How to successfully obtain and prepare for an interview, as well as what to expect in the interview.

Meeting Info: Tuesdays from 12:30 - 1:30 p.m.

Turning Point/Empowerment Center

1001 Needham St, Modesto

Heahter Gaskins 209-544-1913

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 on McHenry 1720 McHenry Ave., Modesto

209-521-1786

Visually Impaired Persons Support

VIPS mission is to provide a place of compassion, understanding, education and personal growth for any person who is visually impaired, while providing independent life and job skills training. We teach computer, independent living skills and braille. Support group meets every other Monday.

Meeting Info: Call for times and dates

Visually Impaired Persons Support

704 14th Street, Modesto

Jon Brooks (209) 522-8477 www.vhips.com

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Women's Addiction Group

Do you need a little extra support? Stressed out and need somewhere to talk?

Need a place where you can get support from other women? Do you want to be around others who know what you are going through? Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM

Empowerment Center 1001 Needham, Modesto

209-544-1913

Women's Support Group

A support group by women supporting women in all aspects of recovery to include mental health, substance abuse and any/all gender specific issues/topics.

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

Wellness Recovery Center 500 North 9th Street, Modesto

209-558-4610

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

Meeting Info:

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; Subtance Abuse and Mental Healh 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

Women's Group

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

Meeting Info: Tuesdays 3:30PM-4:30PM

Josies Place

1208 9th Street, Modesto

(209) 558-4464

Young Adult Grief Support Group

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

friend, sibling, etc.

Meeting Info: Call for time and dates

Hospice of Emanuel

825 Delbon Avenue, Turlock

Sandy Ricardo 209-664-2550

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Mental/Emotional Health

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Adolescent Substance Use Disorder Treatment Group for Teenagers

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

Meeting Info: call for days and times

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

209-526-1440

Meeting Info: call for days and times

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

209-526-1440

Anxiety and Depression Support Group

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

Meeting Info: Call for times and days

Center for Human Services 2000 W. Briggsmore, Modesto

Jennifer Smith (209) 526-1476

www.centerforhumanservices.org

ASCA Modesto (Adult Survivors Of Child Abuse)

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

Meeting Info: call for dates and times

(209) 661-1003 www.ascasupport.org

Adult Anger Management

12 week group. Individual assessment required. Assessment fee of

\$20 and weekly group fee of \$15.

Meeting Info: Tuesdays, 5:30 - 7:00 p.m.

Center for Human Services 2000 W. Briggsmore Ave, Modesto

Jennifer Smith 209-526-1476

www.centerforhumanservices.org

Arts & Crafts

Do you enjoy creating things? Then come on in and take part in

making fun, thoughtful cards and gifts.

Meeting Info: Wednesdays 1:30pm-2:30pm

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209)544-1913

Care-Givers of the Blind

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

Meeting Info: Every other Monday; 10:30AM-12PM

Janets Flowers Wedding Shop 704 14th Street, Modesto

Marty Lanser

(209) 526-4091

www.vipsmodesto.org

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Celebrate Recovery

A Christ-centered 12-step recovery support group for those

struggling with any hurt, habit, or hang-up. Men and Womens groups.

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center 2918 Tuolumne Road, Turlock

John B

209-649-3775

Meeting Info: Fridays @ 6:30 PM

Ceres Christian Church 3502 Roeding Road, Ceres

Donna F 209-324-2403

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

Big Valley Grace Church 4040 Tully Road, Modesto

Scott Miller 577-1604 x 341

www.bvg.org

Meeting Info: Wednesday @ 7:00 PM

River Oak Grace Community Church

7712 Rodden Road, Oakdale

Joe Bass 925-688-3656

joe_b_62@yahoo.com

Meeting Info: Mondays @ 5:30 PM

Village Christian Fellowship Church 5216 Yosemite Blvd, Empire

Kevin W 209-499-0581

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church 5901 Sisk Road, Modesto

Robert Mc 209-404-3948

Meeting Info: Thursdays @ 6:30 PM

Davis Park Church

901 Rumble Road, Modesto

Mike K

209-522-7226

Meeting Info: Thursdays @ 6:15 PM

First Baptist Church

124 S. Del Puerto Ave., Patterson

Kathy G 209-892-2088

Meeting Info: Monday @ 7:00 PM

Crossroads Grace Community Church

1505 Moffat Blvd.,, Manteca

Anthony M 209-872-8057

Meeting Info: Thursday @ 7:00 PM

Sequoia Heights Baptist Church 1050 South Union Rd, Manteca

Steve Wilson 209-823-2089

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Meeting Info: Monday @ 7:00 PM

Cornerstone Community Church 17900 Comconex Rd, Manteca

Robert Henson 209-986-4940

Meeting Info: Thursday 7:00 - 9:00 PM

St. Stanislaus (Spanish speaking)

1200 Maze Blvd., Modesto

Baldemar 408-849-6202

Conflict Resolution

Learn how to use your words to resolve conflict

Meeting Info: Mondays @ 11:00 AM

Empowerment Center

1001 Needham, Modesto CA 95354, Modesto

209-544-1913

DivorceCare

Most people will tell you that seperation 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 rebluiding your life.

Meeting Info: Call for times and dates

Valley View Church

3901 E. Whitmore Ave., Ceres

(209) 537-3831 divorcecare.org

Meeting Info: Call for times and dates

Big Valley Grace Community Church

4040 Tully Rd., Modesto

(209) 577-1604 divorcecare.org

Meeting Info: Call for times and dates

Calvary Chapel of Modesto 4300 American Ave, Modesto

(209) 545-5530 divorcecare.org

Meeting Info: Call for times and dates

River Oak Grace Community Church

7712 Rodden Road, Oakdale

(209) 847-9428 divorcecare.org

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 oportunity 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

Co-Dependents Anonymous

12 step self-help group for individuals struggling with co-dependency

and/or wanting to develop healthy relationships.

Meeting Info: Wed.7:15 p.m. McHenry Village Conference Center

McHenry Village Conference Center 1700 McHenry Ave., Suite 60B, Modesto

209-575-4596 www.coda.org

Depression Peer Support Group

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

some time with us.

Meeting Info: Saturdays 4:00pm-5:00pm

Drop-In Center

716 Marshall Avenue, Modesto

Dual Recovery

We strive to provide a safe and friendly enviroment where you can flourish emotionally while developing courage and confidence. Come

to the center and get support from your peers.

Meeting Info: Thursday 10:00am-11:00am

Empowerment Center 1001 Needham St., Modesto

Christina Kenney (209) 544-1913

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

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Goal Setting Group

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

Meeting Info: Mondays 9:00am-10:00am

Empowerment Center 1001 Needham St, Modesto

Christina Kenney (209)544-1913

Life Hurts, God Heals

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

Meeting Info: Thursdays 7:00 pm

Apostolic Jubilee Center 821 Lassen Avenue, Modesto

(209) 538-7587

Men's Group

Peer Recovery Meeting. Time limited

Meeting Info: Thursday's from 1:00-2:00 PM

Wellness Recovery Center 500 N. 9th Street, Modesto

(209) 558-4610

Monday at the Movies

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 the staff and volunteer support.

Meeting Info: Monday's from 10:00 AM- 12:00 PM

Wellness Recovery Center

500 N. 9th Street suite A, Modesto

209-558-4610

Music Jam

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

Meeting Info: Every 3rd Thursday of the month 12pm-1pm

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209)544-1913

Insight Meditation Group

This group practices insight (mindfulness) meditation based on the Theravada Buddhist lineages and Western Insight tradition as brought to the West by Joseph Goldstein, Sharon Salzberg, Jack Kornfield. Meditation instruction and dharma talk/discussion are given.

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.Every Sunday, 9:00 a.r

10:15 a.m

Unitarian Universalist Fellowship of Stanislaus County

2172 Kiernan Ave, Modesto

Lori Wong 209-343-2748 http://imcv.org

Meditation Group

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

Meeting Info: Tuesday 1:00pm-2:00pm

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209)544-1913

Mental Health Services

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

Meeting Info:

Patterson Family Resource Center 118 N. 2nd St., Suite D, Patterson

(209) 892-6688

www.centerforhumanservices.org

Monkey Business: Childrens Support Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Meeting Info:

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NAMI Connection Group (Peer Support)

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

Meeting Info: call for times, dates, and locations

Modesto 209-558-4555

www.namistanislaus.org

Meeting Info: call for times, dates and locations

Turlock

209-558-4555

www.namistanislaus.org

Meeting Info: call for times, dates and locations

Oakdale Allison 209-848-2161

www.namistanislaus.org

NAMI Family to Family Classes

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

Meeting Info: call for schedule and location

Various Locations 209-558-4555

www.namistanislaus.org

NAMI Parent/Teachers as Allies

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

Meeting Info: call for schedule and location

Various Locations 209-558-4558 www.stanislaus.org

Necesita Transportacion? Nosotros Podemos Ayuda!

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

Meeting Info: Llame 24 horas antes

Stanislaus Multi-Cultural Community Health Coalition We

Modesto/King Kennedy Neighborhood Coll. 601 N. Martin Luther King Drive, Modesto

Barbara Anderson 209-522-6902

Meeting Info:

NAMI Family Support Group

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

illnes

Meeting Info: call for times, dates, and locations

Modesto 209-558-4555

www.namistanislaus.org

Meeting Info:

Turlock

209-558-4555

www.namistanislaus.org

Meeting Info:

Oakdale Judy

209-480-0387

www.namistanislaus.org

NAMI In Our Own Voice (IOOV)

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

Meeting Info: Call for schedule and for location

Various Locations 209-558-4555

www.namistanislaus.org

NAMI Peer to Peer Classes

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

Meeting Info: call for schedule and for location

Various Locations 209-558-4555

www.namistanislaus.org

Need a ride? We can help!

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

Meeting Info:

The Stanislaus Multi-Cultural Community Health Coalitio Modesto/King Kennedy Neighborhood

601 S. Martin Luther King Drive, Modesto

Barbara Anderson 209-522-6902

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Peer Support

We strive to provide a safe and friendly environment where you can flourish emotionally while developing courage and confidence. Come to the center and get support from your peers.

Meeting Info: Wednesdays 10:30am-11:30am

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209) 544-1913

PTSD Support Group

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

Meeting Info: Monday 1:00pm-2:00pm

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209)544-1913

Self-Esteem Group

A group to address issues of self-esteem and how it pertains to ones

recovery.

Meeting Info: 11:00 Am - 12:00 Noon

Wellness Recovery Center 500 N. 9th Street, Modesto

209-558-4610

Spanish Support Group

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

Meeting Info: Tuesdays 10:00AM-12:00PM

1725 Las Vegas Street, Modesto

209-523-2860 www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM

8900 Laird Street, Grayson

209-523-2860 www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM

Waterford Support Group 116 E Street, Waterford

209-523-2860 www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM

Hughson Support Group

6940 Hughson Avenue, Hughson

209-523-2860 www.elconcilio.org

Peer Support

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

Meeting Info: Tuesday's from 2:00-3:00 PM

Wellness Recovery Center 500 N. 9th Street, Modesto

209-558-4610

Recovery International

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

Meeting Info: Fridays, 7:00 p.m.

Geneva Presbyterian Church 1229 E. Fairmont Ave.,, Modesto

Dave Bartlett 209-552-3141

www.lowselfhelpsystems.org

Servicios de Salud Mental

Asesoramiento individual y familiar, clases sobre el cuidado de los ninos, Informacion de referencias, Medi-Cal y Healthy Families para ninos 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.centerofhumanservices.org

Special Interest Groups

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

Meeting Info: Call for times and dates.

Empowerment Center

1001 Needham Street, Modesto

Christina Kenney (209)544-1913

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Stigma

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

Meeting Info: Friday 10:00am-11:00am

Empowerment Center 1001 Needham St, Modesto

Christina Kennev (209)544-1913

Surrendering the Secret

Many women who have had an abortion suffer from symptoms of post-abortion, grief and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you have had an abortion in your past, then join us in Surrendering the Secret.

Meeting Info: Call for times and dates

Modesto Pregnancy Center

2801 Coffee Road, Suite A-5, Modesto

Amy Whitley (209) 526-1734 x 21

www.modestopc.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.

Meeting Info:

BHRS Family Advocate Office 800 Scenic Dr, Modesto

209-525-4982

Women's Addiction Group

Do you need a little extra support? Stressed out and need somewhere to talk?

Need a place where you can get support from other women? Do you want to be around others who know what you are going through? Join us for a Women's addiction support group

Meeting Info: Tuesdays 9:00AM - 10:00AM

Empowerment Center 1001 Needham, Modesto

209-544-1913

Substance Use Disorder Treatment Group for Adults

No fees for services, Mandatory, random drug testing, Group days

and times may vary

Meeting Info: Call for days and times

Center for Human Services (Counseling Center)

2000 Briggsmore Ave, Suite 1, Modesto

209-526-1440

Meeting Info: Call for days and times

Paradise Medical Clinic(Finley Conference Room)

401 Paradise RD, Suite E,, Modesto

209-526-1400

Meeting Info: Call for days and times

CHS-Oakdale Family Resource and Counseling Center

631 West F St,, Oakdale

209-526-1400

Meeting Info: Call for days and times

CHS-Patterson Family Resource Center 118 N. 2nd ST, Suite D, Patterson

209-526-1400

Taking Control/Co-Occuring

This group addresses the co-occuring illness of Mental Illness and problems with Drugs and/or Alcohol, ie., cooccurring. This group is open to anyone at no charge.

Meeting Info: Wednesday 1:00 PM- 2:00 PM

Wellness Recovery 500 N. 9th St.,, Modesto

Steve H. 209-558-4610

True Patriots- Veterans for Veterans

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

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

Redwoods

800 Scenic Drive, Modesto

Carlos Lara 209-597-1967

Women's 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, pospartum 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

Maribel Archuleta 883-2027 ext. 315

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Women's Support Group

A support group by women supporting women in all aspects of recovery to include mental health, substance abuse and any/all gender specific issues/topics.

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

Wellness Recovery Center 500 North 9th Street, Modesto

209-558-4610

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

Meeting Info:

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Parenting

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Adolescent Substance Use Disorder Treatment Group for Teenagers

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

Meeting Info: call for days and times

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

209-526-1440

Meeting Info: call for days and times

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

209-526-1440

Daddy 101

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

Meeting Info: 1st, 2nd, and 3rd Thursdays of the month. Call for times.

Memorial Medical Center

1800 Coffee Road Suite 61, Modesto

209-572-7262

Healthy 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

Monkey Business: Childrens Support Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Meeting Info:

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

Beyond the Walls

To reach out to family members of inmates incarcerated in juvenile facilities, jail, or prison by offering an authentic community through support, hope, information, and prayer.

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

Perko's Restaurant

901 N. Carpenter Road, Modesto

Nita Brady/Linda Cash 209-613-7488/209-480-6189 Nitab.sos@gmail.com

Eye Will Inc

Support center for visually impaired children and their families.

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

Eye Will Inc

948 11th Street lower level suite 3, Modesto

April Maciel (209) 417-4420 www.eyewillinc.org

Mommy and Me

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

Meeting Info: Fridays 12:00pm-1:30pm

Memorial Medical Plaza

1800 Coffee Road, Room 63, Modesto

Ruth Van Groningen 209-572-7262

Parent Support Group

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

Meeting Info: Every Monday 10 a.m.

Josie's Place

1208 9th St, Modesto 209-558-4464

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

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

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.

340 E. Olive Ave., Turlock

209-634-3538

e-mail: prodigalministry@aol.com

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Parenting - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

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

Spanish Support Group

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

Meeting Info: Tuesdays 10:00AM-12:00PM

1725 Las Vegas Street, Modesto

209-523-2860 www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM

8900 Laird Street, Grayson

209-523-2860 www.elconcilio.org

Meeting Info: 1st & 3rd Fridays of each month 9:00AM-11:00AM

Waterford Support Group 116 E Street, Waterford 209-523-2860 www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM

Hughson Support Group

6940 Hughson Avenue, Hughson

209-523-2860 www.elconcilio.org

Teen Parent Support Group

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

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

Meeting Info: 1st and 3rd Friday of the month 12:30PM-2:30PM

Parent Information Resource Center (PIRC)

4300 Sisk Road Suite B, Modesto

209-545-9766

The Family Advocate

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

Meeting Info:

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

The PLACE for Parents

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

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

College Avenue United Church of Christ

1341 College Avenue, Modesto

Elizabeth Plata or Ed Plata at 209-683-8203 for more infe

(209) 818-2378

The PLACE for Youth

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

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

College Avenue United Church of Christ

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

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Seniors

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Alzheimer's/Dementia Support Group

Support groups for caregivers of persons with Alzheimer's Disease or related dementia. Another group for persons diagnosed with dementia meets at the same facility, at the same time

Meeting Info: Call for Times and dates

Alzheimer's/Dementia Support Cenhter 700 McHenry Ave Suite B, Modesto

Cindy DenBrave 209-577-0018

Caregivers Support Group

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

Meeting Info: 4th Saturday of the month @ 10:00 AM-11:30AM

Bethel Retirement Center 2345 Scenic Drive, Modesto

1-800-541-8614 www.valleycrc.org

General Caregiver Support Group

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

Meeting Info: 3rd Wednesday of the month 10:00-11:30 AM

Kaiser Permanente 4601 Dale Road, Modesto

Loren Morris (209) 735-3213 www.kp.org

Alzheimer's/Dementia Support Group

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

Meeting Info: Call for times and dates

Paramount Court Senior Living 9791 Crowell Road, Turlock

Cheryl Gerhardt 209-664-6500

Drop In Group 4 Seniors

Come and join other Seniors in outings, games and crafts. Open to

any Senior in Stanislaus County.

Meeting Info: Every Monday 2:00PM-3:30PM

Senior Access Team 701 14th Street, Modesto

Karen Reid 209-525-7432

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Veterans

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Alzheimer's/Dementia Support Group

Support groups for caregivers of persons with Alzheimer's Disease or related dementia. Another group for persons diagnosed with dementia meets at the same facility, at the same time

Meeting Info: Call for Times and dates

Alzheimer's/Dementia Support Cenhter 700 McHenry Ave Suite B, Modesto

Cindy DenBrave 209-577-0018

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

Meeting Info: Call for times and dates

Paramount Court Senior Living 9791 Crowell Road, Turlock

Cheryl Gerhardt 209-664-6500

True Patriots- Veterans for Veterans

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

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

Redwoods

800 Scenic Drive, Modesto

Carlos Lara 209-597-1967

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Youth/Teen

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

Adolescent Substance Use Disorder Treatment Group for Teenagers

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

Meeting Info: call for days and times

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

209-526-1440

Meeting Info: call for days and times

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

209-526-1440

Eye Will Inc

Support center for visually impaired children and their families.

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

Eye Will Inc

948 11th Street lower level suite 3, Modesto

April Maciel (209) 417-4420 www.eyewillinc.org

LGBTQ Support Group

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

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

Josies Place

1208 9th Street, Modesto

Elena Carillo (209)558-4644

Monkey Business: Childrens Support Group

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

Meeting Info: Call for times and dates

Emanuel Cancer Center 880 E. Tuolumne Road, Turlock

209-664-5044

emanuelmedicalcenter.org

Meeting Info:

Al-Anon/Alateen

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

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

Various locations 209-524-3907

http://www.al-anon.alateen.org/

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

Del Puerto High School 640 M Street, Patterson

Patterson Family Resource Center

209-892-6688

www.centerforhumanservices.org

Life Plan

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

Meeting Info: call for date and times

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

Music for the Soul

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

Meeting Info: Call for times and dates.

Josie's Place

1208 9th Street, Modesto

(209) 558-4464

Meeting Info:

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Youth/Teen - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

New Journey

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

Meeting Info: call for times and dates

Josies Place

1208 9th Street, Modesto

(209) 558-4464

Parents United- juvenile/teen offenders

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

Meeting Info: Call before attending

610 14th Street, Modesto

(209) 524-4858

Prodigal Sons and Daughters - Parent/Youth Support Group

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

Meeting Info: Monday, 7:00 - 8:30 p.m.

340 E. Olive Ave., Turlock

209-634-3538

prodigalministry@aol.com

Teen Alcohol and Drug Treatment

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

Meeting Info: Tues., 3-5 p.m., and Wed., 5-7 p.m.

Center for Human Services Counseling Clinic

2000 W. Briggsmore Ave, Modesto

Jorge Fernandez (209) 526-1476

www.centerforhumanservices.org

Meeting Info:

Parents United- children and teen victims

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

Meeting Info: Call for meeting times and dates

610 14th Street, Modesto

(209) 524-4858

Pro Social Skills

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

Meeting Info: Wednesdays 3:00PM-4:30PM, Fridays 3:00PM-4:30PM

Josies Place

1208 9th Street, Modesto

Elena Carillo (209) 558-4464

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

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

Meeting Info: Tues., Wed., Thurs. 7:00 - 8:30 p.m.

340 E. Olive Ave., Turlock

209-634-3538

e-mail: prodigalministry@aol.com

Teen Talk

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

Meeting Info: Wednesday 4:00 - 5:45 p.m.

Center for Human Services 2000 Briggsmore Ave, Modesto

Jennifer Smith 209-526-1440

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Youth/Teen - Continued

FRIENDS ARE GOOD MEDICINE PHONE: (209) 602-4311

The Last Resort Teen Support Group

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

Meeting Info: Monday, Wednesday, Thursday (call for times)

3125 McHenry Ave, Ste D, Modesto

Bob Housden 209-523-6910

thelastresortmodesto.com

Transgender Support Group

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

Meeting Info: Every first Tuesday of the month from 6:00-7:00pm

Emanuel Lutheran Church 324 College Avenue, Modesto

(209) 566-2468

Youth Action Commission

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

Meeting Info: Every other Monday 5:30pm

Patterson Teen Center 118 N. 2nd St., Patterson

Jason Hayward (209) 895-8083

The PLACE for Youth

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

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

College Avenue United Church of Christ

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

Women's Group

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

Meeting Info: Tuesdays 3:30PM-4:30PM

Josies Place

1208 9th Street, Modesto

(209) 558-4464

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