



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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A Common Thread

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

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

Battered Women's Support Group

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

Meeting Info: Mondays 1:00pm-3:00pm
Aspira/Turlock Family Resource Center
325 E. Olive Ave Suite A, Turlock
(209) 524-4331

Grupo De Apoyo

Grupo para las mujeres latinas que tomen la oportunidad para Mujeres que hablen español. Para compartir sus situaciones personales tocante la violencia domestica. Este grupo es gratis, y no se provee cuidado de niños. Este es un grupo semanalmente, de las 10 a.m. a 12 p.m. en el Centro de Recursos Familiares de Hughson, 6940 Hughson Ave. Suite B para mas informacion llame al 883-2027 o 577-5980. This group is provided in Spanish.

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

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

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. Contact group facilitator for member intake and location of support group.

Meeting Info: Call for times and days
Modesto
Shelly E. Thomas
(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 an 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

Healthy Marriages

Our organization conducts classes in relationship health and wellness in the community with an aim toward strengthening 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

Rape/Sexual Assault Support Group

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

Meeting Info: Tuesdays 6:00pm-8:00pm
Haven Counseling Center
618 13th Street, Suite E, Modesto
(209)524-4331
Meeting Info: Fridays 10:00-12:00pm
Haven Counseling Center
618 13th Street, Suite E, Modesto
(209)524-4331



Abuse - Continued



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: Tuesdays, 7:00 p.m. - 9:00 p.m.
Christ Unity Church
1320 L St., Modesto
Jeff V.
209-527-2469
adultchildren.org

Adult Children Of Alcoholics/Dysfunctional Families

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

Meeting Info: Every Tuesday, 7:00PM-9:00PM
1320 "L" Street, Modesto
Jeff V
(209) 527-2469
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
524-3907
<http://www.al-anon.alateen.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
572-2970
www.cviaa.org



Celebrate Recovery

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

Meeting Info: Mondays @ 6:00 PM

New Life Christian Center
2918 Tuolumne Road, Turlock
Dawn or Leon
209-667-5433

Meeting Info: Fridays @ 6:00 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna
537-8931 x 210

Meeting Info: Tuesdays @ 6:00 PM

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

Meeting Info: Mondays @ 6:00 PM

New Life Church
3404 Stanislaus Street, Riverbank
David K
209-589-5451

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church/H Street Ministry Center
126 H Street, Modesto
Anthony
209-543-9216 x 11

Meeting Info: Fridays @ 6:00 PM

Shelter Cove Community Church
4242 Coffee Road, Modesto
209-567-3200
www.cometosheltercove.org

Meeting Info: Wednesday @ 6:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Paul W
209-847-9428

Meeting Info: Thursday @ 6:30 PM

Bethel Church
2361 Scenic Drive, Modesto
Charlene H
209-846-5038

Meeting Info: Thursday @ 6:30 PM

Waterford Community Baptist Church
328 "D" Street, Waterford
James Y
209-874-2532

Meeting Info: Friday @ 7:00 pm

The Way
5682 Pirrone Road, Salida
Doug B
209-403-7612

Meeting Info: Saturday @ 6:00 PM

Living Hope Christian Fellowship
10055 Valley Home Road, Oakdale
Kevin R
209-605-7316
www.livinghopeoakdale.net



Addiction/Recovery - Continued

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209) 544-1913

Ex-Smoker Support Group

Have you quit smoking? Congratulations! Now stay quit. Join us every Wednesday for our ex-smoker support group.

Meeting Info: Every Wednesday 5:30pm-6:30pm
Health Education & Conference Center in McHenry Villa
1700 McHenry Ave, Ste 60B, Modesto
(209) 558-5657

God's Way Out

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

Meeting Info: Thursdays 7:00 p.m. to 8:30 p.m
CrossPoint Community Church
12th and M St., Modesto
Charlie & Linda Shepard
209-577-4884
crosspointmodesto.org

Co-Occurring Peer Support Group

Open meeting for those interested in sober living on their path to mental wellness

Meeting Info: Mondays 3:00pm-4:00pm (except holidays)
Alano Club
1660 Herndon Rd., Ceres
Amaeo
(209)558-4157

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 beginning 1/10/11

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

Freedom From Smoking Program

Ready to quit smoking? Come and learn the skills to help you succeed. This is a free 8-session class giving you the skills needed to quit smoking and stay quit. Space limited. First call first served.

Meeting Info: Call for times and dates
Ceres Partnership for Healthy Children
2908 4th Street, Ceres
(209) 558-5657

Meeting Info: Call for times and dates
Oak Valley Medical Plaza
1425 West H Street, Oakdale
(209) 558-5657

Meeting Info: Call for times and dates
Kaiser Permanente
1800 Dale Road, Modesto
(209) 735-6060

Meeting Info: Call for times and dates
Memorial Medical Center
1800 Coffee Road, Modesto
(209) 548-7834

Habits of Health

If you or someone you know is struggling with Weight, Obesity, Diabetes, Heart Disease, High Blood Pressure, Cholesterol, Sleep Apnea, Acid Reflux or Lack of Energy. We can help you lose weight and get healthy. Lose up to 20 pounds per month and learn how to keep it off for good.

Meeting Info: Call for times and days
2200 McHenry Ave., Suite C, Modesto
Amanda Moffitt
209-524-7589
www.GetSlimAndFit4Life.com

Meeting Info:



Icarus Meeting

A Project of Stanislaus County Radical Mental Health. The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'Mental Illness' rather than trying to fit our lives into a conventional framework. We are a network of people living with experiences that are commonly labeled as bipolar or other psychiatric conditions. We believe we have made gifts to be cultivated and taken care of, rather than diseases or disorders to be suppressed or eliminated. By joining together as individuals and as a community, the intertwined threads of madness and creativity can inspire hope and transformation in an oppressive and damaged world. Confidentiality? We vow to not talk about each other outside of the meetings. Please, no outside circle gossip or rumors. We want to create a place for people to come together, not a place that alienates us or others.

Meeting Info: Call for locations and times
Modesto
Brian
209-596-7762
<http://stancountyrmh.blogspot.com/>

Meeting Info:

Meeting Info:

Lifeplan

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 times and dates
Call for location in Patterson
Patterson
David Collins
209-526-1476
www.centerforhumanservices.org

Meeting Info:

Men's Group

Non 12-step Peer Recovery Meeting. Time limited

Meeting Info: Thursday's from 1:30-2:30 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
Amaeo
(209)558-4157

Narcotics Anonymous

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

Meeting Info: times vary
Various locations
526-1817
www.svgna.com

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

LifeRing Secular Recovery

LifeRing is a network of support groups for people who want to live free of alcohol and drugs. We encourage each person to customize a personal recovery program. LifeRing is secular which means we avoid discussing religion and focus on human relationships and personal efforts. We have a women's meeting, a family & friends meeting, a meditation meeting, a morning meeting, and evening meeting in Modesto, Manteca, and Turlock.
See Website for meeting times and locations.

Meeting Info:
Troy Spears
209-526-4854
<http://modestolifering.org>

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. Bus passes will be provided after group.

Meeting Info: Monday's from 10:00 AM- 12:00 PM
Wellness Recovery Center
500 N. 9th Street suite A, Modesto
Dot Aguiar
209-558-4985

Overeaters Anonymous

12-Step Self-Help Group for individuals struggling with compulsive eating.

Meeting Info:
305. W. 26th St., Modesto
209-918-6737
www.overeatersanonymous.org



Overeaters Anonymous

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

Meeting Info:

Various Locations. See website
www.oa.org

Prodigal Sons and Daughters

A Christ-centered 12-step recovery organization that provides counseling 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

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

S.A.R.T

A group for Veterans that involves alcohol and drug abuse education, peer support, relapse prevention techniques, and referrals. Must be sober at the time of the meeting to attend. Please call before attending for the first time.

Meeting Info:

Call for meeting times and locations
(209) 946-3438

Smoking Cessation Program

Emanuel Medical Center is offering a FREE 6-Session Smoking Cessation Program. The classes will be held Wednesdays, from 4:00 - 5:00 p.m. 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 session. 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
209-669-2434

Overeaters Anonymous

12-Step-Help group for individuals struggling with compulsive eating.

Meeting Info: Wednesday @ 12:00 Noon

Alzheimer's Aid Society
2501 McHenry Ave., Suite E, Modesto
209-527-9730
www.overeatersanonymous.org

Prodigal Sons and Daughters - Parent/Youth Support Group

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

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

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

Sexaholics Anonymous

12-Step Sedlf-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
Ruben Sanchez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
Ruben Sanchez
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
Sarah Gutierrez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM
Hughson Support Group
6940 Hughson Avenue, Hughson
Sarah Gutierrez
209-523-2860
www.elconcilio.org

Surrendering the Secret

Many women who have had an abortion suffer from symptoms of post-abortion, grief and trauma. STS is a study designed to bring women together who understand the need for seeking peace with their past. If you have had an abortion in your past, then join us in Surrendering the Secret. Next class begins March 25th.

Meeting Info: 8 weeks starting March 25. Mondays 6:00 PM
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
Amy Whitley
(209) 526-1734 x 21
www.modestopc.org

The Last Resort Teen Support Group

Our Teen Group is geared toward adolescents with drug and/or alcohol related issues such as family discord, academics and social pressures. No Time Limited.

Meeting Info: Wednesday, from 3:00 - 4:30 p.m.
121 E. Orangeburg Ave., Suite 15, Modesto
Michelle Lucas
209-523-6900
thelastresortmodesto.com

Substance Abuse Peer Support Group

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

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

Teen Alcohol and Drug Treatment

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

Meeting Info: Call for times and day
Center for Human Services Counseling Clinic
1700 McHenry Village Way, Ste., 14, Modesto
Jorge Fernandez
(209) 526-1440
www.centerforhumanservices.org

Meeting Info:

Women's Support Group

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

Meeting Info: Mondays and Fridays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street Suite A, Modesto
Dot
209-558-4156



Bereavement

Circle Of Comfort Support Group For Bereaved Parents

A support group for parents who have experienced the loss of a child or grandchild due to death. Pre-registration is required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Community Hospice - General Grief

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

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

Meeting Info:

Community Hospice - Infant Loss

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

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

Meeting Info:
209-578-6300

Community Hospice - SOS: Survivors of Suicide

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

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

Community Hospice-Loss of Spouse

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

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

Community Hospice - Caregiver Support Group

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

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

Meeting Info:
209-578-6300

Community Hospice - HUG Support Group

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

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

Meeting Info:
209-578-6300

Community Hospice - Pet Loss

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

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

Meeting Info:
209-578-6300

Community Hospice-Coping with the Holidays

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

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

Meeting Info:
209-578-6300

Community Hospice-TAG Support Group

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

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

Meeting Info:
209-578-6300



Community Hospice-Tween Support Group

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

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

Meeting Info:
209-578-6300

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

Jessica's House offers free on-going peer support groups for grieving children, teens and families.

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

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

Loss Of Spouse Evening Support Group

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

Meeting Info: Call for meeting times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

One-On-One Grief Support

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

Meeting Info:
Hospice of Emanuel
825 delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Survivors Support Group

This group is for adults who have had someone die by suicide.

Meeting Info: Call Sandy Ricardo for Dates and Times
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
209-664-2550
N/A

GriefShare 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 GriefShare 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

Journey Through Grief

A support group for persons who have lost any family member, co-worker, or friend. Please call the Bereavement Staff at (209)664-2550. Pre-registration is required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Loss of Spouse Daytime Support Group

A support group for anyone who has lost a spouse or significant other due to death. Pre-registration required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Parents Helping Kids

This group is for parents who have a child ages 6-16 who has lost a loved one to death. The group runs the same time as our Grief Kids Kamp. The group runs for 4 weeks and on the last week, the parents and kids meet together to participate in projects together in memory of their loved one. Pre-registration required. Time Limited

Meeting Info: Call Sandy Ricardo for Dates and Times
Call (209) 664-2550 for meeting site
Sandy Ricardo
209-664-2550
n/a



Disabilities

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

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 Thursday of the month 10:00AM-12:00PM
Disability Resource Agency for Independent Living
920 12th Street, Modesto
Angelo
209-521-7260
www.drail.org

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Call for times and dates
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

Head Injury Support Group

A support group for adults who have had a traumatic brain injury. Facilitated by a Psychologist.

Meeting Info: Call for meeting times and dates
Doctors Medical Center Cafeteria Annex Room
1441 Florida Ave., Modesto
(209) 534-0999

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 living.

Meeting Info: 3rd Thursday of the month 10am-12pm
DRAIL
920 12th Street, Modesto
Angelo
(209) 521-7260 x 311
www.drail.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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209) 544-1913

Habits of Health

If you or someone you know is struggling with Weight, Obesity, Diabetes, Heart Disease, High Blood Pressure, Cholesterol, Sleep Apnea, Acid Reflux or Lack of Energy. We can help you lose weight and get healthy. Lose up to 20 pounds per month and learn how to keep it off for good.

Meeting Info: Call for times and days
2200 McHenry Ave., Suite C, Modesto
Amanda Moffitt
209-524-7589
www.GetSlimAndFit4Life.com

Meeting Info:

Men's Group

Non 12-step Peer Recovery Meeting. Time limited

Meeting Info: Thursday's from 1:30-2:30 PM
Wellness Recovery Center
500 N. 9th Street, Modesto
Amaeo
(209)558-4157



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). Time Limited?

Meeting Info: Last Friday of every month @ 4:30 p.m.
Mountain Mike's
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



"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
1700 McHenry Village Way, Modesto
Jennifer Smith
(209) 526-1440
www.centerforhumanservices.org

Breast Cancer Support Group

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

Meeting Info: 1st & 3rd Wednesday of every month 5:00-6:30 p.m.
Doctors Medical Center
1441 Florida Ave., Modesto
Jeanne Carlisle, LCSW
209-576-3878
www.dmc-modesto.com

Cancer Support Group

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

Meeting Info: Every Thursday 4:00-5:30 p.m.
Doctors Medical Center
DMC Conference Center 1441 Florida Ave., Modesto
1-888-284-6641
www.dmc-modesto.com

American Cancer Society

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

Meeting Info:
(209) 524-7242
www.cancer.org

Breast Cancer Support Group

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

Meeting Info: 3rd Wednesday of the month 2:30-4:00PM
Kaiser Permanente
4601 Dale Road, Modesto
Loren Morris
(209) 735-3213
www.kp.org

Cancer in Your Life

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

Meeting Info: 1st & 3rd Thursday of every month from 1-2:30 p.m.
Emanuel Cancer Center
880 E. Tuolumne Road, Turlock
209-664-5044
emanuelmedicalcenter.org

Cancer Support Group

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. Our first meeting will be Wednesday, September 19, 6:45-8:15 PM in the Alter Room.

Meeting Info: Wednesdays 6:45-8:15 PM
Big Valley Grace Community Church
4040 Tully Road, Modesto
Karen T
(209) 571-4399 x 321
www.bigvalleygrace.org



Caregivers Support Group

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

Meeting Info: 4th Saturday of the month @ 10:00 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

Ex-Smoker Support Group

Have you quit smoking? Congratulations! Now stay quit. Join us every Wednesday for our ex-smoker support group.

Meeting Info: Every Wednesday 5:30pm-6:30pm
Health Education & Conference Center in McHenry Villa
1700 McHenry Ave, Ste 60B, Modesto
(209) 558-5657

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
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

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Call for times and dates
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org



Freedom From Smoking Program

Ready to quit smoking? Come and learn the skills to help you succeed. This is a free 8-session class giving you the skills needed to quit smoking and stay quit. Space limited. First call first served.

Meeting Info: Call for times and dates
Ceres Partnership for Healthy Children
2908 4th Street, Ceres
(209) 558-5657

Meeting Info: Call for times and dates
Oak Valley Medical Plaza
1425 West H Street, Oakdale
(209) 558-5657

Meeting Info: Call for times and dates
Kaiser Permanente
1800 Dale Road, Modesto
(209) 735-6060

Meeting Info: Call for times and dates
Memorial Medical Center
1800 Coffee Road, Modesto
(209) 548-7834

General Cancer Support Group

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

Meeting Info: 2nd Thursday of the month 10:30AM-12:00PM
Kaiser Permanente
4601 Dale Road, Modesto
Loren Morris
(209) 735-3213
www.kp.org

Habits of Health

If you or someone you know is struggling with Weight, Obesity, Diabetes, Heart Disease, High Blood Pressure, Cholesterol, Sleep Apnea, Acid Reflux or Lack of Energy. We can help you lose weight and get healthy. Lose up to 20 pounds per month and learn how to keep it off for good.

Meeting Info: Call for times and days
2200 McHenry Ave., Suite C, Modesto
Amanda Moffitt
209-524-7589
www.GetSlimAndFit4Life.com

Meeting Info:

Gardening/Walking

Get some fresh air and take a walk or get in the garden.

Meeting Info: Call for times and dates.
Empowerment Center
800 Scenic Drive, Bldg 4, 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

Head Injury Support Group

A support group for adults who have had a traumatic brain injury. Facilitated by a Psychologist.

Meeting Info: Call for meeting times and dates
Doctors Medical Center Cafeteria Annex Room
1441 Florida Ave., Modesto
(209) 534-0999



Icarus Meeting

A Project of Stanislaus County Radical Mental Health. The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'Mental Illness' rather than trying to fit our lives into a conventional framework. We are a network of people living with experiences that are commonly labeled as bipolar or other psychiatric conditions. We believe we have made gifts to be cultivated and taken care of, rather than diseases or disorders to be suppressed or eliminated. By joining together as individuals and as a community, the intertwined threads of madness and creativity can inspire hope and transformation in an oppressive and damaged world. Confidentiality? We vow to not talk about each other outside of the meetings. Please, no outside circle gossip or rumors. We want to create a place for people to come together, not a place that alienates us or others.

Meeting Info: Call for locations and times
Modesto
Brian
209-596-7762
<http://stancountyrmh.blogspot.com/>

Meeting Info:

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 educator. This is a set of 4 classes - 2 hours each, held weekly. Class size is limited. Registrations will be accepted on a first come first serve basis. Attendance to 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

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

Insight Meditation Group

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

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.
Unity Church
2467 Veneman Ave., Modesto
Lori Wong
209-343-2748
<http://insightmeditationmodesto.wordpress.com>.

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 Gastric Bypass 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
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:

www.mendedhearts.org

Multiple Sclerosis Group

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

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

Multiple Sclerosis Group
www.msconnection.org.

Programa de Freedom From Smoking

Programa de Freedom From Smoking de la asociacion de American Lung to ofrece un curso GRATUITO DE 7 semanas donde aprendera las herramientas necesarias para que se libre de fumar.

Meeting Info: Llame para el día y el horario del grupo

Ceres Partnership for Healthy Children
2908 4th St., Ceres
558-5657

Stroke Resources Social Support and Luncheon Group

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

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

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

TAI CHI Group

Tai Chi is wonderful, very therapeutic, and good for one's Mental and Physical Health. Time Limited.

Meeting Info: Mondays thru Saturdays (Call for times)

3600 Sisk Rd., Suite 4B, Modesto
Naser & Mary
209-572-4518

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

Metamorphosis

A support group for chronic pain sufferers.

Meeting Info: Call for meeting dates and times.

New Life Christian Center
2918 Tuolumne Rd., Turlock
(209) 667-5433

Overeaters Anonymous

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

Meeting Info:

Various Locations. See website
www.oa.org

Pulmonary Hypertension Support Group

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

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

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

Stroke Support Group

Open to individuals who have had a stroke history. Those enrolled in Miller's Place Adult Day Health Care and community members are invited to attend.

Meeting Info: Wed: 10:30-11:30 (3rd Wed of each month)

Doctor's Medical Center Foundation Offices,
730 McHenry Ave., Modesto
209-521-0507
www.dmcf.org

The Chemo Crew

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

Meeting Info:

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



WeCARE

The WeCARE Central Valley Cancer Peer Navigator Program group provides special support on a one-to-one basis. It matches newly diagnosed cancer patients with trained cancer survivors. The WeCARE program is available to any newly diagnosed cancer patient, regardless of where the patient receives treatment. Peer navigators are survivors who have been trained to be "cancer coaches". They will provide information on your diseases and treatment options, as well as resources to help you and those you love. They are also trained to assist you with problem-solving and coping strategies. If desired, a peer navigator can go with you to your doctor's visit or treatments. For Cancer Survivors interested in becoming a WeCARE Peer Navigator, please call the number listed. The Central Valley Cancer Peer Navigator program relies on cancer survivors who want to become volunteer cancer coaches and mentors for newly diagnosed patients. As a Cancer Peer Navigator, you will learn how to assist cancer patients through the diagnosis and treatment process. Your role is to help cancer patients learn strategies to reduce anxiety, solve problems, understand and cope with treatment options. Many of our Cancer Peer Navigators have discovered working with new patients is a very rewarding and fulfilling experience.

Meeting Info:

Mark A. Galvan
209-380-0550

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: Call for times and days

Newman Family Resource Center
1300 Patchett Dr., Newman
Yadira Palmerin
209-862-0295

Meeting Info: Call for times and days

Patterson Family Resource Center
118N. Second Street, Patterson
Yadira Palmerin
209-892-6688



LGBTQ

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

LGBTQ Support Group

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

Meeting Info: Mondays 1:00PM-2:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4644

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
(209)818-2378

Icarus Meeting

A Project of Stanislaus County Radical Mental Health. The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'Mental Illness' rather than trying to fit our lives into a conventional framework. We are a network of people living with experiences that are commonly labeled as bipolar or other psychiatric conditions. We believe we have made gifts to be cultivated and taken care of, rather than diseases or disorders to be suppressed or eliminated. By joining together as individuals and as a community, the intertwined threads of madness and creativity can inspire hope and transformation in an oppressive and damaged world. Confidentiality? We vow to not talk about each other outside of the meetings. Please, no outside circle gossip or rumors. We want to create a place for people to come together, not a place that alienates us or others.

Meeting Info: Call for locations and times
Modesto
Brian
209-596-7762
<http://stancountyrmh.blogspot.com/>

Meeting Info:

Meeting Info:

The PLACE for Parents

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

Meeting Info: The first Saturday of every month, call for times
College Avenue United Church of Christ
1341 College Avenue, Modesto
Elizabeth Plata
(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



Adult Children Of Alcoholics/Dysfunctional Families

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

Meeting Info: Every Tuesday, 7:00PM-9:00PM
1320 "L" Street, Modesto
Jeff V
(209) 527-2469
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. Contact group facilitator for member intake and location of support group.

Meeting Info: Call for times and days
Modesto
Shelly E. Thomas
(209) 661-1003
www.ascasupport.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. Our first meeting will be Wednesday, September 19, 6:45-8:15 PM in the Alter Room.

Meeting Info: Wednesdays 6:45-8:15 PM
Big Valley Grace Community Church
4040 Tully Road, Modesto
Karen T
(209) 571-4399 x 321
www.bigvalleygrace.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
1700 McHenry Village Way, Modesto
Jennifer Smith
(209) 526-1440
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 cancer treatment. Open to Kaiser members and the community.

Meeting Info: 3rd Wednesday of the month 2:30-4:00PM
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



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
Dawn or Leon
209-667-5433

Meeting Info: Fridays @ 6:00 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna
537-8931 x 210

Meeting Info: Tuesdays @ 6:00 PM

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

Meeting Info: Mondays @ 6:00 PM

New Life Church
3404 Stanislaus Street, Riverbank
David K
209-589-5451

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church/H Street Ministry Center
126 H Street, Modesto
Anthony
209-543-9216 x 11

Meeting Info: Fridays @ 6:00 PM

Shelter Cove Community Church
4242 Coffee Road, Modesto
209-567-3200
www.cometosheltercove.org

Meeting Info: Wednesday @ 6:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Paul W
209-847-9428

Meeting Info: Thursday @ 6:30 PM

Bethel Church
2361 Scenic Drive, Modesto
Charlene H
209-846-5038

Meeting Info: Thursday @ 6:30 PM

Waterford Community Baptist Church
328 "D" Street, Waterford
James Y
209-874-2532

Meeting Info: Friday @ 7:00 pm

The Way
5682 Pirrone Road, Salida
Doug B
209-403-7612

Meeting Info: Saturday @ 6:00 PM

Living Hope Christian Fellowship
10055 Valley Home Road, Oakdale
Kevin R
209-605-7316
www.livinghopeoakdale.net



Circle Of Comfort Support Group For Bereaved Parents

A support group for parents who have experienced the loss of a child or grandchild due to death. Pre-registration is required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuomedicalcenter.org

Co-Dependents Anonymous

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

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

DivorceCare

Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before. DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life.

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

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

Meeting Info: Call for times and dates
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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209) 544-1913

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
800 Scenic Drive, Bldg 4, 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.emanuomedicalcenter.org

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Call for times and dates
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org



General Cancer Support Group

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

Meeting Info: 2nd 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: Monday 9:00am-10:00am
Empowerment Center
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

Healthy Beginnings

We invite you to participate in our Teen Pregnancy and Parenting support group. Learn more about your baby's growth and development while working one on one with a case manager. This is support for you and your baby.
Eligibility: Parenting or pregnant teen.

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

Icarus Meeting

A Project of Stanislaus County Radical Mental Health. The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'Mental Illness' rather than trying to fit our lives into a conventional framework. We are a network of people living with experiences that are commonly labeled as bipolar or other psychiatric conditions. We believe we have made gifts to be cultivated and taken care of, rather than diseases or disorders to be suppressed or eliminated. By joining together as individuals and as a community, the intertwined threads of madness and creativity can inspire hope and transformation in an oppressive and damaged world. Confidentiality? We vow to not talk about each other outside of the meetings. Please, no outside circle gossip or rumors. We want to create a place for people to come together, not a place that alienates us or others.

Meeting Info: Call for locations and times
Modesto
Brian
209-596-7762
<http://stancountyrmh.blogspot.com/>

Meeting Info:

Meeting Info:

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

Habits of Health

If you or someone you know is struggling with Weight, Obesity, Diabetes, Heart Disease, High Blood Pressure, Cholesterol, Sleep Apnea, Acid Reflux or Lack of Energy. We can help you lose weight and get healthy. Lose up to 20 pounds per month and learn how to keep it off for good.

Meeting Info: Call for times and days
2200 McHenry Ave., Suite C, Modesto
Amanda Moffitt
209-524-7589
www.GetSlimAndFit4Life.com

Meeting Info:

Healthy Marriages

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

Meeting Info: Call for information
Various Locations
Jim Steward
(209) 606-0772
www.stancomarriage.org

Insight Meditation Group

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

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.
Unity Church
2467 Veneman Ave., Modesto
Lori Wong
209-343-2748
<http://insightmeditationmodesto.wordpress.com>.



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

LGBTQ Support Group

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

Meeting Info: Mondays 1:00PM-2:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4644

Lifeplan

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 times and dates
Call for location in Patterson
Patterson
David Collins
209-526-1476
www.centerforhumanservices.org

Meeting Info:

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
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Journey Through Grief

A support group for persons who have lost any family member, co-worker, or friend. Please call the Bereavement Staff at (209)664-2550. Pre-registration is required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.org

Life Hurts, God Heals

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

Meeting Info: Thursdays 7:00pm
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 educator.

This is a set of 4 classes - 2 hours each, held weekly. Class size is limited. Registrations will be accepted on a first come first serve basis. Attendance to 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

A support group for anyone who has lost a spouse or significant other due to death. Pre-registration required.

Meeting Info: Call for times and dates
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuelmedicalcenter.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

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:

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

Pro Social Skills

Pro Social Skills is a group where young adults (18-25) can learn to identify and process their emotions in a positive and healthy way, through learning and coping skills. We work to decrease expression of aggressive behavior. The group provides a place to learn and practise 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

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
800 Scenic Dr., Bldg. #4, Modesto
Heahter Gaskins
209-544-1913

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

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

One-On-One Grief Support

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

Meeting Info:

Hospice of emanuel
825 delbon Ave, Turlock
Sandy Ricardo
(209) 664-2550
www.emanuomedicalcenter.org

PTSD Support Group

A new support group starting 11/15/12 for those that are living with Post Traumatic Stress Disorder (PTSD).

Meeting Info: Thursday nights 6pm-7pm

Veterans of Foreign Wars Post 3199
2801 West Hatch Road, Modesto
Michael Littlepage
(209) 537-3360

Speak Out for Hope

A monthly PEER Recovery Celebration.

Meeting Info: Monthly

Wellness Recovery Center
500 N. 9th Street, Modesto
John Black
209-985-0467

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). Time Limited?

Meeting Info: Last Friday of every month @ 4:30 p.m.

Mountain Mike's
1720 McHenry Ave., Modesto
209-521-1786



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. Next class begins March 25th.

Meeting Info: 8 weeks starting March 25. Mondays 6:00 PM
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
Amy Whitley
(209) 526-1734 x 21
www.modestopc.org

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

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

TAI CHI Group

Tai Chi is wonderful, very therapeutic, and good for one's Mental and Physical Health. Time Limited.

Meeting Info: Mondays thru Saturdays (Call for times)
3600 Sisk Rd., Suite 4B, Modesto
Naser & Mary
209-572-4518

WeCARE

The WeCARE Central Valley Cancer Peer Navigator Program group provides special support on a one-to-one basis. It matches newly diagnosed cancer patients with trained cancer survivors. The WeCARE program is available to any newly diagnosed cancer patient, regardless of where the patient receives treatment. Peer navigators are survivors who have been trained to be "cancer coaches". They will provide information on your diseases and treatment options, as well as resources to help you and those you love. They are also trained to assist you with problem-solving and coping strategies. If desired, a peer navigator can go with you to your doctor's visit or treatments. For Cancer Survivors interested in becoming a WeCARE Peer Navigator, please call the number listed. The Central Valley Cancer Peer Navigator program relies on cancer survivors who want to become volunteer cancer coaches and mentors for newly diagnosed patients. As a Cancer Peer Navigator, you will learn how to assist cancer patients through the diagnosis and treatment process. Your role is to help cancer patients learn strategies to reduce anxiety, solve problems, understand and cope with treatment options. Many of our Cancer Peer Navigators have discovered working with new patients is a very rewarding and fulfilling experience.

Meeting Info:
Mark A. Galvan
209-380-0550

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 and Fridays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street Suite A, Modesto
Dot
209-558-4156



Zephyr Clarke Drop-In Center

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

Meeting Info:

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



NAMI Family Support group

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

Meeting Info: 2nd Thursday of each month. 6:30 PM
Good Shepherd Luthren Church
640 Minaret Avenue, Turlock
Lynn Padlo/Joyce Plis
209-558-4555

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
1700 McHenry Village Way, Modesto
Jennifer Smith
(209) 526-1440
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. Contact group facilitator for member intake and location of support group.

Meeting Info: Call for times and days
Modesto
Shelly E. Thomas
(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. Time Limited.

Meeting Info: Tuesdays, 5:30 - 7:00 p.m.
Center for Human Services
1700 McHenry Village Way, Suite 14,, Modesto
Jennifer Smith
209-526-1440
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
800 Scenic Drive, Bldg 4, 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



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
Dawn or Leon
209-667-5433

Meeting Info: Fridays @ 6:00 PM

Ceres Christian Church
3502 Roeding Road, Ceres
Donna
537-8931 x 210

Meeting Info: Tuesdays @ 6:00 PM

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

Meeting Info: Mondays @ 6:00 PM

New Life Church
3404 Stanislaus Street, Riverbank
David K
209-589-5451

Meeting Info: Mondays @ 6:30 PM

Neighborhood Church/H Street Ministry Center
126 H Street, Modesto
Anthony
209-543-9216 x 11

Meeting Info: Fridays @ 6:00 PM

Shelter Cove Community Church
4242 Coffee Road, Modesto
209-567-3200
www.cometosheltercove.org

Meeting Info: Wednesday @ 6:00 PM

River Oak Grace Community Church
7712 Rodden Road, Oakdale
Paul W
209-847-9428

Meeting Info: Thursday @ 6:30 PM

Bethel Church
2361 Scenic Drive, Modesto
Charlene H
209-846-5038

Meeting Info: Thursday @ 6:30 PM

Waterford Community Baptist Church
328 "D" Street, Waterford
James Y
209-874-2532

Meeting Info: Friday @ 7:00 pm

The Way
5682 Pirrone Road, Salida
Doug B
209-403-7612

Meeting Info: Saturday @ 6:00 PM

Living Hope Christian Fellowship
10055 Valley Home Road, Oakdale
Kevin R
209-605-7316
www.livinghopeoakdale.net



Consumer Network

Mental Health consumer-run organization. Peer support and advocacy, education, and resource and rights information. On-going trainings vary and may, for example, include Wellness Recovery Action Plan (WRAP) training for relapse prevention. Free coffee house and art gallery. 10AM-2PM (M-F) for consumers.

Meeting Info: 10:00AM-2:00PM Monday- Friday
Wellness Recovery Center
500 N. 9th Street bldg. A, Modesto
Jana Lynn
209-558-4155

Co-Occurring Peer Support Group

Open meeting for those interested in sober living on their path to mental wellness

Meeting Info: Mondays 3:00pm-4:00pm (except holidays)
Alano Club
1660 Herndon Rd., Ceres
Amaeo
(209)558-4157

DivorceCare

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

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

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

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

Meeting Info: Call for times and dates
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

Co-Dependents Anonymous

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

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

Co-Occurring

This group is for anyone with Dual-Illness of Mental Illness and problems with Drugs/ Alcohol. This group is open to anyone at no charge.

Meeting Info: Wednesday's from 1:00-2:00 PM
Wellness Recovery Center
500 N. 9th Street # C, Modesto
Sandra
209-558-4180

Depression Peer Support Group

If you are 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
Barbera Anderson/Reverend Green
(209) 522-6902

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209) 544-1913



Educate, Equip & Support/Parent To Parent Educational Series

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

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

Friends in Recovery (NAMI)

(Beth & Joanna, Friends in Recovery), is a program that seeks to increase the self-sufficiency and quality of life of individuals with severe mental illness. Friends in Recovery pairs two individuals with similar interests for six months. A Pal supports their Peer by modeling wellness, which makes a more meaningful life possible.

Meeting Info: Call for schedule and location
NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.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

Family to Family Classes

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

Meeting Info: Call for schedule and for location
NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org.

Meeting Info: Call for schedule and location
Turlock Recovery Services
2101 Geer Road, Suite 120, Turlock
Lynn Padlo
209-558-4555
www.namistanislaus.org

Gardening/Walking

Get some fresh air and take a walk or get in the garden.

Meeting Info: Call for times and dates.
Empowerment Center
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

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: Monday 9:00am-10:00am
Empowerment Center
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913



Icarus Meeting

A Project of Stanislaus County Radical Mental Health. The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'Mental Illness' rather than trying to fit our lives into a conventional framework. We are a network of people living with experiences that are commonly labeled as bipolar or other psychiatric conditions. We believe we have made gifts to be cultivated and taken care of, rather than diseases or disorders to be suppressed or eliminated. By joining together as individuals and as a community, the intertwined threads of madness and creativity can inspire hope and transformation in an oppressive and damaged world. Confidentiality? We vow to not talk about each other outside of the meetings. Please, no outside circle gossip or rumors. We want to create a place for people to come together, not a place that alienates us or others.

Meeting Info: Call for locations and times
Modesto
Brian
209-596-7762
<http://stancountyrmh.blogspot.com/>

Meeting Info:
Meeting Info:

Insight Meditation Group

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

Meeting Info: Every Tuesday, 6:30 to 8:30 p.m.
Unity Church
2467 Veneman Ave., Modesto
Lori Wong
209-343-2748
<http://insightmeditationmodesto.wordpress.com>.

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

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. Bus passes will be provided after group.

Meeting Info: Monday's from 10:00 AM- 12:00 PM
Wellness Recovery Center
500 N. 9th Street suite A, Modesto
Dot Aguiar
209-558-4985

In Our Own Voice (NAMI)

(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
NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org.

Life Hurts, God Heals

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

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

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

Music Jam

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

Meeting Info: 3rd Thursday 12pm-1pm
Empowerment Center
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913



NAMI - 10 week class

This a 10-week class that NAMI presents to providers to help them collaborate with consumers and family members to better serve clients. In addition, the class helps members understand how the provider works with clients.

Meeting Info: call for schedule, and location.

NAMI -Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org.

NAMI Support Groups

NAMI offers support groups for consumers and family members on the 2nd Wednesday of each month @ 6:30 p.m.

Meeting Info: Call for schedule and for location

NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org.

Meeting Info:

Need a ride? We can help!

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

Meeting Info:

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

Peer Support

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
Lynda
209-558-4158

NAMI Support Group in Spanish

NAMI offers a support group for Spanish-Speaking families every 3rd Thursday of each month @ 6:30 p.m.

Meeting Info: 3rd Thursday of the Month @ 6:30 p.m.

NAMI Stanislaus
Modesto
Elizabeth Vera
209-609-2188
www.namistanislaus.org

Meeting Info:

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 W
Modesto/King Kennedy Neighborhood Coll.
601 N. Martin Luther King Drive, Modesto
Barbara Anderson
209-522-6902

Meeting Info:

Parent/Teacher as Allies

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

Meeting Info: Call for schedule and location

NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org.

Peer Support

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: Wednesdays 10:30am-11:30am

Empowerment Center
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209) 544-1913



Peer to Peer Classes (NAMI)

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

Meeting Info: Call for schedule and for location
NAMI Stanislaus
Modesto
Lynn Padlo
209-558-4555
www.namistanislaus.org

Recovery International

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

Meeting Info: Fridays, 7:00 p.m.
Geneva Presbyterian Church
1229 E. Fairmont Ave., Modesto
Dave Bartlett
209-551-3141
www.lowselfhelpsystems.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
Ruben Sanchez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
Ruben Sanchez
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
Sarah Gutierrez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM
Hughson Support Group
6940 Hughson Avenue, Hughson
Sarah Gutierrez
209-523-2860
www.elconcilio.org

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

Servicios de Salud Mental

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

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

Speak Out for Hope

A monthly PEER Recovery Celebration.

Meeting Info: Monthly
Wellness Recovery Center
500 N. 9th Street, Modesto
John Black
209-985-0467



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 reduction, 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
800 Scenic Drive, Bldg 4, 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. Next class begins March 25th.

Meeting Info: 8 weeks starting March 25. Mondays 6:00 PM
Modesto Pregnancy Center
2801 Coffee Road, Suite A-5, Modesto
Amy Whitley
(209) 526-1734 x 21
www.modestopc.org

Taking Control

Helping Peers take control of their life.

Meeting Info: Wednesday's from 2:30-3:30 PM
Wellnes Recovery Center
500 N.9th Street, Modesto
Ameao
209-558-4157

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 and Fridays 1:00PM-2:30PM
Wellness Recovery Center
500 North 9th Street Suite A, Modesto
Dot
209-558-4156

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
800 Scenic Drive, Bldg 4, Modesto
Christina Kenney
(209)544-1913

Survivors Support Group

This group is for adults who have had someone die by suicide.

Meeting Info: Call Sandy Ricardo for Dates and Times
Hospice of Emanuel
825 Delbon Ave, Turlock
Sandy Ricardo
209-664-2550
N/A

Women's Mental Health Support Group

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

Meeting Info: Wednesday 9:00 a.m.- 11:00 a.m.
Hughson Family Resource Center
6940 Hughson Ave., Hughson
Alma C. Alcazar
883-2027 ext. 315



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

Parents Helping Kids

This group is for parents who have a child ages 6-16 who has lost a loved one to death. The group runs the same time as our Grief Kids Kamp. The group runs for 4 weeks and on the last week, the parents and kids meet together to participate in projects together in memory of their loved one. Pre-registration required. Time Limited

Meeting Info: Call Sandy Ricardo for Dates and Times
Call (209) 664-2550 for meeting site
Sandy Ricardo
209-664-2550
n/a

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
484-4044
www.modestosda.org

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Call for times and dates
Eye Will Inc
948 11th Street lower level suite 3, Modesto
April Maciel
(209) 417-4420
www.eyewillinc.org

Lifeplan

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 times and dates
Call for location in Patterson
Patterson
David Collins
209-526-1476
www.centerforhumanservices.org

Meeting Info:

Recovery Celebration

Group open to anyone who wants to witness or wants to be witnessed by an accomplishment. Accomplishments vary in a wide range. Some are improving general or mental health, regaining custody of children, acquiring housing, AOD abstinence, starting college or getting a GED. We hear testimonies, give certificates and serve refreshments.

Meeting Info: 3rd Friday of every month at 1:00 pm
Wellness Recovery Center
500 N. 9th Street # C, Modesto
Birdie Archibald
209-558-4985



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
Ruben Sanchez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:00AM-11:00AM
8900 Laird Street, Grayson
Ruben Sanchez
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
Sarah Gutierrez
209-523-2860
www.elconcilio.org

Meeting Info: Wednesdays 9:30AM-11:30AM
Hughson Support Group
6940 Hughson Avenue, Hughson
Sarah Gutierrez
209-523-2860
www.elconcilio.org

Teen Parent Support Group

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

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

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

The 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
(209)818-2378

Teen Alcohol and Drug Treatment

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

Meeting Info: Call for times and day
Center for Human Services Counseling Clinic
1700 McHenry Village Way, Ste., 14, Modesto
Jorge Fernandez
(209) 526-1440
www.centerforhumanservices.org

Meeting Info:

The PLACE for Parents

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

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



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



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

S.A.R.T

A group for Veterans that involves alcohol and drug abuse education, peer support, relapse prevention techniques, and referrals. Must be sober at the time of the meeting to attend. Please call before attending for the first time.

Meeting Info:

Call for meeting times and locations
(209) 946-3438

PTSD Support Group

A new support group starting 11/15/12 for those that are living with Post Traumatic Stress Disorder (PTSD).

Meeting Info: Thursday nights 6pm-7pm

Veterans of Foreign Wars Post 3199
2801 West Hatch Road, Modesto
Michael Littlepage
(209) 537-3360



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
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
640 M Street, Patterson
Patterson Family Resource Center
209-892-6688
www.centerforhumanservices.org

Lifeplan

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 times and dates
Call for location in Patterson
Patterson
David Collins
209-526-1476
www.centerforhumanservices.org

Meeting Info:

New Journey

New Journey is an open group based on the needs of the members of the Josies Place Drop In Center. This group focuses on providing a comprehensive set of psychoeducation, everyday living and coping skills to help increase chances of successful independence.

Members select different topics they are interested in learning about, and staff presents information related to one topic every week. Must be a member of Josies Place Drop In Center. Easy to join. Membership open to anyone 18-25 years old.

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

Eye Will Inc

Support center for visually impaired children and their families.

Meeting Info: Call for times and dates
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 strategies, and providing community resources/referrals. If you are interested in joining this group please contact Elena Carillo @ (209)558-4464. Must be a member of Josies Place Drop In Center. Easy to become a member, just come on by. Membership available to anyone 18-25 years old.

Meeting Info: Mondays 1:00PM-2:30PM
Josies Place
1208 9th Street, Modesto
Elena Carillo
(209)558-4644

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

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



Youth/Teen - Continued

Parents United- juvenile/teen offenders

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

Meeting Info:

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

Teen Alcohol and Drug Treatment

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

Meeting Info: Call for times and day

Center for Human Services Counseling Clinic
1700 McHenry Village Way, Ste., 14, Modesto
Jorge Fernandez
(209) 526-1440
www.centerforhumanservices.org

Meeting Info:

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
(209)818-2378

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

Pro Social Skills

Pro Social Skills is a group where young adults (18-25) can learn to identify and process their emotions in a positive and healthy way, through learning and coping skills. We work to decrease expression of aggressive behavior. The group provides a place to learn and practise 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

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
1700 McHenry Village Way, Suite 11, Modesto
Jennifer Smith

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