We hope the information in this directory will contribute to improving the health and well-being of our local families.

We appreciate our partnership with the community to improve the public’s health.

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EMERGENCY MEDICAL CARE

Adventist Health Sonora Emergency Department
1000 Greenley Road, Sonora, CA 95370
209-536-3460
24-hour emergency care is available.

MEDICAL CARE

Family Planning and HIV Testing, Tuolumne County Public Health
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 Ext. 7401
Please check for availability.

Immunization Clinic, Tuolumne County Public Health
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 Ext.7401
Childhood and adult immunizations. Walk-In clinic: Tuesday, 1:00pm to 4:00pm. Bring shot records. There is a fee. Medi-Cal is accepted. No child is denied immunizations because of inability to pay. TB testing Tuesdays, 8:30am-11:30am. Flu shots are available seasonally on Tuesdays, 8:30am-11:30am. These are available on a walk-in basis.

Forest Road Health and Wellness Center
Adventist Health
193 South Fairview Lane, Suite B, Sonora, CA 95370
- Primary Care, Suite B: 209-536-5100 (FAX) 209-588-0253
- Specialty Care Clinic, Suites C & F: 209-536-5135 & 209-536-5110
- Pediatric Clinic, Suite L: 209-536-5120 (FAX) 209-533-4507
- Dental Clinic, Suite J: 209-536-5140
ENT, gastroenterology, nephrology, orthopedics, pain management, rehabilitation, podiatry, dermatology, wound care, endocrinology and urology care provided by Physicians or Family Nurse Practitioners. Call for appointment. All services accept Medi-Cal, managed Medi-Cal, CHDP and CMSP health plans.

Indian Rock Rapid Care
14540 Mono Way, Sonora, CA
209-536-6680
https://www.adventisthealth.org/locations/indian-rock-rapid-care/
Provides treatment for conditions that require timely attention, but do not pose an immediate, serious health threat. Examples of conditions our staff can treat include illnesses such as colds, sore throats, and flu, plus minor cuts, burns and sprains. Provides minor medical care on a walk-in basis. Open daily 8:00am to 6:00pm.

Angels Camp Rapid Care
23 N. Main Street, Angels Camp, CA 95222
209-736-9130
https://www.adventisthealth.org/locations/angels-camp-rapid-care/
Provides treatment for conditions that require timely attention, but do not pose an immediate, serious health threat—illnesses such as colds, sore throats, and flu, plus minor cuts, burns and sprains. Open daily 8:00am to 6:00pm.

Groveland Family Medical Center
18661 Highway 120, Groveland, CA 95321
Mail: P.O. Box 550, Groveland, CA 95321
209-962-7121 (FAX) 209-962-065
Provides family care and minor emergency service.

Job Care Occupational Medicine
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. Open M—F, 8:00am to 5:00pm.

Mathiesen Memorial Health Clinic
18144 Seco Street, Jamestown, CA 95327
209-984-4820 (FAX) 209-984-4825
www.mathiesenclinic.com
Providing family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted. Open M—F, 8:00am to 5:00pm.

Adventist Health Sonora, Physician Referral Line
209-536-3344
**Tuolumne Me-Wuk Primary Care Sonora**
22044 Cedar Road, Sonora, CA 95370
209-928-5400 (FAX) 209-532-0031
tmwihc.org
Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women’s health, family planning, well-child check ups, dermatology and acupuncture. Most insurances, Medicare & Medi-Cal accepted. M—F, 8:00am to 5:00 pm.

**Tuolumne Me-Wuk Indian Health Center**
18880 Cherry Valley Blvd., Tuolumne, CA 95379
209-928-5400 (FAX) 209-928-5411
tmwihc.org
Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women’s health, family planning, well-child check ups, counseling & behavioral health. Laboratory blood draw services and a full-service pharmacy is available on-site. Most insurances, Medicare & Medi-Cal accepted. M—F, 8:00am to 5:00 pm.

**Adventist Health Sonora**
Specialty Care
193 South Fairview Lane, Suite C Sonora, CA 95370
209-536-5135
adventisthealth.org/sonora
Provides ENT, gastroenterology, nephrology, orthopedics, pain management, physical medicine and rehabilitation, podiatry, dermatology, wound care, endocrinology and urology care for the community's Medi-Cal clients.

**LABOR AND DELIVERY CARE**

**Birth Center at Adventist Health Sonora**
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. Childbirth education and breastfeeding basics classes offered free of charge. Tours are available through childbirth education classes or by appointment. In-hospital lactation consultants available or by appointment for out-patient visits. Can refer to appropriate resources, including lactation consultants for home visits. Most insurances accepted with preauthorization. Also a Medi-Cal and CPSP Provider.

**Sierra Natural Birth Center**
Ellen Jasmer, RN, LM, CNM
16563 Draper Mine Road, Sonora, CA 95370
209-984-6051 (FAX) 533-4600
Email: ejmjdwife@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.

**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
https://www.tuolumnecounty.ca.gov/251/Adult-Family-Health
Also, follow us on Facebook
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
Jerad Moss, Executive Director
www.fpcsonora.com or email: help@fpcsonora.com
Pregnancy tests, verification of pregnancy, and limited obstetrical ultrasound (referred to OB/GYN 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. Monday—Thursday, 9:00am to 5:00pm Closed Fridays.

**Adventist Health Sonora**
Specialty Care
193 South Fairview Lane, Suite F Sonora, CA 95370
209-536-5110
Website: www.AdventistHealthSonora.org
Provides OB/GYN, women’s health services, behavioral health, general surgery and rheumatology for the community’s Medi-Cal clients.
Tuolumne County Childbirth Educators (Birth Center)
1000 Greenley Road, Sonora, CA 95370
310-694-4133 Contact: Esme Brundyn
Preparation for childbirth; six week class series reviewing what to expect in labor, cesarean section, coping strategies, and more. Held at Adventist Health Sonora. Call early in pregnancy for schedule.

Medi-Cal Access Program
1-800-433-2611
If you don’t have insurance to cover your pregnancy and you are not receiving no-cost Medi-Cal or Medicare Part A and B, MCAP may be the helping hand you and your baby need.

Road to Resilience
105 Hospital Road, Sonora, CA 95370
209-533-5752
Designed to give in-home case management to support women with a history, current, or at risk of, substance use and are pregnant or have infants. Community services work together to help moms and their supports with relapse prevention, parenting classes, domestic violence services, transportation and navigation that she may need to maintain sobriety.

BREASTFEEDING SUPPORT

La Leche League
Website: www.llli.org
Monthly meetings, phone help, and online breastfeeding support.
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
Email: tcbc97@gmail.com Find us on Facebook
TCBC provides hospital-grade, electric breast pumps for rent and can refer to appropriate resources, including Lactation Consultants for home visits. TCBC coordinates monthly Baby Workshops and annual World Breastfeeding Week activities, conducts conferences, updates the Nursing Out & About booklet and provides breastfeeding education in the community. TCBC meets the first Wednesday of every month from noon to 1:00pm at the Tuolumne County Public Health Department.

Adventist Health Sonora Birth Center
1000 Greenley Road, Sonora, CA 95370
209-536-3260
Free monthly breastfeeding class for pregnant moms. Outpatient lactation consultant at no charge.

HEALTH SERVICES
Child Health and Disability Prevention Program (CHDP)
Tuolumne County Public Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 x7401
Federal and State funded preventive health program serving California’s children and youth with fee-for-service Medi-Cal (not in a managed care plan.) 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, 8:00am to 5:00pm.

Public Health Nurse Visiting Program
Tuolumne County Public Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 x7401
Home visits by a Public Health Nurse include health assessments, education, health counseling, and referral services for:
- High-Risk Infants
- Pregnant Women
- Pregnant Teens
- Custodial Parents, Moms, Dads, Grandparents

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.
Individual counseling by a registered dietitian regarding heart disease, diabetes, kidney disease, eating disorders and other therapeutic diets. Medical provider referral required.
Medical Nutrition Therapy  
Adventist Health Sonora  
19747 Greenley Road, Sonora, CA, 95370  
209-536-3720  

Outpatient Diabetes Education  
Adventist Health Sonora  
19747 Greenley Road, Sonora, CA, 95370  
209-536-3720  
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 (FAX) 209-736-6861  
Website: 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 Superintendent of Schools  
County Schools Nurses  
175 Fairview Lane, Sonora, CA 95370 (FAX) 209-536-2002  
Joyce McMahon, RN 209-536-2048 Email: jmcmahon@tcsos.us  
Martha Stolp, RN 209-536-2071 Email: mstolp@tcsos.us  
Michelle Prado, Health Aide 209-536-2046 Email: mprado@tcsos.us  

California Children’s Services  
Tuolumne County Public Health  
20111 Cedar Road North, Sonora, CA 95730  
209-533-7404 or 1-800-585-6606 x7404  
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, 8:00am-5:00pm.  

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.  
Adventist Health Home Care Services  
20100 Cedar Road North, Sonora, CA 95370  
Home Health: 209-536-5700 Hospice: 209-536-5685  
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., Monday—Friday. Nurses are on-call 24 hours a day for Hospice and on-call for Home Health from 5:00 p.m. to 9:00 p.m. 7 days a week. Services may be provided by RN, PT, OT, ST and CHHA. Call 209-536-5700 for details.  

Live Healthy, Live Longer...  
STOP SMOKING  
FREE Quit Smoking Kits at Tuolumne County  
Public Health or call 1-800-NO BUTTS
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) 209-533-9604
Services available to all Native Americans, their family members, and the public. Medi-Cal, most insurances, and private pay patients are welcome. Monday—Friday, 8:00am to 5:00pm.

Tuolumne Me-Wuk Dental Center
19969 Greenley Road, Suite D, Sonora, CA 95370
209-532-0034 (FAX) 209-532-0036
We are an emergency walk-in dental center which accepts 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.

Adventist Health Sonora Dental Care
193 South Fairview Lane, Suite J, Sonora, CA 95370
209-536-5140 (FAX) 209-536-9347
Located at our Rural Health clinic - provides preventive and emergency dental services for the community's Medi-Cal clients, 8:00 a.m. to 5:00 p.m., Monday through Friday. You can expect a professional and pleasant staff, excellent clinical services, a safe and clean environment and caring dentists.

Smile Keepers
Tuolumne County Superintendent of Schools
175 South Fairview Lane, Sonora, CA 95370
209-536-2014 or 209-536-2072
Email: edossi@tcsos.us, oarellano@tcsos.us
Smile Keepers is a school-based dental disease prevention program. Please contact Erika Hagstrom Dossi, R.D.A., Program Director or Ocean Arellano, RDHAP, Clinical Director, for more information.

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
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, 8:00am to 5:00pm.

Disability Resource Agency for Independent Living (DRAIL)
19060 Standard Rd, Suite 6, 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 area. Monday–Friday, 9:00am to 5:00pm.

Valley Mountain Regional Center (VMRC)
Prevention and Development Disability Service Coordination
704 Mountain Ranch Road, #203, San Andreas, CA 95249
209-754-1871 x6524 Adult Services x6508 (FAX) 209-754-3211
www.vmrc.net
Services for developmentally disabled persons of all ages in Tuolumne, Calaveras and Amador counties. 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
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
Tuolumne County SELPA
209-536-2040 or 209-536-2047

The Tuolumne County Early Start Program is a multidisciplinary program providing early intervention services to infants and toddlers, birth-3 years, 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

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 schedule.

PARENTING CLASSES AND SUPPORT

ATCAA Family Learning Center
18080 Blue Bell East, Sonora, CA 95370
209-533-5065 (FAX) 209-532-5445

FLC is a family literacy program. Services include GED preparation classes, Welfare to Work hours, English language instruction, life 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. 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
www.icesagency.org

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.

Jamestown Family Resource Center
10540 7th Street (corner of 7th St & 6th Ave) Jamestown, CA, 95327
209-984-4704 (FAX) 209-984-4718

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 and a variety of support and recovery groups. Also has an emergency food bank and clothing closet.

Keep Baby Safe - Child Passenger Safety
Tuolumne County Public Health
20111 Cedar Road North, Sonora, CA 95370
209-533-7469 or 209-533-7413
Email: apamell@co.tuolumne.ca.us or psarantopoulos@co.tuolumne.ca.us

Tuolumne County Public Health’s Keep Baby Safe program works with County residents to ensure proper child car seat installation. 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 Sonora Walmart by attending a class. Call for dates and times.
CHILD CARE SERVICES

Amador Tuolumne Community Action Agency Early/Head Start
427 North Highway 49, Suite 202, Sonora, CA, 95370
209-533-1397  (FAX) 209-533-1034

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 also available online at www.atcaa.org.

Summerville Parent Nursery School
20150 Tuolumne Road, Tuolumne, CA, 95379
209-928-4288

Provides care and education for preschoolers age 2-5 years. This is a parent-involved educational program which covers every aspect of parenting and relationships. Call for more information.

Tenaya Parent Preschool
Tenaya Elementary School
19177 Hwy 129, 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: 8:30am to 11:30am and 12:30pm to 2:30pm. Closed Friday.

Tuolumne County Recreation Department
43 North Green Street, Sonora, CA, 95370
Mail: 2 South Green Street, Sonora, CA, 95370
209-533-5663  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 include Spring Break Day Camp, Firefighter Training, Swim Lessons, Summer Recreation, Sport Camps and Clinics, Youth Track Meet, Adult Sports and much more.

Bellevue Preschool
22736 Kewin Mill Road, Sonora, CA, 95370
209-586-5510 x6302  (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, 8:00am to 11:30am. Program includes one meal and field trips. Class size is limited to 24, with an 8:1 ratio.
USE YOUR HEAD and USE YOUR HELMET

Children 13 and under must use bike helmets
Narcotics Anonymous
Central Sierra South Area Narcotic Anonymous
P.O. Box 5100, Sonora, CA 95370
209-533-2348 Local 24 Hr. Help Line
www.cssna.org
A non-profit fellowship of men and women for whom drugs have become a major problem.

Tobacco Cessation Resources
California Smokers Helpline: 1-800-NO-BUTTS
California Chewers Helpline: 1-800-844-CHEW
Freedom From Smoking Class, Sonora Regional Medical Center: 209-536-3726
Free Quit Kits, Tuolumne County Public Health lobby: 20111 Cedar Road North, Sonora

Tuolumne County Tobacco Control Program
Tuolumne County Public Health
20111 Cedar Road North, Sonora, CA 95370
209-533-7419 (FAX) 209-533-7406
The mission of the Tobacco Control Program is to improve the health of Tuolumne County residents and reduce illness and premature death attributed to the use of tobacco products. The program offers free community education and presentations, tobacco educational materials & brochures for worksites and agencies, technical assistance to promote smoke-free indoor and outdoor areas and local, state, and federal tobacco control laws, tobacco cessation assistance and referrals, and youth tobacco prevention programs.

Tuolumne County Opioid Safety Coalition
209-533-5793
rxsafetuolumne.org

Sierra Bible Church Celebrate Recovery Group
15171 Tuolumne Road, Sonora, CA 95370
209-532-1381
Celebrate Recovery group for anyone with hurts, hang-ups and habits. Meets every Thursday: Dinner at 6:00pm, group at 7:00pm.

MENTAL HEALTH

Tuolumne County Behavioral Health Department
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: 209-533-7114
David Lambert Drop-In Center: 209-533-8506
Tuolumne County Behavioral Health Administration: 209-533-6245

Crisis Assessment and Intervention Program (CAIP), access, intake, crisis evaluation Monday—Friday, 8:00am to 5:00pm. Crisis Walk-In support services, 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 issues. Low-income, indigent and Medi-Cal populations are all welcome. Charges based on sliding-fee scale. Monday—Friday, 8:00am to 5:00pm.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
Call for immediate, free and confidential assistance for thoughts of suicide, 24/7.

National Alliance on Mental Illness (NAMI) — Tuolumne County
P.O. Box 4720, Sonora, CA 95370
209-586-9351
Provides support groups and educational classes for people with mental illness, family members and the general public. Meetings are the second Thursday of each month 6:00pm to 8:00pm at St. James Church Hall (The Red Church) located at Washington & Snell Streets in Sonora. Contact Mary Leamy for information. Visit us on Facebook.

Mother Lode Wellness Program
88 Bradford Street, Sonora, CA 95370
209-396-6953
Serves people age 50 and over. Offers individual, couples and family counseling on a sliding-fee scale. Community presentations covering topics such as mental health, stigma reduction and suicide prevention. A program of Catholic Charities. Call for appointment.
FOR IMMEDIATE CRISIS:

Call 911 in an emergency crisis situation

- Tuolumne County Behavioral Health’s Crisis and Access Services, and 24-hour Crisis Line: 209-533-7000. The Crisis Assessment and Intervention (CAIP) Program includes 24/7 assessment for crisis services or hospitalization.
- National Suicide Prevention crisis line: 1-800-273-8255 (TALK) 24/7 for free and confidential access to trained counselors.
- Veterans Suicide Prevention Hotline: 1-800-273-8255 (TALK) and press 1.
- Youth Crisis Line: 1-800-843-5200

LOCAL SUPPORT GROUPS:

- Tuolumne County Behavioral Health Peer Support Center Groups 209-533-7114
- Survivors of Suicide Loss, 2nd Tuesday of the month, 6:30pm–8:00pm, 950 S. Washington St, Sonora, CA 95370. Call 209-532-1328 or 209-559-0332

SOCIAL SERVICES

Adult Protective Services
Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370
209-533-5717
After Hours Emergency Line: 209-533-4357/HELP or toll free 1-866-388-7502
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, respite care, and education. Services are free of charge to Tuolumne County residents who are dependent or elderly adults.
Monday—Friday, 8:00am to 5:00pm.

Child Welfare Services
Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370
209-533-5717
After Hours Emergency Line: 209-533-4357 (HELP) or toll free 1-866-388-7502
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.
Monday—Friday, 8:00am to 5:00pm.

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
interfaithsonora.com
Provides home deliveries for seniors and disabled adults, groceries, clothing, small household items, daily showers, discount medication cards, and more. Also provides information 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, 10:00am to 1:00pm. Showers until 12:30pm.

Nancy’s Hope Community Center
10000 Technology Drive, Columbia, CA 95310
209-533-2647
Programs to help with clothing, food, household and utility needs. Open Monday—Saturday, 10:00am to 4:00pm.
Elder Abuse Prevention
Catholic Charities
88 Bradford Street, Sonora, CA 95370
209-532-7632
cstockton.org
Community workshops are held to educate long-term care residential staff and family members about elder and dependent adult abuse. Services are provided through collaborative efforts with Tuolumne County Elder Abuse Task Force.

**FOOD PROGRAMS**

CalFresh Healthy Living
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, 8:00am to 4:00pm. Apply on-line at 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
www.atcaa.org
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)
Tuolumne County Public Health
20111 Cedar Road North, Sonora, CA 95370
209-533-7431
Services include nutrition education, breastfeeding support and equipment, and food benefits. 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. M/T/TH/F, 8:00am to 5:00pm and Wednesdays 7:30am to 5:30pm.

Sierra Senior Providers, Inc. (Meals on Wheels)
Senior Center—540 Greenley Road, Sonora, CA 95370
209-533-2622 (FAX) 209-533-2012
www.sierraseniorproviders.org
Offers a variety of activities: resource information to seniors, families and to the general community. Outreach services: Meals on Wheels, Senior Lunch Program and Firewood Delivery Program.

Christian Heights Assembly of God Church
13711 Joshua Way, Sonora, CA 95370
209-532-7305 (FAX) 532-4374
www.christianheights.net
Christian Heights offers a free meal on Wednesday evenings, 5:30pm to 6:30pm. The Heart Rock Café at 1 S. Washington Street in Sonora offers a free meal on Wednesday evenings, 5:30pm to 6:30pm. Community Assembly Church at 18785 Pine Street in Tuolumne offers a free meal on Saturday evenings at 6:00pm. Call for more information.

Lake Don Pedro Baptist Church
4175 Abeto Street, La Grange, CA 95329
209-852-2193 Contact: David Redd
Emergency food pantry for people in need. 1st and 3rd Tuesday of the month, 9:00am to 11:00am or by appointment.

Discover Life Seventh Day Adventist Food Pantry
4 North Forest Road, Sonora, CA 95370
209-532-3337
Open Wednesdays, 9:00am to noon, to anyone in need.

St. James Episcopal Church Food Pantry
Washington and Snell Streets, Sonora, CA 95370
209-532-1580
Food available on Tuesday and Friday, 9:30am to noon in 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, 6:30am to 8:00am in the Parish Hall.

Sierra Bible Church
15171 Tuolumne Rd., Sonora, CA 95370
209-532-1381
Food pantry every Tuesday, Wednesday, & Thursday, 10:00am to 11:30am.
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. 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, 8:00am to 4:00pm.

The Grace Fund
Catholic Charities
88 Bradford St., Sonora, CA 95370
209-532-7632
The Grace Fund assists qualified residents of Tuolumne County with limited funding to cover emergency expenses that are not covered through other agencies or organizations. Call Monday—Friday, 8:30am to 4:30pm.

FAMILIES IN TRANSITION – TRANSITION SERVICES

Amador Tuolumne Community Action Agency Housing Resources
Home Safe Housing Assistance Program
427 North Highway 49, Suite 305, Sonora, CA 95370
209-533-1397 x290 or 238
Emergency Shelter: 209-694-8698
The Home Safe program provides emergency 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. Call Monday—Thursday, 9:00am to 4:00pm.

Kene Me-Wu, Native American 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
Healing Families – Healing Communities – In Indian Country. Find us on Facebook. Comprehensive services for domestic violence and sexual assault victims, including peercounseling, shelter, court accompaniment and restraining orders. Free and confidential services are available to Native Americans and/or their households. Office hours: Monday—Friday, 9:00am to 5:00pm.

The Social Security Administration
745 Morning Star Drive, Sonora, CA 95370
888-397-4125 (FAX) 209-532-7056
www.socialsecurity.gov
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, 9:00am to 3:00pm.

Center for a Non Violent Community (CNVC)
542 West Stockton Street, Sonora, CA 95370
209-588-9305 (FAX) 209-588-9262 1-800-454-4766
24 hour Crisis Line: 209-533-3401
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, 9:00am to 5:00pm.
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 custodial and non-custodial parties (does not have to be a parent):
- 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 minimal cost. Office hours: Monday—Friday, 8:00am to 5:00pm.

TRANSPORTATION SERVICES

Tuolumne County Transit
13033 Sanguinetti Road, Sonora, CA 95370
209-532-0404    (FAX) 209-532-0423
www.tuolumnecountytransit.com
Provides fixed route services and Dial-A-Ride services, Monday - Friday, except holidays, between the hours of 6:00am to 7:00pm. Saturday, 11:00am to 4pm. (Dial-A-Ride only). All-day and monthly passes are available on fixed routes.

Common Ground Senior Services
Silver Streak Transportation
80 Ridge Road, Suite A
Sutter Creek, CA 95685
1-800-303-4799
www.commongroundseniorservices.org
Transportation services for Tuolumne County seniors age 60 and over.

LEGAL AID

Central California Legal Services, Inc.
1640 N Street, Merced, CA 95340
Toll Free 1-800-464-3111    (FAX) 209-723-1315
Legal Advice Line 1-800-675-8001
A private, not-for-profit, public interest law firm established for the purpose of providing free civil legal assistance to low-income individuals, families, organizations and communities. The Merced office serves eligible individuals in Merced, Mariposa, and Tuolumne counties. For program eligibility and assistance call the Legal Advice Line, M/W/TH 9:00am to 4:00pm. Open Monday—Friday 8:30am to 4:30pm.

District Attorney/Victim Witness
423 N. Washington Street, Sonora, CA 95370
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 and survivors. For program eligibility and assistance call Monday—Friday 8:00am to 5:00pm.

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. Monday—Friday 8:00am to 3:00pm.

VETERANS SERVICES

Sonora Vets Helping Vets
14348 Cuesta Court, Sonora, CA 95379
209-288-2491
sonoravetshelpingvets.com
We help all veterans and their families with some immediate needs. Our center is a welcome place for any veteran—for emotional support, help finding jobs, classes and community events. Monthly Poker Nights. Call for more information.

Sonora VA Clinic
13663 Mono Way, Sonora, CA 95370
209-588-2600
Health care, counseling, benefits and cemeteries facilities.

BE WISE, IMMUNIZE
Keep your child’s immunizations up to date.
Supportive services for veterans and their families. Funded through the Veteran’s Administration. Offers financial and housing assistance and help obtaining VA benefits and other public benefits. Call Monday—Friday, 8:30am to 4:30pm.

Columbia College Student Veterans Center
11600 Columbia College Drive, Sonora, CA 95370
209-588-2090
Open Monday—Friday, 8:00am to 6:30pm (except during summer semester)
Services available for student veterans and dependents include: computers with internet access, printing services and drop-in counseling W & TH, 8:30am to 11:00am.

Tuolumne County Veterans Service Office
209-533-6280
tuolumnecounty.ca.gov/447/Veterans-Service-Office
Helps all veterans and their spouses in determining eligibility for various federal and state benefits. Open Monday—Friday, 9:00am to noon and 1:00pm to 4:00pm. Walk-in services available T/W/TH.

Veteran’s Crisis Line
1-800-273-8255

MISCELLANEOUS

Mother Lode Ombudsman
Long Term Care
88 Bradford Street, Sonora, CA 95370
209-588-1597 (FAX) 532-8448
Advocates for residents of long-term care facilities and residential care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties. Monday—Friday, 8:30am to 4:30pm.

Tuolumne County Superintendent of Schools Adult Education
175 Fairview Lane, Sonora, CA 95370
209-536-2075
Earn your high school diploma or GED. Programs are personalized and free to our adult students. Call for more information or an appointment.

Mother Lode Job Training – America’s Job Center of California
197 Mono Way, Suite B, Sonora, CA 95370
209-588-1150
www.mljt.org
Employment career center for job seekers and employers. There are no fees involved. Designed as a self-directed system. Resources include: internet access for job search purposes; telephone for job search; resume assistance; job listings; career counseling; information on training, education and related supportive services. Monday—Friday 8:00am to 4:30pm.

Adult Literacy Services
Tuolumne County Public Library
480 Greenley Road, Sonora, CA 95370
209-533-5507
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 inter-library loan services. Mobile Library Service to Rural Areas. Literacy Programs for adults and families with young children. VTEK Magnification System for readers with low vision. Call for information and hours of operation. See website to place requests and find calendar of events.

Tuolumne County Public Library
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Groveland Branch
Tuolumne Branch
Twain Harte Branch
18990 Hwy 120
18636 Main Street
18701 Tiffeni Drive, Suite 1-F
Groveland, CA 95321
Tuolumne, CA 95379
Twain Harte, CA 95383
209-962-6144
209-928-3612
209-586-4501

tuolumne.networkofcare.org
Search this comprehensive, online directory to find services related to behavioral health, crisis services and substance use.
Tuolumne Co. Public Health Programs

Family Planning & Immunizations
Women, Infants & Children
Tobacco Control
Lead Poisoning Prevention
California Children’s Services
Maternal, Child, Adolescent Health
Emergency Preparedness
Emergency Medical Services
Public Health Nursing
Child Health & Disability Prevention
Sudden Infant Death Syndrome
Keep Baby Safe (Child Passenger Safety)
Foster Care Nurse
CalFresh Healthy Living
Local Oral Health Program

*An equal opportunity provider*

This Community Resource Directory is funded by:

County Medical Services Program

TUOLUMNE COUNTY PUBLIC HEALTH DEPARTMENT PROGRAMS

California Children’s Services (CCS) ........................................ 209-533-7404
Child Health and Disability Prevention (CHDP) ..................... 209-533-7414
Childhood Lead Poisoning Prevention ................................. 209-533-7411
Clinical Services .................................................................... 209-533-7401
Communicable Disease/HIV Reporting/TB ......................... 209-533-7411
Emergency Medical Services Agency (EMS) ...................... 209-533-7460
Environmental Health ............................................................ 209-533-5633
Keep Baby Safe (Child Passenger Safety) ............................. 209-533-7413
Maternal, Child, Adolescent Health (MCAH) ...................... 209-533-7424
Nurse Case Management ..................................................... 209-533-7434
Oral Health ............................................................................ 209-533-7417
Tobacco Control ................................................................. 209-533-7419
Women, Infants and Children (WIC) .................................... 209-533-7431

LOCAL HOTLINE NUMBERS

Adult Protective Services (24 hour emergency line) ............... 209-533-4357
Alcoholics Anonymous ......................................................... 209-464-1594
Al-Anon ............................................................................... 209-524-3907
American Red Cross (24 hour emergency line) .................... 209-533-1513
Child & Adult 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,
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