TUOLUMNE COUNTY PUBLIC HEALTH DEPARTMENT

California Children’s Services (CCS)................................. 209-533-7404
Child Health and Disability Prevention Program (CHDP)......... 209-533-7414
Childhood Lead Program............................................... 209-533-7414
Clinical Services....................................................... 209-533-7401
Communicable Disease/HIV Reporting/TB.......................... 209-533-7438
Emergency Medical Services Agency (EMS)......................... 209-533-7460
Environmental Health.................................................. 209-533-5633
Keep Baby Safe Program.............................................. 209-533-7464
Maternal, Child, Adolescent Health Program (MCAH)........... 209-533-7424
Nurse Case Management Program.................................. 209-533-7434
Tobacco Control Program.............................................. 209-533-7419
Women, Infants and Children Program (WIC)....................... 209-533-7431

LOCAL HOTLINE NUMBERS

Adult Protective Services (24 hour emergency line).............. 209-533-4357
Alcohol & Drug Services for Tuolumne County ................. 209-533-1134
Alcoholics Anonymous ............................................. 209-533-1134
Al-Anon............................................................... 209-524-3907
American Cancer Society.......................................... 209-941-2737
American Red Cross (24 hour emergency line).................. 209-533-1513
Child Welfare Services (24 hour emergency line)............. 209-533-4357
Crisis and/or Mental Health Crisis intervention line ......... 209-533-7000
Rape/Domestic Violence Crisis Line ............................ 209-533-3401

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

RESOURCE DIRECTORY

Community and Family Services in Tuolumne County

Sponsored by the Tuolumne County Public Health Department
209-533-7401
1-800-585-6606 Ext. 7401
Revised February 2017
We hope that the information contained in this directory will contribute to improving the health and well-being of our local families and we appreciate our partnership with the community to improve the public’s health.

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Public Health Programs

Family Planning, Immunizations, & STD tests
  Women, Infants & Children (WIC)
    Tobacco Control
  Lead Poisoning Prevention
  California Children’s Services (CCS)
  Maternal, Child, Adolescent Health (MCAH)
    Emergency Preparedness
  Emergency Medical Services (EMS)
  Public Health Nursing (PHN)
  Child Health & Disability Prevention (CHDP)
    Sudden Infant Death Syndrome (SIDS)
      Keep Baby Safe (KBS)
    Foster Care Nurse
  Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Funded by:

“This institution is an equal opportunity provider”
Other resources and Phone Numbers

Medical Care
Shriners 916-453-2218

Mental Health
Friendship Line 1-800-971-0016

Food Programs
Interfaith Community Services 209-532-0905

Drug, Alcohol & Tobacco Programs
Behavioral Health & Recovery 209-533-6245
Discover Life 209-532-3337
Freedom from Smoking 209-536-3726

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

Legal Aid
Legal advocacy Program 209-532-7632

Miscellaneous
InfoNet Tuolumne County 209-533-1397
Tuolumne County Health Department 209-533-7401

EMERGENCY MEDICAL CARE
Sonora Regional Medical Center
1000 Greenley Road, Sonora, CA 95370
209-536-5000
24-hour emergency care is available at the hospital emergency department.

MEDICAL CARE

Family Planning/Pregnancy Testing/STD and HIV Testing
Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 Ext. 7401
The Family Planning program offers gynecological and reproductve health screening for income eligible women of all ages. Services offered include pregnancy testing, family planning and birth control for low or minimal cost. Sexually transmitted disease testing and confidential HIV testing to anyone 12 years of age or older. Services provided by Board Certified OB/GYN Physician and Nurse Practitioner. Medi-Cal, Family PACT and private pay clients gladly accepted. Call for additional program information and appointments.

Immunization Clinic
Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 Ext.7401
Childhood and adult immunizations, TB testing. Walk-In clinic: Tuesday, 1:00 p.m. to 4:00 p.m. Bring shot records. There is a fee. Medi-Cal is accepted. No child is denied immunizations because of inability to pay.

Forest Road Health and Wellness Center
193 South Fairview Lane, Suite B, Sonora, CA 95370
- Primary Care, Suite B 209-536-5100 (FAX) 209-588-0253
- Specialty Care Clinic, Suites F & C 209-536-5110
- Pediatric Clinic, Suite L 209-536-5120 (FAX) 209-533-4507
- Dental Clinic, Suite J 209-536-5140
Family medical care and various specialty clinics. Care is provided by Physicians or Family Nurse Practitioners. Call for appointment. All services accept Medi-Cal, managed Medi-Cal, CHDP and CMSP health plans.

SRMC Physician Referral Line
209-536-3344
Indian Rock Prompt Care  
14540 Mono Way, Sonora, CA  
209-536-6680  
Provides minor medical care on a walk-in basis. Open from 8:00 a.m. to 6:00 p.m. Monday-Friday. 8:00 a.m. to 6:00 p.m. Saturday-Sunday.

Angels Camp Prompt Care  
23 N. Main Street, Angels Camp, CA 95222  
209-736-9130  
Open daily from 8:00 a.m. to 6:00 p.m.

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

Job Care  
19747 Greenley Road, Suite 2, Sonora, CA  
209-536-3780 (FAX) 209-532-2424  
Provides business community with pre-placement physicals, employer required immunizations, DMV physicals, hearing tests, drug screening, breath-alcohol testing, and consultation liaison for worker's compensation injuries. By appointment only.

M.A.C.T. Medical Clinic, Sonora  
13975 Mono Way, Suite G, Sonora, CA 95370  
Mail: P.O. Box 939, Angels Camp, CA 95222  
209-533-9600 (FAX) 209-533-9608  
Medical services are available to all Native Americans, their family members, and the public. Medi-Cal, Medicare, CMSP and private pay patients are welcome. CHDP-certified medical facility.

Mathiesen Memorial Health Clinic  
18144 Seco Street, Jamestown, CA 95327  
Mail: P.O. Box 535, Jamestown, CA 95327  
209-984-4820 (FAX) 209-984-4825  
Website: www.mathiesenhealthclinic.com  
Providing family medical care for all ages. Medi-Cal, CMS, Medicare and most insurances accepted. Open Monday – Friday 8:00 a.m. to 5:00 p.m. Closed for lunch from 12:00 p.m. to 1:00 p.m.

MISCELLANEOUS

Mother Lode Job Training – America Job Centers of California  
Sonora Career Center- 197 Mono Way, Suite B, Sonora, CA 95370  
209-588-1150 or 209-533-8958  
This employment career center is for job seekers and employers. There are no fees involved. Designed as a self-directed system. Resources for job search include: internet accessible computer for job search purposes, resume program, job listings, mini-workshops, telephone for job search, information regarding other community resources. Monday–Thursday 8:00 a.m. to 4:30 p.m.

Mother Lode Ombudsman  
88 Bradford Street, Sonora, CA 95370  
209-532-7632 (FAX) 532-8448  
Advocates for residents of long-term care facilities and residential care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties.

Adult Literacy Services  
Tuolumne County Public Library  
480 Greenley Road, Sonora, CA 95370  
209-694-2727 (FAX) 209-533-0936  
Provides free tutoring services for adults 18 years or older or out-of-school youth. Help with reading, writing, pre-GED and life skills. One-on-one tutoring in basic English. Flexible scheduling and tutoring provided at various locations throughout the county. All information is confidential.

Tuolumne County Public Library  
Sonora Main Library  
480 Greenley Road, Sonora, CA 95370  
209-533-5507 Website: www.tuolcolib.org  
Offers books for adults, teens and children as well as e-books, large print books, recorded books, magazines, movies, internet access, reference and information services and interlibrary loan services. Mobile Library Service to Rural Areas, Literacy Programs for adults and families with young children. VTEK Magnification System for readers with poor vision. Call for information and hours of operation. See website to place requests and find calendar of events.

Groveland Branch  
18990 Hwy 120  
Groveland, CA 95321  
209-962-6144

Twain Harte Branch  
18701 Tiffeni Drive, Suite 1-F  
Twain Harte, CA 95383  
209-586-4501
LEGAL AID

Catholic Charities/Legal Advocacy for Seniors Program
88 Bradford Street, Sonora, CA, 95370
209-588-1597
Free confidential legal services regardless of income. Legal assistance is offered for a variety of services. Referrals will be made to attorneys who can assist with legal matters. Call 209-588-1597 for information 1:00 p.m. to 4:00 p.m., and at the Senior Center on Greenley Road on Wednesday from 10:00 a.m. to 2:00 p.m. No appointment necessary.

Central California Legal Services, Inc.
1640 N Street, Merced, CA 95340
209-723-5466 or Toll Free 1-800-464-3111 (FAX) 209-723-1315
Legal Advice Line 1-800-675-8001
Provides free legal advice, and representation and education to eligible low-income families on civil rights matters. The Merced office conducts monthly Worker ‘Rights’ clinics. Call Merced office for more information. The Merced office serves eligible individuals in Merced, Mariposa, and Tuolumne counties. For program eligibility and assistance call the Legal Advice Line, 1-800-675-8001, Monday-Wednesday and Thursday 9:00 a.m. to 4:00 p.m. Office is open Monday-Friday 8:30 a.m. to 4:30 p.m., closed for lunch 12:00 p.m.-1:00 p.m. Staff available by phone/apointment.

D.A. Victim/Witness Assistance Center
423 N. Washington Street, Sonora, CA 95370
209-588-5440 (FAX) 588-5455
Provides services to all victims of crime including court escort and filing of Victims of Crime Compensation Applications. Facilitates counseling services to eligible crime victims/ survivors. For program eligibility and assistance call 588-5440, Monday - Friday 8:00 a.m. to 5:00 p.m.

Legal Self Help
Tuolumne County Superior Court Self Help Center
41 West Yaney Avenue, Sonora, CA 95370
209-533-6565
Legal information, procedural assistance and referrals for self-represented litigants in Family Law (divorce, parenting, support, and child custody), guardianship, eviction, civil harassment, domestic violence, and small claims. These services are provided at no cost to anyone seeking assistance through this program. Office hours: Monday – Friday 8:00 a.m. to 3:00 p.m. Closed for lunch, 1:00pm to 2:00 p.m.

Tuolumne Me-Wuk Cedar Road Health Center
22044 Cedar Road, Sonora, CA 95370
209-532-0028 (FAX) 209-532-0031
Medical services include: physicals, health and wellness exams for infants, youth and adults, immunizations, women’s health, family planning, acupuncture, diabetes services and child counseling. Most insurances, Medicare, and Medi-Cal accepted. Monday – Friday 8:00 a.m. to 5:00 p.m.

Tuolumne Me-Wuk Indian Health Center
18880 Cherry Valley Blvd., Tuolumne, CA 95379
209-928-5400 (FAX) 209-928-5411
Medical services include: physicals, health and wellness exams for infants, youth and adults, immunizations, women’s health, family planning, diabetes services and behavioral health. A full service pharmacy is available on site. Most insurances, Medicare, and Medi-Cal accepted. Monday – Friday 8:00 a.m. to 5:00 p.m.

Project HOPE Mobile Health Van
209-536-5050
Parked by Wal-Mart Mondays & Fridays from 9:00 a.m. to 3:00 p.m. Van is parked at Interfaith on the fourth Friday of each month. Project HOPE provides free medical care on a first come, first served basis.

LABOR AND DELIVERY CARE

Birth Center at Sonora Regional Medical Center
1000 Greenley Road, Sonora, CA 95370
209-536-3260
Provides a family-centered birth experience in fully equipped birthing suites as well as operating suites for Cesarean birth. Jacuzzi tubs available in birthing suites. Childbirth Education and Cesarean Birth Preparation classes available. Pre-registration encouraged. Tours are available through childbirth education classes or by appointment. In-hospital Lactation Consultants available by appointment for follow-up consultations. Can refer to appropriate resources, including Lactation Consultants for home visits.

Sierra Natural Birth Center
18880 Cherry Valley Blvd, , Sonora , CA 95370
209-533-2311 (FAX) 209-533-4600
Email: care@sierranaturalbirthcenter.com
Provides a safe alternative for natural child birthing in a relaxing, compassionate environment. A licensed facility offering personal woman-to-woman care, comprehensive prenatal, birth, postpartum, newborn, and well-woman care. Respectful, nurturing, holistic education and care is provided. Water birth is also available. Most insurances accepted with preauthorization, also a Medi-Cal and CPSP Provider.
PRENATAL CARE

Maternal Child Adolescent Health (MCAH)
Tuolumne County Health Department
2011 Cedar Road, Sonora, CA 95370
209-533-7424 or 1-800-585-6606 Ext. 7424
The MCAH program offers a variety of services to women, children and their families to ensure that all children are born healthy to healthy mothers, have a safe and healthy environment in which to live, and have equal access to appropriate and needed care without disparities. Programs offered include presentations, educational materials, resource linkage, and referrals for home visiting. Please call for more detailed information or to schedule a presentation.

Foothill Pregnancy Center
427 North Highway 49, Suite 101, Sonora, CA 95370
Denise Winnick, Executive Director
209-536-9262 (FAX) 209-536-9634
Website: www.fpcsonora.com Email: help@fpcsonora.com
Pregnancy tests, verification of pregnancy, and limited obstetrical ultrasound (referred to OB/GYN and performed at this location). Education on adoption, abortion, prenatal and parenting. Maternity and baby clothes, baby furniture and accessories are available to participating clients. Post-abortion support and abstinence education. All services are free and confidential. 24 hour helpline at 536-9634. Office hours are M,T,W 9:00 a.m. to 5:00 p.m., Th. 12:00 p.m. to 5:00 p.m., Friday 9:00 a.m. to 4:00 p.m.

Forest Road Health and Wellness Center
Specialty Clinic
193 South Fairview Lane, Sonora, CA 95370
Specialty Care Clinic, Suites F & C
209-536-5110
Pregnancy and women's health care services provided by board-certified OB/GYN physicians. Call for appointment. (See Forest Road Specialty Care Clinic under Medical Care)

Ellen Jasmer Midwifery Care
Ellen Jasmer, RN, LM, CNM
16563 Draper Mine Road, Sonora, CA, 95370
209-533-2300 (FAX) 533-4600
Email: ejmidwife@yahoo.com
Facebook: Sierra Natural Birth Center
Offering personal woman to woman care, comprehensive prenatal, birth, postpartum, newborn, and well-woman care. Respectful, nurturing, holistic education and care is provided in out-of-hospital settings: the office, a family home or in the Sierra Natural Birth Center. Most insurance accepted with pre-authorization, also a Medi-Cal and CPSP Provider.

Central Sierra Child Support Agency
975 Morning Star Drive, Sonora, CA 95370
1-866-901-3212 (Toll Free: 24 hours)
Basic services available to all non-custodial parties and custodial parties (does not have to be a parent) are:
- Establishing paternity
- Establishing child support orders
- Establishing and enforcing medical support orders
- Enforcing spousal support (in conjunction with a child support order)
- Locating non-custodial parents (and their income/assets)
- Collecting and distributing support payments
- Reviewing and modifying child support orders.
All services are free or of minimal cost. Office hours: Monday– Friday, 8:00 a.m. to 5:00 p.m.

Transportation Services

Tuolumne County Transit
13033 Sanguinetti Road, Sonora, CA 95370
209-532-0404 (FAX) 209-532-0423
Website: www.tuolumnecountytransit.com
Provides fixed route services and Dial-A-Ride services, Monday - Friday, except holidays, between the hours of 6:00 a.m. to 7:00 p.m. Saturday, 9:00 a.m. to 4 p.m. (Dial-A-Ride only). All-day and monthly passes are available on fixed routes.

BE WISE, IMMUNIZE!
Keep your child’s immunizations up to date.
FAMILIES IN TRANSITION – TRANSITION SERVICES

Amador-Tuolumne Community Action Agency Homeless Prevention
427 North Highway 49, Suite 305, Sonora, CA 95370
209-533-1397 Ext. 238
Home Safe Housing Assistance Program
The Home Safe program provides rental assistance, when available, to those who qualify under current funding guidelines. Call for funding availability and eligibility requirements. When funding is available we offer emergency:
- Homeless prevention rental assistance
- Homeless rapid re-housing assistance

Cal SAFE: Teen Parent Program
California School Age Educational Program
Tuolumne County Superintendent of Schools Office
175 South Fairview Lane, Sonora, CA 95370
209-536-2073
The County Schools Office offers an academic program, supportive services, transportation, and childcare to expectant and parenting teens. The program is designed for male and female students, younger than age 19, who have not yet completed their high school education, or an equivalent, and wish for an independent study option.

Kene Me-Wu, American Indian Domestic Violence Sexual Assault Program
P.O. Box 4605, Sonora, CA, 95370
209-984-8602  (FAX) 209-984-8608
24 Hour Crisis Line 1-800-792-7776  Email: kmwfhc@sbcglobal.net
Healing Families – Healing Communities – In Indian Country.
Comprehensive services for domestic violence and sexual assault victims, including counseling, shelter and restraining orders. Services are FREE and CONFIDENTIAL. Services are available to Native Americans and/or their households. Our office hours: Monday– Friday, 9:00 a.m. to 5:00 p.m.

Center for a Non Violent Community (CNVC)
19043 B Standard Road, Sonora, CA 95370
209-588-9305  (FAX) 209-588-9262
24 hour Crisis Line: 209-533-3401
CNVC provides support services for victims of domestic violence and sexual assault. Services include: Emergency Shelter, 24-hour Crisis line with Emergency Response, assistance with Temporary Restraining Order preparation and filing, and support for court accompaniment. Advocacy services include licensed counseling, peer counseling and a Domestic Violence Support Group. All services are free and confidential. Open Monday – Friday, 9:00 a.m. to 5:00 p.m.

Breastfeeding Support

La Leche League
Website: www.llli.org
Monthly meetings, phone help, and online breastfeeding support.
Email: lalecheleagueoftc@gmail.com (Tuolumne County)
Facebook: La Leche League of Tuolumne County
209-981-3578 Contact: April  209-591-3634 Contact: Toni

Tuolumne County Breastfeeding Coalition (TCBC)
209-591-8524
Website: www.Tuolcobreastfeeding.org  Email: info@tcbc97.org
TCBC provides electric breast pumps for rent and can refer to appropriate resources, including Lactation Consultants for home visits. TCBC coordinates World Breastfeeding Week activities, puts on conferences, updates the breastfeeding yellow pages, and provides breastfeeding education in the community.

Birth Center at Sonora Regional Medical Center
1000 Greenley Road, Sonora, CA 95370
209-536-3260
In-hospital Lactation Consultants available by appointment for follow-up consultations. Can refer to appropriate resources, including Lactation Consultants for home visits.
HEALTH SERVICES

Child Health and Disability Prevention Program (CHDP)
Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7414 or 1-800-585-6606 Ext. 7414
Federal- and State funded preventive health program serving California’s children and youth. Free periodic health and dental checkups and immunizations for children (0-21 years) with Medi-Cal, and for children (0-19 years) from income-eligible families. The local CHDP program staff provides care coordination to assist families with appointment scheduling, transportation and access to diagnostic and treatment services. Monday – Friday, 8:00 a.m. to 5:00 p.m.

Public Health Nurse Visiting Program
Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7434 or 1-800-585-6606 Ext. 7434
Home visits by a Public Health Nurse include health assessments, education, health counseling, and referral services for:
- High-Risk Infants
- Pregnant Women
- Pregnant Teens
- Parents, Moms, Dads, Grandparents
- Persons with chronic health problems

Environmental Health Division
48 West Yaney Ave., 4th Floor, Sonora, CA, 95370
Mail: 2 S. Green Street, Sonora, CA, 95370
209-533-5633 (FAX) 533-5909
Inspection Line 209-533-5992
Email: r.kostlivy@co.tuolumne.ca.us
Robert Kostlivy, Director
Environmental Health Division assists public agencies, private citizens and the community at large in prevention of environmental health concerns by reducing, eliminating, or controlling hazards and by providing education through inspection, consultation and enforcement services.

Cancer Detection Program
Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
209-533-7401 or 1-800-585-6606 Ext. 7401
The Cancer Detection Program: Every Woman Counts
Gives low-income women access to screening and diagnostic services for breast and cervical cancer. Call for more eligibility information.

Amador Tuolumne Community Action Agency
Utility Assistance and Home Weatherization
427 N. Highway 49, Suite 305, Sonora, CA, 95370
209-533-1397 Ext. 232
The Utility Assistance Program helps individuals and families to pay for PG&E or propane home energy costs. Free home weatherization services are available. Call for funding availability and income-eligibility requirements.

Medi-Cal and CMSP
Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA 95370
209-533-5711 (FAX) 209-533-5714
Health-related services for those who qualify. Eligibility requirements are set by State and Federal Government. Monday – Friday, 8:00 a.m. to 4:00 p.m. You may apply for Medi-Cal coverage and CMSP on-line at www.c4yourself.com 24 hours per day, 7 days per week.

Salvation Army Sonora Service Extension
83 Stewart St. Ste. 203, Sonora, CA 95370
P.O. Box 4842, Sonora, CA 95370
209-588-1986
The Salvation Army offers assistance with emergency and disaster services. The Salvation Army manages the REACH for PG&E assistance up to $300. Call to see if you qualify. Salvation Army also provides assistance with soup kitchen and food bank information, bus tickets and gas vouchers, prescription assist, special food needs, youth camp opportunities, and assistance to seniors. For questions about referrals and REACH application please call or come to the office. Monday– Friday 9:00 a.m. to 2:00 p.m. Volunteer opportunities available.

Social Security Administration
745 Morning Star Drive, Sonora, CA 95370
888-397-4125 (FAX) 209-532-7056
Administers Social Security and Supplemental Security Income (SSI) programs. Cash benefits may be paid to aged and disabled individuals of any age who qualify. Contact office for eligibility requirements and appointment. Monday, Tuesday, Thursday, and Friday, 9:00 a.m. to 3:00 p.m. Wednesday, 9:00 a.m. to 12:00 p.m.

The Grace Fund
Catholic Charities
88 Bradford St., Sonora, CA 95370
209-532-7632
The GRACE Fund assists residents of Tuolumne County with funding to cover emergency expenses that are not covered through other agencies or organizations.
Lake Don Pedro Baptist Church
Don Pedro Subdivision
4175 Abeto Street, La Grange, CA 95329
209-852-2193 Contact: David Redd
Emergency food pantry for people in need, by appointment only. Used clothing distribution, 1st and 3rd Tuesday of the month, 9:00 a.m. to 11:00 a.m.

St. James Episcopal Church Food Pantry, partnering with New Lighthouse Ministries
Washington and Snell Street, Sonora, CA 95370
209-532-1580
Food available on Tuesday and Friday, 9:30 a.m. to 12:00 p.m., at the Parish Hall.

St. Patrick’s Catholic Church
Parish Hall 127 W. Jackson St., Sonora, CA 95370
209-532-7139
Free breakfast served every Tuesday and Thursday, 6:30 a.m. to 8:00 a.m., in the Parish Hall.

Sierra Bible Church
15171 Tuolumne Rd., Sonora, CA 95370
209-532-1381 Ext. 108 Contact: Nate
Food pantry every Tuesday, Wednesday, & Thursday, 10:00 a.m. to 11:30 a.m.

FINANCES

CalWORKs
Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA, 95370
209-533-5711 (FAX) 209-533-5714
Cash benefits to eligible families. Eligibility requirements are set by State and Federal Government. Hours: Monday - Friday, 8:00 a.m. to 4:00 p.m. You may apply online at www.c4yourself.com. CalWORKs Welfare to Work Employment Services: Employment and training program to assist CalWORKs recipients with employment, education or vocational training, and job-readiness services. Transportation reimbursement, child-care subsidies, referrals to other agencies and other supportive services are available to participate in work-related, approved program activities to obtain and retain unsubsidized employment. Monday - Friday, 8:00 a.m. to 4:00 p.m.

Breast Cancer Support Group
Tuolumne Me-Wuk Indian Health Center
18880 Cherry Valley Blvd. Tuolumne, CA 95379
209-928-5400 or 209-605-8154
Contact Claire Mills, FNP

Medical Nutrition Therapy
Sonora Regional Medical Center
19747 Greenley Road, Sonora, CA, 95370
209-536-3728
Individual counseling by a registered dietitian regarding heart disease, diabetes, kidney disease, eating disorders and other therapeutic diets. Medical provider referral required.

Outpatient Diabetes Education
Sonora Regional Medical Center
19747 Greenley Road, Sonora, CA, 95370
209-536-3728
A “Medicare Recognized” Program. Referrals required.

Sierra HOPE
Health Opportunities, Programs and Education
1168 Booster Way, Angels Camp, CA, 95222
Mail: P.O. Box 159, Angels Camp, CA 95222
209-736-6792 or 1-888-722-2873 (FAX) 209-736-6861
Website: www.sierrahope.org
Sierra HOPE is a non-profit, community-based organization providing case management and support for residents with HIV/AIDS in Amador, Calaveras and Tuolumne Counties.
Services Include:
- HIV and Hep C rapid testing
- AIDS Drug Assistance Program (ADAP)
- Case management, including benefits counseling
- Emergency financial assistance for housing and essential utilities
- Health Insurance Premium Payment (HIPP) assistance program
- Transportation assistance for medical appointments
Other services available:
- Community Food Pantry open to anyone in need, Wednesdays 1:00 p.m. to 4:00 p.m.
- HIV and Hepatitis C screening
- HIV and Hepatitis educational presentations, supportive housing program for homeless, disabled individuals
- Emergency assistance for rent and essential utilities (for low-income Calaveras County residents only)
All services are confidential
Office Hours: Monday – Thursday, 9:00 a.m. to 5:00 p.m.
Tuolumne County Schools Nurse
175 South Fairview Lane, Sonora, CA 95370
Joyce McMahon, RN  209-536-2048  (FAX) 209-536-2005
Michelle Prado  209-536-2046  Email: mprado@tcsos.us
Martha Stolp, RN  209-536-2071  Email: mstolp@tcsos.us

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

IN-HOME CARE

Tuolumne County In-Home Supportive Services
IHSS Program
20075 Cedar Road North, Sonora, CA 95370
209-533-7352
In-Home Supportive Services (IHSS) Program assists aged, blind, and disabled persons to remain safely in their own home. The IHSS program is a Personal Care Services Program (PCSP), and is an alternative to out-of-home care. Call for more information.

Sonora Regional Home Health & Hospice of the Sierra
20100 Cedar Road North, Sonora, CA 95370
Home Health: 209-536-5700  Hospice: 209-536-5685
467 S. Main Street, Angels Camp, CA 95222  209-736-9181
Medicare-certified programs for both Home Health and Hospice care. Home Health is for persons recovering at home from an illness or injury. Hospice cares for and manages persons with life-limiting illness at home. Both programs offer a team of health care professionals who manage all aspects of care, including pain and symptom management. Hours are 8:00 a.m. to 5:00 p.m., 7 days a week. Nurses are on call 24 hours a day. Services may be provided by RN, PT, OT, ST and CHHA. Call 209-536-5700 for details.

FOOD PROGRAMS

CalFresh, aka Food Stamps
Tuolumne County Department of Social Services
20075 Cedar Road North, Sonora, CA 95370
209-533-5711
Applications for assistance with food purchases for those who qualify. Eligibility requirements are set by State and Federal government. Hours: Monday – Friday, 8:00 a.m. to 4:00 p.m. You may apply on-line at www.c4yourself.com

Amador-Tuolumne Community Action Agency Food Bank
10059 Victoria Way, Jamestown, CA 95327
Mail: 427 North Highway 49, Suite 305, Sonora, CA 95370
209-984-3960  (FAX) 209-984-3961
A community food bank providing food for local food pantries and regular food distribution for individuals, families, children, and seniors who qualify, as well as holiday food baskets.

Women, Infants and Children (WIC)
20111 Cedar Road North, Sonora, CA 95370
209-533-7431
Services include nutrition education, breastfeeding support and equipment, and food vouchers. Eligibility is based on income, nutrition risk and category. WIC serves children 0-5 years, pregnant women, breastfeeding women up to one year, and postpartum women up to 6 months. Working families, single parents, grandparents, foster parents, married couples, migrants, and more are welcome to apply. Monday - Friday, 8:00 a.m. to 5:00 p.m. and Wednesday 7:30 a.m. to 5:30 p.m.

Sierra Senior Providers, Inc.
Senior Center—540 Greenley Road, Sonora, CA 95370
209-533-2622 or 209-533-2012
Website: www.sierraseniorproviders.org
The Senior center offers a variety of activities: resource information to seniors, families and to the general community. Outreach services include Meals on Wheels, Senior Lunch Program, transportation services, and firewood delivery programs.

Christian Heights Assembly of God Church
13711 Joshua Way, Sonora, CA 95370
209-532-7305  (FAX) 532-4374
Christian Heights offers a free meal on Wednesday evenings from 5:15 p.m. to 6:30 p.m. The Heart Rock Café at 1 S. Washington Street, Sonora, CA 95370, offers a free meal on Wednesday evenings from 5:15 p.m. to 6:30 p.m. Community Assembly Church at 18785 Pine Street, Tuolumne, CA 95379, offers a free meal on Saturday evenings at 6:00 p.m. Call for more information.

LIVE HEALTHY, LIVE LONGER...
STOP SMOKING.
SOCIAL SERVICES

Adult Protective Services
Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370  209-533-5717
A program to prevent or correct conditions that cause dependent adults and elders to be abused, neglected, or exploited. Services could include coordination of services with other agencies, advocacy, counseling, emergency shelter, respite care, and education. Services are free of charge to Tuolumne County residents who are dependent or elderly adults. Monday – Friday, 8:00 a.m. to 5:00 p.m.
A 24-hour emergency referral line is available: 209-533-HELP (209-533-4357)

Child Welfare Services
Tuolumne County Department of Social Services
20111 Cedar Road North, Sonora, CA 95370
209-533-5717 or 1-800-388-7502 Toll Free (after hours)
Child Welfare Services responds to referrals of child abuse and neglect when appropriate. Services are provided to improve child well-being, safety, and permanency. CWS strives to fully engage families in the process of achieving these goals. CWS works with families in their homes and through out-of-home placement as needed to ensure safety. After Hours Emergency Line: 209-533-4357(HELP) or toll free 1-866-388-7502

Interfaith Community Social Services
18500 Striker Court (on Tuolumne Road), Sonora, CA 95370
Mail: P.O. Box 5070, Sonora, CA 95370  209-532-0905  Cathie Peacock, Director
Provides home deliveries for seniors and disabled adults, groceries, clothing, small household items, haircuts, daily showers, discount medication cards, and more. Also gives referrals for housing, jobs, furniture, and wood. Must provide proof of residence in Tuolumne County for all persons requesting assistance. No proof of income is necessary. For Tuolumne County residents only. No charges for any service provided. Open Monday – Friday, 10:00 a.m. to 1:00 p.m., and last Saturday of the month 9:00 a.m. to 12:00 p.m. Showers and clothing distribution stop at 12:30 p.m.

Elder Abuse Prevention
Catholic Charities- 88 Bradford Street, Sonora, CA 95370  209-532-7632
Community workshops are held to educate elder facility staff, and family members about elder and dependent adult abuse. Services are provided through collaborative efforts with Tuolumne County Elder Abuse Task Force.

CAFÉ Connections and Awareness for Elders
Catholic Charities- 88 Bradford St., Sonora, CA 95370  209-532-7632
Program volunteers provide a connection, support, encouragement, and activities, to isolated, lonely older adults.

DENTAL CARE

M.A.C.T. Dental Clinic, Sonora
13975 Mono Way, Suite I, Sonora, CA 95370
Mail: P.O. Box 939, Angels Camp, CA 95222
209-533-9603  (FAX) 209-536-9604
Services available to all Native Americans, their family members, and the public. Medi-Cal, most insurances, and private pay-patients are welcome. Office hours are Monday - Friday, 8:00 a.m. to 5:00 p.m.

Tuolumne Me-Wuk Dental Center
19969 Greenley Road, Suite C & D, Sonora, CA 95370
209-532-0034  (FAX) 209-532-0036
We accept child and adult Medi-Cal, Delta Dental, Guardian, and most insurances, senior citizen discounts and a sliding scale fee for lower-income patients. Dental Services include: complete exams, cleanings, fluoride, sealants, fillings, extractions, crowns, partial dentures, complete dentures, emergency dental services, and some root canal treatments. Open Monday – Friday, 8:00 a.m. – 5:30 p.m.

Forest Road Health and Wellness Center Dental Services
193 South Fairview Lane, Suite J, Sonora, CA 95370
209-536-5140  (FAX) 209-536-9347
Dental services provided for Medi-Cal and CMSP patients. Services include preventive and routine care, minor oral surgery, emergency care and oral health education. Monday - Friday, 8:00 a.m. to 5:00 p.m.

Smile Keepers
175 South Fairview Lane, Sonora, CA 95370
209-536-2014
Email: edossi@tuolcoe.k12.ca.us
Smile Keepers is a school-based dental disease prevention program. Please contact Erika Hagstrom Dossi, R.D.A., for further information.

STOP GERMS!
Cover coughs and sneezes.
SERVICES & SUPPORT FOR SPECIAL NEED CHILDREN

California Children’s Services (CCS)
Tuolumne County Health Department
2011 Cedar Road North, Sonora, CA 95370
209-533-7404 or 1-800-585-6606 Ext. 7404     FAX 209-533-7429

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

Disability Resource Agency for Independent Living (DRAIL)
67 Linoberg Street, Sonora, CA 95370
209-532-0963  TDD 209-288-3309

Serves people with disabilities of all ages. Provides information and referrals, advocacy, peer counseling, independent living skills, housing referrals, SSI & SSDI benefits advising, ADA technical assistance & evaluation, computer training, and education. Funding may be available to help with durable medical equipment and assistive technology. Please note: During work hours, specialists may be out of the office while making home visits to consumers throughout the five-county catchment. Monday – Friday, 9:00 a.m. to 5:00 p.m.

Valley Mountain Regional Center (VMRC)
Prevention and Development Disability Service Coordination
Branch Office Serving Tuolumne County
704 Mountain Ranch Road, #203, San Andreas, CA 95249
209-754-1871 Ext. 6524  Adult Services Ext. 6525     FAX 209-754-3211

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

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

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

LOCAL SUPPORT GROUPS:
• Sonora Regional Medical Center’s Freedom From Fear (Panic Attacks, Anxiety) (209) 536-5022
• Sonora Regional Medical Center’s Depression Recovery Class (209) 536-5022
• Tuolumne County behavioral Health Peer Support Center Groups (209) 533-6695
• Survivors of Suicide Loss, 2nd and 4th Tuesday of the month, 6:30 p.m.– 8:00 p.m. Call 209-532-1328 or 209-559-0332

Need Help now?
Call: 800-273-TALK(8255)
Text: ‘Help’ to 741741
**MENTAL HEALTH**

**Tuolumne County Behavioral Health Department Services**
105 Hospital Road, Sonora, CA, 95370
Mail: 2 South Green Street, Sonora, CA, 95370
**Toll Free: 1-800-630-1130**

General Business Line including non-emergency appointments: **209-533-6245**
Walk-In Crisis Services: **209-533-7000**
Medication Services Refills: **209-533-6227**
Enrichment Center – Peer Resources: **209-533-6695**
David Lambert Drop-In Center: **209-533-4879**
Tuolumne County Behavioral Health Administration: **209-533-6245**

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

**National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
Call for immediate assistance for thoughts of suicide.

**National Alliance on Mental Illness – NAMI-TC**
P.O. Box 4720, Sonora, CA 95370
209-586-9351
Provides support groups and education classes for people with mental illness and for their family members and friends. Meetings are the first Thursday of each month from 8:00 p.m. to 9:00 p.m. at St. James Church located at 209-533-6245

**SPARROW Project**
88 Bradford Street, Sonora, CA 95370
209-533-7632
Low cost, in-home counseling services for people ages 60 and over who are living with symptoms of depression. Research collaboration with Catholic Charities and UCSF Institute of Health and Aging.

**Family Resource Network**
5250 Claremont Avenue, Suite 148, Stockton, CA 95207
209-472-3674 or 1-800-847-3030 (Fax) 209-472-3673
Website: [www.frcn.org](http://www.frcn.org)
Provides parent-to-parent support, information and referrals for families who have children with special medical, educational, physical, behavioral, or developmental needs. Services include: general information and referrals, support services, educational and vocational support, services for parents, youth, and special needs individuals. For more information contact: 

**Special Education Preschool Services**
Tuolumne County Superintendent of Schools
175 South Fairview Lane, Sonora, CA 95370
209-536-2040
Special education services are provided by the Tuolumne County SELPA (Special Education Local Plan Area) to children who have a disability in one or more areas. Services are provided at public preschools (e.g. Head Start centers), special classes and at public schools. Children receive services from specially trained teachers and specialists with expertise about the disability. Contact the Tuolumne County SELPA office at 209-536-2040 for more information.

**Tuolumne County Early Start Programs**
For Infants and Toddlers from Birth to 3 years. Tuolumne County SELPA
209-536-2040 or 209-536-2029
The Tuolumne County Early Start Program is a multidisciplinary program providing early intervention services to infants and toddlers in need of special services due to significant development delays in areas such as walking or talking, vision or hearing loss, significant physical/health problems or established medical conditions or disabilities such as Down Syndrome or Cerebral Palsy. For more information contact:

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

**Ride Away Center**
18200 Woodham Carne Road, Sonora, CA 95370
209-928-4092
Email: rideaway.center@gmail.com
Serves people with and without disabilities, including veterans of war, involving them in the activities of "Natural Horsemanship", outdoor lessons, and volunteer training sessions. Open year round. Call for schedules.
**PARENTING CLASSES AND SUPPORT**

**ATCAA Family Learning & Support Services (FL&SS)**  
18080 Blue Bell East, Sonora, CA 95370  
209-536-5065  (FAX) 209-532-5445

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

**Raising Healthy Families**  
Infant/Child Enrichment Services, Inc. (ICES)  
20993 Niagara River Drive, Sonora, CA, 95370  
209-533-0377

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

**Jamestown Family Resource Center**  
18299 Fifth Avenue (around the corner on 7th Street), Jamestown, CA, 95327  
209-984-4704  (FAX) 209-984-4718  Email: mdyken@jamestown.k12.ca.us

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

**Keep Baby Safe**  
20111 Cedar Road North, Sonora, CA 95370  
209-533-7464  Contact: Eddy Warzee  Email: ewarzee@co.tuolumne.ca.us

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

**Narcotics Anonymous**  
Central Sierra South Area Narcotic Anonymous  
P.O. Box 5100, Sonora, CA 95370  
209-533-2348 Local 24 Hr. Help Line  
Website: www.cssna.org

**Gamblers Anonymous – Sonora**  
Discover Life Seventh Day Adventist Health Ministries  
Discover Life Sonora Seventh Day Adventist Church  
40 North Forest Road, Sonora, CA 95370  
209-532-3337

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

**Tobacco Cessation Resources**

- California Smokers Helpline: 1-800-NO-BUTTS  
- California Chewers Helpline: 1-800-844-CHEW  
- QuitNet  Website: www.quitnet.com  
- American Lung Association  Website: www.californialung.org  
- American Cancer Society  Website: www.cancer.org  
- Free local Smoking Cessation classes: 209-533-7419  
- Freedom From Smoking Class, Sonora Regional Medical Center: 209-536-3727

**Tuolumne County Tobacco Control Program**  
20111 Cedar Road North, Sonora, CA 95370  
209-533-7419  (FAX) 209-533-7406

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

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

**Alano Club**  
9521 Village Drive, Sonora, CA, 95370  
Thursdays, 6:00 p.m.  209-772-1062

**San Andreas Community Covenant Church**  
261 Treat Avenue, San Andreas, CA 95249  
Fridays at 7:00 p.m.  209-217-2449
DRUG, ALCOHOL & TOBACCO PROGRAMS

Alano Club
Alcoholics Anonymous
209-533-1134 *24 hour answering service
Website: www.aa.org


Changing Echoes, Inc.
7632 Pool Station Road, Angels Camp, CA, 95222
209-785-3667 (FAX) 209-785-5238
Email: changing@changingechoes.com Website: www.changingechoes.com

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

Maynord’s Chemical Dependency Recovery Center, Inc.
19325 Cherokee Road, Tuolumne, CA, 95379
Mail: P.O. Box 1657, Tuolumne, CA, 95379
209-928-3737 (FAX) 209-928-1152
1-800-228-8208 (Toll Free)
Website: www.maynords.com

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 Friends & Families of Alcoholics
209-524-3907
Website: www.ncwsa.org/d18

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

CHILD CARE SERVICES

Amador Tuolumne Community Action Agency Early/Head Start
427 North Highway 49, Suite 202, Sonora, CA, 95370
209-533-0361 (FAX) 209-533-0470

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

Blue Bell Head Start (Ages 3-5)
School Year Program
18080 Blue Bell Road East
Sonora, CA 95370
8:30 a.m. to 3:00 p.m.
209-532-5455 (FAX) 209-532-5455

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

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) 209-532-5455

Jamestown Early Head Start (Ages 0-3)
Year Round Program
10550 7th Street
Jamestown, CA 95327
8:00 a.m. to 2:00 p.m.
209-984-1715 (Fax) 209-984-1719

Jamestown Head Start (Ages 3-5)
School Year Program
18234 Fourth Avenue
Jamestown, CA 95327
8:30 a.m. to 3:00 p.m.
209-984-1617 (Fax) 209-984-0627

Early Head Start Home Base (Ages 0-3)
Year Round Home Visiting Program
427 N. HWY 49, Suite 202
Sonora, CA 95370
209-533-0361 (FAX) 209-533-0470
Summerville Parent Nursery School
Parenting Classes & Nursery School
20150 Tuolumne Road, Tuolumne, CA, 95379
209-928-4288

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

Tenaya Parent Preschool
Tenaya Elementary School
P.O. Box 1285, Groveland, CA, 95321
209-962-7559

Parent education and preschool programs for children 2 years 9 months to kindergarten age. All preschoolers must be potty trained. Weekly parent participation and monthly education meeting is required for participating parents. Monday-Thursday two classes: 8:30 a.m.-11:30 a.m. / 12:30 p.m.-2:30 p.m. Closed Friday.

Tuolumne County Recreation Department
43 North Green Street, Sonora, CA, 95370
Mail: 2 South Green Street, Sonora, CA, 95370
209-533-5663 (FAX) 209-532-2502 Website: www.tc recreation.com

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

Belleview Preschool
22736 Kewin Mill Road, Sonora, CA, 95370
209-586-5510 Ext. 302 (FAX) 209-586-5516

Morning state-preschool program for children 3 years (by Sept. 1) to 5 years old who are potty trained. Free to qualifying families. Monday – Friday, 8:00 a.m. to 11:30 a.m. Program includes one meal and fields trips. Class size is limited to 24, with an 8-1 ratio. Call Beth Barnett, Director/Site Supervisor.

Columbia College Child Care Center
11600 Columbia College Drive, Sonora, CA, 95370
209-588-5278 Ext.1

Child care available for children ages birth-5 years. Those eligible may attend at no cost or a reduced cost. For more information call Kelly Thomas, Manager, at 588-5278.

Infant/Child Enrichment Services, Inc. (ICES)
20993 Niagara River Drive, Sonora, CA, 95370
209-533-0377

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

CHILD CARE RESOURCE AND REFERRAL PROGRAM – Provides up-to-date child care information and referrals to parents looking for child care. Also offers technical assistance and resources to child care providers. No eligibility requirements or fees. Monday – Friday, 8:30 a.m. to 5:00 p.m.

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