

RESOURCE DIRECTORY

For
Family Services in
Tuolumne County



A Guide For Families

Sponsored by the
**Tuolumne County
Health Department**
209-533-7400
1-800-585-6606

To our friends in the community:

*As we prepare to print the 12th edition of our
Resource Directory, the Tuolumne County
Health Department acknowledges the increasing*

importance of partnerships in public health. Clearly, "Keeping Tuolumne County Healthy" is a daunting challenge that cannot be accomplished alone.

More than ever before, we are mindful of the dynamic relationship between the health of the community and a multitude of service providers and community based agencies that link families to a broad array of vital resources such as food, jobs, housing, education and health care.

We hope that our partnership with the community to improve the public's health will continue to grow and that the information contained in this directory will make a significant contribution to improving the health and well being of our local families.

Funded by:



And



Tuolumne County WIC Project

"The USDA is an equal opportunity provider and employer."

**For additional free copies of this Directory,
Please call 209-533-7401 or 800-585-6606.**

Revised July 2007

EMERGENCY MEDICAL CARE

Sonora Regional Medical Center

● **209-536-5000**

1000 Greenley Road, Sonora, CA 95370

24-hour emergency care is available at the hospital emergency room. Medi-Cal is accepted for emergency services.

MEDICAL CARE

Family Planning/Pregnancy Testing/STD 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 reproductive health screening for income eligible women of all ages. Services include pregnancy testing/sexually transmitted disease testing; family planning and birth control for low or minimal cost. Services provided by Board Certified OB/GYN Physician and Nurse Practitioner. Medi-Cal and private pay clients gladly accepted. Call for additional program information and appointments.

Immunization and Well Child Clinics

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. Walk in immunization 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. Well child examinations up to 19 years, including vision/hearing screening, immunizations, and dental referral. Call for an appointment. CHDP provider

HIV/AIDS Testing and Referrals

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

● **209-533-7401 or 1-800-585-6606 ext. 7401**

Free anonymous and confidential HIV testing to anyone 12 years of age or older. Rapid test results within 30 minutes. Many prenatal providers recommend HIV testing for pregnant women. Call for additional program information and appointments.

Forest Road Health and Wellness Center

193 South Fairview Lane. Suite B

● **209-536-5100** ● **209-536-5108 (FAX)**

Family medical care and various specialty clinics. Care is provided by Physicians or Family Nurse Practitioners. Call for Appointment. Medi-Cal, CMSP, cash and most insurance plans accepted. CHDP, Family P.A.C.T., Breast Cancer Early Detection Program, Healthy Families.

Prompt Care at Forest Road Health & Wellness Center

193 South Fairview Lane, Suite C, D, E

Sonora, CA. 95370

● **209-536-5130**

Provides minor medical care on a walk-in basis. No appointment needed. Open from 8:00 a.m. to 8:00 p.m. daily, except major holidays.

Prompt Care at Indian Rock Center

14540 Mono Way, Sonora, CA 95370

● **209-532-3167**

Provides minor medical care on a walk-in basis. No appointment needed. Open 8:00 a.m. to 6:00 p.m. daily.

Cedar Road Family Medical Center

20044 Cedar Road, Suite A, Sonora, CA. 95370

● **209-536-3750**

Provides family medical care. Open 8:30 a.m. to 5:00 p.m. Call for appointment.

Greenley Primary Care

19747 Greenley Road. Suite S2, Sonora, CA. 95370

● **209-588-8840** ● **209-588-0911 (FAX)**

Provides family medical care.

Monday-Thursday, 8:00 a.m. to 5:00 p.m.

Friday, 8:00 a.m. to 3:00 p.m. Call for appointment.

Medi-Cal is accepted. CHDP provider.

Groveland Primary Care Center

18661 Highway 120, Groveland, CA 95321

P.O. Box 550, Groveland, CA 95321

● **209-962-7121**

Provides family medical care and minor emergency service.

Monday-Thursday, 8:00 a.m. to 5:00 p.m., Friday 8:00 a.m. to 3:00 p.m.

Call for appointment. Medi-Cal is accepted. CHDP provider.

Job Care

20044 Cedar Road, Suite B

Sonora, CA. 95370

● **209-536-3780**

Provides business community with pre-placement physicals, job-site immunization clinics, hearing test, drug screening, breath-alcohol testing, consultation liaison for worker compensation injuries. By appointment only.

Sonora Indian Health Clinic

M.A.C.T. Health Board, Inc.

13975 Mono Way Suite G, Sonora, CA 95370

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

Medical services are available to all Native Americans and their family members and the public. Medi-Cal, Medicare, private insurance and private pay patients are welcome. CHDP and FQHC certified health facility.

Tuolumne Indian Health Clinic

M.A.C.T. Health Board, Inc.

18382 Tuolumne Road, Suite 7. Tuolumne, CA. 95379

● **209-928-4004 Medical Clinic** ● **209-928-4988 (FAX)**

Medical services are available to all Native Americans, their family members, and the public. Medi-Cal, Medicare, private insurance, and private pay patients are welcome. The Tuolumne Indian Health Clinic is a CHDP and FQHC certified health facility. Call for more program information and hours of operation.

Tuolumne Me-Wuk Indian Health Center

18880 Cherry Valley Blvd. Tuolumne, CA. 95379

● **209-928-5400** ● **209-928-5416 (FAX)**

Medical services include: physicals, health and wellness exams for infants, youth and adults, immunizations, physicals, women's health/obstetrics, family planning, and diabetes services. A full service pharmacy is available on site. Most insurances, Medicare, and Medi-Cal accepted.

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. Preregistration encouraged. Tours are available through childbirth education classes or by appointment.

PRENATAL CARE

Maternal Child Health (MCH)

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

- **209-533-7403 or 1-800-585-6606 Ext. 7403**

The MCH 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 lectures, educational materials, resource and referral. For more detailed information or to schedule a presentation please call 533-7403.

Foothill Pregnancy Center

230 South Shepard Street, Sonora, CA 95370

- **209-536-9262** ● **209-536-9634 (FAX)**

www.foothillpregnancycenter.org

Pregnancy testing. Education on pregnancy, adoption and abortion. Community referrals for medical care, housing and social services. Maternity and baby clothing, baby furniture and accessories. Post abortion support and abstinence education. All services are confidential and free. 24 hour helpline at 743-0909. Office hours Tuesday-Friday from noon-5:00 p.m.

Hillside Obstetrics and Gynecology, Inc.

680 Guzzi Lane. Suite 101, Sonora, CA 95370

- **209-532-9128**

Prenatal & gynecological services provided by Donovan Teel, MD, board certified in OB/GYN. Staff includes a Registered Dietician, Social Worker, Health Educator & Childbirth Educator. CPSP provider. Medi-Cal & most insurance accepted. Monday-Friday, 9:00 a.m. to 5:30 p.m. and Friday, 9:00 a.m. to 3:30 p.m.

Lawrence E. Brunel M.D., Inc.

900 Greenley Road. Suite 920. Sonora, CA. 95370

- **209-532-5121**

Pregnancy and Women's Health Care Services provided by Lawrence E.

Brunel, M.D. Board Certified in OB/GYN. CPSP Provider, Staff includes Registered Nurse, Registered Dietician, Social Worker, Health Educator and Childbirth Educator. Tuesday-Wednesday, 9:00 a.m. to 5:00 p.m. and Friday, 9:00 a.m. to 5:00 p.m. Medi-Cal, AIM and most insurance accepted.

Cedar Road Family Health & Wellness

(See Under MEDICAL CARE)

Forest Road Health & Wellness

(See Under MEDICAL CARE)

Preparation for Cesarean Birth Center Classes

Sonora Regional Medical Center

1000 Greenley Road, Sonora, CA. 95370

● **209-536-3260**

Sonora Birth Center

(See Under LABOR & DELIVERY CARE)

Tuolumne County Childbirth Educators

1000 Greenley Road, Sonora, CA. 95370

Melissa Kelsay ● 209-586-1881.

Preparation for childbirth; six-week series, refresher course. Monthly classes at Sonora Regional Medical Center. Call early in pregnancy for schedule.

Breastfeeding Support

- **La Leche League** Provides information, support, encouragement and education to women who want to breastfeed. For breastfeeding questions, concerns, and information about meetings, call **Debbie K. 928-3574; Christine 536-1740; Kimberly 532-6225; Crystal 536-9492.**
- **The Lactation Station 984-4640**, provides breast pumps, breastfeeding aids and consultation.
- **Breastfeeding Coalition Tuolumne Co. 209-533-7431**
- **National Women's Health Breastfeeding Helpline. 1-800-226-7536**
www.4woman.gov,
- **With Woman Care. 928-1509**, School breaks and weekends; **(209) 480-3674**, School weekdays. Lactation Consultation.
- **The Nesting Place**
23 Snell Street, St A Sonora CA 95370
209-536-1045 209-743-1450
Provides childbirth education, breastfeeding information, resources.

HEALTH SERVICES

Child Health and Disability Prevention Program (CHDP)

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

- **209-533-7417 or 1-800-585-6606**

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 Nursing Home Visiting Program

Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370

- **209-533-7412 or 1-800-585-6606**

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

- High Risk Infants
- Pregnant Women
- Pregnant Teens
- Persons with chronic health problems

Environmental Health Division

Location: 975 A Morning Star Drive, Sonora, CA. 95370

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

- **Phone 209-533-6440 ● 209-533-6454 (FAX)**

- **Inspection Line 209-533-6452**

bfaw@co.tuolumne.ca.us

The 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 Programs: Every Women Counts** gives low-income women access to screening and diagnostic services for breast and cervical cancer. Call for more eligibility information.

Breast Cancer Support Group

680 Guzzi Lane Suite C, Sonora, CA. 95370

● **209-533-0333**

1st & 3rd Mondays, 5:30 p.m. to 7:00 p.m.

Contact Claire Mills at the office of Dr. Banisadre,
680 Guzzi Lane. #206, Sonora, CA. 95370

Medical Nutrition Therapy

Sonora Regional Medical Center,
1000 Greenley Road, Sonora, CA 95370

● **209-536-5000**

Individual counseling, by registered dietitian regarding heart disease, diabetes, kidney disease, eating disorders and other therapeutic diets. Referral from medical provider required.

Outpatient Diabetes Education

Sonora Regional Medical Center
1000 Greenley Road, Sonora, CA 95370

● **209-536-5046**

A Medicare Recognized Program. Referrals required.

Sierra Health Resources, Inc. d.b.a. Sierra HOPE

1168 Booster Way, PO Box 159. Angels Camp, CA. 95222

● **209-736-6792** ● **209-736-6836 (FAX)** ● **1-888-722-2873**

Website: www.sierrahope.org

Private, non-profit organization, providing supportive services to people with HIV/AIDS and their families. Services include social and nurse case management, advocacy, support groups, individual counseling, trained volunteers, food pantry, and emergency financial assistance. Also provides Hepatitis C testing and education, a Hepatitis support group, and community and business/agency (in-service) education. Special presentations by people living with HIV/AIDS may be arranged. A print and video library is also available. STRICTLY CONFIDENTIAL.
Hours: Monday-Friday, 8:00 a.m. to 6:00 p.m.

Tuolumne Adult Day Health Care (ADHC)

A Program of VNA-Hospice

101 Hospital Road. Sonora, CA. 95370

● **209-533-7180** ● **209-533-7226 (FAX)**

ADHC offers a specialized day program that enhances independent living for at-risk adults and seniors. We offer skilled health monitoring, activities to stimulate overall cognitive abilities, social services, physical and occupational therapies, enhancement of strength and endurance, nutritional assessments, AM & PM snacks and a hot lunch. Call for more program information.

Office hours: Monday-Friday, 8:00 a.m. to 4:30 p.m.

Program hours: Monday-Friday, 9:00 a.m. to 3:00 p.m.

Tuolumne County Schools Nurse

Debora Kay Esque, RN

175 South Fairview Lane. Sonora, CA. 95370

● **209-536-2048** ● **209-536-2002 (FAX)**

● **Email:** desque@tuolcoe.k12.ca.us

Michelle Carrillo, CNA

● **209-536-2046** ● **Email:** mcarrillo@tuolcoe.k12.ca.us

Tuolumne County Medical Society

P.O. Box 3234, Sonora, CA 95370

● **209-586-5431 (Phone & Fax)**

Provides patients with referrals to doctors and information regarding physician credentials. Provides physicians and other health care professionals with continuing medical education activities.

DENTAL CARE

M.A.C.T. Indian Dental

18670 Carter Street, Tuolumne, CA 95379

PO Box 2080, Tuolumne, CA 95379

● **209-928-4279** ● **209-928-4101 (FAX)**

Services available to all Native Americans and their family members and the public.

Medi-Cal, private insurance, and private pay patients are welcome.

Office hours are Monday-Friday, 8:00 a.m. to 6:00 p.m.

Forest Road Health and Wellness Center Dental Services

193 South Fairview Lane. Suite J. Sonora, CA. 95370

•**209-536-5140** • **209-536-5148 (FAX)**

Dental services provided for Medi-Cal and CMSP patients. Services include Preventative Care, Minor Oral Surgery, Emergency Care and Oral Health Education. Monday-Thursday, 7:30 a.m. to 6:00 p.m. Friday, 8:00 a.m. to 6:00 p.m., and Sunday by appointment.

Smile Keepers

175 S. Fairview Lane, Sonora, CA. 95370

•**209-536-2014**

Smile Keepers is a school based dental disease prevention program. Please contact Erika Hagstrom-Dossi, R.D.A. for further information; 209-536-2014 or

www.edossi@tuolococe.k12.c.us

IN - HOME CARE

Community Home Care

193 S. Fairview Lane, Suite B. Sonora, CA 95370 • **209-536-3800**

467 S. Main Street, Angels Camp, CA 95222 • **209-736-9181**

Full service home health agency providing skilled care under a physician's order. Services may be provided by RN, PT, OT, ST and CHHA. Call for information.

Community Personal Care

Personal Care

177 South Fairview Lane, Sonora, CA 95370

• **209-536-3820** • **209-536-3540 (FAX)**

Community Personal Care is a home care agency licensed by the State of California, and JCAHO certified. Provides in home nursing care including: Medical Waiver Programs, Early & Periodic Screening and Diagnosis & Treatment. Staff includes RNs, LVNs & C.H.H.A.S. Services include bathing, grooming, shopping, meal preparation and transportation. Available from 2 to 24hrs.

Tuolumne County In-Home Supportive Services

IHSS Program

20075 Cedar Road North, Sonora, CA 95370

• **209-533-5794** • **209-533-5711**

In-Home Supportive Services (IHSS) Program assists aged, blind, and disabled persons to remain safely in their own home. The IHSS program includes Personal Care Services Program (PCSP), and is an alternative to out-of-home care. Call for more information.

VNA-Hospice

20100 Cedar Road North, Sonora, CA. 95370

PO Box 4805, Sonora, Sonora, CA. 95370

● **209-533-6800 or 1-800-990-9795**

Medicare Certified programs for both Home Health and Hospice care.

Home Health is for persons recovering from an illness or injury at home.

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.

Call VNA-HOSPICE for details.

Helping Hands

Home Services

Location: 15000 Jenness Road, Sonora, CA. 95370

Mailing: PO Box 177, Soulsbyville, CA. 95372

● **209-536-1660** ● **209-770-4223** ● **209-536-9090 (FAX)**

Providing in-home care, Homemakers, CNA's, HHA's, and shopping. Appointments, meals. personal care, light housekeeping, and yard work.

SERVICES FOR SPECIAL NEEDS 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** ● **209-533-7406 (FAX)**

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 other medical insurances.

Call for information Monday-Friday, 8:00 a.m. to 5:00 p.m.

CCS Home Page: www.dhs.ca.gov/pctfh/cms/ccs/

Disability Resource Agency for Independent Living

67 Linoberg Street, Suite A, Sonora, CA 95370

● **209-532-0963** ● **TDD 209-532-1280**

Serves persons with disabilities of all ages. Provides Information & Referral, Housing Referrals, Advocacy, Peer Counseling, Independent Living Skills, SSI & SSDI Benefits Advising, ADA Technical Assistance & Evaluation, Computer Training and Assistive Technology to assist with education & funding when available for durable medical equipment. Monday-Friday, 9:00 a.m. to 5:00 p.m.

Easter Seals Superior California, Inc.

7273 Murray Dr. #1, Stockton, CA 95210

● **916-485-6711 ext 104**

www.easter-seals.org info@easterseals-superiorca.org

Community-based health agency offering: School Age & Special Families Support Program.

Family Resource Network

5250 Claremont Avenue, Suite 239, Stockton, CA 95207

● **209-472-3674 or 1-800-847-3030 ● 209-472-3673 (FAX)**

Provides parent-to-parent support, information and referral for families who have children with special medical, educational, physical, behavioral or developmental needs. Organized and staffed by parents of special needs children. Serves Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties.

Tuesday-Friday, 8:30 a.m. to 2:30 p.m. By appointment.

Ride Away Center

18200 Woodham Carne Road, Sonora, CA 95370

● **209-352-6903**

Website: www.sonnnet.com/usr/RideAway

Serves people with and without disabilities, involving them in the activities of horsemanship.

Outdoor lessons, camping with horses, day camps, and volunteer training sessions.

Participation by family, friends and community is invited. Open year round. Call for schedules.

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 in preschool settings, 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 Program

For Infants and Toddlers from Birth to 3 years.

Tuolumne County SELPA

● **209-536-2040 ● 209-532-2752**

The Tuolumne County Early Start Program is a multi-agency program providing early intervention services to infants and toddlers in need of special services due to significant developmental delays in areas such as walking or talking, vision or hearing loss, significant physical/health problems or identified conditions such as Down Syndrome or Cerebral Palsy. For more information, contact: Tuolumne County SELPA 209-536-2040, Tuolumne County Early Start Office 209-532-2752, or Valley Mountain Regional Center 209-754-1871.

Valley Mountain Regional Center (VMRC)

Prevention and Developmental Disability Counseling

Branch Office Serving Tuolumne County

52 N. Main Street

P.O. Box 1420, San Andreas, CA 95249

● **209-754-1871** ● **209-754-3211 (FAX)**

Catharine Moore, Program Manager, Early Start/Children Services

● **Ext. 6524** Adult Services **Ext. 6525**

Services for developmentally delayed persons of all ages. Prevention services for at-risk infants.

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.

CHILD CARE SERVICES

Bellevue Preschool

22736 Kuien Mill Road, Sonora, CA 95370

● **209-586-5510 Ext 359**

Morning state preschool program for children 3 years (by Dec. 2nd) to 5 years old who are potty-trained. Free to qualifying families. Monday-Friday, 8:30 a.m. to 11:30 a.m.

Program includes two meals, field trips, and local transportation.

Class size is limited to 24, with an 8-1 ratio.

Columbia College Child Care Center

11600 Columbia College Drive, Sonora, CA 95370

● **209-588-5278**

Child care available for children ages Birth–5 years. Those eligible may attend at no or a reduced cost. For more information call Tiffeny Liggett, 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.

Amador Tuolumne Community Action Agency Head Start

427 North Highway 49 Street, Suite 103, Sonora, CA 95370

● 209-533-0361

Family oriented preschool for income eligible families with 3-5 year old children. Session times vary with the centers as noted below. Class size is limited to 20/24 children. Eligibility is based on income qualification, age and Tuolumne County residency. Special needs children who are not income eligible may be considered for the program. There is a home base program for children who are unable to attend the center program.

Sonora Center
Full Day/Full Year
830 Greenley Rd, Sonora, CA 95370
7:30 a.m. to 5:30 p.m.
209-533-3612 Fax 533-3704

Twain Harte Center
Extended Day
18995 Twain Harte Dr., Twain Harte, CA
8:30 a.m. to 3:30 p.m.
209-586-7178 Fax 586-7201

Summerville Center
Half Day
18451 Carter St, Summerville, CA 95379
12:30 p.m. to 4:30 p.m.
209-928-3651 Fax 928-3666

Home Base Program
427 N. Hwy 49 #202
Sonora, CA 95370
209-533-0361, ext 246

Shaws Flat Center
Extended Day
21125 Shaws Flat School Rd
Sonora, CA 95370
7:30 a.m. to 3:30 p.m.
533-0361 ext 240

Soulsbyville Center
Half Day Programs
20300 Soulsbyville Road
Soulsbyville, CA 95372
8:45 a.m. to 12:15 p.m.
1:00 p.m. to 4:30 p.m.
209-533-3143 Fax 533-3530

Jamestown Center
Half Day Programs
18234 Fourth Ave., Jamestown, CA 95327
8:30 a.m. to 12:00, 12:30 p.m. to 4:00 p.m.
209-984-1617 Fax 984-0627

Twilight Program
Jamestown Center
18234 Fourth Ave., Jamestown, CA
T, W, Th 5:30 p.m. to 9:00 p.m.
209-984-1617, ext 7#

Sonora Parent Nursery School

Parenting Classes & Nursery School

251 South Barretta Street, Sonora, CA 95370

● 209-532-1736

Parenting education, Nursery school for children age 13 months to kindergarten age. Fee range depends on the number of days enrolled. Eligibility requires parent participation. Morning, afternoon, all-day and toddler sessions. Monday, Wednesday and Friday, 9:00 a.m. to 2:30 p.m. Tuesday-Thursday, 9:00 a.m. to 11:30 a.m.

Parent meetings on various topics: Monday night 6:00 p.m. to 8:00 p.m. Childcare available.

Summerville Parent Nursery School

Parenting Classes & Nursery School

Location: 20150 Tuolumne Road, Tuolumne, CA 95379

Mail: P.O. Box 1536, Tuolumne, CA. 95379

● **209-928-4288** ● **209-928-4228** (Summerville High School)

● **209-928-4288 (FAX)** (Call first)

Parenting classes held every Tuesday night from 6:30-8:30 at the Arastaville Schoolhouse covering every aspect of parenting and relationships. Programs presented by various guest speakers, members and director. Guests welcome. Call for more information.

Tenaya Parent Preschool

Tenaya Elementary School

PO 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. Hours: Morning program M, T, W, Th, 8:45 a.m. to 11:45 a.m.

Afternoon program M, T, W, Th, 12:30 p.m. to 3:00 p.m.

Tuolumne County Recreation Department

43 N. Green Street, Sonora, CA 95370

Mailing: 2 South Green Street, Sonora, CA 95370

● **209-533-5663** ● **209-532-2502 (FAX)**

www.tuolumnecounty.ca.gov/recreation.html

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.

PARENTING CLASSES and SUPPORT

Jamestown Family Resource Center

18299 Fifth Avenue (around the corner on 7th St.), Jamestown, CA 95327

● **209-984-4704** ● **209-984-4718 (FAX)** 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, parenting and nutrition classes, WIC, mental health and a variety of support and recovery groups.

The Center is available for community meetings.

Raising Healthy Families

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

- **209-533-0377**

An in-home parent support program for families under stress. Parenting educators visit families with children aged 0-18 on a weekly basis to improve parent-child interactions by focusing on parenting skills, stress management, child development and problem solving. Additionally, six parenting classes are provided to the community annually, including two for parents of teens.

KingsView/Tuolumne County Behavioral Health and Recovery Services (See Under MENTAL HEALTH)

Sonora Parent Nursery School (See Under CHILD CARE SERVICES)

Summerville Parent Nursery School (See Under CHILD CARE SERVICES)

DRUG, ALCOHOL, & TOBACCO PROGRAMS

Alano Club

Alcoholics Anonymous
P.O. Box 117. Standard, Sonora, CA. 95373

- **209-532-9838** (Call for meeting time)

24 hour answering service. ● **209-533-1134**. Meetings from Jamestown to Mi-Wuk Village. Offers drug and alcohol twelve-step meetings: Alcoholics Anonymous, Narcotics Anonymous, Alanon, Alateen, Overeaters Anonymous, Gamblers Anonymous, Nicotine Anonymous, Sex and Love Addicts Anonymous.

KingsView/Tuolumne County Behavioral Health and Recovery Services (See Under MENTAL HEALTH)

Gamblers Anonymous - Sonora

Alano Club, 19421 Village Drive, Sonora, CA 95370,

- **209-586-2276** ● **209-586-3646** ● **209-588-8154**

Thursday, 6:30 p.m.

Offers support for people whose gambling is out of control, causing financial and emotional difficulties that affect family, friends and employment.

Changing Echoes, Inc.

Location: 7632 Pool Station Road, Angels Camp, CA. 95222

Mail: 7632 Pool Station Road, Angels Camp, CA. 95222

● 209-785-3667 ● www.changingechoes.com (website)

● changing@changingechoes.com (E-mail)

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. Bilingual services available. All inquiries are confidential. Call 785-3667.

Maynord's Chemical Dependency Recovery Centers, Inc.

19325 Cherokee Road, Tuolumne, CA 95379

PO Box 1657, Tuolumne, CA 95379

● 209-928-3737 ● 209-928-1152 (FAX)

1-800-228-8208 (toll free) ● www.recovery@maynords.com

28 day residential detox, or 10 day detox program for day and outpatient treatment for drug, alcohol and gambling addictions. Clean and sober living. State licensed, CARF accredited. Friendly, certified (CADC/NCACII) staff, available 24 hours a day, 7 days a week. Programs include education, counseling groups, family participation, aftercare, long term support. Community education programs are free of charge. Services usually covered by insurance.

Tobacco Cessation Resources

Location: 20111 Cedar Road N., Sonora, CA 95370

● 1-800-NO-BUTTS California Smokers Helpline

● 1-800-844-CHEW California Chewers' Helpline

● QuitNet www.quitnet.com

● American Lung Association www.californialung.org

● American Cancer Society www.cancer.org

● Free local Smoking Cessation classes: Call 209-533-7419

** Data compiled from the Tuolumne County Tobacco Control Program

Tuolumne County Tobacco Control Program

20111 Cedar Road North, Sonora, CA 95370

● 209-533-7419 ● 209-533-7406 (FAX)

Tobacco Control Program develops, coordinates and provides delivery of programs for the prevention and reduction of tobacco use countywide. Information, presentations and technical assistance on secondhand smoke, smokefree 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.**

Unity Church in the Mother Lode

326 W. Stockton Road. Sonora, CA. 95370

● 209-532-3965

Alcoholics Anonymous and Alanon meetings held at Unity Church.

Alcoholics Anonymous:

Monday 12:30 p.m. to 1:30 p.m. Women in Recovery

Thursday 7:00 p.m. to 8:00 p.m. Men's Stag

Friday 6:30 p.m. to 7:30 p.m. 11th Step Meditation

Alanon:

Tuesday 12:00 a.m. to 1:00 p.m.

Thursday 5:30 p.m. to 6:30 p.m.

MENTAL HEALTH

KingsView Behavioral Health and Recovery Services

197 Mono Way, Sonora, CA 95370

● **209-588-9528 or 1-800-630-1130 (after hours)**

Outpatient mental health, alcohol and drug services for individuals, families, children, adults and older adults, including assessment, individual & group intervention, crisis intervention, community outreach, medication services, court ordered services, specialized services for pregnant and/or parenting women with substance abuse problems. Low income, indigent and Medi-Cal welcome. Charges based on sliding scale. Monday-Friday, 8:00 a.m. to 5:00 p.m.

Tuolumne County Behavioral Health Administration

2 South Green Street, Sonora, CA. 95370

● **209-533-6609**

Provides management of program quality for inpatient and outpatient behavioral health services under state contracts. Development and implementation of the Mental Health Services Act.

National Alliance on Mental Illness NAMI-TC

PO Box 4720, Sonora, CA. 95370

● **209-533-3886**

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 7:00 p.m. to 9:00 p.m. at St. James Church (the Red Church) located at Washington & Snell Streets in Sonora. Contact: President, Brian Quelvog at (209) 533-3886 for more information.

SOCIAL SERVICES

Adult Protective Services

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA 95370

● **209-533-5711**

A program to prevent or correct conditions which cause dependent adults and elders to be abused neglected or exploited. Services may include coordination of services with other agencies, advocacy, counseling, emergency shelter, respite care, and education. Services are free of charge to Tuolumne County residents 18 years and older. Monday-Friday, 8:00 a.m. to 5:00 p.m.

A 24-hour emergency line is available, 533-HELP (533-4357).

Child Welfare Services

Tuolumne County Department of Social Services

20111 Cedar Road North, Sonora, CA 95370 • **209-533-5717**

Child Welfare Services investigates and responds to referrals of child abuse and neglect. Voluntary and court-ordered services are provided to protect children and improve the functioning of families. Out-of-home placement is provided in some circumstances. Referrals are offered to various services in the community. The after-hours emergency line is 533-HELP (533-4357).

Interfaith Community Social Services

18500 Striker Ct. (off Tuolumne Road), PO Box 5070, Sonora, CA 95370

• **209-532-0905**

Provides food, clothing, household items, limited utility assistance and general befriending services for families and children. Referrals to jobs, housing, furniture and professional counseling as needed. Hair cuts and showers offered. All befriending services are provided by the clergy and are non-denominational. There are no charges for any of the services. For Tuolumne County residents only.

Monday–Friday 10:00 a.m. to 1:00 p.m. Clothing distribution ends at 12:30 p.m.

FOOD PROGRAMS

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-Thursday, 8:00 a.m. to 4:00 p.m. Applications accepted and emergency assistance available Friday from 8:00 a.m. to 4:00 p.m.

An emergency line is also available Friday from 8:00 a.m. to 5:00 p.m. Call 533-5711.

Amador-Tuolumne Community Action Agency Food Bank

427 North Highway 49, Suite 103, Sonora, CA 95370

Warehouse: 10059 Victoria Way, Jamestown, CA 95327

• **209-984-3960**

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

Women, Infant and Children (WIC)

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

• **209-533-7431**

Services include nutrition education, supplemental food vouchers and breastfeeding education. Eligibility depends on category (woman, infant or child), income and nutrition risk.

Monday-Thursday, 8:00 a.m. to 5:00 p.m.

Meals on Wheels

Sierra Foothill Senior Management
540 Greenley Road, Sonora, CA 95370

● **209-533-2622**

Hot home-delivered meals (Meals on Wheels) 5 days per week. Frozen meals 7 days per week.
Congregate meals 5 days per week.

Interfaith Community Social Services

18500 Striker Ct. (on Tuolumne Road), P.O. Box 5070, Sonora, CA 95370

● **209-532-0905**

Interfaith includes an emergency food bank. The only eligibility requirements are a Social Security card or State I.D. card for every member of the family, to be presented at each visit (copies not acceptable). Services are available to Tuolumne County residents at no charge. Food bank is available from Monday-Friday, 10:00 a.m. to 1:00 p.m. Food is available to families once each calendar month.

Christian Heights Assembly of God Church

13711 Joshua Way, Sonora, CA 95370

● **209-532-7305**

Christian Heights offers a free meal on Wednesday evenings from 5:30 p.m. to 6:30 p.m.
Call for more information.

Lake Don Pedro Baptist Church

Location: Don Pedro Subdivision

4175 Abeto Street, La Grange, CA 95329

Contact: Harley Wolfenbarger ● **209-878-3289**

Emergency food pantry for people in need. By appointment only.
Used clothing distribution, 3rd Tuesday of the month, 9:00 a.m. to 11:00 a.m.

St. James Anglican Church Food Pantry

Washington and Snell Street, Sonora, CA. 95370

● **209-532-7644**

Food available on Tuesday and Friday, 9:30 a.m. to 12:30 p.m. only at the Parish Hall.

Seventh Day Adventist Community Service Center (Dorcas Society)

87 South Forest Road, Sonora, CA 95370

Mail: 40 North Forest Road, Sonora, CA 95370

● **209-532-1872**

Emergency food, clothing, household furnishings and blankets are distributed free to people in need. The center is open from Monday, Tuesdays, and Wednesdays, 9:00 a.m. to 12:00 p.m. No requirements.

Unity Church in the Mother Lode

326 W. Stockton Road, Sonora, CA. 95370

● **209-532-3965**

Food Bank open Tuesday and Wednesday, 1:00 p.m. to 4:00 p.m.

FINANCES

AIM Program

Access for Infants & Mothers

● **1-800-433-2611** ● **1-888-889-9238 (FAX)**

The Access for Infants and Mothers program (AIM) provides low cost health insurance to mid income pregnant women who do not qualify for no share of cost Medi-Cal. For more information and an application, call Healthcare Alternatives at 1-800-433-2611.

CalWORKs

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA 95370

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

Cash benefits to eligible families. Eligibility requirements are set by State and Federal Government.

Hours: Monday-Thursday, 8:00 a.m. to 4:00 p.m. On Friday, 8:00 a.m. to 4:00 p.m. we accept applications and provide emergency assistance. An emergency line is available Friday, 8:00 a.m. to 5:00 p.m.

Call 533-5711.

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 participants in work-related approved program activities to obtain and retain unsubsidized employment. Monday-Friday, 8:00 a.m. to 4:00 p.m.

**Amador Tuolumne Community Action Agency
Home Energy Assistant Program (HEAP)**

427 N. Hwy 49, Suite 103, Sonora, CA. 95370

● **209-533-1397 Ext. 232**

The Energy Assistance program helps individuals and families with home energy costs by paying PG&E or a propane company once a year. Free home weatherization services are available. Call for funding availability and income eligibility requirements.

Healthy Families Program

● **1-800-880-5305**

Complete low cost health, dental and eye care insurance for uninsured children under the age of 19 who do not qualify for no-cost Medi-Cal. Call for information about eligibility and benefits.

Medi-Cal

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA 95370

● **209-533-5711**

Health related services for those who qualify. Eligibility requirements are set by State and Federal Government. Hours: Monday–Thursday 8:00 a.m. to 4:00 p.m. Applications accepted and emergency assistance available on Friday, 8:00 a.m. to 5:00 p.m.

An emergency line is available Friday, 8:00 a.m. to 5:00 p.m. Call 533-5711.

You may apply for Medi-Cal coverage by phone (533-7324 or 533-5725), 24 hours per day, seven days per week.

Salvation Army REACH

P.O. Box 654, Sonora, CA 95370

General ● **209-532-4763** REACH ● **209-588-1986**

The Salvation Army subsidizes both Interfaith and the Jamestown Food Bank to provide food assistance to those in need. Emergency assistance for other needs (i.e. furniture and prescription drugs) can be requested at the Department of Social Services where staff screens for eligibility for Salvation Army assistance. Other assistance includes: camperships for children and seniors; minor house repairs and transit tickets for medical appointments for seniors; summer recreation subsidy for children. For further information call 532-4763.

Social Security Administration

Location: 1194 North Highway 49, Sonora, CA 95370

● **209-532-5101**

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, 9:00 a.m. to 4:00 p.m.

FAMILIES IN TRANSITION - TRANSITIONAL SERVICES

Amador-Tuolumne Community Action Agency Homeless Prevention

427 N. Hwy 49, Suite 103. Sonora, CA 95370

● 209-533-1397 Ext 225

A-TCAA Housing Resources accepts clients for the Homeless Prevention Program who are homeless or at risk of losing their housing. Call for funding availability and eligibility requirements.

Types of assistance offered include:

- A portion of housing move-in costs,
- A portion of one month's rent in arrears to prevent eviction,
- A portion of rent or utility costs for a person exiting an institution, such as a hospital or prison.

Cal SAFE: Teen Parent Program

California School Age Family Education Program

Tuolumne County Superintendent of Schools Office, 175 South Fairview Lane,

Sonora, CA 95370

● **209-536-2017** Dr. Brenda Chapman, Assistant Superintendent

● **209-533-8521** Cal SAFE Teacher

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.

Central Sierra Planning Council

53 West Bradford Street, Suite 200, Sonora, CA 95370

● 209-532-8768

Implements housing assistance programs for low income persons. (This program now has a 5+year wait.) Assists low income homeowners in receiving low interest loans for housing rehabilitation. Assists first time buyers in receiving low interest deferred loans for down payments.

Kene Me-Wu Family Healing Center, Inc.

P.O. Box 605, Sonora, CA 95370

● **209-984-8602** ● **209-984-8608 (FAX)** ● **24 Hour Crisis Line 1-800-792-7776**

Email ● kmwfhc@sbcglobal.net , and our Website: www.thebearbyte.com/NAResource/KeneMeWu.html

Healing Families – Healing Communities – In Indian Country. Comprehensive services for domestic violence victims, including counseling, shelter and restraining orders. Services are CONFIDENTIAL. Free to Native Americans and members of their household. Our office hours: Monday-Friday, 8:30 a.m. to 5:00 p.m.

Mountain Women's Resource Center, Inc.

19900 Cedar Road, Sonora, CA 95370

P.O. Box 1154, Sonora, CA 95370

● 209-588-9305 ● 209-533-3401 (24 hour Crisis Line)

Services available for sexual assault and domestic violence survivors: Shelters for battered women and children; food and clothing for shelter clients only; 24-hour emergency response and transportation to safety; temporary restraining order assistance and court accompaniment; advocacy services; bi-lingual peer counseling and support groups for adult, teen and children survivors. Household establishment assistance and family life skill classes. Support groups available in Sonora. Prevention Education presentations on sexual assault and domestic violence issues. **All services are free and confidential.**

Monday-Friday, 8:00 a.m. to 5:00 p.m. 24 hour crisis line 209-533-3401.

Tuolumne County Department of Child Support Services

975 Morning Star Drive, Sonora, CA 95370

● 209-533-6400 ● 1-888-271-3711 (toll free)

Basic services available to all non-custodial parents 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. Office hours: Monday-Friday, 8:00 a.m. to 5:00 p.m.

LEGAL AID

Catholic Charity Legal Services (CCLS)

● 209-588-1597 ● 1-800-464-3111

The Merced CCLS office serves Tuolumne County, providing free legal services in the areas of housing, welfare, Social Security, SSI, civil rights, health, education, consumer, employment and other legal areas. Clients may speak to an attorney via telephone at the Amador-Tuolumne Community Action Agency, 427 N. Highway 49, Sonora. Clients are encouraged to call the 1-800 toll free number first to determine if the client is eligible for our services.

D.A. Victim/Witness Assistance Center

423 N. Washington Street, Sonora, CA 95370

● 209-588-5440

Victim/Witness can assist with filing Victims of Crime Compensation Applications and facilitate counseling services to eligible crime victims. Special services are provided for children and their families who have been victims of abuse and must go to court. 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

39 N. Washington Blvd. Suite F

- **209-536-2984**

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. **All services are free.** Office hours: Monday-Friday 8:00 a.m. to 4:00 p.m.

MISCELLANEOUS

InfoNet Tuolumne County

Amador-Tuolumne Community Action Agency

- **209-533-1397 Ext 274**, infonetc.org

InfoNetTC is a database of nonprofit or public health and human service providers in Tuolumne County. InfoNetTC is designed to be used by anyone seeking information or assistance for themselves or a family member, client, employee, etc. Michelle Shelton Project Manager. mshelton@atcaa.org

Job Connection Tuolumne– One Stop Career Center

19890 Cedar Road North, Sonora, CA 95370

- **209-588-1150**

This employment resource center is for job seekers and employers. There are no fees involved. Designed as a self-directed system. Resources for job search include: CalJOBS registration, Internet accessible computer, resume program, job listings, mini-workshops, telephone for job search, videos, books, tip sheets, information regarding other community resources. Call for orientation times.

Open Monday-Thursday. 8:00 a.m. to 4:00 p.m.

Mother Lode Ombudsman

14855 Mono Way, Suite 101, Sonora, CA 95370

- **209-532-7632** ● **209-532-8448 (FAX)**

Advocates for Residents of Long-term Care facilities in Tuolumne, Calaveras, Amador, Mariposa and Alpine Counties.

Reading + Plus (Adult Literacy Services)

Tuolumne County Library

480 Greenley Road, Sonora, CA 95370

- **209-694-2727**

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 confidential.**

Tuolumne County Public Library

Main Library 480 Greenley Road, Sonora, CA 95370

- **209-533-5507**

Offers books for adults, young adults and children as well as large print books, recorded books, magazines, videos, Internet access, reference and information services and interlibrary loan services. Mobile Library Services to Preschool & Rural Areas, Literacy Programs for adults and for families with young children. VTEK Magnification System for readers with poor vision. Call for information and hours of operation.

Groveland Branch

18990 Hwy 120
 Groveland, CA 95321

- 209-962-6144

Pinecrest Branch

Adjoining the Art Gallery
 Pinecrest, CA 95364

- 209-965-4225 (Summers Only)

Tuolumne City Branch

18636 Main Street
 Tuolumne, CA 95379

- 209-928-3612

Mi-Wuk Branch

24411 Sierra Park Drive
 Mi-Wuk Village, CA 95346

- 209-586-6251

Twain Harte Branch

18701 Tiffeni Drive, Suite 1F
 Twain Harte, CA 95383

- 209-586-4501

Tuolumne County Transit

20159 Hwy 108 #10, Sonora, CA. 95370

- 209-533-0404

Provides fixed route services, Monday-Friday, 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 5:00 p.m. (dial-a-ride only). All-day and monthly passes are available on fixed routes. A flex route service is provided to the Tuolumne area. In the Groveland area, dial-a-ride service is available to the general public, with priority given to disabled persons and seniors (55+).

Groveland’s Tuesday Shoppers 8:00 a.m. to 2:00 p.m. only.

Tuolumne County Health Department

AIDS Education and Prevention	533-7424
California Children’s Services (CCS).....	533-7404
Child Health and Disability Program (CHDP).....	533-7417
Childhood Lead Program.....	533-7441
Clinical Services:	533-7401
Breast Cancer Early Detection Program, Family Planning, Immunization Clinic, STD/HIV Testing, Well Child Exams	
Communicable Disease / HIV Reporting	533-7416
Emergency Medical Services Agency (EMS)	533-7460
Environmental Health	533-6440
Case Management Program.....	533-7412
Keep Baby Safe Program.....	533-7464
Dental Connections	533-7412
Maternal and Child Health Program (MCH).....	533-7403
Tobacco Control Program.....	533-7419
Women, Infants and Children Program (WIC)	533-7418

Emergency Medical Care

Sonora Regional Medical Center 536-5000

Medical Care

Family Planning – Health Dept 533-7401

Immunization Clinic – Health Dept 533-7401

HIV/AIDS Testing & Referral 533-7401

Forest Road Health & Wellness 536-5100

Prompt Care at Forest Road 536-5130

Prompt Care at Indian Rock 532-3167

Cedar Road Family Medical Center 536-3750

Greenley Primary Care 588-8840

Groveland Primary Care Center 962-7121

Job Care 536-3780

Sonora Indian Health Clinic 533-9600

Tuolumne Indian Health Clinic 928-4004

Tuolumne Me-Wuk Indian Health 928-5400

Labor & Delivery Care

Birth Center-SRMC 536-3260

Prenatal Care

Maternal Child Health (MCH) 533-7403

Foothill Pregnancy Center 536-9262

Hillside Obstetrics and Gynecology 532-9128

Lawrence E. Brunel M.D. Inc. 532-5121

Cedar Road Family Health & Wellness 536-3750

Forest Road Health & Wellness 536-5100

Preparation for Cesarean Birth 536-3260

Childbirth Educators 586-1881

Breastfeeding Support 928-3574

Health Services

Child Health & Disability Program 533-7417

Public Health Nurse Home Visiting 533-7412

Environmental Health Division 533-6440

Cancer Detection Program 533-7401

Breast Cancer Support Group 533-0333

Medical Nutrition Therapy 536-5000

Outpatient Diabetes Education 536-5046

Sierra Health Resources, Inc. 736-6792

Tuolumne Adult Day Health Care 533-7180

Tuolumne County Schools Nurse 536-2048

Tuolumne County Medical Society 586-5431

Dental Care

M.A.C.T. Indian Dental 928-4279

Forest Road Dental Services 536-5140

Smile Keepers 536-2014

In-Home Care

Community Home Care 536-3800

Community Personal Care 536-3820

In-Home Supportive Services 533-5794

VNA-Hospice 533-6800

Helping Hands 536-1660

Services for Special Needs Children

California Children's Services 533-7404

Disability Resource Agency 532-0963

Easter Seals 916-485-6711

Family Resource Network 472-3674

Ride Away Center 352-6903

Special Education Preschool 536-2040

Early Start 536-2040

Valley Mountain Regional Center 754-1871

Child Care Services

Bellevue Preschool 586-5510

Columbia College Child Care Center 588-5278

ICES 533-0377

A-TCAA Head Start 533-0361

Sonora Parent Nursery 532-1736

Summerville Parent Nursery 928-4288

Tenaya Parent Preschool 962-7559

Recreation Department 533-5663

Parenting Classes and Support

Jamestown Family Resource 984-4704

Raising Healthy Families 533-0377

Drug, Alcohol & Tobacco Programs

Alano Club 532-9838

KingsView Behavioral Health & Recovery 588-9528

Gamblers Anonymous-Sonora 586-2276

Changing Echoes 785-3667

Maynard's Recovery Center 928-3737

Tobacco Cessation Resources 533-7419

Tobacco Control Program 533-7419

Unity Church 532-3965

Mental Health

KingsView Behavioral Health 588-9528

Tuolumne Behavioral Health Admin 533-6609

National Alliance (NAMI) 533-3886

Social Services

Adult Protective Services 533-5711

Child Welfare Services 533-5717

Interfaith Community Services 532-0905

Food Programs

Food Stamps 533-5711

A-TCAA Food Bank 984-3960

WIC (Women, Infants & Children) 533-7431

Meals on Wheels 533-2622

Interfaith Community Services 532-0905

Christian Heights Assembly of God 532-7305

Lake Don Pedro Baptist Church 878-3289

St. James Anglican Church Food Pantry 532-7644

Seventh Day Adventist (Dorcas Society) 532-1872

Unity Church 532-3965

Finances

Access for Infants & Mothers (AIM) 1-800-433-2611

A-TCAA HEAP 533-1397

CalWORKS 533-5711

Welfare-To-Work 533-5711

Healthy Families Program 1-800-880-5305

Medi-Cal 533-5711

Salvation Army REACH Program 532-4763

Social Security Administration 532-5101

Families in Transition

A-TCAA Homeless Prevention 533-1397

Cal SAFE Teen Parent Program 536-2017

Central Sierra Planning Council 532-8768

Kene Me-Wu Family Healing Center 984-8602

Mountain Women's Resource Center 588-9305

Child Support Services 533-6400

Legal Aid

Catholic Charity Legal Program 588-1597

DA Victim/Witness Assistance 588-5440

Legal Self Help 536-2984

Miscellaneous

InfoNet Tuolumne County 533-1397

Job Connection 588-1150

Mother Lode Ombudsman 532-7632

Reading Plus Adult Literacy 694-2727

Tuolumne County Public Library 533-5507

Tuolumne County Transit 532-0404

Tuolumne County Health Department 533-7401

Hotline/Toll Free Numbers

Alcoholics Anonymous.....	1-800-851-1304
Rape/Domestic Violence Crisis Line.....	533-3401
Child Welfare Services.....	533-4357
Mental Health Crisis Line.....	533-4357
Poison Control.....	1-800-222-1222
Child Abuse Hotline.....	1-800-422-4453

Mission Statement:

The purpose of Tuolumne County Health Department is
To protect and preserve the health and well being of all citizens of Tuolumne County
By preventing and controlling disease, injury and disability
And by promoting healthy lifestyles.

LOCAL HOTLINE NUMBERS

Adult Protective Services	(533-HELP) 533-4357
Alcohol & Drug Services for Tuolumne County	588-9528
Alcoholics Anonymous (24 hour crisis line)	533-1134
Child Welfare Services (24 hour emergency line)	(533-HELP) 533-4357
Mental Health (24 hour crisis line)	(533-HELP) 533-4357
Mountain Women's Resource Center (24 hour crisis line)	533-3401

TOLL-FREE HOTLINE NUMBERS

AIDS Hotline (CA).....	1-800-342-2437
Alcohol & Drug Treatment & Referral	1-800-888-9383
Alcoholics Anonymous.....	1-800-851-1304
American Cancer Society	(1-800-ACS-2345) 1-800-227-2345
American Diabetic Association – California Chapter.....	1-800-342-2383
American Heart Association	1-800-242-8721
American Red Cross	1-800-660-4272
BabyCal (Prenatal referrals)	1-800-222-9999
Braille/Talking Book Library	1-800-952-5666
California Smoker's Helpline.....	(1-800-NO BUTTS) 1-800-662-8887
California Youth Crisis Hotline	1-800-843-5200
Child Abuse Hotline	1-800-422-4453

Department of Energy - Energy Crisis Intervention Assistance for Applications.....	1-866-675-6623
Department of Health & Human Services (Social Security Administration)	1-800-772-1213
Facts of Life Line	1-800-711-9848
Family Planning Information/Referral.....	1-800-459-4466
Handicapped Crisis Line.....	
Homeowners and Renters Assistance.....	1-800-852-5711
Housing Discrimination Line	1-800-669-9777
Gamblers Anonymous	1-800-287-8670
La Leche League.....	1-800-525-3243
Medicare.....	1-800-952-8627
Medical Board of California.....	1-800-633-2322
Missing Children Hotline	1-800-843-5678
Native American 24 hour Crisis Hotline (Tuolumne County).....	1-800-222-1222
Poison Control (available 24 hours).....	1-800-876-4766
Runaway Hotline (National)	1-800-786-2929
Social Security Benefits	1-800-772-1213
Substance Abuse Treatment & Referral	1-800-662-4357
Sudden Infant Death Syndrome (SIDS).....	(1-800-369-SIDS) 1-800-369-7437
Suicide Hotline.....	(1-800-SUICIDE) 1-800-784-2433
Victim Resource Line.....	1-800-842-8467