

# COMMUNITY RESOURCE DIRECTORY

PRODUCED BY



**209-533-7401**

**1-800-585-6606 x7401**

**20111 Cedar Road North, Sonora, CA 95370**

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Revised April, 2020

*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](http://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](http://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 p.m.

### **Tuolumne Me-Wuk Indian Health Center**

18880 Cherry Valley Blvd., Tuolumne, CA 95379

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

**[tmwihc.org](http://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](http://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:** [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.

## **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

**209-536-9262 24 hour helpline: 209-536-9634.**

**[www.fpcsonora.com](http://www.fpcsonora.com) or 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. 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](http://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](http://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](mailto: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., 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.

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](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 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](mailto:jmcmahon@tcsos.us)  
Martha Stolp, RN 209-536-2071 Email: [mstolp@tcsos.us](mailto:mstolp@tcsos.us)  
Michelle Prado, Health Aide 209-536-2046 Email: [mprado@tcsos.us](mailto: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.

*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**

[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, 8:00am 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.vmmc.net](http://www.vmmc.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](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

**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:

|  |                     |
|--|---------------------|
| <b>Tuolumne County SELPA</b>           | <b>209-536-2040</b> |
| <b>Tuolumne County Early Start</b>     | <b>209-536-2029</b> |
| <b>Valley Mountain Regional Center</b> | <b>209-754-1871</b> |

## 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 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](http://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: [aparnell@co.tuolumne.ca.us](mailto:aparnell@co.tuolumne.ca.us) or [psarantopoulos@co.tuolumne.ca.us](mailto: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](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) 209-532-5445**

#### **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**

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

School Year Program

18451 Carter Street

Tuolumne, CA 95379

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

**209-928-3651 (Fax) 209-928-3666**

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

School Year Program

18234 4th Avenue

Jamestown, CA 95327

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

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

#### **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**

#### **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) 209-532-5445**

#### **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**

#### **Early Head Start Home Base (Ages 0-5)**

Home Visiting Program

427 N. Hwy 49, Suite 202

Sonora, CA 95370

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

### **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, 95321a

**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](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 include Spring Break Day Camp, Firefighter Training, Swim Lessons, Summer Recreation, Sport Camps and Clinics, Youth Track Meet, Adult Sports and much more.

### **Belleview 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.

## Columbia College Child Development Center

11600 Columbia College Drive, Sonora, CA, 95370

209-588-5278 x1

Child care available for children ages birth-5 years. Those eligible may attend at no cost or a reduced cost. For more information ask for Manager Kelly Thomas, M—F, 9:00am-5:00pm.

## Infant/Child Enrichment Services, Inc. (ICES)

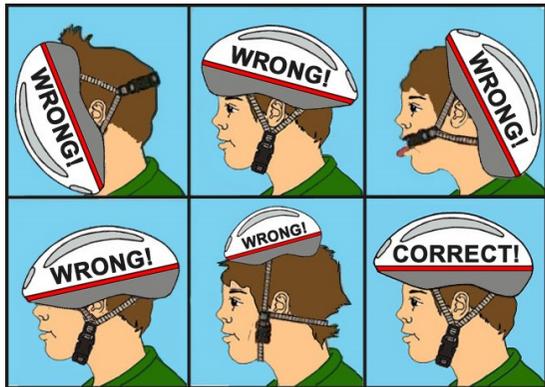
20993 Niagara River Drive, Sonora, CA, 95370

209-533-0377

[www.icesagency.org](http://www.icesagency.org)

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. M—F, 8:30am to 5:00pm.



**USE YOUR HEAD and USE YOUR HELMET**

**Children 13 and under must use bike helmets**

## DRUG, ALCOHOL & TOBACCO PROGRAMS

### Alcoholics Anonymous

(209) 464-1594

[district33cna.org](http://district33cna.org)

AA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others recover from alcoholism.

### Changing Echoes, Inc.

7632 Pool Station Road, Angels Camp, CA, 95222

209-785-3667 800-633-7066 (FAX) 209-785-5238

[www.changingechoes.com](http://www.changingechoes.com) Email: [changing@changingechoes.com](mailto:changing@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 services 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.

### Maynard's Chemical Dependency Recovery Center, Inc.

19325 Cherokee Road, Tuolumne, CA, 95379

Mail: P.O. Box 1657, Tuolumne, CA, 95379

209-928-3737 1-800-228-8208 (FAX) 209-928-1152

[www.maynards.com](http://www.maynards.com)

28-day residential detox. Clean and sober living. State licensed, CARF accredited. Friendly, certified (CADCII/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/Alateen Family Groups

209-524-3907

[www.alanonsanjoaquinvalley.org](http://www.alanonsanjoaquinvalley.org)

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. Alateen is for teens ages 12-19. Meetings in Groveland, Sonora, Soulsbyville, Angels Camp, Murphys, Arnold, Mountain Ranch. Please call or go online for meeting times/locations.

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

## The Friendship Line

Institute on Aging

800-971-0016, 24 hours

Confidential telephone discussions for people 60 and over who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. Also serves caregivers and younger, disabled adults. Staff or trained volunteers are also available to make phone calls to older adults for emotional support and well-being checks.

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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**

- 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 27/7 assessment for crisis services or hospitalization.
- National Suicide Prevention crisis line: **1-800-273-8255** (TALK) 27/7 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**

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**Need help now?**

**Call 800-273-TALK (8255) or text "Help" to 741741**

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

[ccstockton.org](http://ccstockton.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](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**

[www.atcaa.org](http://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](http://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](http://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. 1<sup>st</sup> and 3<sup>rd</sup> 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](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, 8:00am to 4:00pm.

### **Amador Tuolumne Community Action Agency**

#### **Utility Assistance and Home Weatherization**

427 N. Highway 49, Suite 305, Sonora, CA, 95370

**209-533-1397 Ext. 232**

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

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, 8:00am to 4:00pm. 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.

### **Social Security Administration**

745 Morning Star Drive, Sonora, CA 95370

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

**[www.socialsecurity.gov](http://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.

### **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.

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

### **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 peer counseling, 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.

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

Transportation services for Tuolumne County seniors age 60 and over.

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

## **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

**D.A: 209-588-5450, (FAX) 209-588-5445 V.W: 209-588-5440, (FAX) 209-588-5455**

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 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](http://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.

## **Vetfam**

### **Catholic Charities**

88 Bradford Street, Sonora CA 95370

**209-396-6903**

Email: [amccaffrey@ccstockton.org](mailto:amccaffrey@ccstockton.org)

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](http://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](http://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

**209-694-2727 (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**

480 Greenley Road, Sonora, CA 95370

**209-533-5507**

[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 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.

#### **Groveland Branch**

18990 Hwy 120

Groveland, CA 95321

**209-962-6144**

#### **Tuolumne Branch**

18636 Main Street

Tuolumne, CA 95379

**209-928-3612**

#### **Twain Harte Branch**

18701 Tiffeni Drive, Suite 1-F

Twain Harte, CA 95383

**209-586-4501**

### **tuolumne.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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