

TUOLUMNE COUNTY COMMUNITY RESOURCE DIRECTORY

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

May not be reproduced without the written permission of the
Tuolumne County Public Health Department.
For additional copies of this directory,
please call 209-533-7401 or 1-800-585-6606 x7401

COMMUNITY RESOURCE DIRECTORY



**TUOLUMNE COUNTY
PUBLIC HEALTH**
PREVENT • PROMOTE • PROTECT

PRODUCED BY
Tuolumne County Health Dept.
20111 Cedar Road North
Sonora, CA 95370



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.

Table of Contents

Emergency Medical Care.....	page 3
Medical Care.....	page 3-5
Labor and Delivery.....	page 5-6
Prenatal Care.....	page 6-7
Breastfeeding.....	page 7
Health Services.....	page 8-10
In-home Care.....	page 10
Dental Care.....	page 11
Services and Support for Special Need Children.....	page 12-13
Parenting Classes and Support.....	page 14
Child Care Services.....	page 15-17
Drug, Alcohol, and Tobacco Programs.....	page 18-19
Mental Health.....	page 20-21
Social Services.....	page 22-23
Food Programs.....	page 23-24
Finances.....	page 25-26
Families in Transition – Transition Services.....	page 26-27
Transportation Services.....	page 27
Legal Aid.....	page 28
Veterans Services.....	page 28-29
Miscellaneous.....	page 29-30

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

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

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.

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 Prompt Care staff can treat include illnesses such as colds, sore throats, and flu, plus minor cuts, burns and sprains. Provides minor medical care on a walk-in basis. Open daily 8:00am to 6:00pm.

Angels Camp Rapid Care

23 N. Main Street, Angels Camp, CA 95222

209-736-9130

<https://www.adventisthealth.org/locations/angels-camp-rapid-care/>

Provides treatment for conditions that require timely attention, but do not pose an immediate, serious health threat—illnesses such as colds, sore throats, and flu, plus minor cuts, burns and sprains. Open daily 8:00am to 6:00pm.

Groveland Family Medical Center

18661 Highway 120, Groveland, CA 95321

Mail: P.O. Box 550, Groveland, CA 95321

209-962-7121 (FAX) 209-962-065

Provides family care and minor emergency service.

Job Care Occupational Medicine

19747 Greenley Road, Suite 2, Sonora, CA

209-536-3780 (FAX) 209-532-2424

Provides business community with pre-placement physicals, employer required immunizations, DMV physicals, hearing tests, drug screening, breath-alcohol testing, and consultation liaison for worker's compensation injuries. By appointment only.

M.A.C.T. Medical Clinic, Sonora

13975 Mono Way, Suite G, Sonora, CA 95370

Mail: P.O. Box 939, Angels Camp, CA 95222

209-533-9600 (FAX) 209-533-9608

Medical services are available to all Native Americans, their family members, and the public. Medi-Cal, Medicare, CMSP and private pay patients are welcome. CHDP-certified medical facility. Open M—F, 8:00am to 5:00pm

Mathiesen Memorial Health Clinic

18144 Seco Street, Jamestown, CA 95327

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

www.mathiesenclinic.com

Providing family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted. Open M—F, 8:00am to 5:00pm.

Adventist Health Sonora, Physician Referral Line

209-536-3344

Tuolumne Me-Wuk Primary Care Sonora

22044 Cedar Road, Sonora, CA 95370

209-928-5400 (FAX) 209-532-0031

tmwihc.org

Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women's health, family planning, well-child check ups, dermatology and acupuncture. Most insurances, Medicare & Medi-Cal accepted. M—F, 8:00am to 5:00 p.m.

Tuolumne Me-Wuk Indian Health Center

18880 Cherry Valley Blvd., Tuolumne, CA 95379

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

tmwihc.org

Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women's health, family planning, well-child check ups, counseling & behavioral health. Laboratory blood draw services and a full-service pharmacy is available on-site. Most insurances, Medicare & Medi-Cal accepted. M—F, 8:00am to 5:00 pm.

Adventist Health Sonora

Specialty Care

193 South Fairview Lane, Suite C Sonora, CA 95370

209-536-5135

adventisthealth.org/sonora

Provides ENT, gastroenterology, nephrology, orthopedics, pain management, physical medicine and rehabilitation, podiatry, dermatology, wound care, endocrinology and urology care for the community's Medi-Cal clients.

LABOR AND DELIVERY CARE

Birth Center at Adventist Health Sonora

1000 Greenley Road, Sonora, CA 95370

209-536-3260

Provides a family-centered birth experience in fully equipped birthing suites as well as operating suites for cesarean birth. Childbirth education and breastfeeding basics classes offered free of charge. Tours are available through childbirth education classes or by appointment. In-hospital lactation consultants available or by appointment for out-patient visits. Can refer to appropriate resources, including lactation consultants for home visits. Water birth is also available. 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

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 or email: 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

Provides OB/GYN, women's health services, behavioral health, general surgery and rheumatology for the community's Medi-Cal clients.

Tuolumne County Childbirth Educators (Birth Center)

1000 Greenley Road, Sonora, CA 95370

310-694-4133 Contact: Esme Brundyn

Preparation for childbirth; six week class series reviewing what to expect in labor, cesarean section, coping strategies, and more. Held at Adventist Health Sonora. Call early in pregnancy for schedule.

Medi-Cal Access Program

1-800-433-2611

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

Road to Resilience

105 Hospital Road, Sonora, CA 95370

209-533-5752

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

BREASTFEEDING SUPPORT

La Leche League

Website: www.llli.org

Monthly meetings, phone help, and online breastfeeding support.

Facebook: La Leche League of Tuolumne County

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

Tuolumne County Breastfeeding Coalition (TCBC)

209-591-8524

Email: tcbc97@gmail.com **Find us on Facebook**

TCBC provides hospital-grade, electric breast pumps for rent and can refer to appropriate resources, including Lactation Consultants for home visits. TCBC coordinates monthly Baby Workshops and annual World Breastfeeding Week activities, conducts conferences, updates the Nursing Out & About booklet and provides breastfeeding education in the community. TCBC meets the first Wednesday of every month from noon to 1:00pm at the Tuolumne County Public Health Department.

Adventist Health Sonora Birth Center

1000 Greenley Road, Sonora, CA 95370

209-536-3260

Free monthly breastfeeding class for pregnant moms. Outpatient lactation consultant at no charge.

HEALTH SERVICES

Child Health and Disability Prevention Program (CHDP)

Tuolumne County Public Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7401 or 1-800-585-6606 x7401

Federal and State funded preventive health program serving California's children and youth with fee-for-service Medi-Cal (not in a managed care plan.) Free periodic health and dental checkups and immunizations for children 0-21 years with Medi-Cal and for children 0-19 years from income-eligible families. The local CHDP program staff provides care coordination to assist families with appointment scheduling, transportation and access to diagnostic and treatment services. Monday—Friday, 8:00am to 5:00pm.

Public Health Nurse Visiting Program

Tuolumne County Public Health Department

20111 Cedar Road North, Sonora, CA 95370

209-533-7401 or 1-800-585-6606 x7401

Home visits by a Public Health Nurse include health assessments, education, health counseling, and referral services for:

- High-Risk Infants
- Pregnant Women
- Pregnant Teens
- Custodial Parents, Moms, Dads, Grandparents

Environmental Health Division

48 West Yaney Ave., 4th Floor, Sonora, CA, 95370

Mail: 2 S. Green Street, Sonora, CA, 95370

209-533-5633 (FAX) 533-5909

Inspection Line 209-533-5992

Email: rkostlivy@co.tuolumne.ca.us

Robert Kostlivy, Director

Environmental Health Division assists public agencies, private citizens and the community at large in prevention of environmental health concerns by reducing, eliminating, or controlling hazards and by providing education through inspection, consultation and enforcement services.

Individual counseling by a registered dietitian regarding heart disease, diabetes, kidney disease, eating disorders and other therapeutic diets. Medical provider referral required.

Medical Nutrition Therapy

Adventist Health Sonora

19747 Greenley Road, Sonora, CA, 95370

209-536-3720

Outpatient Diabetes Education

Adventist Health Sonora

19747 Greenley Road, Sonora, CA, 95370

209-536-3720

A "Medicare Recognized" Program. Referrals required.

Sierra HOPE

Health Opportunities, Programs and Education

1168 Booster Way, Angels Camp, CA, 95222

Mail: P.O. Box 159, Angels Camp, CA 95222

209-736-6792 (FAX) 209-736-6861

Website: www.sierrahope.org

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

Services Include:

- HIV and Hep C rapid testing
- AIDS Drug Assistance Program (ADAP)
- Case management, including benefits counseling
- Emergency financial assistance for housing and essential utilities
- Health Insurance Premium Payment (HIPP) assistance program
- Transportation assistance for medical appointments

Other services available:

- Community Food Pantry open to anyone in need, Wednesdays 1:00 p.m. to 4:00 p.m.
- HIV and Hepatitis C screening
- HIV and Hepatitis educational presentations, supportive housing program for homeless, disabled individuals
- Emergency assistance for rent and essential utilities (for low-income Calaveras County residents only)

All services are confidential

Office Hours: Monday – Thursday, 9:00 a.m. to 5:00 p.m.

Tuolumne County Superintendent of Schools

County Schools Nurses

175 Fairview Lane, Sonora, CA 95370 (FAX) 209-536-2002

Joyce McMahon, RN 209-536-2048 Email: jmcmahon@tcsos.us

Martha Stolp, RN 209-536-2071 Email: mstolp@tcsos.us

Michelle Prado, Health Aide 209-536-2046 Email: mprado@tcsos.us

California Children's Services

Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

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

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

Disability Resource Agency for Independent Living (DRAIL)

19060 Standard Rd, Suite 6, Sonora, CA 95370

209-532-0963 TDD 209-288-3309

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

Valley Mountain Regional Center (VMRC)

Prevention and Development Disability Service Coordination

704 Mountain Ranch Road, #203, San Andreas, CA 95249

209-754-1871 x6524 Adult Services x6508 (FAX) 209-754-3211

www.vmrc.net

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

Family Resource Network

5250 Claremont Avenue, Suite 148, Stockton, CA 95207

209-472-3674 or 1-800-847-3030 (Fax) 209-472-3673

www.frcn.org

Provides parent-to-parent support, information and referrals for families who have children with special medical, educational, physical, behavioral or developmental needs. Services Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. Tuesday—Friday, 8:30 a.m. to 2:30 p.m. and by appointment.

Special Education Preschool Services

Tuolumne County Superintendent of Schools

175 South Fairview Lane, Sonora, CA 95370

209-536-2040

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

Tuolumne County Early Start Programs

Tuolumne County SELPA

209-536-2040 or 209-536-2047

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

Tuolumne County SELPA

209-536-2040

Tuolumne County Early Start

209-536-2029

Valley Mountain Regional Center

209-754-1871

Ride Away Center

18200 Woodham Carne Road, Sonora, CA 95370

209-928-4092

Email: rideaway.center@gmail.com

Serves people with and without disabilities, including veterans of war, involving them in the activities of "Natural Horsemanship", outdoor lessons, and volunteer training sessions. Open year round. Call for schedule.

PARENTING CLASSES AND SUPPORT

ATCAA Family Learning Center

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

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

Raising Healthy Families

Infant/Child Enrichment Services, Inc. (ICES)

20993 Niagara River Drive, Sonora, CA, 95370

209-533-0377

www.icesagency.org

A parent education and support program for families with children, ages 0-18. Parenting educators visit families weekly to help parents by focusing on parenting skills, stress management, child development and problem solving. Free parenting classes.

Jamestown Family Resource Center

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

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

Keep Baby Safe - Child Passenger Safety

Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

209-533-7469 or 209-533-7413

Email: aparnell@co.tuolumne.ca.us or psarantopoulos@co.tuolumne.ca.us

Tuolumne County Public Health's Keep Baby Safe program works with County residents to ensure proper child car seat installation. Keep Baby Safe offers Child Car Seat classes to all Tuolumne County residents on how to correctly install child car seats in their vehicle. Receive a coupon for \$20.00 off a booster or convertible seat at Sonora Walmart by attending a class. Call for dates and times.

CHILD CARE SERVICES

Amador Tuolumne Community Action Agency Early/Head Start

427 North Highway 49, Suite 202, Sonora, CA, 95370

209-533-1397 (FAX) 209-533-1034

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

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

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 fields 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

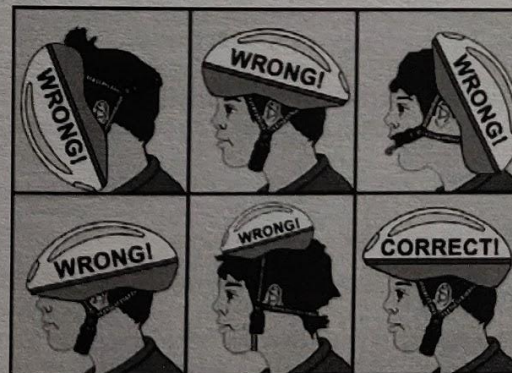
Child care available for children ages birth-5 years. Those eligible may attend at no cost or a reduced cost. For more information ask for Manager Kelly Thomas, M—F, 9:00am-5:00pm.

Infant/Child Enrichment Services, Inc. (ICES)

20993 Niagara River Drive, Sonora, CA, 95370
209-533-0377
www.icesagency.org

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

district33cnia.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 Email: 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.

Maynord'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.maynords.com

28-day residential detox. Clean and sober living. State licensed, CARF accredited. Friendly, certified (CADCI/CAS) staff, available 24 hours a day, 7 days a week. All programs include education, counseling groups, family participation, after-care, and long-term support. Services usually covered by insurance. Two clean and sober living homes: Sunshine Inn Dove Ridge and Creekside.

Al-Anon/Alateen Family Groups

209-524-3907

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

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: 209-536-3727

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 Opiod Safety Coalition

209-533-5793

xsafetuolumne.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.

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

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 or email: 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

Provides OB/GYN, women's health services, behavioral health, general surgery and rheumatology for the community's Medi-Cal clients.

Tuolumne County Childbirth Educators (Birth Center)

1000 Greenley Road, Sonora, CA 95370

310-694-4133 Contact: Esme Brundyn

Preparation for childbirth; six week class series reviewing what to expect in labor, cesarean section, coping strategies, and more. Held at Adventist Health Sonora. Call early in pregnancy for schedule.

Medi-Cal Access Program

1-800-433-2611

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

Road to Resilience

105 Hospital Road, Sonora, CA 95370

209-533-5752

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

BREASTFEEDING SUPPORT

La Leche League

Website: www.llli.org

Monthly meetings, phone help, and online breastfeeding support.

Facebook: La Leche League of Tuolumne County

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

Tuolumne County Breastfeeding Coalition (TCBC)

209-591-8524

Email: tcbc97@gmail.com Find us on Facebook

TCBC provides hospital-grade, electric breast pumps for rent and can refer to appropriate resources, including Lactation Consultants for home visits. TCBC coordinates monthly Baby Workshops and annual World Breastfeeding Week activities, conducts conferences, updates the Nursing Out & About booklet and provides breastfeeding education in the community. TCBC meets the first Wednesday of every month from noon to 1:00pm at the Tuolumne County Public Health Department.

SOCIAL SERVICES

Adult Protective Services

Tuolumne County Department of Social Services

20111 Cedar Road North, Sonora, CA 95370

209-533-5717

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

A program to prevent or correct conditions that cause dependent adults and elders to be abused, neglected, or exploited. Services could include coordination of services with other agencies, advocacy, counseling, respite care, and education. Services are free of charge to Tuolumne County residents who are dependent or elderly adults.

Monday—Friday, 8:00am to 5:00pm.

Child Welfare Services

Tuolumne County Department of Social Services

20111 Cedar Road North, Sonora, CA 95370

209-533-5717

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

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

Monday—Friday, 8:00am to 5:00pm.

Interfaith Community Social Services

18500 Striker Court (on Tuolumne Road), Sonora, CA 95370

Mail: P.O. Box 5070, Sonora, CA 95370

209-532-0905 Cathie Peacock, Director

interfaithsonora.com

Provides home deliveries for seniors and disabled adults, groceries, clothing, small household items, daily showers, discount medication cards, and more. Also provides information for housing, jobs, furniture, and wood. Must provide proof of residence in Tuolumne County for all persons requesting assistance. No proof of income is necessary. For Tuolumne County residents only. No charges for any service provided. Open Monday—Friday, 10:00am to 1:00pm. Showers until 12:30pm.

Nancy's Hope Community Center

10000 Technology Drive, Columbia, CA 95310

209-533-2647

Programs to help with clothing, food, household and utility needs. Open Monday—Saturday, 10:00am to 4:00pm.

Elder Abuse Prevention

Catholic Charities

88 Bradford Street, Sonora, CA 95370

209-532-7632

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, 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, 8:00am to 4:00pm. Apply on-line at www.c4yourself.com

Amador Tuolumne Community Action Agency Food Bank

10059 Victoria Way, Jamestown, CA 95327

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

209-984-3960 (FAX) 209-984-3961

www.atcaa.org

A community food bank providing food for local food pantries and regular food distribution for individuals, families, children and seniors who qualify, as well as holiday food baskets.

Women, Infants and Children (WIC)

Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

209-533-7431

Services include nutrition education, breastfeeding support and equipment, and food benefits. Eligibility is based on income, nutrition risk and category. WIC serves children 0-5 years, pregnant women, breastfeeding women up to one year, and postpartum women up to 6 months. Working families, single parents, grandparents, foster parents, married couples, migrants and more are welcome to apply. M/T/TH/F, 8:00am to 5:00pm and Wednesdays 7:30am to 5:30pm.

Sierra Senior Providers, Inc.

Senior Center—540 Greenley Road, Sonora, CA 95370

209-533-2622 (FAX) 209-533-2012

www.sierraseniorproviders.org

Offers a variety of activities: resource information to seniors, families and to the general community. Outreach services: Meals on Wheels, Senior Lunch Program and Firewood Delivery Program.

Christian Heights Assembly of God Church

13711 Joshua Way, Sonora, CA 95370

209-532-7305 (FAX) 532-4374

www.christianheights.net

Christian Heights offers a free meal on Wednesday evenings, 5:30pm to 6:30pm. The Heart Rock Café at 1 S. Washington Street in Sonora offers a free meal on Wednesday evenings, 5:30pm to 6:30pm. Community Assembly Church at 18785 Pine Street in Tuolumne offers a free meal on Saturday evenings at 6:00pm. Call for more information.

Lake Don Pedro Baptist Church

4175 Abeto Street, La Grange, CA 95329

209-852-2193 Contact: David Redd

Emergency food pantry for people in need. 1st and 3rd Tuesday of the month, 9:00am to 11:00am or by appointment.

Discover Life Seventh Day Adventist Food Pantry

4 North Forest Road, Sonora, CA 95370

209-532-3337

Open Wednesdays, 9:00am to noon, to anyone in need.

St. James Episcopal Church Food Pantry

Washington and Snell Streets, Sonora, CA 95370

209-532-1580

Food available on Tuesday and Friday, 9:30am to noon in the Parish Hall.

St. Patrick's Catholic Church

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

209-532-7139

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

Sierra Bible Church

15171 Tuolumne Rd., Sonora, CA 95370

209-532-1381

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

FINANCES

CalWORKs

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA, 95370

209-533-5711 (FAX) 209-533-5714

Cash benefits to eligible families. Eligibility requirements are set by State and Federal Government. Hours: Monday - Friday, 8:00 a.m. to 4:00 p.m. You may apply online at www.c4yourself.com. CalWORKs Welfare to Work Employment Services: Employment and training program to assist CalWORKs recipients with employment, education or vocational training, and job-readiness services. Transportation reimbursement, child-care subsidies, referrals to other agencies and other supportive services are available to participate in work-related, approved program activities to obtain and retain unsubsidized employment. Monday—Friday, 8:00am to 4:00pm.

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

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 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

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

Provides fixed route services and Dial-A-Ride services, Monday - Friday, except holidays, between the hours of 6:00am to 7:00pm. Saturday, 11:00am to 4pm. (Dial-A-Ride only). All-day and monthly passes are available on fixed routes.

Common Ground Senior Services

Silver Streak Transportation

80 Ridge Road, Suite A

Sutter Creek, CA 95685

1-800-303-4799

www.commongroundseniorservices.org

Transportation services for Tuolumne County seniors age 60 and over.

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

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

Supportive services for veterans and their families. Funded through the Veteran's Administration. Offers financial and housing assistance and help obtaining VA benefits and other public benefits. Call Monday—Friday, 8:30am to 4:30pm.

Columbia College Student Veterans Center

11600 Columbia College Drive, Sonora, CA 95370

209-588-2090

Open Monday—Friday, 8:00am to 6:30pm (except during summer semester)

Services available for student veterans and dependents include: computers with internet access, printing services and drop-in counseling W & TH, 8:30am to 11:00am.

Tuolumne County Veterans Service Office

209-533-6280

tuolumnecounty.ca.gov/447/Veterans-Service-Office

Helps all veterans and their spouses in determining eligibility for various federal and state benefits. Open Monday—Friday, 9:00am to noon and 1:00pm to 4:00pm. Walk-in services available T/W/TH.

Veteran's Crisis Line

1-800-273-8255

MISCELLANEOUS

Mother Lode Ombudsman

Long Term Care

88 Bradford Street, Sonora, CA 95370

209-588-1597 (FAX) 532-8448

Advocates for residents of long-term care facilities and residential care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties. Monday—Friday, 8:30am to 4:30pm.

Tuolumne County Superintendent of Schools Adult Education

175 Fairview Lane, Sonora, CA 95370

209-536-2075

Earn your high school diploma or GED. Programs are personalized and free to our adult students. Call for more information or an appointment.

Mother Lode Job Training – America Job Centers of California

197 Mono Way, Suite B, Sonora, CA 95370

209-588-1150

www.mljt.org

Employment career center for job seekers and employers. There are no fees involved. Designed as a self-directed system. Resources include: internet access for job search purposes; telephone for job search; resume assistance; job listings; career counseling; information on training, education and related supportive services. Monday–Friday 8:00am to 4:30pm.

Adult Literacy Services

Tuolumne County Public Library

480 Greenley Road, Sonora, CA 95370

209-694-2727 (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

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

"This institution is an equal opportunity provider"

This Community Resource Directory funded by:

**County
cal Ser-
Pro-**



CMSP™

**Medi-
vices
gram**

361,715
72-85

2020 Food Pantries – 4/3/20

Columbia

Nancy's Hope – 533-2647 – M-Sat 10-2pm - Current COVID Modification – Call First

1000 Technology Dr. Columbia

Groveland

Groveland EV Free Church – 962-7584 - Current COVID Modification – Call First

Friday after the 3rd Tuesday of each month 10 – noon

19172 Ferretti Rd. Groveland

Jamestown

Jamestown Christian Fellowship – 352-6364 - Current COVID Modification – Walk up pick up

Thurs 9:30am – 12:00pm

18254 5th Ave. Jamestown

LaGrange

Lake Don Pedro Baptist – 852-2193- Current COVID Modification – Call First

1st & 3rd Tuesday of each month 9-Noon or by appointment

4175 Abeto St. La Grange

Sonora

Christian Heights Church - 532-7305 - Current COVID Modification - Wednesday night meal is TO – GO ONLY

Free Dinner served @ 5:30pm 2 locations:

- Heart Rock Café 1 S. Washington St. Sonora
- Christian Heights Church 13711 Joshua Way Sonora

Discover Life Food Pantry – 454-0035 - Current COVID Modification – Drive Up hours 9-11

Wednesday 9-Noon

4 S. Forest Rd. Sonora

Equipping God's People – 770-0018 - Current COVID Modification – Call First

Sundays @ Noon & by appointment

14326 Tuolumne Rd. Sonora

Interfaith – 532-0905 - M-F 10-1pm - Current COVID Modification – Only Food – bus passes – Utility assistance

No Showers/No clothing/no household items

18500 Striker Ct. Sonora

Lighthouse Ministries (Red Church) 559-5968 - Current COVID Modification - CLOSED

Tuesday & Friday 9:30 – Noon

Dinner only on Tuesday starts at 5pm – 6:00pm

42 Snell St. Sonora

St. Patrick's – 532-7139 – Pantry M-Thurs 10:00-3 - Current COVID Modification – Food boxes available only 9-12 call first

116 Bradford St. Sonora

Breakfast Tues & Thurs 6:30 -8 am – **NO BREAKFAST**

98 Jackson St. Sonora

Sierra Bible – 532-1381 – Tue-Thurs 10-11:30 - Current COVID Modification – DRIVE UP ONLY

15171 Tuolumne Rd. Sonora

Tuolumne

Christian Heights – 532-7305 - Current COVID Modification – CLOSED FOR MEALS – CALL FOR PANTRY SERVICE

Pantry and a meal at Community Assembly Church, in Tuolumne Saturdays 6-7:30 pm.

18785 Pine St. Tuolumne City

Tuolumne United Methodist – 928-3426 or 928-1376 - Current COVID Modification – CALL FIRST

Saturdays 10-11am or by appointment

18851 Cedar St. Tuolumne

Twain Harte

All Saints Catholic Parish – 588-9461 – Current COVID Modification – Drive up service

Tuesday 10-noon

18674 Cherokee Dr. Twain Harte