



Tuolumne County Behavioral Health Department October Newsletter



October 2025

~ Celebrating 13 Years ~

First Issue Launched March 2012

TUOLUMNE COUNTY CRISIS LINE:

209-533-7000

TCBHD

105 Hospital Road
Sonora, CA 95370
Tel: 209-533-6245
Fax: 209-588-9563
Open 8 a.m. to 5 p.m.
Monday through Friday
Closed on Holidays

Enrichment Center

101 Hospital Road
Sonora, CA 95370
Tel: 209-533-7114
Open 8 a.m. to 2 p.m.
Monday through Friday
Closed on Holidays



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Suicide Prevention Month



TCBH Substance Use Disorder Recovery Counselor, Liz Victor, (at left) and Catholic Charities Program Manager of the Disaster Case Management Program, Daisy Garcia-Pulido, (bottom left) connect with the community during TCBH's Third Annual Suicide Prevention Awareness Event at the Tuolumne County Enrichment Center on Sept. 12, 2025.

TCBH, Community Honor Suicide Prevention Month

Suicide is preventable and each one of us can play an important role in keeping people alive, safe, and connected with hope. TCBH reaches the community by raising awareness about mental health, providing expanded prevention efforts such as suicide prevention and stigma reduction, and offering resources, services and supports to youth and families.

On Friday, September 12, 2025, Tuolumne County Behavioral Health hosted its Third Annual Suicide Prevention Awareness Event open to the community. This event was supported by Behavioral Health Services Act (BHSA) funding, and held from 10 a.m. to 1 p.m. at the Tuolumne County Enrichment Center (EC) in Sonora. Lo-

Suicide Touches Every Community.



See Event ... page 8



~ Cultural Diversity Calendar ~



ctober

October is: National Breast Cancer Awareness Month

October is: Domestic Violence Awareness Month

October is: National Disability Employment Awareness Month

October is: LGBT History Month

October is: National Bullying Prevention Month

October 2 marks the beginning of Dusserhra (Dasera), a 10-day festival celebrated by Hindus to recognize Rama's victory.

October 6-13 (evening) **Jewish Holiday of Sukkot:** A seven day festival giving thanks for the fall harvest.

October 13 Columbus Day.

October 11 National Coming Out Day:

Celebrates the coming out and the recognition of the 1987 march on Washington for equality in the LGBTQ community.

**NATIONAL
COMING
OUT
DAY**
October 11



October 18-22 Five-day Festival of Lights: Celebrates new beginnings and the triumph of good over evil and lightness over darkness in for the Di-



wali, Hindu, Jain and Sikh communities

October 31 Halloween Evolved from the ancient Celtic holiday, Samhain, Celts used the day to mark the end of harvest and the beginning of winter. The belief was that the transition of seasons was a bridge to the world of the dead.

Tuolumne County Behavioral Health Substance Use Disorder Perinatal Treatment Program

ARE DRUGS OR ALCOHOL STEALING YOUR LIFE OR
AFFECTING THE LIVES OF YOUR FAMILY OR OTHERS?

PLEASE LET US HELP! CALL (209) 533-6245 FOR MORE
INFORMATION.

All services are completely confidential under CFR Title 42.

**WE CAN HELP. CALL FOR
TREATMENT TODAY!**

Tuolumne County Behavioral Health provides specialized alcohol and drug treatment for pregnant and/or parenting women. Priority will be given to pregnant women who are intravenous substance users.

Preference for admission to substance use treatment and recovery programs is given in the following order.

- If you are a woman who is pregnant and using needles
- You are pregnant and are addicted to or use alcohol or drugs
- Anyone using needles for IV drug use.
- For anyone with a drug and alcohol problem, we are here to provide you treatment.

Available services may include:

- Transportation to or from treatment
- Childcare while attending group or appts.
- Parenting Groups
- Recovery Skills
- Case Management





~ FROM OUR KITCHEN TO YOURS ~

Slow Cooker Caramel Apple Cider



Ingredients

12 cups or one gallon of apple juice

6 Cinnamon sticks

1/2 cup of good quality jarred Caramel sauce, plus more for drizzling
Whipped Cream

Directions

Step 1: Heat apple juice and cinnamon sticks in the slow cooker for about 4 hours on high. Let the cinnamon sticks soften and uncurl. Before serving, stir in 1/2 cup of Caramel sauce and serve in heat proof cups. Top with whipped Cream and a drizzle of Caramel.

Step 2: When the apple juice is very hot, the Caramel may start to separate. That's ok; just give it a stir and it's perfect again.

Serves: 12

Recipe note:

May use a 5 quart slow cooker.

Source:

<https://www.number-2-pencil.com/slow-cooker-caramel-apple-cider/>

Tuolumne County Behavioral Health's



Angie Hyde works as a Behavioral Health Clinician II at Tuolumne County Behavioral Health.

"This November will make two years. My BH birthday is the day after my real birthday so it's like a double birthday!"

When asked what she loves most about her job, she said, "My favorite things about working at TCBH are definitely serving my community and working with the most incredible team of people."

Angie loves "to visit my friends up in Humboldt County and spend time playing at the beach or hiking out in the forests. Any time is a good time to visit if you don't mind the clouds but I especially like to go during the summer when the Fortuna Rodeo happens, my friends cook for the firemen's fundraiser BBQ and it's

a real fun time (and great food!)."

Some of her favorite hobbies are gardening, reading, cooking new recipes, and spending time with her family.

"I have three fur children, a little brown-eyed dog named Honey, a golden-eyed cat named Mustard (who was almost named Onion because she was a very stinky kitten), and a beautiful herding dog mix named Tillie that is our newest addition to the family."

"I grew up here. I graduated from Summerville High and then I went to Humboldt State for my bachelors, and San Jose State for my masters."

"I worked in butcher shops while getting my undergraduate degree and in an auto repair shop while getting my graduate degree so I have a deep love and respect for trade work and tradespeople."

Name: Angie Hyde

Job Title: Behavioral Health Clinician II

Fun Fact: My favorite flowers are hyacinths



**Tuolumne County Behavioral Health
Substance Use Disorder Services Offers Youth
Services Through the
Adolescent Youth Treatment Program**

TREATMENT OPTIONS ARE AVAILABLE FOR THOSE UNDER 18

**CALL TUOLUMNE COUNTY BEHAVIORAL HEALTH AT
(209) 533-6245 FOR MORE INFORMATION**

Available services may include:

- Brief Intervention
- Individual and Group Counseling
- Family Counseling
- Case Management
- Education and Vocational Services

Topics covered may include:

- Managing triggers
- Life skills
- Co-occurring disorders
- Building healthy relationships
- Relapse prevention



All services are completely confidential under CFR Title 42.

**SAVE
THE
DATE**

 Tuolumne Me-Wuk
Indian Health Center
WOMEN'S
Wellness Day

**OCTOBER 18, 2025
10 AM TO 3 PM**

**INFORMATION BOOTHS,
LIVE MUSIC, VENDORS
& MORE!**



Tuolumne Me-Wuk Indian Health Center
18880 Cherry Valley Blvd. Tuolumne, CA

TCBH Attends CC Wellness Fair

TCBH Substance Use Disorder Recovery Counselor, Liz Victor, attended the annual Columbia College Wellness Fair from 10 a.m. to 2 p.m. on Wednesday, September 10, 2025.

Victor reached and con-



**COLUMBIA
COLLEGE**

ected with 75 people that day. The Wellness Fair is part of the college's Weeks of Welcome Committee (WOW) which focuses on promoting an inclusive and supportive environment for all students. For more information on WOW, please visit <https://gocolumbia.edu/campuslife/wow.html>



**CULTURAL ENRICHMENT
COMMITTEE
EVENT CALENDAR**



Fall Semester

**Hispanic/Latin@ Heritage
Native American Heritage
1st Generation College Student**

Spring Semester

**Black History
Asian American/Pacific Islander Heritage
Foster Youth**

Summer Semester

LGBTQ+ / PRIDE



The David Lambert Community Drop-In Center, effective October 1, 2025, will be under new management through Nancy's Hope in Sonora.

Nancy's Hope Welcomes Lambert Center

Lambert Center is a Vital Resource to Community Members, Partners

Tuolumne County Behavioral Health (TCBH) is thrilled to share some exciting news with you: Beginning October 1, 2025, the Lambert Drop-in Center will become part of Nancy's Hope.

The Lambert Drop-in Center, at 347 W. Jackson St., in Sonora, has been a vital program operated by TCBH since 2008, offering outreach and support to individuals experiencing homelessness, poverty, mental illness, and/or addiction. Staffed by dedicated



volunteers, the center has served as a place of hope and connection for many in our community. Its current hours are Monday through Friday from 11 a.m. to 3 p.m.

The decision to transition the Lambert Drop-in Center was not an easy one. However, due to ongoing reductions in Behavioral Health Services Act (BHSA)



funding, TCBH must always prioritize the most effective and responsible use of public resources. By collaborating with Nancy's Hope, TCBH is ensuring the long-term sustainability of these vital outreach services in our community.

This is not an end, but a new beginning, a strengthened net-

work, and a continued commitment to those in need. The center will remain dedicated to supporting individuals facing life's toughest challenges, as well as their families and loved ones.

Together, we look forward to building a stronger, more connected community.

iThrive Thursday

WELLNESS AND PEER SUPPORT GROUP

This group explores:

- dealing with stress
- coping skills
- working with triggers
- mindfulness techniques
- grounding techniques
- when to ask for help
- healthcare plans
- goal setting
- navigating emotions

Every Thursday 9am to 11am

Located at the Tuolumne County Enrichment Center

101 Hospital Road Sonora

All community members 18+ are welcome



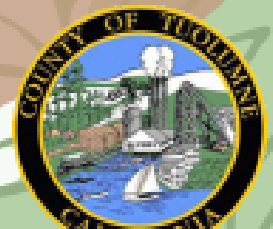
Facillitated by peer specialist Koya Andrews, this group creates a welcoming and confidential environment for members to feel safe. Sharing is encouraged but not required. The first half of the session is centered around educational material and discussion, whereas the second half is for one-on-one peer support if needed.

Drop-ins are welcome!

**CONTACT US FOR MORE
INFORMATION
(209)533-7114**



WWW.FACEBOOK.COM/TUOLUMNEBEHAVIORALHEALTH/





Ocean Arellano, RDHAP of Smile Keepers through Tuolumne County Superintendent of School, (at left) community partners who participated in TCBH's Third Annual Suicide Prevention Awareness Event at the Tuolumne County Enrichment Center on Sept. 12, 2025. Pictured below are painted rocks by community members, an activity hosted by Adventist Health Sonora during the event, which was enjoyed by many.



Event: Community Participation Increasing

Continued from Page ... I

cal partners, agencies and organizations participated this year such as Adventist Health Sonora, Tuolumne County Public Health, Lantern of Light, Stand Up! Speak Up! Speak Out! Inc., American Foundation for Suicide Prevention, Hope and Honor Walk, Smile Keepers, Mother Lode Job Training, Infant/Child Enrichment Services, Resiliency Village, Mathieson Memorial Health Clinic, Catholic Charities, National Alliance on Mental Illness (NAMI) of Tuolumne County, and Tuolumne Me-Wuk Indian Health Clinic in addition to Tuolumne County Behavioral Health.

Sharing numerous agency's services, supports and resources to our community was an important piece of this event, as it linked those needing services directly with the subject-matter experts. The event, which recognized National Suicide Prevention Week as well as National Suicide Prevention Month, promoted interagency collaboration and connection.

During the event, community members and staff spoke with various agencies to learn more about what resources and supports they offer. Around 10:45 a.m., community member Caesar Ramirez shared his personal story about his "experience, strength and hope" with those in attendance by offering his words of encouragement.



Caesar Ramirez (above at left) was the guest speaker at the Tuolumne County Behavioral Health's 3rd Annual Suicide Prevention Awareness Event held on Friday, September 12, 2025. Andréa-Victoria Lisbon, J.D., (above right, at left) of Stand Up! Speak Up! Speak Out! Inc., Serena Orman (above right, at right) of American Foundation for Suicide Prevention/Hope & Honor Walk attend TCBH's annual Suicide Prevention Awareness Event.



"We need to take care of our mental health because that's how we prevent suicide in our own selves," Ramirez said. "All we have to do is decide that we want this thing. What is that? Better mental health. A better life for ourselves, no longer fueling our addictions (or) fueling our negative thoughts."

"I'm here today with two years of sobriety because I decided that I wanted to live because that's what suicide prevention aware-

ness really is," Ramirez said.

His powerful story captivated audience members including those from the community, public as well as staff. Those in attendance were honored to hear him speak.

His speech was followed by a lunch for more than 50 people who attended the event.

TCBH hopes to continue offering these events in the future with the support of our community partners and local agencies.

Clinician's Corner: Schizophrenia and Recovery

By Brock Kolby, Ed.D., LPCC
TCBH Deputy Director

Some people have received the diagnosis of schizophrenia from a therapist or their psychiatrist. What is schizophrenia and how does one manage the condition known as schizophrenia?

Schizophrenia has been recognized by modern medicine as a diagnostic category for over 100 years, and psychiatrists and psychotherapists have been trying to help people manage the symptoms of their disorder over that time. Despite 100 years of research and study, there is much medical professionals do not know about this illness, but there is much that they do.

The illness of schizophrenia consists primarily of having one of the following symptoms: delusions, hallucinations, and/or disorganized speech. There may be disorganized or catatonic behavior. Often, there are what psychiatrists call, "negative symptoms,"

which means symptoms such as lack of emotional expression, apathy, reduced ability to do goal-directed activities, etc. What does this mean to clients and family as they try to navigate this disorder?

Auditory hallucinations are one of the most frequently reported symptoms. They are "voices" that the person "hears," but no one else hears them. The "voices" usually come from within, although some people report voices coming from external places such as a television, a location in their house, etc. The reason they are called hallucinations is that although they feel very real to the client, no one else can hear these voices nor can they be scientifically recorded.

Other types of hallucinations can be experienced such as visual, tactile (touch), or olfactory (sense of smell, gustatory (sense of taste), but are less common. Frequently, people who abuse substances may experience hallu-

cinations as well, but the difference is that usually when the effects of the drug wear off, the hallucinations and intoxication end as well. For the person with Schizophrenia, the voices do not end, but continue regardless of outer circumstances.

Delusional thinking is also a common symptom of schizophrenia. There are many types of delusions. Some people become paranoid or feel they are being persecuted when there is no evidence of it. Some people have grandiose delusions where they believe they are someone special like a five star admiral. Religious delusions may be part of this where they believe they are God or another religious figure. The difficulty of the delusional thought processes are that the person believes them to be real, and they can't understand why others around them don't take the delusional thinking as fact, even though there is no evidence for the delusional thoughts.

In addition, the person with schizophrenia may have disorganized thinking associated with the illness, where it's hard to bring their thought processes together in a logical or linear way, and thus their speech is disorganized.

Another prominent feature of schizophrenia is it is a genetic illness that manifests in a person's teenage years or young adult (e.g., age 14-29). The genetic components means that it is inherited, but scientists are not sure, but have theories, as to why the illness occurs in the time of life of teenage to young adulthood. There are other medical conditions that also manifest at certain ages in life, but schizophrenia can be devastating to families and the individual because their childhood was normal, until the disease occurred.

Treatment of schizophrenia often consists of offering the cli-

See Clinician's Corner ... page 10

Hope & Honor Walk

The seventh annual Hope & Honor Walk for Suicide Prevention Awareness was held 9 to 11 a.m. on Saturday, September 13, 2025, at the Courthouse Park in downtown Sonora. The event, marked by compassion and solidarity, drew a large crowd of participants, each person there to show support, remember lost loved ones, and contribute to a future where the community is free from the blight of suicide.

This walk covered a short distance, designed to be inclusive, allowing participants of all abilities to walk at their own pace and reflect on the lives touched by suicide. Stand Up! Speak Up! Speak Out! Inc., a community-centric nonprofit, proudly hosted and sponsored this year's event. Tuolumne County Behavioral Health has steadfastly supported the Annual Hope and Honor Walk since its inception seven years ago. The event signified TCBH's and the community's unwavering commitment to suicide prevention awareness and provided support for those who had experienced the loss of a loved one to suicide.



Public Health Director Michelle Jachetta of Tuolumne County Public Health and Substance Use Disorder Recovery Counselor Liz Victor of Tuolumne County Behavioral Health partnered for the 7th Annual Hope & Honor Walk held on September 13, 2025, at the Courthouse Park in Sonora.

BOS Approves Suicide Prevention Resolution

On Tuesday, September 9, 2025, Tuolumne County Behavioral Health (TCBH) staff in addition to Tuolumne County's Suicide Prevention Collaborative community partners gathered at the Tuolumne County Board of Supervisors in anticipation of the approval of the annual suicide prevention resolution, proclaiming the second week of September as Suicide Prevention Week. This year, Suicide Prevention Week was from September 7-13, 2025. The resolution passed 4-0-1 with Supervisor Mike Holland out.

The Suicide Prevention Collaborative (SPC) focuses on establishing a strong collaboration between Tuolumne County Providers and Partners to ensure there is shared knowledge and coordinated efforts towards the County's suicide prevention continuum.

Over the last year the YES Partnership began to shift their meeting to come into compliance with the Brown Act. Out of this shift



Paul Marum of Tuolumne County Public Health, Andréa-Victoria Lisbon, J.D., of Stand Up! Speak Up! Speak Out! Inc., Serena Orman of American Foundation for Suicide Prevention/Hope & Honor Walk, Cynthia Halman of Lantern of Light, Lindsey Lujan and Jenn Guhl both of Tuolumne County Behavioral Health and Bob White of Amador-Tuolumne Community Action Agency/ YES Partnership gathered to advocate for suicide prevention provided all year long to Tuolumne County residents.

two ad hoc committees were established, one for youth involve-

ment and another for suicide prevention. The purpose of the ad

hoc committees was to establish

See Collaborative ... page 16

Clinician's Corner: People With Schizophrenia Can Work

Continued from Page ... 9

ent medications from a psychiatrist and skill-building education or "rehabilitation" from a case manager. Medication education by a nurse can also be helpful for the client to understand what each medication is for and what it addresses.

However, because of the significant effect of the symptoms of schizophrenia on a person's life, many people lose hope, and feel that it is a condition that will get worse over time, that a person can't work, or have relationships. However, research has shown this is not true. People with schizophrenia may struggle with their illness at times, and many may receive disability and not be able to work

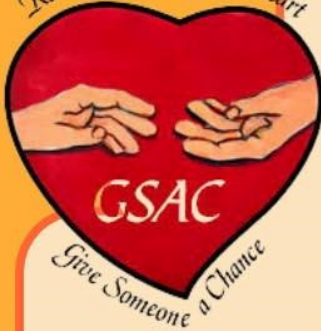
full time. However, research has shown that many people with schizophrenia have worked part-time or full-time, have learned to manage their illness, interact with family and friends, and live in the community, despite the negative perception of the illness.

The Recovery Movement in the United States brought this to attention to patients, families, and professionals, many of whom had succumbed to the negative bias that schizophrenia was a downward spiral of an illness where you got worse and worse. The research has shown the opposite—many people learn to cope with their symptoms over time and many people have responded to medication treatment, learning to live in the community with their disorder just as other people with medical conditions learn to live

with their illness and manage their symptoms.

Thus, the Recovery Movement emphasizes that people can lead meaningful lives despite facing the symptoms of their illness. Although treatment includes symptom management (such as taking medications and doing rehabilitation), the focus shifts to how to help a person achieve a feeling of well-being, empowerment, and participation in their community such as work, community centers — like our Tuolumne County Enrichment Center at 101 Hospital Road in Sonora — social activities, and community events. The Recovery Movement highlighted that most people can achieve recovery, defined as living an involved, meaningful life, rather than focusing only on experiencing a decrease in symptoms.

Reaching Out With Heart



Nancys Hope MUSIC FESTIVAL

OCTOBER 4TH
1:00 to 6:00

WESTSIDE PAVILION

MAIN STAGE

KEITH BURROWS BAND

JIMBO SCOTT & YESTERDAYS

AFTER THE DISASTER

A.ROSS & COLUMBIA JAZZ

BISCUITS

RANDYMANDY BAND

LARRY HASHMAN

STAGE B

JACK SANCHEZ

MARK GRAUER & KD DOHERTY

DEBRA OLGUIN

TIM MCCAFFREY

LOVE CAMP

NICHOLAS LEFFLER

SPONSORS

MISS AMERICAN PIE

BLACK OAK
CASINO RESORT



HANKINS HAULING
& YARD SERVICES

* Fire Clearance
* Landscaping
* Tree Removal
* Junk Removal

(209) 319-3069

WE ARE your local hauling experts!



Adventist Health



cali high



CENTURY 21
Wildwood Properties, Inc.

PTSD/Trauma Recovery

Drop-in Peer Support Group



Life's challenges can feel overwhelming, and finding supportive environments is crucial. This peer group offers a safe space for everyone including veterans, first responders, firefighters, and EMS personnel to share their experiences. By coming together, community members can provide empathy, understanding, and coping strategies. Sharing and listening to stories can be healing, helping individuals process trauma and build resilience; however, sharing is optional.

This group explores:

- Managing impacts of trauma
- Managing overwhelming feelings
- Safety and stabilization
- Emotional regulation
- Healthy coping skills
- Self-care
- Building support systems
- Supporting loved ones affected by trauma
- Building resiliency
- Self-compassion

Group facilitated by: Koya Andrews, Peer Specialist working with trauma and PTSD since 2010.

Wednesdays at 10:30-11:30
Tuolumne County Enrichment Center
101 Hospital Road, Sonora, CA 95370

Contact Us
for more information



(209) 533-7114



Find us on:
facebook

The Enrichment Center is open to all members of the community who are 18+ of age.

www.facebook.com/tuolumnebehavioralhealth/



Rides for Veterans



Tuolumne County Veterans Service Office
will provide door-to-door service for all medical, dental,
and legal appointments within and outside of our county.

Call or email Debbie Toy now for your ride.

**PLEASE provide a 1 to 2-week advance notice for
scheduling purposes.**

dtoy@co.tuolumne.ca.us

209-459-1457

Center For A Non Violent Community is

Painting the Town Purple

Help End Family Violence

Raise Awareness & Honor Survivors

Wednesday, October 1 2025

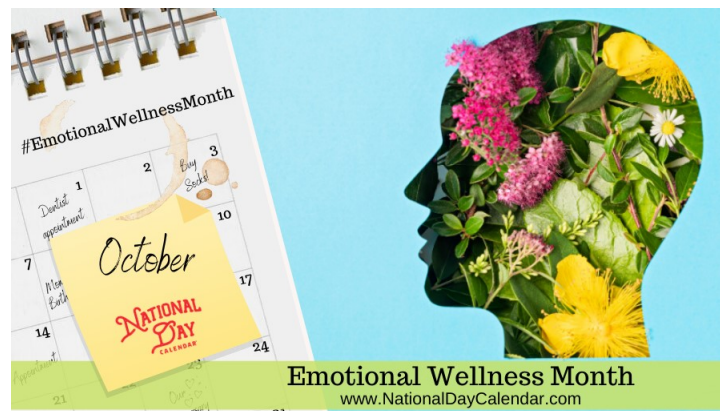
Meet us at 10:00 AM at Sonora Courthouse Park
to Hang Ribbons on Washington Street, Sonora

FOR MORE INFO, CALL 209-588-9305 OR
EMAIL INFO@NONVIOLENTCOMMUNITY.ORG

 www.nonviolentcommunity.org    @CNVCSonora



October is . . . **LGBT History Month**
www.NationalDayCalendar.com





Tuolumne County Behavioral Health's Community Cultural Collaborative

Seeks New Members

The CCC is a collaborative community that works toward building relationships, sharing and highlighting different cultures within the community, and learning with community partners. The CCC actively engages in breaking down barriers to services to promoting wellness, independence, and quality of life.

Second Tuesday of the Month | 1-2 p.m.

Tuolumne County Enrichment Center |
101 Hospital Road | Sonora CA 95370

More information :

+209.533-6245



JGuhl@co.tuolumne.
ca.us

Smile Keepers Heads to Statewide Conference

On Friday, September 5, 2025, the Smile Keepers team presented at the California School Boards Association (CSBA) Conference in Monterey.

CSBA is a nonprofit education association representing nearly 1,000 school districts and county offices of education across California. The annual conference brings together school board members, community leaders, and education professionals to share ideas and advocate for policies that support student success and well-being.



Smile Keepers highlighted the innovative work happening here in Tuolumne County, from providing dental education, supplies, and preventive care in schools to building community partnerships that improve access to care. The presentation emphasized how oral health services can reduce school absences, help students focus in class, and support lifelong wellness.

Smile Keepers is proud to represent Tuolumne County at CSBA and to show how collaboration between schools, school boards, and community members can make a lasting difference for students and families.



The Smile Keepers team presented at the California School Boards Association (CSBA) Conference in Monterey on September 5, 2025. The Smile Keepers (pictured above, from left to right) are Program Director Ocean Arellano RDHAP, Care Coordinator Elicia Hammond RDH and Clinical Director Jerusha Waelty RDHAP.

Collaborative: Gaining Momentum

Continued from Page ... 10

whether these two topics needed to become sub-committees to the YES Partnership.

Out of the Suicide Prevention committee it was decided that a separate meeting outside of YES Partnership needed to be established specifically for those doing the work of Suicide Prevention. The goal was to make the individuals and organizations that do direct suicide prevention work, who fund direct work, and who participate in this work had a space to come together.

Out of the ad hoc committee a small group gathered to plan around what a Suicide Prevention Collaborative could look like. This group included representatives from Tuolumne County Behavioral Health (TCBH), Tuolumne County Public Health, Adventist



Agency Program Manager Jenn Guhl, Deputy Director Lindsey Lujan, Cynthia Hall from Lantern of Light, and TCBH Director Tami Mariscal wait for the suicide prevention resolution to be approved at the Tuolumne County Board of Supervisors on September 9, 2025.

Health Sonora, YES Partnership, and Lantern of Light. This group met for several months prior to the first meeting of the SPC, held in July 2025, to discuss agenda topics, the focus

of the meeting, who should be invited, and more. The SPC was announced at the YES Partnership in both May and June 2025 to gain momentum and participation.

The meeting is focused on how those who do this work can come together to support each other. The partners collaborate on this work, whether it be through supporting one another with resources, collaborating on events, sharing funding, and more. The goal will be to understand how to help and build one another in this work that is essential to the community.

Since July, community partners including Tuolumne County Superintendent of Schools, Adventist Health Sonora, Columbia College, CalPride Sierras, Tuolumne Me-Wuk Indian Health Center, and Veterans Service Office, have joined the SPC.

COPING WITH ART



JOIN OUR ART PEER SUPPORT GROUP FOR A JOURNEY OF SELF-DISCOVERY AND HEALING THROUGH EXPRESSIVE ART. WE EXPLORE VARIOUS MATERIALS AND TECHNIQUES WHILE INTEGRATING COPING SKILLS. ENGAGE IN OPEN DISCUSSIONS ON MENTAL HEALTH IN A SUPPORTIVE ENVIRONMENT. DISCOVER NEW WAYS TO EXPRESS YOURSELF AND ENHANCE YOUR WELL-BEING.



Every Wednesday at 11:30 a.m

**at the Tuolumne County Enrichment Center
101 Hospital Rd, Sonora CA 95370
(209) 533-7114**



The Enrichment Center is open to all members of the community 18+ of age.



<https://www.facebook.com/tuolumnebehavioralhealth/>



MENTAL HEALTH COFFEE TALK

Presented by Tuolumne County Behavioral Health

Join our passionate county staff, stakeholders, community members, advocates, and local agencies to talk about the community's programming needs and services, current programs and future goals, mental health issues, stigma reduction and suicide prevention and awareness. Find out how YOU can "take action for mental health" in Tuolumne County. This monthly community and mental health-focused event will be part of TCBH's ongoing efforts to connect with the public as part of the Behavioral Health Services Act's Community Program Planning Process.



To be held the last
Friday of each month
at the Tuolumne
County Enrichment
Center

This event is open to
anyone ages 18 and
over

Feel free to come and
go anytime between
8 - 10 a.m. ~ no formal
agenda

Complimentary
beverages ~ bring your
favorite cup ~

Voice your opinions &
Share your thoughts!

TUOLUMNE COUNTY ENRICHMENT CENTER

101 Hospital Road
Sonora, CA 95370
For more info, call
(209) 533-6245 and press
"0" for reception



MIND OVER MATTER

A peer support group promoting mental wellbeing through activities like self-discovery, journaling, skill-building, problem-solving, mindfulness, and stress reduction. Together, we foster resilience and support each other on our paths to mental health and wellness.

FRIDAYS 11 A.M TO 12 P.M

at The Tuolumne County Enrichment Center
101 Hospital Rd, Sonora CA 95370
(209) 533-7114



<https://www.facebook.com/tuolumnebehavioralhealth/>

The Enrichment Center is open to all members of the community who are 18+ of age.



Peer Support Depression Group

Are you feeling overwhelmed? Consider joining our depression support group. We provide a secure and confidential environment where your privacy is our priority. This peer support group allows you to share your feelings and experiences with others who genuinely understand your journey. We foster a compassionate community where you can discuss life's challenges or simply engage in conversations about daily events. Remember, you are not alone—connect with individuals who truly empathize with your situation.



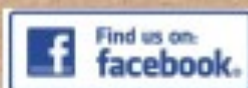
The Enrichment Center is open to all members of the community who are 18+ of age.

Tuesdays at 9-10AM

Tuolumne County Enrichment Center

101 Hospital Rd, Sonora CA 95370

(209) 533 7114



www.facebook.com/tuolumnebehavioralhealth/

Infant Child Enrichment Services (ICES)
Raising Healthy Families Program
Online Weekly Parenting Class



Raising Healthy Families
Online Weekly Parenting
Classes are free of charge.
Classes are held virtually by
ZOOM on Tuesday evenings
from 5:30-6:30pm.

To Sign -up for Classes:
There are registration forms
that need to be filled out
online (for each person
taking the class). To Access
these forms and register for
classes, visit the ICES
Website under the Raising
Healthy Families Program:
[https://icesagency.org/
raising-healthy-families-
program/](https://icesagency.org/raising-healthy-families-program/)
OR Call the ICES office:
209-533-0377

2025-2026 Class Schedule

Effective Discipline—6 weeks

July 8– August 12

Self-Regulation— 2 weeks

August 19-26

[OFF LABOR DAY WEEK– September 2]

Child Development and Attachment— 5 weeks

September 9—October 7

Stress/Anger Management and Emotions— 6 weeks

October 14– November 18

[OFF THANKSGIVING WEEK November 25]

Empathy— 2 weeks

December 2-9

[OFF CHRISTMAS AND NEW YEARS WEEKS]

Trauma & Resilience 1— 5 weeks

January 6– February 10

[OFF JANUARY 21]

Self- Esteem— 4 weeks

February 10– March 10

Co-Parenting and Communication— 6 weeks

March 17– April 28

[OFF April 7]

Trauma & Resilience 2— 4 weeks

May 5-28

Tools for Parenting Teens— 3 weeks

June 3– 17

****Class Topics and Order are subject to change—please call the office to verify.**

TOBACCO LEARN & CHAT

**PRESENTED BY
TUOLUMNE COUNTY PUBLIC HEALTH'S
TOBACCO PREVENTION PROGRAM**

Join us for brief, educational lessons ranging from 15-30 minutes followed by group discussion on commercial tobacco-related issues. We encourage anyone interested in learning more about this topic to participate, especially current tobacco users. This is an opportunity to learn from others and share experiences in a safe, non-judgmental space. Quit tobacco resources will be offered at each session.

**WHERE: TUOLUMNE COUNTY ENRICHMENT CENTER
101 HOSPITAL ROAD
SONORA, CA 95370**

**WHEN: THE 3RD MONDAY OF EACH MONTH
9:00 - 10:00 AM**

The Tobacco Prevention Program acknowledges the use of sacred tobacco in Indigenous cultures as being separate from commercialized tobacco in a for-profit industry. Commercial tobacco products include cigarettes, cigars, chewing tobacco, snuff, e-cigs/vapes, tobacco pouches, and synthetic nicotine pouches.

For questions
or more information call:
(209) 533-7417





Older Relative Support Group

FOR THOSE RAISING A RELATIVE'S CHILD
EVERY 2ND AND 4TH WEDNESDAY OF EACH MONTH



AVAILABLE TO SENIORS 55 YEARS OR
OLDER PROVIDING UNPAID CARE FOR A
RELATIVE 18 YEARS OR YOUNGER

TO JOIN OR FOR MORE INFORMATION,
CALL AREA 12 AGENCY ON AGING AT
209-532-6272

This is a FREE Service



THE MATERIAL OR PRODUCT WERE A RESULT OF A PROJECT FUNDED (OR PARTIALLY FUNDED) BY A
CONTRACT WITH AREA 12 AGENCY ON AGING AND THE CALIFORNIA DEPARTMENT OF AGING.

Your Senior Resource Connection



988
SUICIDE
& CRISIS
LIFELINE

There is hope.



YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS
LIFELINE