

TUOLUMNE COUNTY PUBLIC HEALTH DEPARTMENT

California Children's Services (CCS).....	209-533-7404
Child Health and Disability Prevention Program (CHDP).....	209-533-7414
Childhood Lead Program.....	209-533-7414
Clinical Services.....	209-533-7401
Breast Cancer Early Detection Program, Family Planning, Immunization Clinic, STD/HIV Testing	
Communicable Disease/HIV Reporting/TB.....	209-533-7438
Emergency Medical Services Agency (EMS).....	209-533-7460
Environmental Health.....	209-533-5633
Keep Baby Safe Program.....	209-533-7464
Maternal, Child, Adolescent Health Program (MCAH).....	209-533-7434
Nurse Case Management Program.....	209-533-7434
Tobacco Control Program.....	209-533-7419
Women, Infants and Children Program (WIC).....	209-533-7431

LOCAL HOTLINE NUMBERS

Adult Protective Services (24 hour emergency line).....	209-533-4357
Alcohol & Drug Services for Tuolumne County	209-533-1134
Alcoholics Anonymous	209-532-9838
Al-Anon	209-524-3907
American Cancer Society.....	209-941-2676
American Red Cross (24 hour emergency line).....	209-533-1513
Child Welfare Services (24 hour emergency line)	209-533-4357
Crisis Intervention.....	209-533-7000
Mental Health Crisis Line	209-533-7000
Rape/Domestic Violence Crisis Line	209-533-3401

RESOURCE DIRECTORY

For
Family Services in
Tuolumne County



A Guide for Families

Sponsored by the
Tuolumne County Public
Health Department
209-533-7401
1-800-585-6606

Revised September 2014

To our friends of the community:

As we prepare to print the 15th edition of our Resource Directory, the Tuolumne County Health Department acknowledges the increasing importance of partnerships in public health. Clearly, "Keeping Tuolumne County Healthy" is a daunting challenge that cannot be accomplished alone.

More than ever before, we are mindful of the dynamic relationship between the health of the community and a multitude of service providers and community-based agencies that link families to a broad array of vital resources such as food, jobs, housing, education and health care.

We hope that our partnership with the community to improve the public's health will continue to grow and that the information contained in this directory will make a significant contribution to improving the health and well-being of our local families

Funded by:



Tuolumne County Tobacco Control Program



Tuolumne County WIC Program

"The USDA is an equal opportunity provider and employer"

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For additional copies of this directory, please call 209-533-7401 or 1-800-585-6606

Child Care Services

A-TCAA Head Start	533-0361
Belleview Preschool	586-5510
Columbia College Child Care Center	588-5278
ICES	533-0377
Summerville Parent Nursery School	928-4288
Tenaya Parent Preschool	962-7559
Recreation Department	533-5663

Parenting Classes and Support

Jamestown Family Resource Center	984-4704
Raising Healthy Families	533-0377

Drug, Alcohol & Tobacco Programs

Alano Club	532-9838
Behavioral Health & Recovery	533-6245
Celebrate recovery	532-3337
Changing Echoes, Inc.	785-3667
Freedom from Smoking	536-3726
Gambler's Anonymous - Sonora	586-2276
Maynard's	928-3737
Tobacco Control Program	533-7419

Mental Health

Friendship Line	1-800-971-0016
NAMI-TC	586-9351
Tuolumne Behavioral Health Admin.	533-6245
Behavioral Health Crisis Services	533-7000

Social Services

Adult Protective Services	533-5717
Child Welfare Services	533-5717
Interfaith Community Services	532-0905

Finances

Access for Infants & Mothers	1-800-433-2611
A-TCAA Utility Assistance	533-1397
CalWORKs	533-5711
Medi-Cal	533-5711
Salvation Army REACH Program	588-1986
Social Security Administration	1-888-397-4125
Welfare-To-Work	533-5711

Families in Transition

A-TCAA Homeless Prevention	533-1397
Cal SAFE Teen Parent Program	536-2017
Center for a Non Violent Community	588-9305
Child Support Services	1-866-901-3212
KeneMe-Wu American Indian	984-8602

Legal Aid

Catholic Charities Legal Program	588-1597
DA Victim/Witness Assistance	588-5440
Legal Self Help	533-6565

Miscellaneous

InfoNet Tuolumne County	533-1397
Mother Lode Job Training	588-1150
Mother Lode Ombudsman	532-7632
Project HOPE Health Van	536-5020
Reading Plus Adult Literacy	694-2727
Tuolumne County Health Department	533-7401
Tuolumne County Public Library	533-5507
Tuolumne County Transit	532-0404

BREASTFED IS BEST

Emergency Medical Care

Sonora Regional Medical Center 532-5000

Medical-Care

Family Planning-Health Dept. 533-4701
Forest Road Health and Wellness 536-5100
Groveland Family Medical Center 962-7121
HIV/AIDS Testing & Referral 533-7401
Immunization Clinic-Health Dept. 533-7401
Job Care 536-3780
M.A.C.T. Medical Health Clinic 533-9600
Mathiesen Memorial Health Clinic 984-4820
Project HOPE Mobile Health Van 536-5020
Prompt Care at Indian Rock 536-6680
Shriners 916-453-2218
Tuolumne Me-Wuk Indian Health 928-5400
Tuolumne Me-Wuk Cedar Road Health 532-0028

Labor & Delivery

Birth Center-SRMC 536-3269

Prenatal Care

Breastfeeding Support 533-7431
Childbirth Educators 310-694-4133
Foothill Pregnancy Center 536-9262
Forest Road Health & Wellness 536-5110
Ellie Jasmer, CNM 533-2300
Maternal Child Health (MCAH) 533-7434

Services for Special Needs Children

California Children's Services 533-7404
Disability Resource Agency 532-0963
Easter Seals 916-485-6711
Early Start 536-2040
Family Resource Network 472-3674
Ride Away Center 928-4092
Special Education Preschool 536-2040
Valley Mountain Regional Center 754-1871

Health Services

Breast Cancer Support Group 533-0333
Cancer Detection Program 533-7401
Child Health & Disability Program 533-7414
Environmental Health Division 533-5633
Medical Nutrition Therapy 536-3728
Public Health Nurse Home Visiting 533-7434
Outpatient Diabetes Education 536-3728
Sierra HOPE 736-6792
Tuolumne County Medical Society 586-5431
Tuolumne County Schools Nurse 536-2048

Dental Care

Forest Road Dental Services 536-5140
M.A.C.T. Indian Dental 533-9603
Tuolumne Me-Wuk Dental Center 532-0034
Smile Keepers 536-2014

In-Home Care

Helping Hands 536-1660
Home Health & Hospice of the Sierra 533-5700
In-Home Supportive Services 533-7352

Food Programs

A-TCAA Food Bank 984-3960
Christian Heights Assembly of God 532-7305
Food Stamps / Cal Fresh 533-5711
Interfaith Community Services 532-0905
Lake Don Pedro Baptist Church 878-3289
Seventh Day Adventist 532-1872
Sierra Senior Providers, Inc. 533-2622
St. James Episcopal Church Pantry 532-1580
WIC (Women, Infants & Children) 533-7431

EMERGENCY MEDICAL CARE

Sonora Regional Medical Center

1000 Greenley Road, Sonora, CA 95370

209-532-5000

24-hour emergency care is available at the hospital emergency department.

MEDICAL CARE

Family Planning/Pregnancy Testing/STD and HIV Testing

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7401 or 1-800-585-6606 Ext. 7401

The Family Planning program offers gynecological and reproductive health screening for income eligible women of all ages. Services offered include pregnancy testing, family planning and birth control for low or minimal cost. Sexually transmitted disease testing and confidential HIV testing to anyone 12 years of age or older. Services provided by Board Certified OB/GYN Physician and Nurse Practitioner. Medi-Cal, Family PACT and private pay clients gladly accepted. Call for additional program information and appointments.

Immunization Clinic

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7401 or 1-800-585-6606 Ext.7401

Childhood and adult immunizations, TB testing. Walk-In clinic: Tuesday, 1:00 p.m. to 4:00 p.m. Bring shot records. There is a fee. Medi-Cal is accepted. No child is denied immunizations because of inability to pay.

Forest Road Health and Wellness Center

193 South Fairview Lane, Suite B, Sonora, CA 95370

Primary Care, Suite B

209-536-5100 (FAX) 209-588-0253

Specialty Care Clinic, Suite F

209-536-5110

Pediatric Clinic, Suite L

209-536-5120 (FAX) 209-533-4507

Family medical care and various specialty clinics. Care is provided by Physicians or Family Nurse Practitioners. Call for appointment. All services accept Medi-Cal, managed Medi-Cal, CHDP and CMSP health plans.

SRMC Physician Referral Line

209-536-3344

Prompt Care at Indian Rock Center

14540 Mono Way, Sonora, CA

209-536-6680

Provides minor medical care on a walk-in basis. Open from 8:00 a.m. to 6:00 p.m. daily. No appointment needed.

Prompt Care at Angels Camp

23 N. Main Street, Angels Camp, CA 95222

209-736-9130

Groveland Family Medical Center

18661 Highway 120, Groveland, CA 95321

Mail: P.O. Box 550, Groveland, CA 95321

209-962-7121

Provides family care and minor emergency service.

Job Care

19747 Greenley Road, Suite 2, Sonora, CA

209-536-3780 (FAX) 209-532-2424

Provides business community with pre-placement physicals, employer required immunizations, DMV physicals, hearing tests, drug screening, breath-alcohol testing and consultation liason for worker's compensation injuries. By appointment only.

Mother Lode Ombudsman

88 Bradford Street, Sonora, CA 95370

209-532-7632 (FAX) 532-8448

Advocates for residents of Long-term Care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties.

Reading Plus Adult Literacy Services

Tuolumne County Public Library

480 Greenley Road, Sonora, CA 95370

209-694-2727 (FAX) 209-533-0936

Provides free tutoring services for adults 18 years or older or out-of-school youth. Help with reading, writing, pre-GED and life skills. One-on-one tutoring in basic English. Flexible scheduling and tutoring provided at various locations throughout the county. All information is confidential.

Tuolumne County Public Library

Main Library

480 Greenley Road, Sonora, CA 95370

209-533-5507 Website: www.tuolcolib.org

Offers book for adults, teens and children as well as e-books, large print books, recorded books, magazines, movies, internet access, reference and information services and interlibrary loan services. Mobile Library Service to Rural Areas, Literacy Programs for adults and families with young children. VTEK Magnification System for readers with poor vision. Call for information and hours of operation. See website to place requests and find calendar of events.

Groveland Branch

18990 Hwy 120

Groveland, CA 95321

209-962-6144

Tuolumne Branch

18636 Main Street

Tuolumne, CA 95379

209-928-3612

Twain Harte Branch

18701 Tiffeni Drive, Suite 1-F

Twain Harte, CA 95383

209-586-4501

Tuolumne County Transit

13033 Sanguinetti Road, Sonora, CA 95370

209-532-0404 209-532-0423 Website: www.tuolumnecountytransit.com

Provides fixed route services and Dial-A-Ride services, Monday - Friday, except holidays, between the hours of 6:00 a.m. to 7:00 p.m. Dial-A-Ride is also available on Saturday, 9:00 a.m. to 4 p.m. All-day and monthly passes are available on fixed routes.

Central California Legal Services, Inc.

1640 N Street, Merced, CA 95340

209-723-5466 or Toll Free 1-800-464-3111 (FAX) 209-723-1315

Provides legal advice and representation to eligible individuals related to issues including tenant rights, homeless issues, Social Security/SSI, senior citizen legal issues, elder abuse prevention, taxpayer rights, general assistance, food stamps, health care concerns, unemployment insurance benefits, naturalization, education/youth rights, labor and employment rights, consumer rights, debt collection; Earned Income Tax Credit, VAWA & U-Visa Petitions, home foreclosures, and public utilities issues. Merced office serves eligible individuals in Merced, Mariposa, and Tuolumne counties. Call for program eligibility and assistance, Monday - Friday, 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m. Front office is closed for lunch from 12:00 p.m. to 1:00 p.m. daily. Health care consumers may also call the Health Law Advice Line at 1-800-675-8001. Staff available by phone/appointment.

D.A. Victim/Witness Assistance Center

423 N. Washington Street, Sonora, CA 95370

209-588-5440 (FAX) 588-5455

Provides services to all victims of crime including court escort and filing of Victims of Crime Compensation Applications. Facilitates counseling services to eligible crime victims/survivors. Call for program eligibility and assistance, Monday - Friday 8:00 a.m. to 5:00 p.m. Front office is closed for lunch from 12:00 p.m. to 1:00 p.m. daily. Staff available by phone/appointment.

Legal Self Help

Tuolumne County Superior Court Self Help Center

41 West Yaney Avenue, Sonora, CA 95370

209-533-6565

Legal information, procedural assistance and referrals for self-represented litigants in Family Law (divorce, parentage, support, and child custody), guardianship, eviction, civil harassment, domestic violence, and small claims. These services are provided at no cost to anyone seeking assistance through this program.

Office hours: Monday – Friday 8:00 a.m. to 4:00 p.m.

MISCELLANEOUS

Mother Lode Job Training – Sonora Career Center

197 Mono Way, Suite B, Sonora, CA 95370

209-588-1150 or 209-533-8958

This employment career center is for job seekers and employers. There are no fees involved. Designed as a self-directed system. Resources for job search include: internet accessible computer for job search purposes, resume program, job listings, mini-workshops, telephone for job search, information regarding other community resources. Monday – Thursday 8:00 a.m. to 4:00 p.m.

M.A.C.T. Medical Clinic, Sonora

13975 Mono Way, Suite G, Sonora, CA 95370

Mail: P.O. Box 939, Angels Camp, CA 95222

209-533-9600 (FAX) 209-533-9608

Medical services are available to all Native Americans and their family members and the public. Medi-Cal, Medicare, CMSP and private pay patients are welcome. CHDP-certified medical facility.

Mathiesen Memorial Health Clinic

18144 Seco Street, Jamestown, CA 95327

Mail: P.O. Box 535, Jamestown, CA 95327

www.mathiesenhealthclinic.com

209-984-4820 (FAX) 209-984-4825

Providing family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted.

Monday – Friday 8:00 a.m. to 5:00 p.m.

Tuolumne Me-Wuk Cedar Road Health Center

22044 Cedar Road, Sonora, CA 95370

209-532-0028 (FAX) 209-532-0031

Medical services include: physicals, health and wellness exams for infants, youth and adults, immunizations, women's health, family planning and diabetes services. Most insurances, Medicare, and Medi-Cal accepted.

Monday – Friday 8:00 a.m. to 5:00 p.m.

Tuolumne Me-Wuk Indian Health Center

18880 Cherry Valley Blvd., Tuolumne, CA 95379

209-928-5400 (FAX) 209-928-5411

Medical services include: physicals, health and wellness exams for infants, youth and adults, immunizations, women's health, family planning, diabetes services and behavioral health. A full service pharmacy is available on-site. Most insurances, Medicare, and Medi-Cal accepted.

Monday – Friday 8:00 a.m. to 5:00 p.m.

Project HOPE Mobile Health Van

209-536-5020

Parked by Walmart Mondays & Fridays from 9:00 a.m. to 3:00 p.m. Van is parked at Interfaith on the fourth Friday of each month. Project HOPE provides free medical care on a first come, first served basis.

LABOR AND DELIVERY CARE

Birth Center at Sonora Regional Medical Center
1000 Greenley Road, Sonora, CA 95370
209-536-3269

Provides a family centered birth experience in fully equipped birthing suites as well as operating suites for Cesarean birth. Jacuzzi tubs available in birthing suites. Childbirth Education and Cesarean Birth Preparation classes available. Pre-registration encouraged. Tours are available through childbirth education classes or by appointment.

PRENATAL CARE

Maternal Child Adolescent Health (MCAH)
Tuolumne County Health Department
20111 Cedar Road, Sonora, CA 95370
209-533-7434 or 1-800-585-6606 Ext. 7434

The MCAH program offers a variety of services to women, children and their families to ensure that all children are born healthy to healthy mothers, have a safe and healthy environment in which to live and have equal access to appropriate and needed care without disparities. Programs offered include presentations, educational materials, resource and referral. Please call for more detailed information or to schedule a presentation.

Foothill Pregnancy Center
427 North Highway 49, Suite 101, Sonora, CA 95370
Nicki Reeves, Executive Director
209-536-9262 (FAX) 209-536-9634

Website: www.fpcsonora.com

Email: help@fpcsonora.com

Pregnancy tests, verification of pregnancy, and limited obstetrical ultrasound. Education on adoption, abortion, prenatal and parenting. Maternity and baby clothes, baby furniture and accessories are available to participating clients. Post abortion support and abstinence education. All services are free and confidential. 24 hour helpline at **536-9634**. Office hours are Monday - Friday 9:00 a.m. to 5:00 p.m., except Thursdays 12:00 p.m. to 5:00 p.m.

Center for a Non Violent Community (CNVC)

19043 B Standard Road, Sonora, CA 95370

209-588-9305 (FAX) 209-588-9262

24 hour Crisis Line 209-533-3401

CNVC provides support services for victims of Domestic Violence and Sexual Assault. Services include: Emergency Shelter for women and their children; 24-hour Crisis line with Emergency Response; assistance with Temporary Restraining Order preparation and filing; support for Court Accompaniment; advocacy services include Licensed Counseling, Peer Counseling and a Domestic Violence Support Group for women. All services are free and confidential. Open Monday – Friday, 9:00 a.m. to 5:00 p.m.

Central Sierra Child Support Agency

975 Morning Star Drive, Sonora, CA 95370

1-866-901-3212 (Toll Free: 24 hours)

Basic services available to all non-custodial parties (does not have to be a parent) are:

*Establishing paternity *Establishing child support orders *Establishing and enforcing medical support orders *Enforcing spousal support (in conjunction with a child support order) *Locating non-custodial parents (and their income/assets) *Collecting and distributing support payments *Reviewing and modifying child support orders. All services are free. Office hours: Monday – Friday, 8:00 a.m. to 5:00 p.m.

LEGAL AID

Catholic Charities/Legal Advocacy for Seniors Program

88 Bradford Street, Sonora, CA, 95370

209-588-1597

Services in Tuolumne County, providing free legal services in the areas of housing, welfare, Social Security, SSI, civil rights, health, education, consumer, employment and other legal areas. Clients may speak to an attorney in the office on Wednesday from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m., and at the Senior Center on Greenley Road on Wednesday from 10:00 a.m. to 2:00 p.m. No appointment necessary.

USE YOUR HEAD, USE YOUR HELMET
Must use bike helmets under age 13

Social Security Administration

745 Morning Star Drive, Sonora, CA 95370

888-397-4125 (FAX) 209-532-7056

Administers Social Security and Supplemental Security Income (SSI) programs. Cash benefits may be paid to aged and disabled individuals of any age who qualify. Contact office for eligibility requirements and appointment. Monday – Friday, 9:00 a.m. to 3:00 p.m., Wednesday, 9:00 a.m. to Noon.

FAMILIES IN TRANSITION – TRANSITION SERVICES

Amador-Tuolumne Community Action Agency Homeless Prevention

427 North Highway 49, Suite 103, Sonora, CA 95370

209-533-1397 Ext. 225

A-TCAA Housing Resources accepts clients for the Homeless Prevention Program who are homeless or at risk of losing their housing. Call for funding availability and eligibility requirements. Types of assistance offered:

- A portion of housing move-in costs
- A portion of one month's rent in arrears to prevent eviction
- A portion of rent or utility costs for a person exiting an institution, such as a hospital or prison

Cal SAFE: Teen Parent Program

California School Age Educational Program

Tuolumne County Superintendent of Schools Office

175 South Fairview Lane, Sonora, CA 95370

209-536-2017 Cathy parker, Coordinator of School and District Support

209-532-5455 Cal SAFE Teacher

The County Schools Office offers an academic program, supportive services, transportation and childcare to expectant and parenting teens. The program is designed for male and female students, younger than age 19, who have not yet completed their high school education or an equivalent.

Kene Me-Wu, American Indian Domestic Violence Sexual Assault Program

P.O. Box 4605, Sonora, CA, 95370

209-984-8602 (FAX) 209-984-8608

24 Hour Crisis Line 1-800-792-7776 Email: knwfhc@sbcglobal.net

Healing Families – Healing Communities – In Indian Country.

Comprehensive services for domestic violence and sexual assault victims, including counseling, shelter and restraining orders. Services are confidential. Free to Native Americans and members of their household. Office hours: Monday – Friday, 9:00 a.m. to 5:00 p.m.

Ellen Jasmer Midwifery Care

Ellie Jasmer, RN, LM, CNM

16563 Draper Mine Road, Sonora, CA, 95370

209-533-2300 (FAX) 533-4600

Email: ejmidwife@yahoo.com

Facebook: **Sierra Natural Birth Center**

Offering personal woman to woman care, comprehensive prenatal, birth, postpartum, newborn, and well-woman care. Respectful, nurturing, holistic education and care is provided in out-of-hospital settings: the office, a family home or in the Sierra Natural Birth Center. Most insurance accepted with pre-authorization, also a Medi-Cal and CPSP Provider.

Tuolumne County Childbirth Educators (Birth Center)

1000 Greenley Road, Sonora, CA 95370

310-694-4133 Esme Brundyn

Preparation for childbirth; six-week Lamaze series at Sonora Regional Medical Center. Call early in pregnancy for schedule. This 6 week long class is held in SRMC conference rooms 1 & 2.

Breastfeeding Support

La Leche League or Breastfeeding USA

Website: www.llli.org or www.breastfeedingusa.org

Monthly meetings, phone help, and online breastfeeding support.

Tuolumne County:

lalecheleagueoftc@gmail.com

Facebook: **La Leche League of Tuolumne County**

April 209-981-3578

Crystal 209-536-9492

Toni 209-591-3634

CalaverasCounty: Jennifer.jones@breastfeedingusa.org

Jen 209-985-9294

Tuolumne County Breastfeeding Coalition (TCBC)

Email: info@tcbc97.org Facebook: **TCBC97**

Website: www.TuolCoBreastfeeding.org

209-591-5821

Can refer to appropriate resources, including Lactation Consultants for home visits. TCBC also provides breastfeeding aids such as breast pumps for rent.

HEALTH SERVICES

Child Health and Disability Prevention Program (CHDP)

Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7414 or 1-800-585-6606 Ext. 7414

Federal and State funded preventive health program serving California's children and youth. Free periodic health and dental checkups and immunizations for children (0-21 years) with Medi-Cal and for children (0-19 years) from income-eligible families. The local CHDP program staff provides care coordination to assist families with appointment scheduling, transportation and access to diagnostic and treatment services.
Monday – Friday, 8:00 a.m. to 5:00 p.m.

Public Health Nurse Visiting Program

Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7434 or 1-800-585-6606 Ext. 7434

Home visits by a Public Health Nurse include health assessments, education, health counseling, and referral services for:

- High Risk Infants
- Pregnant Women
- Pregnant Teens
- Persons with chronic health problems

Environmental Health Division

48 West Yaney Ave., 4th Floor, Sonora, CA, 95370
Mail: 2 S. Green Street, Sonora, CA, 95370
209-533-5633 (FAX) 533-5909
Inspection Line 209-533-5992

Email: rkostlivy@co.tuolumne.ca.us

Robert Kostlivy, Director

Environmental Health Division assists public agencies, private citizens and the community at large in prevention of environmental health concerns by reducing, eliminating, or controlling hazards and by providing education through inspection, consultation and enforcement services.

CalWORKs

Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA, 95370
209-533-5711 (FAX) 209-533-5714

Cash benefits to eligible families. Eligibility requirements are set by State and Federal Government. Hours: Monday - Friday, 8:00 a.m. to 4:00 p.m. You may apply online at www.c4yourself.com. CalWORKs Welfare to Work Employment Services: Employment and training program to assist CalWORKs recipients with employment, education or vocational training, and job readiness services. Transportation reimbursement, child care subsidies, referrals to other agencies and other supportive services are available to participate in work-related approved program activities to obtain and retain unsubsidized employment.
Monday - Friday, 8:00 a.m. to 4:00 p.m.

Amador Tuolumne Community Action Agency Utility Assistance and Home Weatherization

427 N. Highway 49, Suite 305, Sonora, CA, 95370
209-533-1397 Ext. 232

The Utility Assistance Program helps individuals and families to pay for PG&E or propane home energy costs. Free home weatherization services are available. Call for funding availability and income eligibility requirements.

Medi-Cal and CMSP

Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA 95370
209-533-5711 (FAX) 209-533-5714

Health-related services for those who qualify. Eligibility requirements are set by State and Federal Government. Monday – Friday, 8:00 a.m. to 4:00 p.m. You may apply for Medi-Cal coverage and CMSP on-line at www.c4yourself.com 24 hours per day, 7 days per week.

Salvation Army Sonora Service Extension

P.O. Box 4842, Sonora, CA 95370
209-532-4763 REACH: 209-588-1986

The Salvation Army subsidizes both Interfaith and the Jamestown Food Bank to provide food to Tuolumne County residents. Area 12 Agency on Aging, Adult Protective Services & the Center for a Non Violent Community all receive an allocation to provide for the unmet needs of their clients. The homeless population in Tuolumne County is provided sleeping bags, tents and tarps. Through our campership program, 22 children in Tuolumne County are sent to a camp in the Santa Cruz Mountains each year. Also, art supplies are provided to the Behavioral Health Dept. for use with child therapy. Transit tickets are provided to various agencies throughout the county for use by local residents. ATCAA's weatherization program receives quartz heaters for distribution. Once a year assistance with gas for out of county medical appointments and prescription drugs is provided by voucher through the Dept. of Social Services. Call for information about the REACH Program.

Christian Heights Assembly of God Church

13711 Joshua Way, Sonora, CA 95370

209-532-7305 (FAX) 532-4374

Christian Heights offers a free meal on Wednesday evenings from 5:15 p.m. to 6:30 p.m.

The Heart Rock Café at 1 S. Washington Street, Sonora, CA 95370, offers a free meal on Wednesday evenings from 5:15 p.m. to 6:30 p.m.

Community Assembly Church at 18785 Pine Street, Tuolumne, CA 95379, offers a free meal on Saturday evenings at 6:00 p.m. Call for more information.

Lake Don Pedro Baptist Church

Don Pedro Subdivision

4175 Abeto Street, La Grange, CA 95329

209-878-3289 Contact: Harley Wolfenbarger

Emergency food pantry for people in need. By appointment only. Used clothing distribution, 1st and 3rd Tuesday of the month, 9:00 a.m. to 11:00 a.m.

St. James Episcopal Church Food Pantry, partnering with New Lighthouse Ministries

Washington and Snell Street, Sonora, CA 95370

209-532-1580

Food available on Tuesday and Friday, 9:30 a.m. to 12:00 p.m. only at the Parish Hall

Seventh Day Adventist Community Service Center

87 South Forest Road, Sonora, CA 95370

Mail: 40 North Forest Road, Sonora, CA 95370

209-532-1872

Emergency food, clothing, and blankets are distributed free to people in need. The center is open on Monday and Wednesday, 9:00 a.m. to 12:00 p.m. No Requirements.

FINANCES

AIM Program

Access for Infants & Mothers

1-800-433-2611 (FAX) 1-888-889-9238

The Access for Infants and Mothers program (AIM) provides low cost health insurance to mid-income pregnant women who do not qualify for no-share Medi-Cal. Please call for more information and an application.

Cancer Detection Program

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7401 or 1-800-585-6606 Ext. 7401

The Cancer Detection Program: Every Woman Counts

Gives low-income women access to screening and diagnostic services for breast and cervical cancer. Call for more eligibility information.

Breast Cancer Support Group

690 Guzzi Lane, Suite C, Sonora, CA 95370

209-533-0333

Contact Claire Mills, FNP - Adult Medicine Specialists

1st and 3rd Monday, 5:30 p.m. to 7:00 p.m. at the Sonora Public Library.

Medical Nutrition Therapy

Sonora Regional Medical Center

19747 Greenley Road, Sonora, CA, 95370

209-536-3728

Individual counseling by a registered dietitian regarding heart disease, diabetes, kidney disease, eating disorders and other therapeutic diets. Referral from medical provider required.

Outpatient Diabetes Education

Sonora Regional Medical Center

19747 Greenley Road, Sonora, CA, 95370

209-536-3728

A Medicare Recognized Program. Referrals required.

STOP GERMS
Cover coughs and sneezes

Sierra HOPE
Health Opportunities, Programs and Education
1168 Booster Way, Angels Camp, CA, 95222
Mail: P.O. Box 159, Angels Camp, CA 95222
209-736-6792 or 1-888-722-2873 (FAX) 209-736-6861
Website: www.sierrahope.org

Sierra HOPE is a non-profit community-based organization providing HIV/AIDS Education and services in Amador, Calaveras and Tuolumne Counties.

Services Include:

- AIDS Drug Assistance Program (ADAP)
- Benefits Counseling
- Emergency Financial Assistance for housing and essential utilities
- Health Insurance Premium Payment (HIPP) assistance program
- Transportation Assistance for medical appointments

Other services available:

- Community Food Pantry open to anyone in need, Wednesdays 1:00 p.m. to 4:00 p.m.
- HIV and Hepatitis C Screening
- HIV and Hepatitis Educational Presentations

All services are confidential.

Office Hours: Monday – Thursday, 9:00 a.m. to 5:00 p.m.

Tuolumne County Schools Nurse
175 South Fairview Lane, Sonora, CA 95370
Joyce McMahon, RN
209-536-2048 (FAX) 209-536-2005
209-536-2046 Email: mcarillo@tuolcoe.k12.ca.us

Tuolumne County Medical Society
Mail: P.O. Box 3234, Sonora, CA 95370
209-586-5431 (Phone & FAX)
Provides patients with information regarding physician credentials.
Provides physicians and other health care professionals with continuing education activities.

Catholic Charities/Nutrition/CalFresh
88 Bradford Street, Sonora, CA 95370
209-532-7632

CalFresh helps people with limited or no income improve access to nutritious food. Through community education application assistance, follow-up assistance, and advocacy, Catholic Charities' CalFresh outreach increases participation among CalFresh eligible households by removing barriers to enrollment. Catholic Charities can help with completion of new applications, reporting forms, and required paperwork. New rules mean you might qualify even if you have been denied in the past. For many people, getting to a county office can be a hardship. Call Catholic Charities to find out how assistance can be provided.

Amador-Tuolumne Community Action Agency Food Bank
10059 Victoria Way, Jamestown, CA 95327
Mail: 427 North Highway 49, Suite 305, Sonora, CA 95370
209-984-3960 (FAX) 209-984-3961

A community food bank providing food for local food pantries and regular food distribution; as well as holiday food baskets, for individuals, families, children and seniors who qualify.

Women, Infants and Children (WIC)
20111 Cedar Road North, Sonora, CA 95370
209-533-7431 (FAX) 209-533-7453

Services include nutrition and breastfeeding education, supplemental food vouchers and referrals. Eligibility depends on category (woman, infant or child), income and nutrition risk. Monday - Friday, 8:00 a.m. to 5:00 p.m. and Wednesday 7:30 a.m. to 5:30 p.m. Call for lunchtime availability.

Sierra Senior Providers, Inc.
Senior Center
540 Greenley Road, Sonora, CA 95370
209-533-2622 or 209-533-2012
www.sierraseniorproviders.org

Hot home-delivered meals 5 days per week; Congregate Dining; Meals-on-Wheels; Non-emergency Medical Transportation and errands. Home programs serve seniors 60 years of age or older. A variety of activities are offered at the Senior Center.

BE WISE, IMMUNIZE!
Keep your child's
immunizations up to date.

SOCIAL SERVICES

Adult Protective Services

Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370
209-533-5717

A program to prevent or correct conditions that cause dependent adults and elders to be abused, neglected, or exploited. Services could include coordination of services with other agencies, advocacy, counseling, emergency shelter, respite care, and education. Services are free of charge to Tuolumne County residents who are dependent or elderly adults.

Monday – Friday, 8:00 a.m. to 5:00 p.m.

A 24-hour emergency referral line is available: 209-533-HELP (533-4357)

Child Welfare Services

Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370
209-533-5717 or 1-800-388-7502 Toll Free (after hours)

Child Welfare Services investigates and responds to referrals of child abuse and neglect. Voluntary and court-ordered services are provided to protect children and improve the functioning of families. Out-of-home placement is provided in some circumstances. Referrals are offered to various services in the community.

After Hours Emergency Line: 209-533-HELP (533-4357)

Interfaith Community Social Services

18500 Striker Court (on Tuolumne Road), Sonora, CA 95370
Mail: P.O. Box 5070, Sonora, CA 95370
209-532-0905 Cathie Peacock, Director

Provides groceries, clothing, small household items, haircuts, daily showers, monthly bus passes, discount medication cards, and more. Also gives referrals for housing, jobs, furniture, and wood. Must provide proof of residence in Tuolumne County for all persons requesting assistance. No proof of income is necessary. For Tuolumne County residents only. No charges for any service provided. Open Monday – Friday, 10:00 a.m. to 1:00 p.m. Showers and clothing distribution end at 12:30 p.m.

FOOD PROGRAMS

Food Stamps, aka CalFresh

Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA 95370
209-533-5711

Applications for assistance with food purchases for those who qualify. Eligibility requirements are set by State and Federal government. Hours: Monday – Friday, 8:00 a.m. to 4:00 p.m.

You may apply on-line at www.c4yourself.com

DENTAL CARE

M.A.C.T. Dental Clinic, Sonora

13975 Mono Way, Suite I, Sonora, CA 95370
Mail: P.O. Box 939, Angels Camp, CA 95222
209-533-9603 (FAX) 209-536-9604

Services available to all Native Americans and their family members, and the public. Medi-Cal, most insurances, and private pay patients are welcome. Office hours are Monday - Friday, 8:00 a.m. to 5:00 p.m.

Tuolumne Me-Wuk Dental Center

19969 Greenley Road, Suite C & D, Sonora, CA 95370
209-532-0034 (FAX) 209-532-0036

We accept child and adult Medi-Cal, Delta Dental, Guardian, and most insurances, senior citizen discounts and a sliding scale fee for lower-income patients. Dental Services include: Complete Exams, Cleanings, Flouride, Sealants, Fillings, Extractions, Crowns, Partial Dentures, Complete Dentures, Emergency Dental Services, and some Root Canal Treatments. Open Monday – Friday, 8:00 a.m. – 5:30 p.m.

Forest Road Health and Wellness Center Dental Services

193 South Fairview Lane, Suite J, Sonora, CA 95370
209-536-5140 (FAX) 209-536-9347

Dental services provided for Medi-Cal and CMSP patients. Services include preventive and routine care, minor oral surgery, emergency care and oral health education. Monday - Friday, 8:00 a.m. to 5:00 p.m.

Smile Keepers

175 South Fairview Lane, Sonora, CA 95370
209-536-2014 Email: edossi@tuolcoe.k12.ca.us

Smile Keepers is a school-based dental disease prevention program. Please contact Erika Hagstrom Dossi, R.D.A. for further information.

LIVE HEALTHY, LIVE LONGER

STOP SMOKING

IN-HOME CARE

Tuolumne County In-Home Supportive Services

IHSS Program

20075 Cedar Road North, Sonora, CA 95370

209-533-7352

In-Home Supportive Services (IHSS) Program assists aged, blind, and disabled persons to remain safely in their own home. The IHSS program is a Personal Care Services Program (PCSP), and is an alternative to out-of-home care. Call for more information.

Sonora Regional Home Health & Hospice of the Sierra

20100 Cedar Road North, Sonora, CA 95370

467 S. Main Street, Angels Camp, CA 95222

209-533-5700 or 209-536-5685 or 209-736-9181

Medicare Certified programs for both Home Health and Hospice care. Home Health is for persons recovering at home from an illness or injury. Hospice cares for and manages persons with life-limiting illness at home. Both programs offer a team of health care professionals who manage all aspects of care, including pain and symptom management. Hours are 8:00 a.m. to 5:00 p.m., 7 days a week. Nurses are on call 24 hours a day. Services may be provided by RN, PT, OT, ST and CHHA. Call **209-536-5700** for details.

Helping Hands Home Services

15000 Jenness Road, Sonora, CA 95370

Mail: P.O. Box 177, Soulsbyville, CA 95372

209-536-1660 (FAX) 536-9090

Providing in-home help: Homemakers, CNAs, HHAs, shopping, appointments, meals, personal care, light housekeeping, and yard work.

**WASH YOUR HANDS
Protect yourself. Prevent Disease.**

National Alliance on Mental Illness – NAMI-TC

P.O. Box 4720, Sonora, CA 95370

209-586-9351

Provides support groups and education classes for people with mental illness and for their family members and friends. Meetings are the first Thursday of each month from 6:00 p.m. to 8:00 p.m. at the meeting hall behind St. James Church (The Red Church) located at Washington & Snell Streets in Sonora. Contact: President, John Leamy for more information

Catholic Charities/Counseling Services

88 Bradford Street, Sonora, CA 95370

209-533-7632 Email: jlopez@ccstockton.org

Catholic Charities and St. Patrick's Parish provide counseling services including: general clinical counseling, marriage counseling, individual and couples counseling, substance abuse counseling, counseling services for youth and children; including prevention and early intervention, as well as support groups as needed. Services are open to all, regardless of race, religion, or income. Fees are based on income. For more information call Jose Lopez Higareda.

THE SUICIDE PREVENTION TASK FORCE IS DEDICATED TO PREVENTING AND REDUCING THE RISK OF SUICIDE IN TUOLUMNE COUNTY.

FOR IMMEDIATE CRISIS:

- Call **911** in an emergency crisis situation
- Call **(209) 533-7000** for Tuolumne County Behavioral Health's Crisis and Access Services, and 24-hour Crisis Line. The Crisis Assessment and Intervention (CAIP) Program includes 7 day/24-hour assessment for crisis services or hospitalization.
- CAIP has additional crisis walk-in services available from 3:00 p.m. to 11:00 p.m. daily
- Call National Suicide Prevention crisis line **1-800-273-8255 (TALK)** for 7day/24-hour free and confidential access to trained counselors
- Call Veterans Suicide Prevention Hotline **1-800-273-8255 (TALK)** and PRESS 1 for Veterans' support.

LOCAL SUPPORT GROUPS:

- Sonora Regional Medical Center's Freedom From Fear (Panic Attacks, Anxiety) (209) 536-5022
- Sonora Regional Medical Center's Depression Recovery Class (209) 536-5022
- Tuolumne County behavioral Health Peer Support Center Groups (209) 533-6695

Tuolumne County Tobacco Control Program

20111 Cedar Road North, Sonora, CA 95370

209-533-7419 (FAX) 209-533-7406

Tobacco Control Program develops, coordinates and provides delivery of programs for the prevention and reduction of tobacco use countywide. Information, presentations and technical assistance include: secondhand smoke, smoke-free worksite policies, assistance to businesses for compliance with tobacco laws, smokeless tobacco use, youth programs, resource library (videos, self-help materials, informational pamphlets for all ages) and referrals to free tobacco cessation programs. Cost: None.

MENTAL HEALTH

Tuolumne County Behavioral Health Department Services

105 Hospital Road, Sonora, CA, 95370

Mail: 2 South Green Street, Sonora, CA, 95370

- **General Business Line including non-emergency appointments: 209-533-6245**
- **Toll Free: 1-800-630-1130**
- **Walk-In Crisis Services: 209-533-7000**
- **Medication Services Refills: 209-533-6227**
- **Enrichment Center – Peer Resources: 209-533-6695**
- **David Lambert Drop-In Center: 209-533-4879**

Crisis Assessment and Intervention Program (CAIP), access, intake, crisis evaluation (Monday - Friday, 8:00 a.m. to 5:00 p.m.), Crisis Walk-In support services (24 hours a day/7 days a week), Mobile Crisis Outreach team, outpatient mental health and alcohol and drug services are provided to individuals, families, children, adults and older adults through a variety of programs. Services available include: assessment, individual & group intervention, crisis intervention, community outreach, medication services, and court ordered services. Specialized treatment services available for pregnant and/or parenting women with substance abuse problems. Low-income, indigent and Medi-Cal populations are all welcome. Charges based on sliding scale fee. Business hours: Monday – Friday, 8:00 a.m. to 5:00 p.m.

Tuolumne County Behavioral Health Administration

105 Hospital Road, Sonora, CA, 95370

Mail: 2 South Green Street, Sonora, CA 95670

209-533-6245 or 1-800-630-1130

Rita Austin, LCSW, Director

National Suicide Prevention Lifeline

1-800-273-TALK

Website: www.suicidepreventionlifeline.org

Call for immediate assistance for thoughts of suicide.

SERVICES & SUPPORT FOR SPECIAL NEED CHILDREN

California Children's Services (CCS)

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7404 or 1-800-585-6606 Ext. 7404 (FAX) 209-533-7406

CCS Homepage:

www.dhcs.ca.gov/services/ccs/Pages/default.aspx

Medical program for treating children age 0-21 years diagnosed with certain physically disabling medical conditions. This tax supported program provides specialized medical care and rehabilitation for children whose families cannot provide all or part of the care. Can be used to supplement Medi-Cal or most insurance. Call for information, Monday - Friday, 8:00 a.m. to 5:00 p.m.

Disability Resource Agency for Independent Living (DRAIL)

67 Linoberg Street, Sonora, CA 95370

209-532-0963 TDD 209-288-3309

Serves people with disabilities of all ages. Provides information and referrals, advocacy, peer counseling, independent living skills, housing referrals, SSI & SSDI benefits advising, ADA technical assistance & evaluation, computer training, and education. Funding may be available to help with durable medical equipment and assistive technology. Please note: During work hours, specialists may be out of the office while making home visits to consumers throughout the five-county catchment.

Monday – Friday, 9:00 a.m. to 5:00 p.m.

Valley Mountain Regional Center (VMRC)

Prevention and Development Disability Service Coordination

Branch Office Serving Tuolumne County

704 Mountain ranch Road, #203, San Andreas, CA 95249

Mail: P.O. Box 1420 San Andreas, CA, 95249

209-754-1871 (FAX) 209-754-3211

Trisha Simmons, Program Manager, Early Start

Children's Services **Ext. 6524** Adult Services **Ext. 6525**

Services for developmentally disabled persons of all ages. Early Start services for infants and toddlers with developmental delays. Service coordination is available to persons whose developmental disability originated before age eighteen, can be expected to continue indefinitely, and constitutes a substantial handicap. Other services: genetic counseling, specialty clinical services, advocacy, and residential placement. Respite care, transportation and adult day programs may also be funded by VMRC.

Family Resource Network

5250 Claremont Avenue, Suite 148, Stockton, CA 95207
209-472-3674 or 1-800-847-3030 (FAX) 209-472-3673
Website: www.frcn.org

Provides parent-to-parent support, information and referrals for families who have children with special medical, educational, physical, behavioral or developmental needs. Serves Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. Tuesday – Friday, 8:30 a.m. to 2:30 p.m. and by appointment.

Special Education Preschool Services

Tuolumne County Superintendent of Schools
175 South Fairview Lane, Sonora, CA 95370
209-536-2040

Special education services are provided by the Tuolumne County SELPA (Special Education Local Plan Area) to children who have a disability in one or more areas. Services are provided at public preschools (e.g. Head Start centers), special classes and at public schools. Children receive services from specially trained teachers and specialists with expertise about the disability. Contact the Tuolumne County SELPA office for more information.

Tuolumne County Early Start Programs

For Infants and Toddlers from Birth to 3 years. Tuolumne County SELPA
209-536-2040 or 209-536-2016

The Tuolumne County Early Start Program is a multidisciplinary program providing early intervention services to infants and toddlers in need of special services due to significant development delays in areas such as walking or talking, vision or hearing loss, significant physical/health problems or established medical conditions or disabilities such as Down Syndrome or Cerebral Palsy. For more information contact:

- Tuolumne County SELPA 209-536-2040
- Tuolumne County Early Start 209-536-2029
- Valley Mountain Regional Center 209-754-1871

Ride Away Center

18200 Woodham Carne Road, Sonora, CA 95370
209-928-4092

Email: rideaway.center@gmail.com

Website: rideawaycenter.org

Blog: Rideawaycenter.blogspot.com

Serves people with and without disabilities, including veterans of war, involving them in the activities of Natural horsemanship, outdoor lessons, and volunteer training sessions. Open year round. Call for schedules.

Maynard's Chemical Dependency Recovery Center, Inc.

19325 Cherokee Road, Tuolumne, CA, 95379
Mail: P.O. Box 1657, Tuolumne, CA, 95379
209-928-3737 (FAX) 209-928-1152

1-800-228-8208 (Toll Free) Website: www.maynords.com

28 day residential detox, or 10 day detox program for drugs and alcohol. Clean and sober living. State licensed, CARF accredited. Friendly, certified (CADCI/CAS) staff, available 24 hours a day, 7 days a week. All programs include education, counseling groups, family participation, after-care, and long term support. Services usually covered by insurance. Two clean and sober living homes: Sunshine Inn and Dove Ridge.

Al-Anon Friends & Families of Alcoholics

209-524-3907 Website: www.ncwsa.org/d18

Al-Anon is a worldwide fellowship of more than 600,000 relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. District 18-Northern California: Meetings in Groveland, Sonora, Soulsbyville, Angels Camp, Arnold, Mountain Ranch and beyond. Please call or go online for meeting times/locations.

Gamblers Anonymous – Sonora

Alano Club
9521 Village Drive, Sonora, CA, 95370
209-586-2276
Thursdays, 6:00 p.m.

San Andreas Community Covenant Church
261 Treat Avenue, San Andreas, CA 95249
925-895-7559

Sonora Seventh Day Adventist Health Ministries

Sonora Seventh Day Adventist Church
40 North Forest Road, Sonora, CA 95370
209-532-3337

We offer seminars and classes to help you live a healthier, fulfilling and productive life. Cooking schools, stop-smoking programs, weight loss, natural remedies and substance abuse recovery programs are among what is offered. Please call for a schedule of current programs.

Tobacco Cessation Resources

- 1-800-NO-BUTTS California Smokers Helpline
- 1-800-844-CHEW California Chewers Helpline
- QuitNet Website: www.quitnet.com
- American Lung Association Website: www.californialung.org
- American Cancer Society Website: www.cancer.org
- Free local Smoking Cessation classes: Call 209-533-7419

Columbia College Child Care Center

11600 Columbia College Drive, Sonora, CA, 95370

209-588-5278 Ext.1

Child care available for children ages birth-5 years. Those eligible may attend at no cost or a reduced cost. For more information call Tiffeny Flies, Manager.

Infant/Child Enrichment Services, Inc. (ICES)

20993 Niagara River Drive, Sonora, CA, 95370

209-533-0377

SUBSIDIZED CHILD CARE PAYMENT PROGRAM – Subsidized child care (payments made to parent's choice of provider) for children ages 0-12. Parents must be low income and have a need for child care. Parents must be working, in training or seeking employment.

CHILD CARE RESOURCE AND REFERRAL PROGRAM – Provides up-to-date child care information and referrals to parents looking for child care. Also offers technical assistance and resources to child care providers. No eligibility requirements or fees.

Monday – Friday, 8:30 a.m. to 5:00 p.m.

DRUG, ALCOHOL & TOBACCO PROGRAMS

Alano Club

Alcoholics Anonymous

P.O. Box 117, Standard, CA, 95373

209-532-9838 *Call for meeting time.

209-533-1134 *24 hour answering service

Website: www.aa.org

Meetings from Jamestown to Mi-Wuk Village. Offers drug and alcohol twelve-step meetings: Alcoholics Anonymous, Narcotics Anonymous, AI-Anon, Overeaters Anonymous, Gamblers Anonymous, Sex and Love Addicts Anonymous.

Changing Echoes, Inc.

7632 Pool Station Road, Angels Camp, CA, 95222

209-785-3667 (FAX) 209-785-5238

Email: changing@changingechoes.com **Website:** www.changingechoes.com

Client-oriented, variable-length treatment program for alcohol and drug dependent men and women. Screening, assessment, program structure, family involvement and after-care support are part of the amenities offered to prospective clients. Friendly certified staff available to help and answer questions, 24 hours a day, 7 days a week. Most insurance accepted. Private pay option at affordable rates. All inquiries are confidential.

PARENTING CLASSES AND SUPPORT

ATCAA Family Learning & Support Services (FL&SS)

18080 Blue Bell East, Sonora, CA 95370

209-536-5065 (FAX) 209-532-5445

FL&SS is a family literacy program provided at the ATCAA Family Center. Services include GED preparation classes, Adult Basic Education, English language instruction, life skills and job skills, and parenting classes. Other supportive services include case management, information and referral, health education, and referrals to child care options and opportunities. Transportation services are provided for qualified families who are enrolled in FL&SS classes. Services are provided at no cost. Please call for more information, including class schedule and program eligibility.

Raising Healthy Families

Infant/Child Enrichment Services, Inc. (ICES)

20993 Niagara River Drive, Sonora, CA, 95370

209-533-0377

A parent education and support program for families with children ages 0-18. Parenting educators visit families weekly to help parents by focusing on parenting skills, stress management, child development and problem solving. Free parenting classes are also offered throughout the community including classes for Parents and Teens, Raising Your Spirited Child and Parenting Your Infant.

Jamestown Family Resource Center

18299 Fifth Avenue (around the corner on 7th Street), Jamestown, CA, 95327

209-984-4704 (FAX) 209-984-4718

Email: mdyken@jamestown.k12.ca.us

Assistance to connect families to basic needs: food, clothing and shelter. Family services provided at the Center include school support for students at Jamestown School, ESL classes, adult literacy classes, after school programs, parenting and nutrition classes and a variety of support and recovery groups.

Keep Baby Safe

20111 Cedar Road North, Sonora, CA 95370

209-533-7464 Eddy Warzee Email: ewarzee@co.tuolumne.ca.us

Keep Baby Safe program works with Tuolumne County residents to ensure proper child car seat installation in Tuolumne County. Keep Baby Safe offers Child Car Seat Classes to all Tuolumne County residents on how to correctly install child car seats in their vehicle. Receive a coupon for \$20.00 off a booster or convertible seat at our local WalMart store by attending one of our child car seat classes. Call for dates and times of classes.

CHILD CARE SERVICES

Amador Tuolumne Community Action Agency Early/Head Start

427 North Highway 49, Suite 202, Sonora, CA, 95370

209-533-0361 (FAX) 209-533-0470

Early Head Start and Head Start offers free family oriented infant/toddler and preschool programs for income eligible families with children ages 0-5 years old. Session times vary with the centers as noted below. Eligibility is based on income qualifications, age and Tuolumne County residency. Special needs children who are not income eligible may be considered for the program. We also offer a home based program serving pregnant women and children 0-5. Applications are also available online at www.atcaa.org.

Blue Bell Head Start (Ages 3-5)

Extended Day & Half Day Program

18080 Blue Bell Road East

Sonora, CA, 95370

8:30 a.m. to 3:00 p.m.

8:30 a.m. to 12:00 p.m.

209-532-5455 (FAX) 209-532-5455

Head Start Home Base

Home Visiting Program

427 N. Highway 49, Suite 202

Sonora, CA, 95370

209-533-0361 (FAX) 209-533-0470

Shaws Flat Head Start (Ages 3-5)

Extended Day & Half Day Programs

21125 Shaws Flat School Road

Sonora, CA, 95370

8:30 a.m. to 3:00 p.m.

8:30 a.m. to 12:00 p.m.

209-588-9055 (FAX) 209-588-0317

Jamestown Head Start (Ages 3-5)

Half Day Program

18234 Fourth Avenue

Jamestown, CA, 95327

8:30 a.m. to 12:00 p.m.

1:00 p.m. to 4:30 p.m.

209-984-1617 (FAX) 209-984-0627

Blue Bell Early Head Start (Ages 0-3)

Infant & Toddler

18080 Blue Bell Road East

Sonora, CA, 95370

8:00 a.m. to 2:00 p.m.

209-532-5455 (FAX) 209-532-5455

Twain Harte Head Start (Ages 3-5)

Extended Day & Half Day Program

18995 Twain Harte Drive

Twain Harte, CA, 95383

8:30 a.m. to 3:00 p.m.

209-586-7178 (FAX) 209-586-7201

Soulsbyville Head Start (Ages 3-5)

Half Day Program

20300 Soulsbyville Road

Soulsbyville, CA, 95372

8:30 a.m. to 3:00 p.m.

209-533-3143 (FAX) 209-533-3530

Summerville Head Start (Ages 3-5)

Extended Day & Half Day Program

18451 Carter Street

Tuolumne, CA, 95379

8:30 a.m. to 3:00 p.m.

8:30 a.m. to 12:00 p.m.

209-928-3651 (FAX) 209-928-3666

Summerville Parent Nursery School

Parenting Classes & Nursery School

20150 Tuolumne Road, Tuolumne, CA, 95379

209-928-4288

Summerville Parent Nursery School provides care as well as education for the preschooler. This is a parent involved education program that covers every aspect of parenting and relationships. Call the school for more information.

Tenaya Parent Preschool

Tenaya Elementary School

P.O. Box 1285, Groveland, CA, 95321

209-962-7559

Parent education and preschool programs for children 2 years 9 months to kindergarten age. All preschoolers must be potty trained. Weekly parent participation and monthly education meeting is required.

Program Hours: Monday – Friday, 9:00 a.m. to 12:00 p.m. Closed Wednesday.

Tuolumne County Recreation Department

43 North Green Street, Sonora, CA, 95370

Mail: 2 South Green Street, Sonora, CA, 95370

209-533-5663 (FAX) 209-532-2502 Website: www.tcrecreation.com

Offering programs, activities and/or special events for all ages. Year-round preschool program for toilet-trained children ages 3-5 at the Sonora Youth Center. Youth Centers open year-round in Groveland, Jamestown and Tuolumne. Hours vary; contact us for details. County swimming pools open all summer in Columbia, Sonora, Twain Harte and Tuolumne. Programs for children and teens; Spring Break Day Camp, Firefighter Training Program, Swim Lessons, Summer Recreation, Sport Camps and Clinics, Summer Trips and Youth Track Meet. Adult Sports, Tuolumne Senior Program and much more.

Belleview Preschool

22736 Kewin Mill Road, Sonora, CA, 95370

209-586-5510 EXT. 302 (FAX) 209-586-5516

Morning state preschool program for children 3 years (by Dec. 2nd) to 5 years old who are potty trained. Free to qualifying families. Monday – Friday, 8:30 a.m. to 11:30 a.m. Program includes two meals, field trips and local transportation. Class size is limited to 24, with an 8-1 ratio.

Call Catrina Keshishian, Director/Site Supervisor.

EMERGENCY CARE • MEDICAL CARE

MEDICAL CARE (CONTINUED)

LABOR AND DELIVERY • PRENATAL CARE

HEALTH SERVICES

DENTAL CARE

IN-HOME CARE • SERVICES & SUPPORT FOR SPECIAL NEEDS CHILDREN

PARENTING CLASSES AND SUPPORT

CHILD CARE SERVICES

DRUG, ALCOHOL & TOBACCO PROGRAMS

MENTAL HEALTH

SOCIAL SERVICES • FOOD PROGRAMS

FINANCES

FAMILIES IN TRANSITION • LEGAL AID

MISCELLANEOUS SERVICES

MISCELLANEOUS SERVICES (CONTINUED)