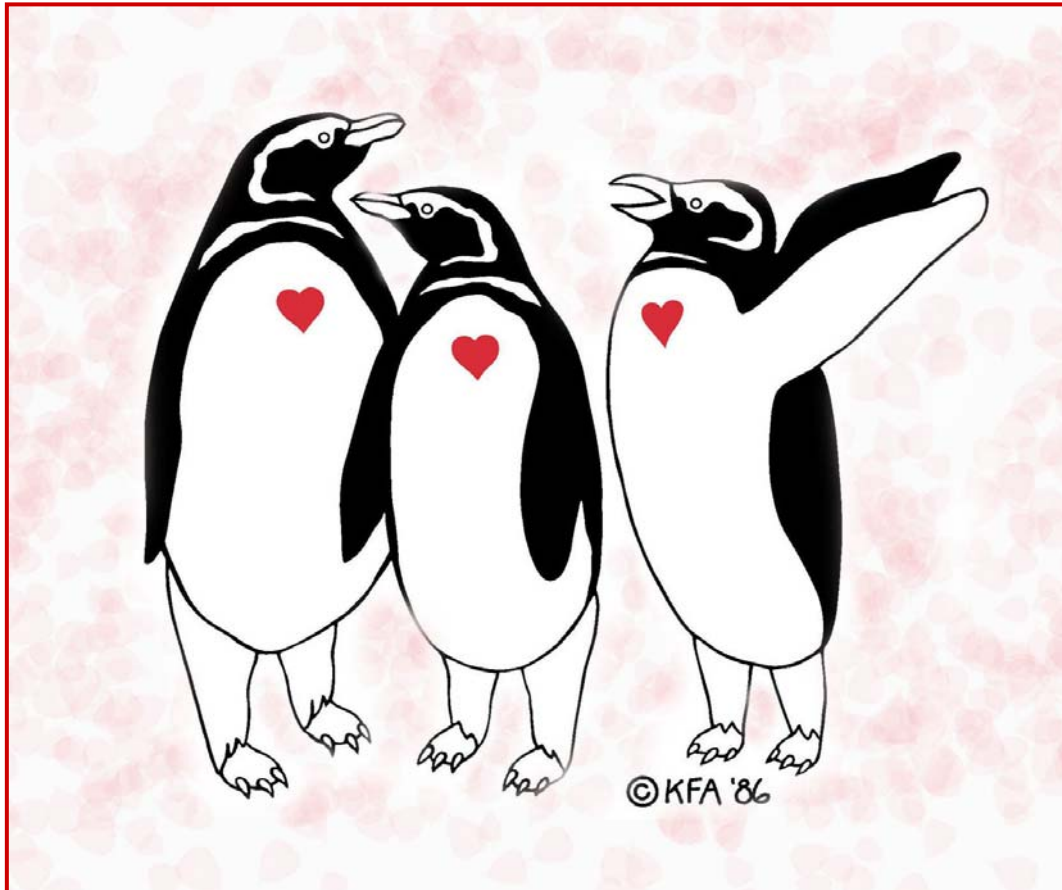


FRIENDS ARE GOOD MEDICINE

GUIDE TO SELF-HELP GROUPS IN STANISLAUS COUNTY



BEHAVIORAL HEALTH AND RECOVERY SERVICES
A Mental Health, Alcohol and Drug Service Organization

SPONSORED BY THE STANISLAUS COUNTY BOARD OF SUPERVISORS
April 2007

Who Are We?

Friends Are Good Medicine was established in November of 1986. It was the first countywide clearinghouse in the Central Valley.

The directory was first published in 1987 to publicize support groups. This made mutual-aid available to everyone.

What Do We Do?

We act as an information and assistance source to the groups in our database.

We promote the concept of self-help in both the general and professional community.

We provide leadership training, consultation and assistance to groups and information sheets on topics of interest to self-helpers.

WHAT YOU SHOULD KNOW ABOUT THE GROUPS IN THIS GUIDE

- 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.
- Groups are different from each other even when they have the same name or purpose.
- Most groups are free; some ask for a donation.

Friends endorse no group. Visit a group to see if it is for you.

THANKS TO ALL SUPPORT GROUP LEADERS

**THIS GUIDE CAN BE ACCESSED AND DOWNLOADED
FROM THE INTERNET AT:**

[HTTP://WWW.CO.STANISLAUS.CA.US/DEPARTMENTS.HTM](http://www.co.stanislous.ca.us/departments.htm)

On this page, scroll down to the Health and Human Services section to locate 'Friends Are Good Medicine'

REVISED APRIL 2007

NEW SUPPORT GROUP GROUP AND INFORMATION UPDATE REQUEST

PLEASE COMPLETE FOR NEW GROUP LISTING OR TO REVISE EXISTING LISTING

Pick one (1) category that best describes the self-help group:

ABUSE ADDICTION/RECOVERY BEREAVEMENT DISABILITIES
 HEALTH LIFE CHANGES AND TRANSITIONS
 MENTAL/EMOTIONAL HEALTH PARENTING

GROUP NAME:

GROUP DESCRIPTION (50 WORDS OR LESS)

TIME LIMITED? YES NO

MEETING DAY & TIMES:

MEETING ADDRESS, INCLUDING CITY:

CONTACT PERSON & TELEPHONE#:

WEB SITE ADDRESS (IF APPLICABLE):

INFORMATION FOR MAILING (will not be published in Directory)

SPONSORING AGENCY (IF APPLICABLE):

CONTACT PERSON:

ADDRESS/CITY:

TELEPHONE #:

GROUP FACILITATOR NAME(S):

GROUP FACILITATOR TELEPHONE #:

GROUP FACILITATOR E-MAIL:

Please fax to: BHRS, Education & Prevention Programs (209) 525-7419

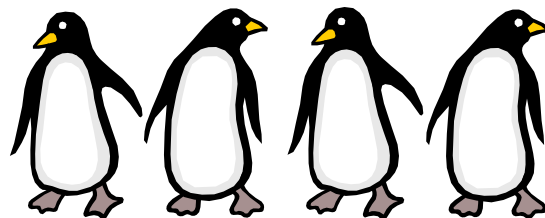
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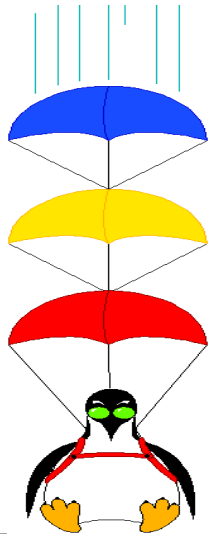
Mail to: BHRS, Attn: Education & Prevention Programs

800 Scenic Drive, Modesto, CA 95350

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ABUSE

BATTERED WOMEN'S SUPPORT GROUP

Open to women who have, or currently are a victim or survivor of sexual abuse of any form, including abuse, assault, or molest. This is an ongoing group; you may attend any week. Tuesdays 6-8pm at Haven Counseling office, 619-13th St., Suite E., Modesto. For information 524-4331

DOMESTIC VIOLENCE SUPPORT GROUP

Support groups with an emphasis on understanding the dynamics of abusive behavior and why some women become victims of domestic violence. Call 524-4331 for information. Several locations and times are available:

- Modesto Tuesday 6-8 pm Haven Women's Center Main Office Reception 619-13th St.,
- Modesto Wednesday 9-11am Orville Wright School Wright Start Bldg., 801 Empire Rd. English/Spanish; childcare provided
- Turlock Monday 5:30-7pm 221 S. Broadway
- Oakdale Call for day and time of next 10-week closed group. Melissa 524-4331

An 8-week program for children (4-12 yrs) affected by domestic violence. Parents are required to attend an orientation session for most groups. Call 523-1570 for days, times and registration information.

LIFE SKILLS CLASSES FOR WOMEN

A bilingual (English and Spanish) support group for women working toward empowering themselves through education. There is a new topic ever week and an open group. Call in advance to decide if the upcoming topic fits your needs. Thursdays, 9:00-11:00 am at Orville Wright Elementary School in the Wright Start Building at 801 Empire Ave., Modesto. Childcare is provided, Call Karina or Viri at 567-4024 for information.

PARENTS UNITED

A network of support groups for families and individuals that have been affected by sexual abuse. Counseling is provided to children who have been sexually molested, to adults molested as children, to adult and juvenile offenders and to their families. There is a Spanish group for adult offenders. 610-14th St., Modesto. Call 524-4858 for information.

RAPE/SEXUAL ASSAULT SUPPORT GROUP

Open to women who have, or currently are a victim or survivor of sexual abuse of any form, including abuse, assault, or molest. This is an ongoing group, you may attend any week. Tuesdays, 6:00-8:00 pm at Haven Counseling Office, 619-13th St., Suite E. Call 524-4331 for information.

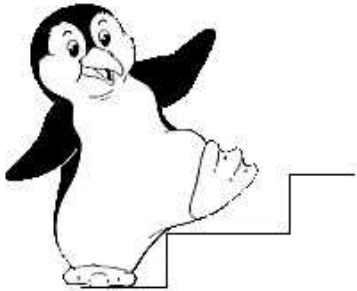
T.R.U.S.T.

A 10-week program for children (4-12 yrs) affected by sexual abuse. Topics include safety in the future, personal boundaries, feelings, self-esteem, shame & hope for the future. Parents required to attend an orientation session. Call 523-1570 for days, times and registration information.

An ongoing, semi-closed group for female survivors of sexual assault between 13-19 years of age. An orientation with the facilitator is required to attend the group. Meets Tuesdays, 5:30-7:30pm. Parents are required to attend an orientation session. Call to arrange orientation and for questions 524-4331

TEENS COUNT!

A 10-week program for adolescents (13-18 yrs) affected by domestic violence. Topics covered include safety, what domestic violence is, anger & alternatives, feelings & coping, self-esteem, dating violence, education & hope for a non-violent lifestyle. Parents are required to attend an orientation session. For days, times, registration call 523-1570



ADDICTION / RECOVERY

A.C.T.S. (ALCOHOL/CHEMICAL TEACHING SERIES)

A series of classes for families with substance abuse problems. The curriculum is based on self-help, recovery and education. Meetings are free and can be attended by adults and minors. They may help people meet the requirements of probation. The teachers are bilingual. Meets: Tuesday 7pm Modesto Youth Center 140 Calaveras, Modesto For information call Diane 522-5365

ADULT CHILDREN OF ALCOHOLICS

A self-help group for persons whose lives have been affected by alcohol or other dysfunctional

behavior. Tuesday 7pm Christ Unity Baptist Church (left of main entrance) 1320 "L " Street, Modesto For information call: 527-2469
www.adultchildren.org

AL-ANON/ALATEEN

A number of self-help, 12-step groups, exists for spouses, family members, and friends of alcoholic persons. Some Spanish groups are available (listed on the Website). For information call Hotline 524-3907
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. For information call Hotline 572-2970 www.cviaa.org

ALUMNI ASSOCIATION IN STANISLAUS COUNTY

A self-help group open to all persons in Stanislaus County who have been participants and graduates of alcohol / drug treatment programs. (A dance or BBQ are held on the first Saturday of every month. Call for location). Interpreters are available. 2nd & 4th Thursday 5:30pm 1733 Yosemite, Modesto For information call Kathy 578-4279 or 605-0194 or Jeff 613-3593

AVENUE FOR MEN

A Christian support group which helps men struggling with inappropriate sexual addiction or pornography. For information call Phil 667-5433

BREAKING BARRIERS

A nine-session course for persons in recovery designed to challenge your beliefs in order to make a difference in your life. Start anytime; work till you're done and get a certificate. Interpreters available. Groups are open to the public. Meets Wednesday 5:30PM Stanislaus Recovery Center 1904 Richland Avenue, Ceres. For information call: 541-2121

C.A.I.R.ING GRACE GROUPS (CHANGING ATTITUDES IN RECOVERY)

Self-help groups for people committed to learning a healthier way of living in Gods' grace.

Meeting times and places vary. For information call Psychological Associates 577-1667

www.careforyou.com

CELEBRATE RECOVERY

A scripture-based recovery class dealing with past hurts, habits and hang-ups. Men and women's groups.

- Friday 6:30pm Shelter Cove

Community Church 4204 Dale Road, Modesto

For information call 567-3200 x335

- Thursday 6:30-8pm Victory Life Center
2118 Woodland, Modesto

- Tuesday 7pm Big Valley Grace Church
4040 Tully Road, Modesto For information call
577-1604 x341 www.bvg.org

Co-DEPENDENTS ANONYMOUS

12-step self-help fellowship for persons whose common purpose is to develop healthy relationships. Wednesday 7pm Health Conference Center, McHenry Village Modesto.

For information call 575-4596 or 918-1883

www.codependents.org or www.coda.org

COUPLES IN RECOVERY

A group for married couples seeking to repair the damage addiction has done to their relationship with each other and God. Wednesday 7pm First Baptist Church, Family Life Pavilion, 12th and Needham Sts., Modesto. For information call 521-0181 ext. 2607

www.fbcmodesto.com

EVERY MAN'S BATTLE

Dealing with sexual addictions, for men only.

Childcare provided for newborns through grade six. Meets Thursday 7pm First Baptist Church, Family Life Pavilion, 1325-12th St., Modesto. For information call 521-0181 ext. 2621

www.fbcmodesto.com

GAMBLER'S ANONYMOUS

A 12-step fellowship of men and women who share experience, strength and hope with each other to recover from compulsive gambling.

Tuesday 6:45pm Stanislaus Behavioral Health

Center 1501 Claus Rd., Modesto

For more call SBHC 558-4700

www.gamblersanonymous.org

NAR-ANON

A 12-Step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. Meets Friday 6:30 PM New Hope Recovery Center (trailer in back) 823 E. Orangeburg Ave., Modesto. For information call Stacey or Robin 629-0346

NARCOTICS ANONYMOUS

A number of 12-step self-help groups for persons of all ages recovering from drug addiction.

Spanish answer to calls and groups for Spanish speakers available. Meeting times and places vary.

For more information call Help Line 526-1817

www.wsoinc.com

NICOTINE ANONYMOUS

A 12-step group for persons who wish to stop smoking. Friday 6:30pm First United

Methodist Church 850 17th Street, Modesto

For more information call Ken 522-6962

OAKDALE SUPPORT GROUP FOR WEIGHT LOSS SURGERY

Support group for patients considering surgery or who have had surgery. Second Tuesday, 7-9 pm, Oak Valley Hospital Conference Center, 350 S. Oak Ave., Oakdale Call Sommer Rose-Souza, 652-8248

OVEREATERS ANONYMOUS

A 12-step fellowship that meets to help one another understand and overcome compulsive eating. Meets Monday 7pm and Saturday 9:30am. For information call Melissa 918-6737

www.overeatersanonymous.org

OVEREATERS ANONYMOUS – H.O.W. CONCEPT GROUP

The abbreviation stands for honesty, openness and willingness. This is an acronym for a number of OA groups, which have a slightly more structured method of practicing the OA program. Meeting times and places vary For information call Dana 892-2177 or Janice 577-1242

PARENTING IN RECOVERY

A parenting class for persons in recovery. Includes parenting anyone/everyone from age 3 to adult. Four + weeks. Groups are open to the public Meets Tuesday 3pm Stanislaus Recovery Center 1904 Richland Ave., Ceres For information call 541-2121

PRODIGAL SONS AND DAUGHTERS

A Christ-centered Bible study/support group for adolescents. It uses the 12-step program of Alcoholics Anonymous with discussions and bible stories. Youth meet 3 times a week and their parents once a week. Meets Monday – Friday, 7-8:30 PM Thursdays (women only) 11-1 PM 340 E. Olive Ave., Turlock. For information call 634-3538. prodigalministry@aol.com

RATIONAL EMOTIVE LEARNING

A class about feelings for persons in recovery. Based on the therapy of Albert Ellis. Done in 4-week blocks. Groups are open to the public Meets Tuesday 5:30pm Stanislaus Recovery Center 1904 Richland Avenue, Ceres. For information call 541-212

RECOVERY IN CHRIST

A Christ-centered 12-step group designed to help anyone who wants to discover "God's way out" of drug or alcohol addiction. There are other similar classes given at different times (look on the website). For information call 521-0181 x2607 First Baptist Church (Family Life Pavilion) 12th & M Streets, Modesto www.fbcmodesto.com

RECOVERY OUTREACH

A 12-step, Christian, recovery group for men and women. Social time afterward.

Meets Wednesday 6pm Trinity Church of the Nazarene 2200 Sunrise, Modesto. For information call Dave 571-0972 or church 577-2374 www.sonrisenaz.org/

RELAPSE PREVENTION

A group for persons in recovery who want to review the skills they need for long-term sobriety. Some translation available. Groups are open to the public Meets Thursday 5:30pm Stanislaus Recovery Center 1904 Richland Avenue, Ceres For information call 541-2121

S.A.R.T. GROUP

You must be a veteran to participate in this group. A group for alcohol and drug abuse education, peer support, relapse prevention techniques and referrals. Must be sober at the time of the meeting. Please call first for times. For information call 557-6212 or 557-6213 Veterans Outpatient Clinic 1524 McHenry Ave. #450, Modesto

SEX/LOVE ADDICTS ANONYMOUS

A 12-step self-help group for persons seeking to achieve sexual and emotional sobriety. Meets Sunday 7pm Doctors Medical Center (Conference Center) 1441 Florida Ave., Modesto For information call 579-2771 www.slaafws.org

SEXAHOLICS ANONYMOUS

12-step self-help group, which teaches abstinence outside of marriage and with oneself. Meets Tuesday 6pm St. Paul's Church (choir room) 1528 Oakdale Road, Modesto. For information call Mike 918-8711 www.sa.org

THE 12 STEP SPIRITUAL JOURNEY

A bible-based, 12-step behavior class/support group for men and women. Meets Tuesday 7pm Modesto Gospel Mission 1400 Yosemite Blvd, Modesto. For information call 529-8259 www.homelessmission.org

WOMEN FOR SOBRIETY

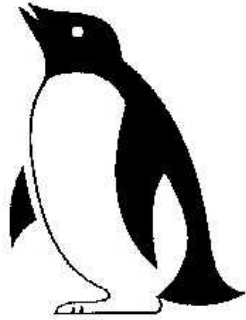
A Jean Kirkpatrick, approach for women who are maintaining sobriety and raising self-esteem. For more information call Elaine 523-7052 (after 7pm) www.womenforsobriety.org

BEREAVEMENT

ADOLESCENT GRIEF

CLASS

For adolescents ages 13-18 who have experienced a loss. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock www.emanuelmedicalcenter.org



BEREAVED PARENTS

For parents who have lost a child. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock www.emanuelmedicalcenter.org

BEREAVED PARENT/INFANT LOSS

For parents grieving the death of a child (evening group). Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way, Modesto www.hospiceheart.org

CARING FOR THE CAREGIVER SUPPORT GROUP

This support group is open to anyone who is providing care to a family member or friend. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and a \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock www.emanuelmedicalcenter.org

Children's Grief Class

For children ages 6-12 who have experienced a loss. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock www.emanuelmedicalcenter.org

GENERAL GRIEF

Support for persons who have lost any family member or friend. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock www.emanuelmedicalcenter.org

GENERAL GRIEF SUPPORT

For adults grieving the death of their parent, sibling, significant other, or friend. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way., Modesto www.hospiceheart.org

GRIEF EDUCATION/SUPPORT

Available by appointment. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way, Modesto www.hospiceheart.org

GRIEF GROUP

An on-going grief group for veterans who have experienced the death of a loved one. You must be a veteran to participate in this group. Please call first for times. For information call 557-6212 or 557-6213 Veterans Outpatient Clinic 1524 McHenry #450, Modesto

GRIEF SHARE

A support group for anyone who experienced a loss. The class time is divided between a 13-week video and discussion and support. New Life Christian Center 2918 W. Tuolumne Rd, Turlock. For information call 667-5433. Other churches in our county also have this program. Please look on the web for the one you prefer. www.griefshare.org

H.U.G. GROUP (HANGING UP DEATH)

For children who are grieving. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way., Modesto www.hospiceheart.org

HELPING HEART

A support group for women who have lost a child through miscarriage, stillbirth or directly after birth. Meets Thursday 7-8:30PM, 3600 Sisk Rd., Ste. 55, Modesto. For information call Irit 605-9626

INDIVIDUAL GRIEF SUPPORT

For those grieving the loss of a loved one. Support is available by appointment. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested.

Hospice of Emanuel 825 Delbon Ave., Turlock
www.emanuelmedicalcenter.org/

L.O.S.S. (LOSS OF SPOUSE SUPPORT)

For spouses grieving the death of their husband or wife. Day and evening meetings available. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way, Modesto www.hospiceheart.org

LOSS OF SPOUSE SUPPORT GROUP

Seminars / support groups for persons who have lost a spouse. Please call the bereavement staff at 664-2550. Interpreters are available. Pre-registration required and \$15 donation requested. Hospice of Emanuel 825 Delbon Ave., Turlock
www.emanuelmedicalcenter.org/

S.O.S. GROUP (SURVIVORS OF SUICIDE)

For anyone grieving the death of a loved one who committed suicide. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way, Modesto
www.hospiceheart.org

T.A.G. SUPPORT (TEEN AGE GRIEF)

For teenagers who are grieving. 578-6378 Community Hospice 4368 Spyres Way Modesto
www.hospiceheart.org

WIDOWED PERSONS PROGRAM

A self-help group which offers emotional support and social events for men and women who have lost a spouse. Translation possible.

Meets:

- 1st & 3rd Mondays 6:30pm
Calvary Lutheran Church
547 Rose, Modesto

For information call Betty 577-4811

- 2nd & 4th Tuesday 6:30pm Senior Center 450 E. "A" Street, Oakdale. For information call Sherrie 847-1340
www.griefcompanion.org/

DISABILITIES



CENTRAL VALLEY AMPUTEE SUPPORT

A self-help group which provides encouragement and aid in coping for amputees. Hospital visits available. Spanish spoken. Meets 3rd Saturday 10am Kindred Hospital 730-17th Street, Modesto For information call Velda 577-3313 or Darrell 521-6730

CEREBRAL PALSY SUPPORT

A resource for parents and others who care for a person with a significant disability. Group times vary. For more information call 577-2122 United Cerebral Palsy 1213 13th Street, Modesto www.ucp.org

DISABILITY SUPPORT GROUP

A support group for all disabilities (since birth or recently disabled). Share common experiences and learn about useful community services. 1st Thursday of month, 3-5 pm, 221 McHenry Ave., Modesto. Contact Alexandra 521-7260 www.drail.org

EPILEPSY SUPPORT GROUP

A self-help group which offers emotional support and practical tips to persons with epilepsy and their families. Meets 2nd Tuesday (except Dec.) 2pm West Side Community Center 401 Paradise Road, Modesto For information call Mary 521-9737 or Community Center 558-2500 www.epilepsynorcal.org

HEAD INJURY SUPPORT GROUP

A support group for adults who have had a traumatic brain injury. Facilitated by a psychologist. Meets 1st Wednesday 4pm

D M C (cafeteria annex room) 1441 Florida, Modesto For more information call 523-0999

LOST CHORDS

A group for people who have undergone a laryngectomy. For information call 524-7242

PEER INDEPENDENCE SUPPORT GROUP

A self-help group for handicapped persons trying to achieve independent living. For information call 521-7260 D.R.A.I.L. 221 McHenry, Modesto www.drail.org

PULMONARY HYPERTENSION SUPPORT GROUP

Knowledge, support, understanding; a few of the things a PHA support group can offer. Third Saturday of alternate months, 12-3pm, DMC Conference Center, Modesto. For information call Kevin Drayer, 5436792 or 602-1646.

STROKE RESOURCES SOCIAL SUPPORT AND LUNCHEON

Open to caregivers, individuals who have had a history of a stroke, as well as other interested parties. Third Wednesday of each month at 11:30am Trinity United Presbyterian Church 1600 Carver Rd., Covell Hall, Modesto. Call Naomi 522-1256 for information and updated availability.

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. Thursday mornings at Doctors Medical Center Foundation offices 730 McHenry Ave., Modesto. Call 521-0507 for registration, specific meeting times and updated availability. www.dmcf.org

TOURETTE SYNDROME SUPPORT

A support group for individuals dealing with Tourette Syndrome. Third Sunday, 4pm, Activity Room next to office at Park Brighton Apartments, 1229 Brighton Ave., Modesto. For information call Micki Reid 575-0647. www.tsa-usa.org

VISUALLY IMPAIRED PERSONS OF STANISLAUS

A self-help group for persons with macular degeneration or retinitis pigmentosa, their friends and families. Meets 2nd Saturday 2pm
D M C (conference room) 1441 Florida, Modesto
For information call 522-VIPS or Tom 527-2119
www.macolardegeneration.org

HEALTH



A.W.A.K.E.

(ALERT, WELL AND KEEPING ENERGETIC)

A resource for sufferers of sleep apnea. There has been a support group function and will be again in time. For information call Cal Purviance 529-8921

ARTHRITIS SUPPORT GROUP

A support and information-sharing group for people with arthritis. Topics about arthritis management will be discussed. Translators available. Meets last Tuesday of the month 2pm, Family Support Network, 1405 West 'F' Street Ste. A, Oakdale. For information call Susan 847-5121 x203

BREAST CANCER GROUP (NEWLY DIAGNOSED)

A group for women newly diagnosed. Facilitated by a social worker. Four times a year, eight weekly sessions. For information call Colleen 576-3878 Doctors Medical Center, 1441 Florida, Modesto www.dmc-modesto.com

BREAST CANCER SUPPORT GROUP

A group for persons who have lost a breast to cancer. For information call Lori 526-4500x6505, Memorial Medical Center, 1700 Coffee Road, Modesto

www.memorialmedicalcenter.org

BREAST CANCER SUPPORT GROUP FOR SPANISH SPEAKING

A support group for any Spanish speaking woman with breast cancer. Meets three times a year for seven weeks. For information call 342-3280

CANCER SUPPORT GROUP

A support group for persons with cancer and their families. Facilitated by a social worker. Meets 2nd Tuesday 6:30pm, Emanuel Medical Center, 825 Delbon, Turlock For information call 668-5273 www.emmanuelmedicalcenter.org

CELIAC SPRUE SUPPORT

Information for those who suffer from mal-absorption of wheat and other grains,. Also called gluten intolerance. Meets annually. For information call Tim 632-8540
www.celiacsprue.org

CROHN'S/COLITIS CONNECTION

Education, support, and referral services to persons with inflammatory bowel disease. For information call Darlene 522-8156
www.ccfa.org

DIABETES SUPPORT GROUP

A group for adults with diabetes. Facilitated by a Diabetes Educator.

- Meets 3rd Monday 2:30pm
Memorial Medical Center, Ste. 30
1800 Coffee Road, Modesto
For information call 572-7262
www.memorialmedicalcenter.org
- Meets 1st Wednesday 1 pm
Family Support Network
1405 West "F" St., Ste. A, Oakdale
For information call Susan 847-5121x203
www.diabetes.org

GASTRIC BYPASS SUPPORT GROUP

A support group for people who have had or are considering gastric bypass surgery. Translators available. Meets 1st Monday 6pm Memorial Conference Center, 1700 McHenry Village Way, Modesto. For information call 569-7578 www.memorialmedicalcenter.org

HEART TO HEART SUPPORT GROUP

A group for people with heart disease or a congestive heart cardiac event. Meets 4th Tuesday 3pm. Memorial Medical Center, Ste. 28, 1800 Coffee Road, Modesto. For information call Sue 569-7514
www.memorialmedicalcenter.org

I CAN COPE

Support and education for persons newly diagnosed with cancer, their families and friends. 6 weeks. For information call 524-7242
American Cancer Society, 1604 Ford, Ste. 8, Modesto www.cancer.org

'JUST FOR MEN' SUPPORT GROUP

A group for men whose wives or partners are cancer patients. The group's focus is to give men the opportunity to speak with one another, in a confidential setting, about coping with their loved ones' cancer. Peer led discussion and guest experts. (This group meets in six-week sessions, but may be joined at any time. Please call for meeting dates.) Meets Tuesday 6:30pm, Memorial Conference Center, 1700 McHenry Ave., Modesto. For information call 569-7743

LIVER DISEASE GROUP

A group for veterans, which provides education and support to those with liver problems. Please call first for times. For information call 557-6212 or 557-6213, Veterans Outpatient Clinic, 1524 McHenry #450, Modesto

LUPUS SUPPORT GROUP

A support group which offers information and emotional support for persons of any age with lupus. Meets 3rd Tuesday every other month starting January. Doctors Medical Center Foundation, 730 McHenry, Modesto
For information call Linda 863-0188 or Education, Support and Referral Services to persons with lupus. For information call Debbie 572-5098 www.balf.org

LYMPHOMA/LEUKEMIA FAMILY SUPPORT GROUP

This group is for patients, family and friends who have been affected by leukemia, lymphoma, Hodgkin's' Disease, melanoma or any blood-related cancer. Meets 2nd Tuesday evening

Memorial Conference Center, Ste. 60-B, 1700 McHenry Village Way, Modesto. For information call 1-800-410-8170 www.lls.org

MENDED HEARTS GROUP

This mutual-aid group offers hospital visits for support to persons having open-heart surgery. Meets 1st Thursday 7pm, Doctors Medical Center Conference Center, 1441 Florida Ave., Modesto
For information call Pat 522-0265
www.mendedhearts.org

METAMORPHOSIS

Support group for chronic pain sufferers. Meets the first and third Monday, 6:30pm, New Life Christian Center, 2918 Tuolumne Rd., Turlock. Childcare available. For information call 667-5433

MULTIPLE SCLEROSIS SUPPORT GROUP

This group offers psychological, emotional and social support to persons with multiple sclerosis and their families. Meets in two places. Some translation is available.

- Meets 3rd Saturday 10am, American Title, 15th & 'H' Streets, Modesto For information call Betty 578-4945
- Meets 4th Saturday 10am, Emanuel Hospital, East Wing, 825 Delbon, Turlock

For more information call Bill/Linda 664-1427
www.msconnection.org

NEUROPATHY SUPPORT GROUP

A self-help group for persons with peripheral neuropathy. Meets second Friday of month, 2 pm, Memorial Education Center, 1700 McHenry Ave., Suite 60-B, Modesto. For information call Maino Community Health Library, 523-0732.
www.neuropathy.org

PARKINSON'S SUPPORT GROUP

A support group for persons with Parkinson's and their families. Meets 3rd Wednesday , 1:30pm Centenary Methodist Church, 1911 Toyon, Modesto. For information call JoAnn 529-5643
www.parkinson.org

PERIPHERAL NEUROPATHY SUPPORT GROUP

Meets at 2 pm, second Friday of the month, at Memorial Medical Center/sutter Gould Medical Foundation Health Education and Conference Center, 1700 McHenry Ave., Suite 60-B. For information call Maino Community Health Library 523-0732.

STROKE RESOURCES CAREGIVERS SUPPORT

A support group for persons caring for someone who has had a stroke. Participants can discuss problems they encounter while caring for loved ones and get information about how to better cope with stress. Other resources available. Meets 4th Wednesday at Noon, Kindred Rehabilitation Hospital, 730 17th Street, Modesto. For information call Marie 523-1135 www.stroke.org

WOMEN'S HORMONAL HEALTH

A self-help group offering education and support to women with hormonal imbalance problems. Meets first Wednesday, 3605 Atwood Place, Modesto. For information call 529-7342

LIFE CHANGES AND TRANSITIONS



ALZHEIMER'S AID SOCIETY OF NORTHERN CALIFORNIA SUPPORT GROUPS

A number of support groups for caregivers of persons with Alzheimer's diseases.

- Meets Monday 9:30am
Alzheimer's Aid Society
2501 McHenry Ave, Modesto
- Meets First Thursday, 9:30 am
Emanuel Medical Center
825 Delbon Ave., Turlock
Call Bea Gorman 333-2649 or

916-448-7001

ALZHEIMER'S SUPPORT GROUPS

- Meets 2nd and 4th Wednesday 6:30pm
Doctors Medical Center (Conf. Rm.)
1441 Florida, Modesto
- Meets 1st & 3rd Thursday 10am
Senior Center
450 East 'A' Street, Oakdale
- Meets 1st & 3rd Thursday . 9:30am
Room C, Emanuel Medical Center
825 Delbon, Turlock
- Meets 2nd Thursday. 9:30am
(for veterans and their families)
VA Clinic 1524 McHenry #450, Modesto
- Meets Tuesday 2pm
San Luis Care Center
709 N Street, Newman
Meets 2nd & 4th Wednesday at 6:30 PM
4th Thursday of month 10 AM
Miller's Place, 730 McHenry Ave.,
Modesto

For information call Miller's Place 521-0507
or Alzheimer's organization 521-1606

BEYOND THE WALLS

A Christian-based support group for parents (and other family members) of loved ones who are in juvenile facilities, jail or in prison. Meets 2nd & 4th Thursday 7pm. For information call Nita 575-9637 or Linda 577-8014

CAREGIVER SUPPORT GROUP

A support group for family caregivers of anyone who has Parkinson's, ALS, Alzheimer's, stroke or any brain injury. Spanish interpreter available. Meets 4th Saturday 10am 1031 McHenry Ave #4, Modesto. For information call Karleen 521-1794 or 1-800-541-8614
www.valleycrc.org

CAREGIVERS SUPPORT GROUP

A support group for veterans who are caregivers or for family members who are caring for a veteran with a chronic illness. Techniques are taught which help members to deal with depression, stress, and to develop the ability for self-care. You must be a veteran to participate in this group. Please call first for times. Veterans

Outpatient Clinic 1524 McHenry #450, Modesto.
For information call 557-6212 or 557-6213..

Disability Support Group

All people with disabilities welcome, whether you've had your disability since birth or are recently disabled. Share common experiences and learn about useful community services.

Meets: First Thursday of the month, 3-5 PM
221 McHenry Ave. Modesto
Contact Person: Alexandra Queen 209-521-7260
www.drail.org

DIVERSITY +

A discussion group for adolescents (13 through 19 years) who are questioning their sexuality. Meets Friday 3:30pm, Center for Human Services, 1700 McHenry Village way, Ste. 11, Modesto. For information call 526-1476
www.centerforhumanservices.org

DIVORCE CARE

A 13-session group with videotapes and discussions, run throughout the year at various times, available to everyone. This is an opportunity to get confidential support and information to help you get your life back on track. Registration \$15. Some classes in Spanish. There are other classes given at different times (check the Website). For information call Brenda 529-7346 x207 Calvary Temple, 1601 Coffee Road, Modesto

DIVORCE RECOVERY

A weekly seminar and support group for people who are separated or divorced. Meets at Big Valley Grace Church, 4040 Tully Rd., Modesto. Call 577-1604 for date and time. Meets Sundays at 1:30 pm at Monte Vista Ave., Turlock. \$10 materials charge. For information call 634-4935.

FAMILY COUNSELING SUPPORT GROUP

A support group for caregivers of persons with Alzheimer's. Meets fourth Thursday 10 am at Millers Place, 730 McHenry Ave., Modesto. For information call 521-0507

FAMILIES OF INMATES SUPPORT

Emotional support and education for spouses and families of incarcerated persons.

Interpreters available. For information call 522-2209, Friends Outside 500 9th Street Ste K-3, Modesto

HEALING HEARTS DIVORCE MINISTRY

A divorce ministry for persons from St. Joseph's, St. Stanislaus, and Our Lady of Fatima churches. Meets 2nd & 4th Saturday 9:30am, Our Lady of Fatima (Parish Center) 505 W. Granger, Modesto. For information call 524-7421

P.F.L.A.G. STANISLAUS

(PARENTS, FAMILIES AND FRIENDS OF LESBIANS AND GAYS)

PFLAG is a supportive group of parents, family members and friends of gays, lesbians, bisexuals and trans-genders that believes in the dignity and worth of all individuals. PFLAG offers confidential emotional support, education and opportunities for advocacy. Interpreters available. For information call hotline 527-0776
www.pflag.org

PRISM CLUB

A support group for gay, lesbian, and bisexual members of the local community. Meets MJC Student Activities Office, 435 College Avenue, Modesto. For information call 575-6700

SENIOR SUPPORT GROUP

A veteran peer support and psycho-education group pertaining to issues of advancing age. This group includes a review of community resources. You must be a veteran to participate in this group. Please call first for times. Veterans Outpatient Clinic 1524 McHenry #450, Modesto. For information call 557-6212 or 557-6213

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

A number of self-help groups for persons wishing to lose weight. Meeting times and places vary For information call Mary 578-2980 or Sandy 522-1120 www.tops.org

Viva Life Skills Classes for Women

Classes include: nutrition, family bonding, computer skills, drug & gang awareness, job training, healthy communication, and many more. English / Spanish. Childcare provided. Call for times. Meets Tuesday. & Thursday. Wright Start Learning Center 801 Empire Ave., Modesto For information call Melissa or Karina 572-4024. Also available in Patterson, Riverbank, and Turlock

WEIGHT LOSS SUPPORT GROUP

A group program for weight loss. Meets 1st Monday at noon. Doctors Medical Center Foundation, 3101 McHenry Ave., Modesto. Call for information 572-7262.

WOMEN'S ISSUES SUPPORT GROUP

A group for women of the neighborhood to discuss their concerns and needs. English / Spanish. Call for time Childcare provided. Meets Wright Start Learning Center 801 Empire Ave., Modesto. For information call Melissa or Karina 572-4024

MENTAL / EMOTIONAL HEALTH



C.A.R.E. (CONSUMERS ADVOCATING RECOVERY THROUGH EMPOWERMENT)

A peer-originated and peer-directed self-help group, which emphasizes recovery for the mentally ill.

- **MODESTO** Meets Monday 5:15pm
Telecare 707-14th St., Modesto. For information call 491-5111 or 529-6880
- **TURLOCK** Meets Third Tuesday 6:30 pm
Senior Center 450 East A St., Oakdale
For information call Judy 480-0387

CHRISTIAN SUPPORT GROUPS

- Consumer support group every Monday, 4:30-5:30 pm, Kingdom Koffee, 1442 N. Carpenter, Modesto
- Family support group the 1st Tuesday of each month, 6:30-7:30pm, Mable Avenue Church, 1483 Mable Ave., Modesto

For information call Geary 525-9107

Co-Ed ANGER MANAGEMENT

A mutual aid group for persons struggling with rage. Leader speaks Spanish.

Meets Thursday 7pm, Turlock Regional Services, 2101 Geer Road Ste. 120, Turlock
For information call Gabe 669-9497

Co-Ed DUAL RECOVERY SUPPORT GROUP

A group for persons diagnosed with a mental illness and alcohol or drug addiction. For information call Warm Line at 558-4076 or Barbara 558-4081.

- Thursday 10am Stanislaus Recovery Center 1904 Richland Ave., Ceres
Check-in at Reception
- Thursday 2pm Wellness Recovery Center 920-12th St., Modesto

COPING WITH ANXIETY

A support group for persons diagnosed with a mental illness or dual diagnosis. Eight weeks. Call Warm Line at 558-4076 or Barbara 558-4081 for dates. Wellness Recovery Center 920-12th St., Modesto

CO-ED RECOVERY SUPPORT GROUP

A group for persons diagnosed with a mental illness or dual diagnosis. For information call Warm Line at 558-4076 or Barbara 558-4081.

- Wednesday 2 pm Turlock Regional Team 2101 Geer Rd., Ste. 120 Turlock
- Monday 4pm King Kennedy Center 601 N. Martin Luther King Dr., Modesto

COPING WITH ANGER

A group for persons who are angry. Six weeks. Wellness Recovery Center 920 12th Street, Modesto. Please call 558-4081 for times.

COPING WITH ANXIETY

A group for persons who are anxious. Six weeks. Wellness Recovery Center 920 12th Street, Modesto. Please call 558-4081 for time

DEPRESSIVE AND BIPOLAR SUPPORT ALLIANCE

A self-help group for persons coping with depression. This group offers education, sharing and emotional support. Meets 1st & 3rd Wednesday 6:30pm DMC Conference Center, Rm. 2, Modesto For more information call Scott 863-8468

EXPRESS YOURSELF THROUGH ART

A group for persons diagnosed with a mental illness or dual diagnosis. Wednesday 10am Wellness Recovery Center 920-12th St., Modesto
For information call Warm Line at 558-4076 or Barbara 558-4081

FAMILY TO FAMILY EDUCATION COURSE

A series for family members and significant others of persons with serious mental illness. 12 sessions. Meets Spring, summer, Fall BHRIS / Family Resource Center, 800 Scenic Drive, Modesto. For information call Kathleen 525-6150

GAY & LESBIAN SUPPORT GROUP

A group for persons diagnosed with a mental illness or dual diagnosis. Thursday 3pm Wellness Recovery Center 920-12th St., Modesto For information call Warm Line at 558-4076 or Barbara 558-4081

HOOKEED ON RECOVERY

Women's stitchery and support. A group for women diagnosed with a mental illness or dual diagnosis. Thursday 1pm Turlock Regional Team 2101 Geer Rd., Ste. 120, Turlock

MEN'S SUPPORT GROUP

A self-help group for men who are working on recovery from mental illness and drug or alcohol addiction. Call 558-4081 for information. Interpreters are available.

- Monday 2pm Turlock Regional Team 2101 Geer Rd., Ste. 120, Turlock
- Tuesday 12 noon Wellness Recovery Center 920-12th St., Modesto

MONDAY AT THE MOVIES

A self-help group for persons who are working on recovery from mental illness and drug or alcohol addiction. Monday 10am. Wellness Recovery Center 920 12th Street, Modesto. For information call Warm Line 558-4076 or Barbara 558-4081

NAMI GROUPS – NATIONAL ALLIANCE FOR THE MENTALLY ILL

A support and advocacy group of friends and family of people with serious mental illness. Meets 2nd and 4th Wednesday 6pm BHRIS / Family Resource Center, 800 Scenic Drive, Modesto. For information call 529-6880 NAMI Help Line: 1-800-950-6264 www.nami.org

ORIGAMI FOR RECOVERY

A support group for persons who are working on recovery from mental illness and dual diagnosis. Friday 10am, Wellness Recovery Center 920 12th Street, Modesto. For information call Warm Line 558-4076 or Barbara 558-4081

RECOVERING SELF ESTEEM

A support group for persons who are working on recovery from mental illness and dual diagnosis. Wednesday 1pm Wellness Recovery Center 920 12th Street, Modesto. For information on dates call Warm Line 558-4076 or Barbara 558-4081

RECOVERY SPEAKERS MEETING

A support group for celebrating milestones in recovery. Interpreters are available. For information call Warm Line 558-4076 or Barbara 558-4081

- 3rd Wednesday every month 2pm Turlock Regional Center 2101 Geer Road Ste. 120, Turlock
- 3rd Friday every month 2:15pm Wellness Recovery Center 920 12th Street, Modesto

WOMEN'S SUPPORT GROUP

A self-help group for women working on recovery from mental illness and drug or alcohol addiction. For information call Warm Line 558-4076 or Barbara 558-4081. Interpreters are available.

- Friday 1pm Wellness Recovery Center 920 12th Street, Modesto
Tuesday 7pm Turlock Regional Team 2101 Geer Rd., Ste. 120, Turlock

YOUNG ADULT PROGRAM

Groups, for young adults ages 18 to 24. These are good times to talk and make friends as well as participate in activities. Meets Wednesday 3pm and Friday 12:30pm

PARENTING



AD / HD SUPPORT GROUP (CHILDREN & ADULTS WITH ATTENTION- DEFICIT/HYPERACTIVITY DISORDER)

A support group for parents of children with attention deficit problems. Meets Tuesday 7pm DMC Conference Center 1441 Florida, Modesto For more information call Bonnie 523-4939

ADHD PARENT SUPPORT GROUP

A support group for parents who are concerned about their child's behavior. Information is provided in many forms and children's behavior is discussed. Meets each week (except holidays) September to June. Meets 3rd Monday 6:30pm Crowell Elementary School, Rm. 16, 118 North Ave., Turlock

BEAR FACTS

A support group for children (6-12 years old) of cancer patients. Interpreters available. Memorial Health Center, 1800 Coffee Road, Modesto For information call 526-4500 x6505

BIRTHPARENT SUPPORT GROUP

A support group to discuss and deal with the adoption process. Meets 1st Monday 6pm Bethany Christian Services, 3048 Hahn Drive, Modesto. For information call Anna 522-5121 www.bethany.org

BODY IMAGE SUPPORT GROUP

A group dedicated to providing support, education, skill acquisition, hope and healing for persons who struggle with body image distortion

and disordered eating. A Spanish interpreter is possible.

- Adult Women Wednesday 4pm
- Children Wednesday 7pm

Center for Human Services. For information call 526-1476

F.A.C.E.S. (FAMILY AND CHILD EMOTIONAL SUPPORT)

Support and information for parents of children with crania-facial anomalies. For information call Debbie 575-0835 www.cleft.org

FAMILIAS UNIDAS

An information / support group dealing with raising children for Spanish speaking parents. Topics include: parenting help, support and information. Meets Friday 9am Family Support Network 1405 West 'F' St., Ste. A, Oak Valley Hospital, Oakdale. For information call Rosy 847-5121 ext. 206

FAMILY NURTURING PROGRAM

A on-going parenting class. Meet other parents, develop new skills and learn positive ways to interact with children. Class in Spanish also. Babysitting offered. For information call 577-4413. Children's Crisis Center

FRIDAY MORNING SOCIAL

A group for parents / caregivers of emotionally or behaviorally challenged children that provides activities of various kinds. Family Partnership Center 421 E. Morris, Modesto. Call 558-8550 for times.

GREAT EXPECTATIONS

A support group for pregnant women. Group includes support, educational gifts for baby and fun activities. Childcare is available. Meets Tuesdays, 11am, Oak Valley Hospital, 1405 F St., Ste. A, Oakdale. Call Malinda 847-5121 information / resources available in the community. Meets Fri. 9 am. Family Support Network, 1405 West "F" Street Ste A, Oak Valley Hospital, Oakdale. For information call Rosy 847-5121 ex.206

KID N' AROUND

A weekly playgroup for children (infant to age 6). The meetings include support for moms, parenting information and sharing, opportunities for community service and special events/trips. Spanish speakers available. Meets Monday 10am. Family Support Network, 1405 West "F" Street Ste A, Oak Valley Hospital, Oakdale For information call Sherri 847-5121

KIDS - S.I.D.S.

A group for help with the sudden death of an infant less than 1 year old. For information call John Mack 825-0804

KINSHIP SUPPORT GROUP

This support group will help participants share effective ways of coping with raising their grandchildren, learn about community resources to enhance parenting, and participate in a variety of other activities. Family Partnership Center, 421 E. Morris, Modesto. Call 558-8550 for times

LA LECHE LEAGUE

A number of mutual-aid groups offering education and emotional support for nursing mothers. Meets times and places vary For information call Sue 537-1243
www.lalecheleague.mother-birth.com

M.O.P.S. - MOTHERS OF PRESCHOOLERS

A support group for parents. The program includes discussion and children's activities. First session free - \$5 per session afterwards. 1st and 3rd Thursday. For information call 521-0181. First Baptist Church, 12th & Needham, Modesto. (The church has other groups for parents-look on the web or call and ask.)
www.geocities.com/fbcmodestomops

M.O.M.S. MOMS OFFERING MOMS SUPPORT

This support group offers special activities for members – playgroups, babysitting co-ops, mom's night out. There are clubs in most towns in the valley. For information call 577-8464
www.momsclub.org

MID-VALLEY MOTHERS OF MULTIPLES

A support group for parents which offers education and referral. For information call Jennifer 529-6988

MOMMY AND ME

Mothers with infants or toddlers are invited to attend this support group. This free group provides a place to discuss your thoughts and feelings, share ideas for keeping your life in balance while roles change, and have your questions about motherhood answered. Meets Fri. Noon, Memorial Health Center 1800 Coffee Road, Modesto. For information call 572-7048

PARENT SUPPORT TEAM

This group is designed to provide peer support and information to parents who are raising children and are challenged by their behavior and/or emotional needs. Family Partnership Center 421 E. Morris, Modesto. Call 558-8550 for times.

PARENTING SUPPORT CLASSES

Parenting support classes for parents and moms to-be with children ages 0 through 5. Childcare and transportation available. Labor and Delivery Class, Infant Parenting Class Teen & Young Mothers Class, Mothers' Spanish Class, Mothers' English Class, Parenting Basics Class, Young Fathers' Class, Co-educational Class, Parent Resource Center 811 5th Street, Modesto. For information call 549-8193
www.prcfamilies.org

PARENTS AND TEENS TOGETHER

An eight-week open enrollment class/support group for parents and adolescents who are experiencing family problems and are looking for solutions. Includes substance abuse prevention and education. Support groups meet after class. Spanish interpreter available. For information call 526-1440. Center for Human Services
www.centerforhumanservices.org

POST PARTUM DEPRESSION CLASS

A group for women who may be experiencing depression following the birth of a child. Memorial Health Center 1800 Coffee Road, Modesto
For information call 572--7262

S.N.A.A.P. (SPECIAL NEEDS ADVOCACY AND ADOPTIVE PARENT SUPPORT)

SNAAP is a support group for parents of children with special needs. Spanish speakers available. Meets monthly. For information call Sally 847-5121

SPINAL BIFIDA SUPPORT

Support and information for parents of children with Spinal Bifida. For information call Elizabeth 847-7035

STEP FAMILY LIVING

Emotional support and education for stepparents and their children. This woman will help with starting a group and provide suggestions for reading. For information call Pat 599-5889

TEEN MOMS – "UP WITH MOMS"

Pregnant or parenting teen moms between the ages of 12 and 21 learn mentoring, life skills, nutrition, positive parenting and can receive baby clothing. Transportation and child care provided in Turlock during the program. Interpreter available. For information call 667-1191
Turlock Covenant Church 316 S. Laurel Street, Turlock

TURLOCK FAMILY NETWORK

Parenting support classes for teen parents and young mothers-to-be. For information call Mary Ann 668-3363 United Samaritan Building 220 S. Broadway, Turlock

TURLOCK YOUNG MOTHERS PARENTING PROGRAM

Parenting support classes for teen and young mothers-to-be. The emphasis is on prenatal care, nurturing, bonding, parenting skills, positive discipline, nutrition, stages of development, and self-esteem building. Meets Wednesday 2:30pm, United Samaritans, 221 S. Broadway, Turlock. For information call 549-8193
www.prcfamilies.org

