

**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  
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).....209-533-7424  
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 .....209-533-1134  
Al-Anon.....209-524-3907  
American Cancer Society.....209-941-2737  
American Red Cross (24 hour emergency line).....209-533-1513  
Child Welfare Services (24 hour emergency line) .....209-533-4357  
Crisis and/or Mental Health Crisis intervention line .....209-533-7000  
Rape/Domestic Violence Crisis Line .....209-533-3401

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

# RESOURCE DIRECTORY

## Community and Family Services in Tuolumne County



Sponsored by the  
**Tuolumne County Public  
Health Department**

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

Revised February 2017

*We hope that the information contained in this directory will contribute to improving the health and well-being of our local families and we appreciate our partnership with the community to improve the public's health.*

**Table of Contents**

Emergency Medical Care .....page 3  
 Medical Care .....page 3-5  
 Labor and Delivery .....page 5  
 Prenatal Care .....page 6-7  
 Breastfeeding .....page 7  
 Health Services .....page 8-10  
 In-home Care .....page 10  
 Dental Care .....page 11  
 Services and Support for Special Need Children .....page 12-13  
 Parenting Classes and Support .....page 14  
 Child Care Services .....page 15-17  
 Drug, Alcohol, and Tobacco Programs .....page 18-19  
 Mental Health .....page 20-21  
 Social Services .....page 22  
 Food Programs .....page 23-24  
 Finances .....page 24-25  
 Families in Transition – Transition Services .....page 26-27  
 Transportation Services .....page 27  
 Legal Aid .....page 28  
 Miscellaneous .....page 29-31

**Public Health Programs**

*Family Planning, Immunizations, & STD tests*

*Women, Infants & Children (WIC)*

*Tobacco Control*

*Lead Poisoning Prevention*

*California Children’s Services (CCS)*

*Maternal, Child, Adolescent Health (MCAH)*

*Emergency Preparedness*

*Emergency Medical Services (EMS)*

*Public Health Nursing (PHN)*

*Child Health & Disability Prevention (CHDP)*

*Sudden Infant Death Syndrome (SIDS)*

*Keep Baby Safe (KBS)*

*Foster Care Nurse*

*Supplemental Nutrition Assistance Program Education (SNAP-Ed)*

*Funded by:*



*“This institution is an equal opportunity provider”*

## Other resources and Phone Numbers

### Medical Care

Shriners 916-453-2218

### Mental Health

Friendship Line 1-800-971-0016

### Food Programs

Interfaith Community Services 209-532-0905

### Drug, Alcohol & Tobacco Programs

Behavioral Health & Recovery 209-533-6245

Discover Life 209-532-3337

Freedom from Smoking 209-536-3726

### Finances

Access for Infants & Mothers 1-800-433-2611

### Legal Aid

Legal advocacy Program 209-532-7632

### Miscellaneous

InfoNet Tuolumne County 209-533-1397

Tuolumne County Health Department 209-533-7401

## EMERGENCY MEDICAL CARE

### **Sonora Regional Medical Center**

1000 Greenley Road, Sonora, CA 95370

**209-536-5000**

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, Suites F & C 209-536-5110**
- **Pediatric Clinic, Suite L 209-536-5120 (FAX) 209-533-4507**
- **Dental Clinic, Suite J 209-536-5140**

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**

### **Indian Rock Prompt Care**

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. Monday-Friday. 8:00 a.m. to 6:00 p.m. Saturday-Sunday.

### **Angels Camp Prompt Care**

23 N. Main Street, Angels Camp, CA 95222

**209-736-9130**

Open daily from 8:00 a.m. to 6:00 p.m.

### **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 liaison for worker's compensation injuries. By appointment only.

### **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, 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

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

**Website:** [www.mathiesenhealthclinic.com](http://www.mathiesenhealthclinic.com)

Providing family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted. Open Monday – Friday 8:00 a.m. to 5:00 p.m. Closed for lunch from 12:00 p.m. to 1:00 p.m.

## **MISCELLANEOUS**

### **Mother Lode Job Training –America Job Centers of California**

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 4:30 p.m.

### **Mother Lode Ombudsman**

88 Bradford Street, Sonora, CA 95370

**209-532-7632 (FAX) 532-8448**

Advocates for residents of long-term care facilities and residential care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties.

### **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**

Sonora Main Library

480 Greenley Road, Sonora, CA 95370

**209-533-5507 Website:** [www.tuolcolib.org](http://www.tuolcolib.org)

Offers books 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**

## **LEGAL AID**

### **Catholic Charities/Legal Advocacy for Seniors Program**

88 Bradford Street, Sonora, CA, 95370

**209-588-1597**

Free confidential legal services regardless of income. Legal assistance is offered for a variety of services. Referrals will be made to attorneys who can assist with legal matters. Call 209-588-1597 for information 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.

### **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**

**Legal Advice Line 1-800-675-8001**

Provides free legal advice, and representation and education to eligible low-income families on civil rights matters. The Merced office conducts monthly Worker 'Rights' clinics. Call Merced office for more information. The Merced office serves eligible individuals in Merced, Mariposa, and Tuolumne counties. For program eligibility and assistance call the Legal Advice Line, 1-800-675-8001, Monday-Wednesday and Thursday 9:00 a.m. to 4:00 p.m. Office is open Monday-Friday 8:30 a.m. to 4:30 p.m., closed for lunch 12:00 p.m.-1:00 p.m. 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. For program eligibility and assistance call 588-5440, Monday - Friday 8:00 a.m. to 5:00 p.m.

### **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 3:00 p.m. Closed for lunch, 1:00pm to 2:00 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, acupuncture, diabetes services and child counseling. 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**

**209-536-5050**

Parked by Wal-Mart 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

**209-536-3260**

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. In-hospital Lactation Consultants available by appointment for follow-up consultations. Can refer to appropriate resources, including Lactation Consultants for home visits.

### **Sierra Natural Birth Center**

Ellen Jasmer RN, LM, CNM

16575 Draper mine Road, Sonora, CA 95370

**209-533-2300 (FAX) 209-533-4600**

**Email:** [care@sierranaturalbirthcenter.com](mailto:care@sierranaturalbirthcenter.com)

Provides a safe alternative for natural child birthing in a relaxing, compassionate environment. A licensed facility offering personal woman-to-woman care, comprehensive prenatal, birth, postpartum, newborn, and well-woman care. Respectful, nurturing, holistic education and care is provided. Water birth is also available. Most insurances accepted with preauthorization, also a Medi-Cal and CPSP Provider.

## PRENATAL CARE

### **Maternal Child Adolescent Health (MCAH)**

Tuolumne County Health Department  
20111 Cedar Road, Sonora, CA 95370

**209-533-7424 or 1-800-585-6606 Ext. 7424**

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 linkage, and referrals for home visiting. Please call for more detailed information or to schedule a presentation.

### **Foothill Pregnancy Center**

427 North Highway 49, Suite 101, Sonora, CA 95370

Denise Winnick, Executive Director

**209-536-9262 (FAX) 209-536-9634**

**Website:** [www.fpcsonora.com](http://www.fpcsonora.com) **Email:** [help@fpcsonora.com](mailto:help@fpcsonora.com)

Pregnancy tests, verification of pregnancy, and limited obstetrical ultrasound (referred to OBGYN and performed at this location). 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 M,T,W 9:00 a.m. to 5:00 p.m., Th. 12:00 p.m. to 5:00 p.m., Friday 9:00 a.m. to 4:00 p.m.

### **Forest Road Health and Wellness Center**

#### **Specialty Clinic**

193 South Fairview Lane, Sonora, CA 95370

Specialty Care Clinic, Suites F & C

**209-536-5110**

Pregnancy and women's health care services provided by board-certified OB/GYN physicians. Call for appointment. (See Forest Road Specialty Care Clinic under Medical Care)

### **Ellen Jasmer Midwifery Care**

Ellen Jasmer, RN, LM, CNM

16563 Draper Mine Road, Sonora, CA, 95370

**209-533-2300 (FAX) 533-4600**

**Email:** [ejmidwife@yahoo.com](mailto: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.

### **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 and 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 or of minimal cost. Office hours: Monday– Friday, 8:00 a.m. to 5:00 p.m.

## Transportation Services

### **Tuolumne County Transit**

13033 Sanguinetti Road, Sonora, CA 95370

**209-532-0404 (FAX) 209-532-0423**

**Website:** [www.tuolumnecountytransit.com](http://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. Saturday, 9:00 a.m. to 4 p.m. (Dial-A-Ride only). All-day and monthly passes are available on fixed routes.

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

## **FAMILIES IN TRANSITION – TRANSITION SERVICES**

### **Amador-Tuolumne Community Action Agency Homeless Prevention**

427 North Highway 49, Suite 305, Sonora, CA 95370

**209-533-1397 Ext. 238**

Home Safe Housing Assistance Program

The Home Safe program provides rental assistance, when available, to those who qualify under current funding guidelines. Call for funding availability and eligibility requirements.

When funding is available we offer emergency:

- Homeless prevention rental assistance
- Homeless rapid re-housing assistance

### **Cal SAFE: Teen Parent Program**

California School Age Educational Program

Tuolumne County Superintendent of Schools Office

175 South Fairview Lane, Sonora, CA 95370

**209-536-2073**

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, and wish for an independent study option.

### **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: [kmwfhc@sbcglobal.net](mailto:kmwfhc@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 FREE and CONFIDENTIAL. Services are available to Native Americans and/or their households. Our office hours: Monday– Friday, 9:00 a.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, 24-hour Crisis line with Emergency Response, assistance with Temporary Restraining Order preparation and filing, and support for court accompaniment. Advocacy services include licensed counseling, peer counseling and a Domestic Violence Support Group. **All services are free and confidential.** Open Monday – Friday, 9:00 a.m. to 5:00 p.m.

### **Tuolumne County Childbirth Educators (Birth Center)**

1000 Greenley Road, Sonora, CA 95370

**310-694-4133** Contact: 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 room. Breastfeeding Basics class and Mommy and Me support groups are offered monthly at Sonora Regional Medical Center. Call Gina Cowden or Lea Mauro at **209-536-3269** to sign up.

## **Breastfeeding Support**

### **La Leche League**

**Website:** [www.llli.org](http://www.llli.org)

Monthly meetings, phone help, and online breastfeeding support.

**Email:** [lalecheleagueoftc@gmail.com](mailto:lalecheleagueoftc@gmail.com) (Tuolumne County)

**Facebook:** [La Leche League of Tuolumne County](#)

**209-981-3578** Contact: April **209-591-3634** Contact: Toni

### **Tuolumne County Breastfeeding Coalition (TCBC)**

**209-591-8524**

**Website:** [www.Tuolcobreastfeeding.org](http://www.Tuolcobreastfeeding.org) **Email:** [info@tcbc97.org](mailto:info@tcbc97.org)

TCBC provides electric breast pumps for rent and can refer to appropriate resources, including Lactation Consultants for home visits. TCBC coordinates World Breastfeeding Week activities, puts on conferences, updates the breastfeeding yellow pages, and provides breastfeeding education in the community.

### **Birth Center at Sonora Regional Medical Center**

1000 Greenley Road, Sonora, CA 95370

**209-536-3260**

In-hospital Lactation Consultants available by appointment for follow-up consultations. Can refer to appropriate resources, including Lactation Consultants for home visits.

**BREASTFED IS BEST**

## **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
- Parents, Moms, Dads, Grandparents
- Persons with chronic health problems

### **Environmental Health Division**

48 West Yaney Ave., 4<sup>th</sup> 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](mailto: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.

### **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.

### **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](http://www.c4yourself.com) 24 hours per day, 7 days per week.

### **Salvation Army Sonora Service Extension**

83 Stewart St. Ste. 203, Sonora, CA 95370  
P.O. Box 4842, Sonora, CA 95370  
**209-588-1986**

The Salvation Army offers assistance with emergency and disaster services. The Salvation Army manages the REACH for PG&E assistance up to \$300. Call to see if you qualify. Salvation Army also provides assistance with soup kitchen and food bank information, bus tickets and gas vouchers, prescription assist, special food needs, youth camp opportunities, and assistance to seniors. For questions about referrals and REACH application please call or come to the office. Monday– Friday 9:00 a.m. to 2:00 p.m. Volunteer opportunities available.

### **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, Tuesday, Thursday, and Friday, 9:00 a.m. to 3:00 p.m. Wednesday, 9:00 a.m. to 12:00 p.m.

### **The Grace Fund**

Catholic Charities  
88 Bradford St., Sonora, CA 95370  
**209-532-7632**

The GRACE Fund assists residents of Tuolumne County with funding to cover emergency expenses that are not covered through other agencies or organizations.



### **Lake Don Pedro Baptist Church**

Don Pedro Subdivision  
4175 Abeto Street, La Grange, CA 95329

**209-852-2193** Contact: David Redd

Emergency food pantry for people in need, by appointment only. Used clothing distribution, 1<sup>st</sup> and 3<sup>rd</sup> 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., at the Parish Hall.

### **St. Patrick's Catholic Church**

Parish Hall 127 W. Jackson St., Sonora, CA 95370

**209-532-7139**

Free breakfast served every Tuesday and Thursday, 6:30 a.m. to 8:00 a.m., in the Parish Hall.

### **Sierra Bible Church**

15171 Tuolumne Rd., Sonora, CA 95370

**209-532-1381 Ext. 108** Contact: Nate

Food pantry every Tuesday, Wednesday, & Thursday, 10:00 a.m. to 11:30 a.m.

## **FINANCES**

### **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](http://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.

### **Breast Cancer Support Group**

Tuolumne Me-Wuk Indian Health Center

18880 Cherry Valley Blvd. Tuolumne, CA 95379

**209-928-5400 or 209-605-8154**

Contact Claire Mills, FNP

### **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. Medical provider referral required.

### **Outpatient Diabetes Education**

Sonora Regional Medical Center

19747 Greenley Road, Sonora, CA, 95370

**209-536-3728**

A "Medicare Recognized" Program. Referrals required.

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

Sierra HOPE is a non-profit, community-based organization providing case management and support for residents with HIV/AIDS in Amador, Calaveras and Tuolumne Counties.

#### **Services Include:**

- HIV and Hep C rapid testing
- AIDS Drug Assistance Program (ADAP)
- Case management, including 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, supportive housing program for homeless, disabled individuals
- Emergency assistance for rent and essential utilities (for low-income Calaveras County residents only)

#### **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**

**Michelle Prado 209-536-2046 Email: [mprado@tscos.us](mailto:mprado@tscos.us)**

**Martha Stolp, RN 209-536-2071 Email: [mstolp@tscos.us](mailto:mstolp@tscos.us)**

## **Tuolumne County Medical Society**

Mail: P.O. Box 3234, Sonora, CA 95370

**209-586-5431 (FAX) 209-586-5431**

Provides patients with information regarding physician credentials. Provides physicians and other health care professionals with continuing education activities.

## **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

**Home Health: 209-536-5700 Hospice: 209-536-5685**

467 S. Main Street, Angels Camp, CA 95222 **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.

**LIVE HEALTHY, LIVE LONGER...**

**STOP SMOKING.**

## **FOOD PROGRAMS**

### **CalFresh, aka Food Stamps**

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](http://www.c4yourself.com)

### **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 for individuals, families, children, and seniors who qualify; as well as holiday food baskets.

### **Women, Infants and Children (WIC)**

20111 Cedar Road North, Sonora, CA 95370

**209-533-7431**

Services include nutrition education, breastfeeding support and equipment, and food vouchers. Eligibility is based on income, nutrition risk and category. WIC serves children 0-5 years, pregnant women, breastfeeding women up to one year, and postpartum women up to 6 months. Working families, single parents, grandparents, foster parents, married couples, migrants, and more are welcome to apply. Monday - Friday, 8:00 a.m. to 5:00 p.m. and Wednesday 7:30 a.m. to 5:30 p.m.

### **Sierra Senior Providers, Inc.**

Senior Center—540 Greenley Road, Sonora, CA 95370

**209-533-2622 or 209-533-2012**

**Website: [www.sierraseniorproviders.org](http://www.sierraseniorproviders.org)**

The Senior center offers a variety of activities: resource information to seniors, families and to the general community. Outreach services include Meals on Wheels, Senior Lunch Program, transportation services, and firewood delivery programs.

### **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.

## **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 (209-533-4357)**

### **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 responds to referrals of child abuse and neglect when appropriate. Services are provided to improve child well-being, safety, and permanency. CWS strives to fully engage families in the process of achieving these goals. CWS works with families in their homes and through out-of-home placement as needed to ensure safety.

**After Hours Emergency Line: 209-533-4357(HELP) or toll free 1-866-388-7502**

### **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 home deliveries for seniors and disabled adults, groceries, clothing, small household items, haircuts, daily showers, 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., and last Saturday of the month 9:00 a.m. to 12:00 p.m. Showers and clothing distribution stop at 12:30 p.m.

### **Elder Abuse Prevention**

Catholic Charities- 88 Bradford Street, Sonora, CA 95370 **209-532-7632**

Community workshops are held to educate elder facility staff, and family members about elder and dependent adult abuse. Services are provided through collaborative efforts with Tuolumne County Elder Abuse Task Force.

### **CAFÉ Connections and Awareness for Elders**

Catholic Charities– 88 Bradford St., Sonora, CA 95370 **209-532-7632**

Program volunteers provide a connection, support, encouragement, and activities, to isolated, lonely older adults.

## **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, 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, fluoride, 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](mailto: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.

**STOP GERMS!  
Cover coughs and sneezes.**

## **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) 209-533-7429**  
**CCS Homepage:** [www.dhcs.ca.gov/services/ccs](http://www.dhcs.ca.gov/services/ccs)

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  
**209-754-1871 Ext. 6524 Adult Services Ext. 6525 (FAX) 209-754-3211**

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.

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## **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**
- Survivors of Suicide Loss, 2nd and 4th Tuesday of the month, 6:30 p.m.– 8:00 p.m. Call **209-532-1328 or 209-559-0332**

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### **Need Help now?**

**Call: 800-273-TALK(8255)**

**Text: 'Help' to 741741**

## **MENTAL HEALTH**

### **Tuolumne County Behavioral Health Department Services**

105 Hospital Road, Sonora, CA, 95370

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

**Toll Free: 1-800-630-1130**

General Business Line including non-emergency appointments: **209-533-6245**

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**

Tuolumne County Behavioral Health Administration: **209-533-6245**

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.

### **National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

**Website:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Call for immediate assistance for thoughts of suicide.

### **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 information.

### **SPARROW Project**

88 Bradford Street, Sonora, CA 95370

**209-533-7632**

Low cost, in-home counseling services for people ages 60 and over who are living with symptoms of depression. Research collaboration with Catholic Charities and UCSF Institute of Health and Aging.

### **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](http://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. Services 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 at 209-536-2040 for more information.

### **Tuolumne County Early Start Programs**

For Infants and Toddlers from Birth to 3 years. Tuolumne County SELPA

**209-536-2040 or 209-536-2029**

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](mailto:rideaway.center@gmail.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.

## **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**

FLC is a family literacy program provided at the ATCAA Family Center in Sonora. Services include GED preparation classes, Welfare to Work hours, 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. 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 these classes for: "Parents and Teens", "Raising Your Spirited Child", and "Parenting Your Infant".

### **Jamestown Family Resource Center**

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

**209-984-4704 (FAX) 209-984-4718 Email: [mdyken@jamestown.k12.ca.us](mailto: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** Contact: Eddy Warzee Email: [ewarzee@co.tuolumne.ca.us](mailto: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 Wal-Mart store by attending one of our child car seat classes. Call for dates and times of classes.

### **Narcotics Anonymous**

Central Sierra South Area Narcotic Anonymous

P.O. Box 5100, Sonora, CA 95370

**209-533-2348 Local 24 Hr. Help Line**

**Website: [www.cssna.org](http://www.cssna.org)**

### **Gamblers Anonymous – Sonora**

#### **Discover Life Seventh Day Adventist Health Ministries**

Discover Life 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**

California Smokers Helpline: **1-800-NO-BUTTS**

California Chewers Helpline: **1-800-844-CHEW**

QuitNet **Website: [www.quitnet.com](http://www.quitnet.com)**

American Lung Association **Website: [www.californialung.org](http://www.californialung.org)**

American Cancer Society **Website: [www.cancer.org](http://www.cancer.org)**

Free local Smoking Cessation classes: **209-533-7419**

Freedom From Smoking Class, Sonora Regional Medical Center: **209-536-3727**

### **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.

### **Sierra Bible Church Celebrate Recovery Group**

Celebrate Recovery group meets every Thursday, dinner at 6 p.m., group at 7:00 p.m. For more information call: **209-872-9815**

### **Alano Club**

9521 Village Drive, Sonora, CA, 95370

Thursdays, 6:00 p.m. **209-772-1062**

### **San Andreas Community Covenant Church**

261 Treat Avenue, San Andreas, CA 95249

Fridays at 7:00 p.m. **209-217-2449**

## **DRUG, ALCOHOL & TOBACCO PROGRAMS**

### **Alano Club**

Alcoholics Anonymous

209-533-1134 \*24 hour answering service

Website: [www.aa.org](http://www.aa.org)

Meetings from Jamestown to Mi-Wuk Village. Offers drug and alcohol twelve-step meetings: Alcoholics Anonymous, Narcotics Anonymous, Al-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](mailto:changing@changingechoes.com) Website: [www.changingechoes.com](http://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.

### **Maynord'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](http://www.maynords.com)

28-day residential detox. 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 Dove Ridge and Creekside.

### **AL-ANON Friends & Families of Alcoholics**

209-524-3907

Website: [www.ncwsa.org/d18](http://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.

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

#### **Blue Bell Head Start (Ages 3-5)**

School Year Program

18080 Blue Bell Road East

Sonora, CA 95370

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

209-532-5455 (Fax) 209-532-5455

#### **Sonora Head Start (Ages 3-5)**

School Year Program

830 Greenley Road Building G

Sonora, CA 95370

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

209-532-0037 (Fax) 209-532-0257

#### **Soulsbyville Head Start (Ages 3-5)**

School Year Program

20300 Soulsbyville Road

Soulsbyville, CA 95372

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

209-533-3143 (Fax) 209-533-3530

#### **Blue Bell Early Head Start (Ages 0-3)**

Year Round Program

18080 Blue Bell Road East

Sonora, CA 95370

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

209-532-5455 (Fax) 209-532-5455

#### **Summerville Head Start (Ages 3-5)**

School Year Program

18451 Carter Street

Tuolumne, CA 95379

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

209-533-3143 (Fax) 209-533-3530

#### **Jamestown Early Head Start (Ages 0-3)**

Year Round Program

10550 7th Street

Jamestown, CA 95327

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

209-984-1715 (Fax) 209-984-1719

#### **Jamestown Head Start (Ages 3-5)**

School Year Program

18234 Fourth Avenue

Jamestown, CA 95327

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

209-984-1617 (Fax) 209-984-0627

#### **Early Head Start Home Base (Ages 0-3)**

Year Round Home Visiting Program

427 N. HWY 49, Suite 202

Sonora, CA 95370

209-533-0361 (Fax) 209-533-0470

### **Summerville Parent Nursery School**

Parenting Classes & Nursery School  
20150 Tuolumne Road, Tuolumne, CA, 95379  
**209-928-4288**

Summerville Parent Nursery School provides care and 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 for participating parents. Monday-Thursday two classes: 8:30 a.m.-11:30 a.m. / 12:30 p.m.-2:30 p.m. Closed Friday.

### **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](http://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 Sept. 1) to 5 years old who are potty trained. Free to qualifying families. Monday – Friday, 8:00 a.m. to 11:30 a.m. Program includes one meal and fields trips. Class size is limited to 24, with an 8-1 ratio. Call Beth Barnett, Director/Site Supervisor.

### **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 Kelly Thomas, Manager, at 588-5278.

### **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.

**USE YOUR HEAD.  
USE YOUR HELMET.  
Children under age 13  
must use bike helmets.**