

Tuolumne County
**COMMUNITY
RESOURCE GUIDE**

2023 UPDATE



Tuolumne County Health and Human Services Contact Information

Social Services Department	Behavioral Health Department	Public Health Department	Veterans Services Office
<p>Address: 20075 Cedar Road N Sonora, CA 95370</p> <p>Hours: Monday-Friday 8:00 a.m. to 4:00 p.m.</p> <p>Phone: 209-533-5711</p> <p>Fax: 209-533-5714</p> <p>Email: socialservices@tuolumnecounty.ca.gov</p> <p>Website: https://www.tuolumnecounty.ca.gov/277/Social-Services</p>	<p>Address: 105 Hospital Road Sonora, CA 95370</p> <p>Hours: Monday-Friday 8:00 a.m. to 5:00 p.m.</p> <p>Phone: 209-533-6245 24-hr Crisis Line: 209-533-7000 800-630-1130 (toll free)</p> <p>Fax: 209-533-7007</p> <p>Email: behavioralhealth@tuolumnecounty.ca.gov</p> <p>Website: https://www.tuolumnecounty.ca.gov/220/Behavioral-Health</p> <p>Social Media: Facebook: https://www.facebook.com/tuolumnebehavioralhealth</p>	<p>Address: 20111 Cedar Road N Sonora, CA 95370</p> <p>Hours: Monday-Friday 8:00 a.m. to 5:00 p.m.</p> <p>Phone: 209-533-7401 800-585-6606 (toll-free)</p> <p>Fax: 209-533-7406</p> <p>Email: health@tuolumnecounty.ca.gov</p> <p>Website: https://www.tuolumnecounty.ca.gov/v/250/Public-Health</p> <p>Social Media: Facebook: https://www.facebook.com/tuolumnecountypublichealth/ Instagram: @tchealth</p>	<p>Address: 195 Hospital Road N Sonora, CA 95370</p> <p>Hours: Monday-Friday 9:00 a.m. to 12:00 p.m. 1:00 to 4:00 p.m.</p> <p>Phone: 209-533-6280</p> <p>Fax: 209-533-6284</p> <p>Website: https://www.tuolumnecounty.ca.gov/v/447/Veterans-Service-Office</p>

Thank you to the following organizations for helping make this guide possible!

Tuolumne County Public Health (TCPH), Tuolumne County Social Services, Tuolumne County Tobacco Control Program, WIC, CERI Program, Tuolumne County GIS Department. Cover artwork: by K.H.



About Us

Tuolumne County Public Health (TCPH) is part of the Tuolumne County Health and Human Services Agency (HHSA). HHSA administers more than 100 health and social service programs throughout the county that aim to protect the health and well-being of all residents.

Using this Resource Guide

In support of the TCPH mission, we have compiled a Community Resource Guide of available social and health services and programs for residents of Tuolumne County. This comprehensive guide can be used by the public or service providers to connect with local health and human service programs or other resources that are free, low-cost, and/or open to Medi-Cal eligible populations in Tuolumne County. Resources are categorized by type and may appear more than once throughout the guide in each of the relevant service categories. Recognizing that available community resources may vary over time; this guide will be available electronically and continually updated for ongoing accuracy. Printed copies of this guide will be updated every 2-3 years as funding allows. We encourage community members and service providers to refer to the online version of this guide for the most up-to-date version. The guide can be found and downloaded online by visiting the TCPH website at:

<https://www.tuolumnecounty.ca.gov/250/Public-Health#>. If you are looking for something that is not in the guide or are a local organization seeking to be included, please visit the link below to contact us. For printed copies of this guide, please call (209) 533-7401.

We hope this resource guide helps Tuolumne County community members find and obtain resources that they need to be healthy and live safely. If you need further assistance finding resources for yourself, a loved one, or a client please call (209) 533-5711 to reach the main HHSA office.

To add, change, or remove your listing from electronic versions of this guide visit or scan:



<https://forms.office.com/g/XKZdhKNE30>

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Addiction Recovery

Al-Anon/Alateen Family Groups

Website: www.alanonsanjoaquinvalley.org

Phone: 209-524-3907

Alcoholics Anonymous: 209-464-1594

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. Meetings held in person and on-line (Zoom) see website calendar for dates, times, and locations.

Alano Club of Sonora

Phone: 209-464-1594

Call for meeting times and days. Recovery Group meetings include:

- AA-Alcoholics Anonymous meetings 7 days a week
- NA-Narcotics Anonymous 6 days a week
- OA-Overeaters Anonymous and SLAA-Sex & Love Addicts Anonymous

Sierra Bible Church Celebrate Recovery Group

15171 Tuolumne Road, Sonora, CA 95370

Phone: 209-532-1381

Celebrate Recovery group for anyone with hurts, hang-ups, and habits. Call for current group schedule.

Changing Echoes, Inc.

Address: 7632 Pool Station Road, Angels Camp, CA, 95222

E-mail: changing@changingechoes.com

Website: www.changingechoes.com

Phone: 209-785-3667 or 1-800-633-7067

Fax: 209-785-5238

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 and private pay option at affordable rates. All inquiries are confidential.

Gamblers Anonymous-Discover Life Seventh Day Adventist Church

Phone: 209-532-3337

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

Mathiesen Memorial Red Feather Clinic

18232 Smoke Street Jamestown, CA 95327

Phone: 209-782-8625

Open Monday – Friday 8:00 a.m. to 4:00 p.m.

Medication assisted treatment, accepts all insurances, walk-ins welcomed. Services provided:

Substance use treatment medications, behavioral health referrals, substance use counseling, education, care coordination, assist with health insurance enrollment, resource referrals, and acupuncture therapy. Medi-Cal accepted.

Maynord's Chemical Dependency Recovery Center, Inc.

19325 Cherokee Road, Tuolumne, CA, 95379

Mailing Address: P.O. Box 1657, Tuolumne, CA, 95379

Website: www.maynords.com

Phone: 209-928-3737 or 1-800-228-8208

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.

MEWU:YA - Tuolumne Me-Wuk Indian Health Center

18670 Carter Street, Tuolumne, CA 95379

Website: <http://www.tmwihc.org>

Phone: 209-928-3350

MEWU:YA is Me-Wuk for 'The Family Healing Place'. Our counseling offers a variety of traditional and non-traditional options for both adolescents and adults in Tuolumne County. All age groups accepted, and we treat both men and women. Some of the services we offer are one-on-one counseling, group counseling, Native Circle 12 Step Recovery Program, Medicated Assisted Treatment, and community outreach. We can provide support, problem solving skills, and empower individuals and families to address mental health.

Narcotics Anonymous

Central Sierra South Area Narcotics Anonymous

P.O. Box 5100, Sonora, CA 95370

Website: www.cssna.org

Phone: 209-533-2348 (local 24-hour helpline)

A non-profit fellowship of men and women for whom drugs have become a major problem. Meetings in person and on Zoom. Please see website for calendar of meetings.

Tuolumne County Behavioral Health Department

105 Hospital Road, Sonora, CA, 95370

Toll Free: 1-800-630-1130

General business line including non-emergency appointments: 209-533-6245

Tuolumne County Behavioral Health Administration: 209-533-6245

Tuolumne Substance Use Disorder Treatment offers individual, group, and family treatment for persons with a substance abuse or addiction problem. There are Dual Diagnosis Treatment programs that include counseling for clients who have alcohol and/or drug problems in addition to a mental health disorder. The Perinatal Program provides specialized alcohol and drug treatment for pregnant and/or parenting women. Priority will be given to pregnant women who are intravenous substance users. Adolescent Youth Treatment includes early intervention for youth and teens using alcohol and/or drugs through individual and family counseling, ages 12 to 25 years old. Residential-A Preauthorized Services for both youth and adults are available. Short-term residential services are determined by medical necessity and include group counseling, patient

education, individual counseling, crisis assistance and case management. Initial brief walk-in appointments are available. Assessments for all Substance Use Disorders are available by appointment. Peer Enrichment Center to support recovery and promote wellness also available.

Tobacco Cessation Services

Kick It California – Free Quit Smoking/Tobacco Services

Website: www.kickitca.org/ or www.kickitca.org/chat

Phone: 1-800-300-8086

Kick It California provides free services to quit smoking, vaping, chewing, or using all forms of tobacco.

- Helpline Monday – Friday 7:00 a.m. to 9:00 p.m. and Saturday 9:00 a.m. to 5:00 p.m.
- Online Chat Monday – Friday 7:00 a.m. to 9:00 p.m. and Saturday 9:00 a.m. to 5:00 p.m.
- Text Help: text “Quit Vaping” or “Quit Smoking” to 66819
- Mobile Apps: Quit Smoking <https://www.kickitca.org/quit-smoking-app> and Quit Vaping <https://www.kickitca.org/quit-vaping-app>

Tuolumne County Tobacco Prevention Program – Community Education Free Quit Tobacco Kits

20111 Cedar Road North, Sonora, CA 95370

E-mail: tobaccocontrol@co.tuolumne.ca.us

Website: <https://www.tuolumnecounty.ca.gov/270/Tobacco-Prevention-Education>

Phone: 209-533-7401 or 209-533-6862

The program works to help county residents kick tobacco out of their lives and out of their community’s shared spaces. Staff aim to reduce health disparities and prevent tobacco use by educating the public, serving as an active part of the local community, and providing technical assistance to businesses and organizations. Contact us for educational materials, presentations, information on tobacco laws, or Quit Kits. Oral Hygiene Quit Kits support oral health while quitting tobacco, including items to reinforce alternative behaviors to using tobacco and motivation/tips to quit. For a free kit, contact our program.

Ready to free yourself from tobacco?

Double your chances of quitting for good!

KICK/IT California

Call 1-800-300-8086
or enroll online at:

KickItCA.org



Provides FREE support to quit smoking, vaping, chewing, or using tobacco:

- Telephone Coaching
- Self-Help Materials
- Mobile App
- Text Messaging Program

Contact us for a free
Oral Hygiene QUIT KIT:

tobaccocontrol@co.tuolumne.ca.us
209-533-7401

Breastfeeding

Adventist Health Sonora Birth Center

1000 Greenley Road, Sonora, CA 95370

Phone: 209-536-3269

Free monthly breastfeeding class for pregnant moms. Call to register.

Tuolumne County Breastfeeding Coalition (TCBC)

Email: tbc97@gmail.com Facebook: <https://www.facebook.com/tuolumnecountybreastfeeding>

Phone: 209-591-8524

- Rents hospital-grade, electric breast pumps and refers to appropriate resources, including Lactation Consultants for home visits
- Provides local breastfeeding resources available online: bit.ly/TCBCinfo
- Contact for education in the community, events, or to join the coalition.
- Join a free monthly Baby Chat group to talk with a Lactation Consultant and connect with other pregnant or breastfeeding moms/parents.

Tuolumne County Public WIC Health Peer Breastfeeding Counselors

Phone: 209-533-7431

Offers breastfeeding support & pumps for mothers and families on WIC. Call for more information.

Child Care Services

After School Programs (ASP) Jamestown Elementary & Summerville Elementary

No cost enrichment programs designed to improve student performance, provide youth development, and have fun. Open every day from the end of school until 6:00 PM. Activities include supplemental instruction to support classroom learning, arts, recreation, & field trips. All Jamestown School District students are eligible TK-5. All Summerville Elementary school students are eligible TK-8. Space is limited.

- **Jamestown Elementary ASP**
Phone: 209-984-5217 x 3102
- **Summerville Elementary ASP**
Phone: 209-928-4291 x 4233

Amador Tuolumne Community Action Agency (ATCAA) Early/Head Start

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

Website: <https://www.atcaa.org/>

Phone: 209-533-1397

Early Head Start and Head Start offers free, family-oriented infant/toddler and preschool programs for income-eligible families with children ages 0-5. 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 <https://www.atcaa.org/early-childhood-svs>. Locations include:

- **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.
Phone: 209-532-5455

- **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.
Phone: 209-586-5510 x 6302
- **Early Head Start Home Base (Ages 0-5)**
Home Visiting Program
427 N. Hwy 49, Suite 202 Sonora, CA 95370
Phone: 209-533-0361
- **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.
Phone: 209-984-1715
- **Jamestown Head Start (Ages 3-5)**
School Year Program
18234 4th Avenue Jamestown, CA 95327
8:30 a.m. to 3:00 p.m.
Phone: 209-984-1617
- **Soulsbyville Head Start (Ages 3-5)**
School Year Program
20300 Soulsbyville Road, Soulsbyville, CA 95372
8:30 a.m. to 3:00 p.m.
Phone: 209-533-3143
- **Summerville Head Start (Ages 3-5)**
School Year Program
18451 Carter Street Tuolumne, CA 95379
9:00 a.m. to 3:00 p.m.
Phone: 209-928-3651

Bellevue Preschool

22736 Kewin Mill Road, Sonora, CA, 95370

Phone: 209-586-5510 x630

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

Columbia College Child Development Center

11600 Columbia College Drive, Sonora, CA, 95370

Phone: 209-588-5278 x1

Childcare available for children ages birth-5 years. Those eligible may attend at no cost or a reduced cost. For more information please call. Hours: Monday – Friday, 9:00 a.m. - 5:00 p.m.

Infant Child Enrichment Services (ICES)

20993 Niagara River Drive, Sonora, CA, 95370

<https://icesagency.org/>

Phone: 209-533-0377

Alternative Payment Program: supports income eligible parents through partial or fully subsidized child care payment. Call to apply. **Child Care Resource and Referral Program:** Provides free up-to-date child care information and referrals to parents looking for child care. Also offers technical assistance and resources to childcare providers. No eligibility requirements or fees. Monday – Friday, 8:30 a.m. to 5:00 p.m.

Senior Youth Partnership PM Clubs

Phone: 209-694-6594

The Senior Youth Partnership PM Clubs are childcare facilities that provide after school care. Various locations.

Summerville Parent Nursery School

20150 Tuolumne Road, Tuolumne, CA, 95379

Phone: 209-928-4288

Provides care and education for preschoolers ages 18 months to 5 years old. This is a parent-involved co-op preschool. Call for availability and more information.

Tenaya Parent Preschool

Tenaya Elementary School

19177 Hwy 129, Groveland, CA, 95321

Phone: 209-962-7559

Parent co-op preschool. All preschoolers must be potty trained. Weekly parent participation and monthly education meeting is required for participating parents. Monday – Thursday, two classes: 8:30 a.m. to 11:30 a.m. and 12:30 p.m. to 2:30 p.m. Closed Friday.

Tiny Tots - Tuolumne County Recreation Department

732 Barretta Street, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/747/Tiny-Tots>

Phone: 209-533-2058

This program is offered to toilet trained children between the ages of 3 and pre-kindergarten. All children must be current on childhood immunizations. We request a copy of the child's record no later than the first day of the first session the participant attends. Call or visit website for registration information.

Dental Care

Adventist Health Sonora Dental Care

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

Website: <https://www.adventisthealth.org/sonora/services/dental-care/>

Phone: 209-536-5140 Fax: 209-536-9347

Located at our Rural Health clinic services include preventive and emergency dental for the community's Medi-Cal clients, 8 :00 a.m. to 5:00 p.m., Monday – Friday. You can expect a

professional and pleasant staff, excellent clinical services, a safe and clean environment, and caring dentists.

M.A.C.T. Dental Clinic - Sonora

13975 Mono Way, Suite I, Sonora, CA 95370

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

Phone: 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, 8:00 a.m. to 5:00 p.m.

Local Oral Health Program

The Tuolumne County Public Health Local Oral Health Program (LOHP) offers oral health education and assistance with referrals for treatment of dental disease.

Phone: 209-533-7401

Find a local dentist or list of dental providers: <https://www.tuolumnecounty.ca.gov/1304/Oral-Health-Program>

Smile Keepers - Tuolumne County Superintendent of Schools

175 South Fairview Lane, Sonora, CA 95370

Email: edossi@tcsos.us and oarellano@tcsos.us

Phone: 209-536-2014 or 209-536-2072

Smile Keepers is a school-based dental disease prevention program. Please contact the program for more information.

Tuolumne Me-Wuk Dental Center

19969 Greenley Road, Suite D, Sonora, CA 95370

Website: <https://tmwihc.org/tuolumne-me-wuk-indian-health-center-services/dental-care/>

Phone: 209-532-0034

Dental center provides preventative, restorative, and endodontic care by appointment only. 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. to 5:00 p.m.

Family Transition Services & Parenting Classes

Amador Tuolumne Community Action Agency (ATCAA) Housing Resources

Housing Assistance Program

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

Phone: 209-533-1397 x290 or 238 Emergency Shelter: 209-694-8698

The housing program provides emergency rental assistance, when available, to those who qualify under current funding guidelines. Services include homeless prevention rental assistance, rapid re-housing assistance, and housing navigation. Call for funding availability and eligibility requirements. Monday – Thursday, 9:00 a.m. to 4:00 p.m.

California Home Visiting Program

Tuolumne County Public Health Department
20111 Cedar Road North, Sonora, CA 95370
Phone: 209-533-7401

The California Home Visiting Program (CHVP) is designed for overburdened families who are at risk for Adverse Childhood Experiences (ACEs), including child maltreatment, domestic violence, substance use disorder and mental health related issues. Home visiting gives parents the tools and know-how to independently raise their children and promote positive child development. Tuolumne County Public Health uses the Parents as Teachers (PAT) evidence-based model to pair families with a trained staff member to support low income pregnant and postpartum women and children up to age 6. Please call for information on how to be enrolled in the program.

Center For a Non Violent Community

542 West Stockton Street, Sonora, CA 95370

Phone: 209-588-9305 or 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, 9:00 a.m. to 5:00 p.m.

Central Sierra Child Support Agency

975 Morning Star Drive, Sonora, CA 95370

Self Service Web: <https://childsupport.ca.gov/>

General Website: <https://cscsa.org/>

E-mail: centralsierra@centralseirra.cse.ca.gov

Phone: 1-866-901-3212 (Toll Free, 24-hours)

Office hours Monday – Friday, 8:00 a.m. to 5:00 p.m.

Basic services available to all custodial and non-custodial parties (does not have to be a parent). All services are free or minimal cost. Establishing paternity, child support orders, and enforcing medical support orders, spousal support (in conjunction with a child support order), locating non-custodial parents (and their income/assets), collecting, and distributing support payment, reviewing, and modifying child support orders.

Child Welfare Services

Tuolumne County Department of Social Services

20111 Cedar Road North, Sonora, CA 95370

Phone: 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 in-home child abuse and neglect and provides family maintenance, reunification, and permanent placement services when appropriate 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, 8:00 a.m. to 5:00 p.m.

Family Urgent Response System (FURS) hotline

Website: <https://www.cal-furs.org/>

Phone or Text: 833-939-3877

Free 24/7/365 support for current and former foster youth and their caregivers with concerns or who are in crisis. FURS counselors or peers provide safe, judgement-free, and private support during critical moments through the statewide hotline and at the local level through mobile response teams to help stabilize your situation and keep you safe. Follow-up services can help connect you to local services and support.

Jamestown Family Resource Center

10540 7th Street (corner of 7th St & 6th Ave) Jamestown, CA, 95327

Website: <https://www.iespanthers.org/jamestown-family-resource-center/>

Phone: 209-984-4704 Fax: 209-984-4718

The center offers several programs and services including service referrals for homeless families, emergency food and clothing, school supplies such as backpacks and more, resource referrals and connections, and other health referrals and classes focusing on topics such as nutrition, parenting, health, ESL, and basic life skills, after school programs, and a variety of support and recovery groups.

Keep Baby Safe Program (Car Seats) – Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

Phone: 209-533-7401 E-mail: health@tuolumnecounty.ca.gov

Tuolumne County Public Health's Keep Baby Safe program works with county residents to ensure proper child car seat installation. Offers classes open to all Tuolumne County residents on how to correctly install child car seats in their vehicle. Free car seats available to Tuolumne County participants of Medi-Cal, WIC, CalWorks, and Cal Fresh while supplies last. Receive a coupon for \$20.00 off a booster or convertible seat at Sonora Walmart by attending a class. Call for dates and times.

Native American Domestic Violence/Sexual Assault Program

Kene Me-Wu Family Healing Center

P.O. Box 4605, Sonora, CA, 95370

Facebook: <https://www.facebook.com/kenemewu>

Phone: 209-984-8602 24-hour Crisis Line 1-800-792-777

Healing Families – Healing Communities – In Indian Country. Comprehensive services for domestic violence and sexual assault victims, including peer counseling, emergency shelter placement, court accompaniment, talking circles, prevention services, cultural trainings, referral to ICWA Tribal TANF and community agencies, 24-hour crisis line, and restraining orders. Free and confidential, services are available to Native Americans and/or households. Office hours: Monday – Friday, 9:00 a.m. to 5:00 p.m.

Infant Child Enrichment Services (ICES)

Raising Healthy Families, Help Me Grow

20993 Niagara River Drive, Sonora, CA, 95370

Website: <https://icesagency.org/>

Help Me Grow Program: <https://www.first5tuolumne.org/grow/>

Phone: 209-533-0377

Offers parent education and support programs for families with children, ages 0-18. Programs and classes vary but cover: parenting skills, stress management, free child development screenings and information, home visiting support, and childcare resources. Call for more information and updated class/program schedules.

Supporting Early Education and Development Program (SEED)

Tuolumne County Office of Education

Phone: 209-536-2067 Fax: 209-536-1391

Services are available for all Tuolumne County early education programs and child care homes, serving children ages 0-5 years. The SEED Program provides the following services: on-site consultation, coaching, teacher/child observations & feedback, modeling skills, uses of ages and stages/social emotional screenings, technical assistance, lending library of resources and materials, community partner referrals, professional development support. Services are confidential.

Financial Support

Amador-Tuolumne Community Action Agency (ATCAA)

Tax Assistance & Smart Money Program

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

Website: <https://www.atcaa.org/>

Phone: 209-533-1397 Ext. 232 or Ex. 238

ATCAA has free tax preparation and e-filing services to qualified residents in Amador and Tuolumne counties earning \$60,000 or less. The Smart money program offers free classes for anyone who would like to learn more about budget and debt management, etc. Call for more information.

Medi-Cal and California Medical Services Program (CMSP)

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA 95370

Phone: 209-533-5711 Fax: 209-533-5714

Health-related services for those who qualify. Eligibility requirements are set by State and Federal Government. Monday – Friday 8:00 a.m. to 4:00 p.m. You may apply for Medi-Cal coverage and CMSP on-line at <https://benefitscal.com/> at any time.

Public Assistance and CalWORKs (Cash Aid)

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA, 95370

Website: <https://benefitscal.com/> or <https://www.tuolumnecounty.ca.gov/608/How-to-Apply-for-Public-Assistance>

Phone: 209-533-5711 Fax: 209-533-5714

Monday to Friday, 8:00 a.m. to 4:00 p.m. Cash benefits to eligible families. Eligibility requirements are set by State and Federal Government. 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.

Social Security Administration

745 Morning Star Drive, Sonora, CA 95370

Website: <https://www.ssa.gov/>

Phone: 888-397-4125 Fax: 209-532-7056

Monday – Friday, 9:00 a.m. to 3:30 p.m. 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.

Tuolumne Me-Wuk Tribal TANF

14520 Mono Way, Suite 200 Sonora, CA, 95370

Phone: 844-303-TANF (8263)

The Tuolumne Me-Wuk Tribal Temporary Assistance for Needy Families (TANF) program, is a program available through the Tuolumne Me-Wuk Social Services Department. TANF provides assistance to Native American families with children in Tuolumne, Calaveras, and Stanislaus Counties. We offer a five-year program supported by temporary financial assistance, with a foundation in educational incentives and work opportunities, to lead families to self-sufficiency. We focus on traditional values and cultural awareness as we serve the Native community with a determination to support, educate and guide our clients along the path to self-sufficiency.

Food Banks, Pantries, & Programs

All Saints Catholic Parish Food Pantry

23260 C Joaquin Gully Rd., Twain Harte, CA 95383 (located in Cottage 3)

Phone: 209-588-9461

Hours: Tuesdays, 9:30 a.m. - 11:45 a.m. (except for the third Tuesday of each month)

Amador Tuolumne Community Action Agency (ATCAA) Food Bank

10059 Victoria Way, Jamestown, CA 95327

Website: <https://www.atcaa.org/food-bank>

Phone: 209-984-3960 Fax: 209-984-3961

Community food bank serving local food pantries and providing regular food distribution for qualified individuals, families, children, and seniors, as well as holiday food baskets.

CalFresh Food (formerly known as Food Stamps)

Tuolumne County Department of Social Services

20075 Cedar Road North, Sonora, CA 95370

Website: <https://benefitscal.com/> or <https://www.tuolumnecounty.ca.gov/608/How-to-Apply-for-Public-Assistance>

Phone: 209-533-5711

Monday – Friday, 8:00 a.m. - 4:00 p.m.

Applications for assistance with food purchases for those who qualify. Eligibility requirements are set by State and Federal government.

Christian Heights Assembly of God Church Food Pantry

13711 Joshua Way, Sonora, CA 95370

Website: <https://www.christianheights.net/>

Phone: 209-532-7305 Fax: 209-532-4374

Christian Heights offers a free meal on Wednesday evenings @ two locations:

- The Heart Rock Coffee Co. at 1 S. Washington Street in Sonora offers a free meal on Wednesday evenings, 5:30 p.m. to 6:30 p.m. Call for more information: 209-533-1221

- Community Assembly Church at 18785 Pine Street in Tuolumne offers a free hot dinner on Saturday evenings at 6:00 p.m. Call for more information: 209-532-7305. Food pantry open while dinner is served.

David Lambert Community Drop-In Center

347 W. Jackson Street, Sonora, CA 95370

Phone: 209-533-4879

Food available daily as well as referral to other community resources and Needs Center is open to community members 18 years of age and older. Call for more information.

Discover Life Seventh Day Adventist Food Pantry

4 S. Forest Road, Sonora, CA 95370

Phone: 209-532-3337

Open Wednesdays, 9:00 a.m. to 12:00 p.m. to anyone in need.

Equipping God's People

14326 Tuolumne Road, Tuolumne, CA 95379

Phone: 209-770-0018

Food Pantry Sundays at Noon & by appointment.

Groveland Evangelical Free Church Food Pantry

19172 Ferretti Road, Groveland CA 95321

Phone: Food Pantry-209 962-7584 Church: 209 962-7131

Food distribution - 1st. Friday after 3rd Tuesday 10:00 a.m. to 12:00 p.m.

Jamestown Family Resource Center

18299 5th Avenue, Jamestown, CA 95327

Phone: 209-984-4704

Offers emergency food pantry and other resources. Call for hours and more information.

Jamestown Christian Fellowship Food Pantry

18254 5th Avenue, Jamestown, CA 95327

Phone: 209-591-0002

Hours: Thursday 9:30 a.m. to 12:00 p.m.

Lake Don Pedro Baptist Church Food Pantry

4175 Abeto Street, La Grange, CA 95329

Phone: 209-852-2731

Emergency food pantry for people in need. Hours: 1st Wednesday & 3rd Tuesday of the month, 9:00 a.m. to 12:00 p.m. or by appointment.

Interfaith Food Pantry

18500 Striker Court, Sonora, CA 95370 (off Tuolumne Road West of Standard Road Sonora)

Phone: 209-532-0905

Canned fruit and vegetables, packaged goods, bread, desserts, and other items. Fresh produce when available. Open Monday – Friday 10:00 a.m. to 1:00 p.m. Pantry always open during business hours.

Lighthouse Ministries Food Pantry

42 Snell Street, Sonora, CA 95370

Phone: 209-559-5968

Food available on Tuesday and Friday, 9:30 a.m. to 12:00 p.m. in the Parish Hall.

Meals on Wheels

Website: <https://sierraseniorproviders.com/meals-on-wheels/>

Phone: 209-533-2622

Offered through the Sierra Senior Providers, the Meals on Wheels program offers home-delivered, balanced and nutritious meals to qualified seniors 60 years of age and older. Five delivered meals are provided weekly throughout Tuolumne County. Call for more information.

Nancy's Hope Community Center Food Pantry

Pantry # 1: 797 W. Stockton Road, Sonora, CA

Pantry # 2: 11151 Jackson Street, Columbia, CA

Website: <https://www.nancyshope.org/>

Phone: 209-533-2647

The Food Pantry provides needed nutrition to assist the hungry in our community. Pantry is open every Tuesday/Thursday from 10:00 a.m. to 2:00 p.m. Please call for more information on updated hours and services.

Sierra Bible Church Food Pantry

15171 Tuolumne Road, Sonora, CA 95370

Phone: 209-532-1381

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

St. Patrick's Catholic Church Food Pantry

116 Bradford Street, Sonora, CA 95370

Phone: 209-532-7139

Food pantry Monday – Thursday from 8:30 a.m. to 4:00 p.m. in the church office. Free breakfast served Thursdays from 6:30 to 8:00 a.m. at 98 Jackson St. Sonora, CA.

Sonora United Methodist Church – Weekly Dinner

90 Yaney Street, Sonora, CA

Phone: 209-532-4850

Weekly dinner on Thursdays from 4:30 to 5:30 p.m. Open to anyone.

Tuolumne United Methodist Church Food Pantry

18851 Cedar Street, Tuolumne, CA 95379

Phone: 209-928-3426 or 209-928-1376

Pantry open the first Saturday of the month 10:00 a.m. to 11:00 a.m. or by appointment.

Women, Infants and Children (WIC)

Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

Phone: 209-533-7431 Fax: 209-533-7453

Monday to Friday from 8:00 a.m. to 5:00 p.m. Call for lunchtime availability.

Services include nutrition education, pumps, breastfeeding support and equipment, and food benefits. Eligibility is based on income, nutrition risk and category. WIC serves children aged 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, migrants, and more are welcome to apply.



Health & Medical Services

Adventist Health Sonora Hospital

1000 Greenley Road, Sonora, CA 95370

Website: <https://www.adventisthealth.org/sonora/>

Find a Doctor: <https://www.adventisthealth.org/doctors/>

Phone: 209-536-3344

Adventist Health Sonora offers a variety of healthcare services & emergency care. For a comprehensive list of services please call or visit the hospital website.

<https://www.adventisthealth.org/sonora/services/>

Child Health and Disability Prevention Program (CHDP)

Tuolumne County Public Health Department

20111 Cedar Road North, Sonora, CA 95370

Phone: 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, 8:00 a.m. to 5:00 p.m.

Diabetes Resource Center – Adventist Health Sonora

19747 Greenley Road, Sonora, CA, 95370

Website: <https://www.adventisthealth.org/sonora/services/diabetes-care/>

Phone: 209-536-3720

At the Diabetes Resource Center, we personalize your treatment plan and help to coordinate other services or specialists you may need to see. Your primary care provider can refer you to the Diabetes Resource Center. Our nurse practitioner will complete an individualized assessment and work together with you to set goals for your success.

Forest Road Health and Wellness Center, Adventist Health Sonora

193 South Fairview Lane, Suite B, Sonora, CA 95370

ENT, gastroenterology, nephrology, orthopedics, pain management, rehabilitation, podiatry, dermatology, wound care, endocrinology, and urology care provided by Physicians or Family Nurse

Practitioners. Call for appointment. All services accept Medi-Cal, managed Medi-Cal, CHDP and CMSP health plans.

- Primary Care, Suite B – Phone: 209-536-5100 Fax: 209-588-0253
- Specialty Care Clinic, Suites C & F – Phone: 209-536-5135 & 209-536-5110
- Pediatric Clinic, Suite L – Phone: 209-536-5120 Fax: 209-533-4507
- Dental Clinic, Suite J – Phone: 209-536-5120
- Psychology Clinic – Phone: 209-536-5144
- Psychiatry/Medicine Clinic – Phone: 209-536-5135

Groveland Family Medical Center

18661 Highway 120, Groveland, CA 95321

P.O. Box 550, Groveland, CA 95321

Phone: 209-962-7121 Fax: 209-962-065

Provides family care and minor emergency services.

Immunization Clinic - Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/256/Immunization>

Phone: 209-533-7401 or 1-800-585-6606 Ext. 7401


Childhood and Adult immunizations. Adult vaccines offered are limited. By appointment on Tuesdays, 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. TB skin testing by appointment on Tuesdays, 8:30 a.m.-11:30 a.m. Flu shots are available seasonally on Tuesdays, 8:30 a.m.-11:30 a.m. Additional clinic days may be added. Public Health will continue to offer COVID-19 vaccines to all those who are eligible. These clinics will be offered at the Public Health department each week on a rotating schedule. Please check <https://myturn.ca.gov/> for available dates, times and to schedule your vaccine appointment.

- **COVID-19 Vaccination Clinics**
<https://myturn.ca.gov/>
Phone: 209-533-7401



VACCINES


are **safe**
are **effective**
are **life-saving**

Make an appointment:




Scan or go to
myturn.ca.gov





For more
information about
vaccines call:
(209) 533-7401



Job Care Occupational Medicine

19747 Greenley Road, Suite 2, Sonora, CA

Phone: 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

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

Mariposa, Amador, Calaveras & Tuolumne Health Board, Inc. operates multiple health care facilities in the four counties we serve. Services are available to all American Indians and their family members, as well as the public in the community and are provided in an atmosphere that respects and supports American Indian traditions, values, and beliefs. Our clinics are specialized and allow patients to receive affordable care for most Medical, Dental, Behavioral Health, Optometry, and Chiropractic needs. 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 Monday – Friday, 8:00 a.m. to 5:00 p.m.

- **Dental**

Phone: 209-533-9603

Fax: 209-533-9604

Address: 13975 Mono Way Suite I, Sonora, CA 95370

Hours: 8:00 a.m. - 5:00 p.m.

- **Behavioral Health**

Phone: 209-588-4640

Fax: 209-674-6219

Address: 13975 Mono Way Suite H, Sonora, CA 95370

Hours: 8:00 a.m. - 5:00 p.m.

- **Pharmacy**

Phone: 209-677-5424

Fax: 888- 498-0976

Address: 13975 Mono Way Suite H, Sonora, CA 95370

Hours: 8:30 a.m. - 5:30 p.m.

Mathiesen Memorial Health Clinic

18144 Seco Street, Jamestown, CA 95327

Website: <https://www.mathiesenclinic.com/>

Phone: 209-984-4820

Fax: 209-984-4825

Providing family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted. Open Monday – Friday, 8:00 a.m. to 5:00 p.m.

- **Mathiesen on Main Walk-in Clinic**

18268 Main Street, Jamestown, CA 95327

Phone :209-630-2772 Fax: 209-984-9240

Monday – Friday 7:30 a.m. to 4:30 p.m. Provides treatment for illnesses and injuries that do not require a visit to the emergency room but need timely attention (cough/cold & flu symptoms, urinary tract infections, mild fever, pink eye, rashes, ear & sinus infections, STD screening, minor sprains, sports physical, sore throats, other non-life-threatening conditions, or illnesses).

Medi-Cal Information

Local Medi-Cal Assistance: <https://www.tuolumnecounty.ca.gov/296/Medi-Cal>

Phone: 209-533-5711 Fax: 209-533-5714

State Website: <https://www.medi-cal.ca.gov/>

Rapid Care, Adventist Health Sonora

14540 Mono Way, Sonora, CA

Website: <https://www.adventisthealth.org/locations/indian-rock-rapid-care/>

Phone: 209-536-6680

Provides treatment for conditions that require timely attention, but do not pose an immediate, serious health threat. Examples of conditions our staff can treat include illnesses such as colds, sore throats, and flu, plus minor cuts, burns and sprains. Provides minor medical care on a walk-in basis. Open Monday – Saturday 8:00 a.m. to 4:00 p.m.

Angels Camp Clinic location: 23 N. Main Street Angels Camp, CA 95222

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

Phone: 209-736-9130

Sierra HOPE (Health Opportunities, Programs and Education)

1168 Booster Way, Angels Camp, CA, 95222

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

Website: <https://www.sierrahope.org/>

Phone: 209-736-6792

Office Hours: Monday – Thursday, 9:00 a.m. to 5:00 p.m. 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. All services are confidential. HIV and Hep 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. Community Food Pantry open to anyone in need, Wednesdays 1:00 p.m. to 3:00 p.m. in Murphys, CA. HIV and Hepatitis C screening, educational presentations, supportive housing program for homeless, disabled individuals, emergency assistance for rent and essential utilities (for low-income Calaveras County residents only).

Sonora Lions Hospital Equipment Loan Program (H.E.L.P)

Website: <http://sonoralions.org/h-e-l-p/>

Phone: 209-533-7766

The Diann Kaiser Memorial Hospital Equipment Loan Program provides a way for residents of our community to have access to medical equipment for a limited time, at no cost. The hospital equipment is stored at the Sonora Mini Storage facility at 14328 Cuesta Ct., Sonora, CA. You can call 209-533-7766 (at the Sonora Mini Storage) for information on how to obtain the medical device you may need. Items stored on the premises are wheelchairs (not electric), walkers, walkers with seats, commodes, risers, crutches, and much more.

Tuolumne County Environmental Health Division

48 West Yaney Avenue, 4th Floor, Sonora, CA, 95370

2 S. Green Street, Sonora, CA, 95370

Phone: 209-533-5633

Fax: 533-5909

Inspection Line 209-533-5992

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.

Tuolumne Me-Wuk Indian Health Center (TMIHC) Primary Care

Website: <https://tmwihc.org/>

- **Sonora Location: 22044 Cedar Road, Sonora, CA 95370**
Phone: 209-928-5400 Fax: 209-532-0031
Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women's health, family planning, well-child checkups, dermatology, and acupuncture. Most insurances, Medicare & Medi-Cal accepted. Monday – Friday, 8:00 a.m. to 5:00 p.m.
- **Tuolumne Location: 18880 Cherry Valley Blvd, Tuolumne, CA 95379**
Phone: 209-928-5400 Fax: 209-928-5411
Family practice, internal medicine, pediatrics, disease prevention, diagnosis for acute & chronic illnesses. Sport & annual physicals, immunizations, women's health, family planning, well-child checkups, counseling & behavioral health. A full-service pharmacy is available on-site. Specialty services include dermatology, cosmetic services such as Botox, laboratory blood draw services, integrative and holistic services including acupuncture and Traditional Chinese Medicine. Most insurances, Medicare & Medi-Cal accepted. Monday – Friday 8:00 a.m. to 5:00 p.m.

Public Health Nurse Visiting Program

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

Phone: 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 teens, custodial parents, parents, and grandparents. Call for more information.

Housing & Emergency Shelters

ATCAA Emergency Housing Services

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

Phone: 209-694-8698 or 209-533-1397 x238

Center For a Non Violent Community Emergency Shelter

542 West Stockton Street, Sonora, CA 95370

Phone: 209-588-9305 or 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, 9:00 a.m. to 5:00 p.m.

County of Tuolumne First Time Home Buyer Program

Website: <https://www.tuolumnecounty.ca.gov/711/County-First-Time-Homebuyer-Programs>

Phone: 209-533-5612

The goal of the County's First-Time Homebuyer Programs are to help make homeownership

possible for first-time homebuyers who might not otherwise be able to afford to buy a home. A first-time homebuyer is defined under this program to be an individual or family who has not owned a home in the past three years. All participants must be income qualified. The County operates three first time buyer programs; County First Time Homebuyer Program, Green First Time Homebuyer Program, and the WISH Down payment Matching Grant Program.

County and Rental Assistance Resources:

<https://www.tuolumnecounty.ca.gov/DocumentCenter/View/15495/Assisted-Housing-Developments2020>

County of Tuolumne Housing Programs

Phone: 209-533-5633

The HUD Section 8 Rental Voucher Program in Tuolumne County is administered by the Stanislaus County Housing Authority. Please call for more information.

Mobilehome Park Complaints Concerning Park Maintenance State Department of Community Development

E-mail: MHAssistance@hcd.ca.gov

Phone: 1-800-952-8356

Fair Housing Services

- **Section 8 Housing Voucher Rental Assistance Program**
Phone: 209-557-2014
Administered by the Stanislaus County Housing Authority
- **Urban Development Office of Fair Housing and Equal Opportunity**
Phone: 800-347-3739
- **California Department of Fair Employment and Housing**
Phone: 800-884-1684

Tenant-Landlord Resources

California Tenant Landlord Handbook: <https://www.courts.ca.gov/documents/California-Tenants-Guide.pdf>

Tenant & Landlord Legal Services

- **Central California Legal Services**
E-mail: cclsinfo@centralcallegal.org
Phone: 800-675-8001
- **Interfaith Community Social Services**
Website: <https://www.courts.ca.gov/documents/California-Tenants-Guide.pdf>
Phone: 209-694-3481
Legal clinics on Fridays.
- **Amador-Tuolumne Community Action Agency (ATCAA)**
Phone: 209-533-1397 X 225

In-Home Care

Adventist Health Hospice

Email: HospiceOfTheSierra@ah.org

Main Line: 209-536-5685 Fax: 209-532-6982

Hospice provides compassionate quality-of-life hospice care for people who have made the decision to cease curative treatment for their terminal illness. With the support and care of our health care professionals and trained volunteers, our patients live as fully and comfortably as possible for the time they have left. Through our team-based approach, we will work with loved ones and referring physicians to develop care plans ensuring that medical, personal, spiritual, and emotional needs are cared for, and that the patient's wishes are honored.

Area 12 Agency on Aging In-Home Support Services

19074 Standard Road, Suite A, Sonora, CA 95370

Website: <https://area12.org/in-home-support/>

E-mail: info@area12.org

Phone: 209-532-6272 or 800-510-2020

Fax: 209-532-6501

Services are available at no cost and provides temporary assistance to individuals age 60+. Priority is given to those who are frail, elderly (age 75+) isolated, and with greatest economic and social need. Prospective clients shall be eligible based solely on the eligibility criteria as determined through the screening and assessment process and program requirements.

Home Care Services – Adventist Health Sonora

20100 Cedar Road North, Sonora, CA 95370

Phone: 209-536-5700

Referral Line: 209-536-5707

Fax: 209-533-3801

Medicare-certified programs for both Home Health and Hospice care with services provided by RNs, physical therapists, occupational therapists, medical social workers, and certified home health aides. Home Health provides exceptional care for persons recovering at home from an illness, injury, or surgery. Medicare, most private insurances, Medi-Cal, and workers compensation accepted.

Tuolumne County In-Home Supportive Services (IHSS)

20075 Cedar Road North, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/280/In-Home-Supportive-Services>

Phone: 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 is a Personal Care Services Program (PCSP) and is an alternative to out-of-home care. Call for more information.

Labor & Delivery, Prenatal & Reproductive Care

Birth Center at Adventist Health Sonora

1000 Greenly Road, Sonora, CA 95370

Phone: 209-536-3260

Provides a family-centered birth experience in fully equipped birthing suites as well as operating suites for cesarean birth. Childbirth education and breastfeeding basics classes offered free of charge. Tours are available through childbirth education classes or by appointment. In-hospital lactation consultants available or by appointment for out-patient visits. Can refer to appropriate resources, including lactation consultants for home visits. Most insurances accepted with preauthorization. Also, a Medi-Cal and CPSP Provider.

Foothill Pregnancy Center

427 North Highway 49, Suite 101, Sonora, CA 95370

Website: <https://www.fpcsonora.com/>

Email: help@fpcsonora.com

Phone: 209-536-9262

24-hour helpline: 209-536-9634

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, 9:00 a.m. to 5:00 p.m. Closed Fridays.

Maternal Child Adolescent Health (MCAH)

Tuolumne County Health Department

20111 Cedar Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/251/Adult-Family-Health>

Phone: 209-533-7401 or 1-800-585-6606 Ext. 7401

The MCAH program offers a variety of services to women, children, and their families. MCAH works to ensure that all children are born healthy to healthy mothers. That they 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.

Nancy's Hope – Mommy 2 Be Program

797 W Stockton Street, Sonora, CA 95370

Phone: 209-533-2647

Provides mothers to be, foster parents, and their infants and toddlers with everything they will need to get started such as diapers, wipes, bottles, clothes, beddings, furniture (high chairs, etc.).

LGBTQ+ Rural Resource Center

Phone: 209-202-3162

The LGBTQ+ Rural Resource Center offers social and health support services to the LGBTQ community. Limited STD testing services may be offered. Please call for more information.

Medi-Cal Access Program

Phone: 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.

Planned Parenthood

<https://www.plannedparenthood.org/>

Phone: 800-230-PLAN (7526)

Supports women's reproductive rights, including abortion. Offers birth control, breast exams, PAP smears, testicular exams, pregnancy testing, sexually transmitted, HIV testing, emergency contraception, counseling, and information.

Road to Resilience Program

105 Hospital Road, Sonora, CA 95370

Phone: 209-533-5752

Designed to give in-home case management to support women with a history, current, or are 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.

Sierra Natural Birth Center

16575 Draper Mine Road, Sonora, CA, 95370

E-mail: care@sierranaturalbirthcenter.com

Website: <https://sierranaturalbirthcenter.com/>

Phone: 209-984-6051 Fax: 209-533-4600

State licensed alternative birthing center offering personalized family-centered care, comprehensive prenatal, birth, postpartum, newborn, and well-woman care. Respectful, nurturing, holistic education and care is provided in out-of-hospital settings. Most insurance accepted with pre-authorization, also a Medi-Cal and CPSP Provider.

Child Birth Classes – Adventist Health Sonora

1000 Greenley Road, Sonora, CA 95370

Phone: 209-536-5000

Preparation for childbirth: a six-week class series reviewing what to expect in labor, cesarean section, coping strategies, and more. Held at Adventist Health Sonora. Call for registration information.

Free Condom Distribution

20111 Cedar Rd North, Sonora, CA 95370

Phone: 209-533-7401

Free condoms and STD information located at Tuolumne County Public Health Department. Available in public restrooms as supplies last. Monday – Friday 8:00 a.m. to 5:00 p.m. or during department outreach events (dates vary) or by request. Call for more information.

Legal Services & Support

Central California Legal Services, Inc.

1640 N Street, Merced, CA 95340

Toll Free: 800-464-3111 Fax: 209-723-1315

Legal Advice Line: 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 9:00 a.m. to 4:00 p.m. Open Monday – Friday 8:30 a. m. to 4:30 p.m.

District Attorney/Victim Witness Assistance Center Tuolumne County

423 N. Washington Street, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/167/Victim-Witness-Assistance-Center>

District Attorney: 209-588-5450

Fax: 209-588-5445

Victim Witness: 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. Victim Witness Assistance Center is mandated to provide services to victims and witnesses of all types of crimes and not restrict services to victims / witnesses where there is an identified suspect. Call for program eligibility and hours.

Interfaith Legal Services

18500 Striker Court, Sonora, CA 95370

Email: InterfaithLegal@gmail.com

Phone: 209-694-3481

Interfaith Legal Services can assist with legal concerns including landlord/tenant, name changes, harassment, elder abuse, simple wills, transfer on death deeds, title transfers, trust amendments, small claims actions, family law advice, probate issues, grand jury complaints, repossessions, consumer finance, contractor issues, mechanic's liens, scams, and notary services. Interfaith Legal Services is open on Fridays from 8:00 a.m. – 1:00 p.m., and from 8:00 a.m. – 3:00 p.m. on the first Friday of every month. Appointments are encouraged, but walk-ins prior to 12:30 p.m. are accepted after all clients with appointments are seen. Services are free to everyone regardless of age or income.

Tuolumne County Superior Court Self Help Center

12855 Justice Center Drive, Sonora, CA 95370.

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

Libraries, Education, & Employment Services

Adult Literacy Services

Tuolumne County Public Library

480 Greenley Road, Sonora, CA 95370

Phone: 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.

California Employment Development Department (EDD)

Website: <https://edd.ca.gov/en>

Information on state services for unemployment, job seekers, etc.

Columbia College

11600 Columbia College Drive, Sonora, CA 95370

Website: <https://www.qocolumbia.edu/>

Phone: 209-588-5100

Columbia College is a public community college in Sonora, California. Columbia College is fully accredited, offering a wide variety of transferable and career-driven associate degrees, certificates and awards taught by dedicated faculty committed to student success.

Mother Lode Job Training – America's Job Center of California

197 Mono Way, Suite B, Sonora, CA 95370

Website: <https://www.mljt.org/>

Phone: 209-588-1150

Employment career center for job seekers and employers. There are no fees involved. Designed as a self-directed system. Monday – Friday 8:00 a.m. to 4:30 p.m. Resources include internet

access for job search purpose, telephone for job search, resume assistance, job listings, career counseling, information on training, and education and related supportive services.

Tuolumne County Public Library

480 Greenley Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/416/Library>

Phone: 209-533-5507

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. Literacy programs for adults and families with young children. Call for information and hours of operation. See website to place requests and find calendar of events.

- **Tuolumne County Public Library Main Library Branch**
480 Greenley Road, Sonora, CA 95370
Phone: 209-533-5507
- **Groveland Branch**
18990 Highway 120, Groveland, CA 95321
Phone: 209-962-6144
- **Tuolumne Branch**
18636 Main Street, Tuolumne, CA 95379
Phone: 209-928-3612
- **Twain Harte Branch**
18701 Tiffeni Drive, Suite 1-F, Twain Harte, CA 95383
Phone: 209-586-4501

Tuolumne County Superintendent of Schools Adult Education

175 Fairview Lane, Sonora, CA 95370

Phone: 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.

Tuolumne County Arts

21 N Washington Street, Sonora, CA 95370

Website: <https://www.mytuolumnecountyarts.org/arts-reach>

Phone: 209-694-3198

Offers arts and culture programs, classes, and events. Call for more information.

[Mental Health, Grief, Social & Health Support Groups & Organizations](#)

FOR IMMEDIATE CRISIS:

- Call 9-1-1 in an emergency crisis
- National Suicide Prevention crisis line: 9-8-8 Website: <https://988lifeline.org/>
- Veterans Suicide Prevention Hotline: 9-8-8 then press 1. Text: 838255
- CA Youth Crisis Line: 800-843-5200

- Tuolumne County Behavioral Health's Crisis and Access Services/24-hour Crisis Line: 209-533-7000. The Crisis Assessment and Intervention (CAIP) Program includes 24/7 assessment for crisis services or hospitalization.
- Center for a Non Violent Community 24-hour Crisis Line: 209-533-3401. CNVC offers support for safety planning from domestic violence. The line is staffed by certified peer counselors and CNVC staff who provide peer counseling, resources, referrals, and information.

Local Support Groups

- **Lantern of Light**
Faith-based suicide prevention: <https://lanternoflight.org/trainings/>
- **Tuolumne County Behavioral Health Peer Support Center Groups**
Phone: 209-533-7114
- **Support Group for Survivors of Suicide Loss**
2nd Tuesday of each month
Phone: 209-532-1328 or 209-559-0332
- **Survivors of Suicide Loss Bereavement Counseling**
Phone: 209-559-0840 or 209-247-7406 or 209-559-0332
- **Tuolumne County Hope & Honor Suicide Awareness**
Website: <https://www.facebook.com/suicidepreventionandawareness4all/>
- **Support Groups Affiliated with Adventist Health Sonora**
 - **Hospice Bereavement Support: 209-536-5685**
Program is offered free to the community and is open to any adult who has experienced the loss of a family member, relative, or friend through death. Adults facing loss issues relating to health or divorce are also welcome. In-person and Zoom groups are available and one-on-one support is also offered. Hospice bereavement group facilitators have received the highest levels of bereavement training with mandatory continued education. For more information about Hospice Bereavement support groups or one-on-one support, please call.
 - **Cancer Patient Support Group: 209-536-6946**
Meets on Thursday from 3:00 to 4:00 p.m. at the Diana J White Cancer Institute. Attendees must pre-register to attend.
 - **Diabetes Support Group: 209-536-3720**
Meets on the third Wednesday of each month from 11:30 a.m. to 12:30 p.m. at the Live Well Be Well Diabetes Resource Center.
 - **Adult Mental health & Youth Mental Health First Aid Training: 209-536-5022**

Blue Zones Project - Tuolumne County

31 N Washington Street, Sonora, CA 95370

Website: <https://tuolumnecounty.bluezonesproject.com/>

Phone: 209-694-3217

Encourages changes in our community that lead to healthier options. Offers community walking groups, cook classes, exercise classes, Purpose Workshops, and more. For more information and schedule of group events visit website.

Center for a Non Violent Community (CNVC)

543 W. Stockton Street, Sonora, CA 95370

Website: <https://nonviolentcommunity.org/>

E-mail: info@nonviolentcommunity.org

Phone: 209-588-9305

Fax: 209-588-9272

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, 9:00 a.m. to 5:00 p.m.

LGBTQ+ Rural Resource Center

Website: <https://www.facebook.com/lgbtqrural>

Phone: 209-202-3162

As a community resource center, we provide resources and support to anyone who needs it. Our center offers a safe place for members of the LGBTQ community, and we are proud to host community events that bring joy and a sense of belonging to those in need. A community organization dedicated to promoting health, safety, and well-being for individuals and families in Tuolumne, Calaveras, and Mariposa areas.

Mother Lode Wellness Program – Catholic Charities

88 Bradford Street, Sonora, CA 95370

Phone: 209-396-6953

Serves people aged 60 and over. Wellness Program - PEI Older Adult Counseling Program services provided: mild to moderate, low-cost, short-term outpatient counseling services.

National Alliance on Mental Illness (NAMI) —Tuolumne County

P.O. Box 4720, Sonora, CA 95370

Website: <https://www.facebook.com/NAMITuolumneCounty>

Phone: 209-586-9351

Provides support groups and educational classes for people with mental illness, family members and the public. Call for schedule and status of meetings.

Native American Domestic Violence/Sexual Assault Program

Kene Me-Wu Family Healing Center, Inc.

P.O. Box 4605, Sonora, CA, 95370

Website: <https://www.facebook.com/kenemewu>

Phone: 209-984-8602

Fax: 209-984-8608

24-Hour Crisis Line 1-800-792-7776

Comprehensive services for domestic violence and sexual assault victims, including peer counseling, emergency shelter placement, court accompaniment, talking circles, prevention services, cultural trainings, referral to ICWA Tribal TANF and community agencies, 24-hour crisis line, and restraining orders. Free and confidential, services are available to Native Americans and/or households. Office hours: Monday – Friday, 9:00 a.m. to 5:00 p.m.

Tuolumne County Behavioral Health Peer Enrichment Center

102 Hospital Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/222/Enrichment-Center>

Phone: 209-533-7114

The Enrichment Center, a peer-run community center which is open to community members 18 years of age and older, provides recovery and wellness supports to those who are living with a mental illness, recovering from drug and/or alcohol addiction, experiencing homelessness and those released from incarceration. The mission of the Enrichment Center is to give hope to those with lived experience of mental illness so that they can achieve their fullest potential. It is operated by Tuolumne County Behavioral Health and supported through Mental Health Services Act funds.

Offers computer center, health, and wellness activities, and more. Visit website for monthly calendar of services, activities, and events.

Senior Services

Aging & Disability Resource Connection (ADRC) of the Mother Lode

ADRC of the Mother Lode Online Resource Directory:

<https://adrcofthemothelode.myresourcedirectory.com/>

Phone: 209-532-6272 or 800-510-2020

Enhanced information and assistance • Long-term care options counseling • Short-term service coordination • Transitional services. Area 12 Agency on Aging and Disability Resources Agency for Independent Living (DRAIL) have partnered to develop an Aging and Disability Resource Connection (ADRC) of the Mother Lode. The ADRC of the Motherlode will create a network of organizations that will engage in person and family-centered planning and provide responsive and comprehensive information about referrals for long-term supports and services. The information received will enable people with disabilities, older adults, and their families to make informed choices regarding the supports needed to live with dignity in their home and be fully included in their communities for as long as possible.

Area 12 Agency on Aging

19074 Standard Road, Ste. A, Sonora, CA 95370

Website: <https://www.area12.org/>

Email: info@area12.org

Phone: 209-532-6272 or 800-510-2020

Fax: 209-532-6501

We help older adults and caregivers by providing and linking clients to the critical services and community resources they need. As the leading senior specialists in meeting the needs of people who are impacted by aging and caregiving, we provide the most current information about services and programs. Area 12 is your senior resource connection. Many of our services are provided free. We match individual needs to existing community resources so our clients may experience a better quality of life. Office hours Monday – Friday 8:00 a.m. to 12:00 p.m. & 1:00 p.m. – 5:00 p.m.

Mother Lode Ombudsman

Long Term Care

88 Bradford Street, Sonora, CA 95370

Phone: 209-588-1597

Fax: 209-532-8448

Advocates for residents of long-term care facilities and residential care facilities in Tuolumne, Calaveras, Amador, Mariposa, and Alpine Counties. Monday – Friday, 8:30 a.m. to 4:30 p.m.

Senior Center Firewood Program

Phone: 209-533-2622

This service is put on by the Rotary Club. The Senior Center is the contact point for ordering your firewood. Firewood is delivered to the senior's home and is stacked neatly for easy access.

Sierra Senior Providers

(Senior Center, Meals on Wheels, & Lunch/Congregate Dining Program)

Senior Center located at 540 Greenley Road, Sonora, CA 95370. Senior Center hours of operation 8:00 a.m. to 4:00 p.m. Monday-Friday.

Website: <https://www.sierraseniorproviders.com/>

Phone: 209-533-2622

Fax: 209-533-2012

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. Sierra Senior Providers, Inc.'s Senior Lunch meal program offers delicious and nutritionally balanced meals to seniors aged 60 years old and older. We are open for congregate dining. Sonora location Senior Center lunch is served at 12:00 p.m. and ends at 1:00 p.m. daily (Monday-Friday). Seating is on a first come first serve basis. Groveland congregate dining every Thursday from 12:00 to 1:00 p.m. at The Little House 11699 Merrell Road, Groveland- Call to reserve meals (209) 962-7303.

Special Need Adults and Children Services & Supports

California Children's Services (CCS)

Tuolumne County Health Department

20111 Cedar Road North, Sonora, CA 95370

Website: <https://www.dhcs.ca.gov/services/ccs>

Phone: 209-533-7401 or 800-585-6606 Ext. 7401

Fax: 209-533-7429

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

Columbia College Disabled Student Programs and Services

11600 Columbia College Drive, Sonora, CA 95370 in the Manzanita Building Room 216

Website: <https://www.qocolumbia.edu/dsps/>

Phone: 209-588-5130

Fax: 209-588-5058

DSPS provides accommodations to help students with verified disabilities meet the academic requirements of courses to ensure the students can compete academically on an equal basis with their non-disabled peers. The department provides accommodations through support services, special equipment, specially trained staff, and access to the High Tech Center.

Disability Resource Agency for Independent Living (DRAIL)

19060 Standard Road, Suite 6, Sonora, CA 95370

Website: <https://drail.org/>

Phone: 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, 9:00 a.m. to 5:00 p.m. Call for more information.

Family Resource Network

5250 Claremont Avenue, Suite 148, Stockton, CA 95207

Phone: 209-472-3674 or 800-847-3030 Fax: 209-472-367

FRN serves families raising children, ages birth to 22 years, with special needs. Service area includes Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties of California. There are no income limits or eligibility requirements. FRN serves families whose children have any type of special need, medical diagnosis, or learning difference. Services: information and referral/linking families to services, family support (one-to-one peer support, support groups) when requested, outreach. Services are confidential. Tuesday – Friday, 8:30 a.m. to 2:30 p.m. and by appointment.

Tuolumne County Superintendent of Schools Special Education Programs

175 South Fairview Lane, Sonora, CA 95370

Website: <https://www.tcsos.us/>

Phone: 209-536-2040

- **SELPA: 209-536-2040 or 209-536-2047**

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.

- **Tuolumne County Early Start Programs: 209-536-2029**

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.

WATCH Resources

12801 Cabezut Road, Sonora, CA USA 95370

Website: <https://www.watchresources.org/>

Email: info@watchemail.org

Phone: 209 533-0510

Office Hours are 8:30 to 4:30 Monday – Friday. Independence and community integration for people with intellectual disabilities. WATCH supports adults with intellectual disabilities to live, work and play as integral members of the community. Services are available in Tuolumne and Calaveras Counties. Services include supported living, supported employment, and a monthly calendar of social and recreational events both in the community and out of town.

Valley Mountain Regional Center (VMRC)

Prevention and Development Disability Service Coordination

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

Website: <https://www.vmrc.net/>

Phone: 209-754-1871 x652 Adult Services x650 Fax: 209-754-321

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, self-advocacy, and residential placement. Respite care, transportation and adult day programs may also be funded by VMRC.

Social Services & Utilities

Amador-Tuolumne Community Action Agency (ATCAA)

Utility Assistance, Home Weatherization

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

Website: <https://www.atcaa.org/>

Phone: 209-533-1397 Ext. 232

ATCAA has utility bill assistance and weatherization programs that help individuals and families. Call for availability, and income eligibility requirements.

Assurance Wireless Cell Phone Services

Website: <https://www.assurancewireless.com/>

Free government phone program. Provides households with discounted broadband service and cell phone services.

California LifeLine Cell Phone Services

Website: <https://www.californialifeline.com/en>

Phone: 866-272-0357

State program that provides discounted home phone and cell phone services to eligible households. The California LifeLine discounts help consumers lower the cost of their phone bills.

Community Roots Resource Network – Sonora Area Foundation

Phone: 209-533-5719 and will tentatively transition to 2-1-1- by 12/31/23

Empowering residents with local resources that includes: senior services, food resources, child care services, youth support, transportation, disability services, utility bill help, fire protection, housing information, health insurance access, pet support, employment opportunities, etc.

David Lambert Community Drop-In Center

347 W. Jackson Street, Sonora, CA 95370

Phone: 209-533-4879

Outreach and engagement resources in response to mental illness, addiction, poverty, and homelessness in Tuolumne County. Resources available at the center: Internet access for job search and support for applications. Benefits Specialist by appointment. Food available daily. Referral to other community resources and needs. Social and emotional support. The center is open to community members 18 years of age and older.

Elder Abuse Prevention

Catholic Charities

88 Bradford Street, Sonora, CA 95370

Website: <https://www.ccstockton.org/>

Phone: 209-532-7632

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.

Give Someone a Chance (GSAC)

P.O. Box 272 Jamestown, CA, 95327

Website: <https://www.givesomeoneachancetc.org/>

E-mail: gsacceo@gsactc.org

Phone: 209-588-8377

GSAC operates the Shower Bus and Trash to Cash Programs. For the shower bus schedule visit: <https://www.givesomeoneachancetc.org/shower-bus-schedule>

Habitat for Humanity Tuolumne County – Home Repair Program

14317 Mono Way, Suite F, Sonora, CA 95370

Website: <http://www.habitattuolumne.org/home-repair-program/>

Phone: 209-536-0970

Home repair and weatherization assistance. Must apply, call, or visit website for eligibility and application requirements.

Interfaith Community Social Services

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

P.O. Box 5070, Sonora, CA 95370

Website: <https://interfaithsonora.com/>

Phone: 209-532-0905

Provides home deliveries of groceries for seniors and disabled adults. We also provide clothing and small household items in addition to information regarding housing, jobs, furniture, legal assistance, and firewood. For Tuolumne County residents only. You must provide proof of residence in Tuolumne County for all persons requesting assistance. No proof of income is necessary. No charges for any service provided. Call Monday – Friday, 10:00 am. to 1:00 p.m. 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, 10:00 a.m. to 1:00 p.m.

Local Indigent Care Needs Grant

Tuolumne County Public Health Department

20111 Cedar Rd N, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/250/Public-Health#>

Phone: 209-533-7401

The Local Indigent Care Needs Grant (LICN) provides social and health resource navigation services such as referrals, care coordination, and Medi-Cal information. Community health workers are available to assist low-income residents with obtaining social and health information. A mobile health van service will provide basic health screening services, but times and service times will vary. Call for more information.

Nancy's Hope Community Center

797 W Stockton St, Sonora, CA 95370

Website: <https://www.nancyshope.org/>

Phone: 209-533-2647

Programs to help with clothing, food, household, and utility needs. Open Monday – Friday, 10:00 a.m. to 6:00 p.m. Call for updated operating hours.

Promotores de Salud - ATCAA

Phone: 209-984-1617

Peer-to-peer program uses Spanish-speaking community members to reach out to Spanish-speaking community members to promote mental health and overall wellness, and to reduce barriers to accessing services, and to provide a comfortable cultural context for sharing important information about community resources. Please call for more information.

Resiliency Village

P.O. Box 523, Soulsbyville, CA 95372

Website: <https://resiliencyvillage.org/>

Email: info@ResiliencyVillage.org

Phone: 209-396-5554

Resiliency Village's mission is to improve the quality of life for our unsheltered and otherwise traumatized citizens. Results are achieved through on-site services, creative activities, skill-building, and the model of a healthy lifestyle, supporting the opportunity for a self-sustaining future through housing, healing, and hope.

Sonora Salvation Army Service Extension Unit

P.O. Box 4842, Sonora, CA 95370

For utility bill assistance, gas vouchers, tents, sleeping bags, bus tickets please call 209-288-2630.

For volunteer opportunities and camp enrollment please call 209-743-6644.

The Sonora Salvation Army offers limited financial assistance, volunteer opportunities and a summer youth camp for children ages 8-16 years old who reside in Tuolumne County.

Tuolumne County Enrichment Center

101 Hospital Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/222/Enrichment-Center>

Phone: 209-533-7114

The Enrichment Center, a peer-run community center which is open to community members 18 years of age and older, provides recovery and wellness supports to those who are living with a mental illness, recovering from drug and/or alcohol addiction, experiencing homelessness and those released from incarceration. The mission of the Enrichment Center is to give hope to those with lived experience of mental illness so that they can achieve their fullest potential. It is operated by Tuolumne County Behavioral Health and supported through Mental Health Services Act funds. Offers computer center, health, and wellness activities, and more. Visit website for monthly calendar of services, activities, and events.

Tuolumne County Department of Social Services

20075 Cedar Road N, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/277/Social-Services>

E-mail: socialservices@tuolumnecounty.ca.gov

Phone: 209-533-5711 Fax: 209-533-5714

Monday – Friday 8:00 a.m. to 4:00 p.m. Offers assistance with CalFresh, Medi-Cal, CalWORKs, and others. Other programs include Adult Protective Services, IHSS, Public Guardian, and Child Welfare Services, Foster Care, Independent Living Program, Welfare to Work, and Cal-Learn. The mission of the Tuolumne County Department of Social Services (DSS) is to provide appropriate services to individuals and families to enhance self-sufficiency. Such services include financial assistance, medical benefits, in-home care for the elderly and disabled, employment and training services, and protective services for children and adults. For suspected abuse or neglect of adult or child, please call 209-533-5717 during business hours. For after-hours call 209-533-HELP(4357).

Tuolumne Band of MeWuk Indians Tribal Social Services Department

P.O. Box 615, Tuolumne, CA 95379

Website: <https://mewuk.com/health-safety/social-services/>

Phone: 209-928-5300

Mission to assist the community of the Tuolumne Band of Me-Wuk Indians and Native American families. Our services are spread throughout Mariposa, Amador, Calaveras, and Tuolumne Counties. Our programs and services may have different eligibility requirements by county and tribal status; therefore, individuals are highly encouraged to contact the Social Services Department to request clarification regarding specific information. Services include substance use program, domestic violence and sexual assault program, victims of crime program, tobacco education, ICWA, Tribal TANF, emergency financial assistance, information and referrals, family preservation, legal assistance, advocacy, home visits, food and social service referrals and resources.

Transportation Services

Tuolumne County Transit

13033 Sanguinetti Road, Sonora, CA 95370

Website: <https://www.tuolumnecountytransit.com/>

Full Service & Route Schedule:

https://www.tuolumnecountytransit.com/files/ugd/fe950e_ff7960fc8ddd49f49c17561f22a5091d.pdf

Phone: 209-532-0404 Fax: 209-532-042

Provides fixed route, Dial-A-Ride services, and mileage reimbursement program by eligibility.

Seasonal ski bust and YARTS bus available. Visit website or call for updated services routes and service times.

Common Ground Senior Services

Silver Streak Transportation

80 Ridge Road, Suite A, Sutter Creek, CA 95685

Website: <https://commongroundseniorservices.org/>

Phone: 800-303-4799

Transportation services for Tuolumne County seniors age years old 60 and over.

Local Cab Companies (subject to change)

- Frontier Cab: 209-288-2900
- Courtesy Cab: 209-533-2227

Veterans Administration

Website: <https://www.va.gov/find-locations/?facilityType=health>

Phone: 209-588-2600

A 40-passenger bus leaves Sonora each weekday around 5:00 a.m. from the Community Based Outpatient Clinic and transports veterans down to the Central Valley where connections can be made to travel all the way to the Palo Alto Veterans Administration Medical Center. This bus returns daily between 3:00 p.m. and 4:00 p.m.

Wave – Wheels & Village Express Transportation

Website: <https://southsidecommunityconnections.org/wheels-2/>

E-mail: wheels@southsidecommunityconnections.org

Southside Community Connections (SCC) WHEELS program provides door-to-door transportation for shopping and errands in the Groveland/Big Oak Flat area to qualified individuals 55 and over who are unable to drive due to recent surgery, illness, or age. Drivers are available Tuesday – Friday from 9:00 a.m. to 5:00 p.m. A Wheels membership in Village on the Hill is required. WAVE will pick passengers up at Mary Laveroni Park in Groveland and take them to Sonora (four days per week) and Modesto (one day per week). Rides must be scheduled in advance. The scope of the WHEELS program includes the following geographic boundaries: Highway 120 from the top of Priest Grade to Lytle Loomis Road, Ferretti Road from intersection with Highway 120 in Groveland to Yosemite Vista Estates. Visit website for more information.

Veterans Services

Columbia College Student Veterans Center

11600 Columbia College Drive, Sonora, CA 95370

Website: <https://www.gocolumbia.edu/admissions/veterans/default.php>

Phone: 209-588-5232

Services available for student veterans and dependents: computers with internet access, printing services, and drop-in counseling. Hours vary per season, call, or check website for more information

Sonora VA Clinic

13663 Mono Way, Sonora, CA 95370

Website: <https://www.va.gov/northern-california-health-care/locations/sonora-va-clinic/>

Phone: 209-588-2600 Mental Health Clinic: 209-588-2600

Our outpatient clinic offers primary care and specialty health services, including mental health care, laboratory and pathology services, telehealth services, counseling, benefits, and cemeteries facilities. Clinical hours: Monday—Friday 8:00am to 4:30pm.

Sonora Vets Helping Vets

14348 Cuesta Court, Sonora, CA 95370

Website: <https://sonoravetshelpingvets.com/>

Phone: 209-288-2491

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.

Tuolumne County Veterans Service Office

105 Hospital Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/447/Veterans-Service-Office>

Phone: 209-533-6280

Helps all veterans and their spouses in determining eligibility for various federal and state benefits and obtaining military records, etc. Call for more information and to make an appointment.

VetFam – Catholic Charities

88 Bradford Street, Sonora CA 95370

Phone: 209-396-6953

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. Monday – Friday 8:30am to 4:30pm

Veteran's Crisis Line – Dial 9-8-8 then Press 1 or text 838255

[Youth Guide & Coalitions](#)

Tuolumne County Parks and Recreation

480 Greenley Road, Sonora, CA 95370

Website: <https://www.tuolumnecounty.ca.gov/448/Parks-and-Recreation>

Phone: 209-533-5663

Offers programs and special events for all ages. Youth Centers open year-round in Groveland, Jamestown, and Tuolumne. Seasonal aquatics program, swimming lessons, and recreational swimming offered. Programs for children and teens include spring break day camp, firefighter training, swim lessons, summer recreation, sports camps and clinics, youth track meet, adult sports, and more. Hours and programs vary please contact us for details.

YES Partnership Coalition

Website: <https://www.yespartnership.net/>


Phone: 209-533-1397

Youth Mental Health First Aid: 209-536-5022

The YES Partnership is a community-wide coalition dedicated to supporting Tuolumne County youth and families by preventing suicide, substance, and child abuse. The coalition works collaboratively with local organizations, parents, and teens to create drug-free and suicide-safe community by increasing protective factors among youth through youth leadership engagement, supportive adult-youth interaction, and developing youth assets. Youth mental health first aid offered in partnership with Adventist Health Sonora View website for more information on how to join or get involved.

EPIC Youth Coalition

Website: <https://www.yespartnership.net/epic-youth-coalition>




Are you a high school aged student who wants to get more involved with your community? Ask about EPIC! Sign ups are at the beginning of each school year.


EMPOWER PEERS INSPIRE THE COMMUNITY

EPIC is a youth coalition that focuses on youth resiliency and leadership. EPIC's goal is to empower local youth to advocate for issues that they feel passionately about and to foster skills that promote, tobacco-free and healthy drug-free lifestyles.

JOIN EPIC!




More information:
<https://www.yespartnership.net/epic-youth-coalition>
Call or Text: 209-768-5647




Tuolumne County Youth Guide Link:

Website: <https://www.tcsos.us/services/student-support/mental-health-services/>

TUOLUMNE COUNTY YOUTH GUIDE



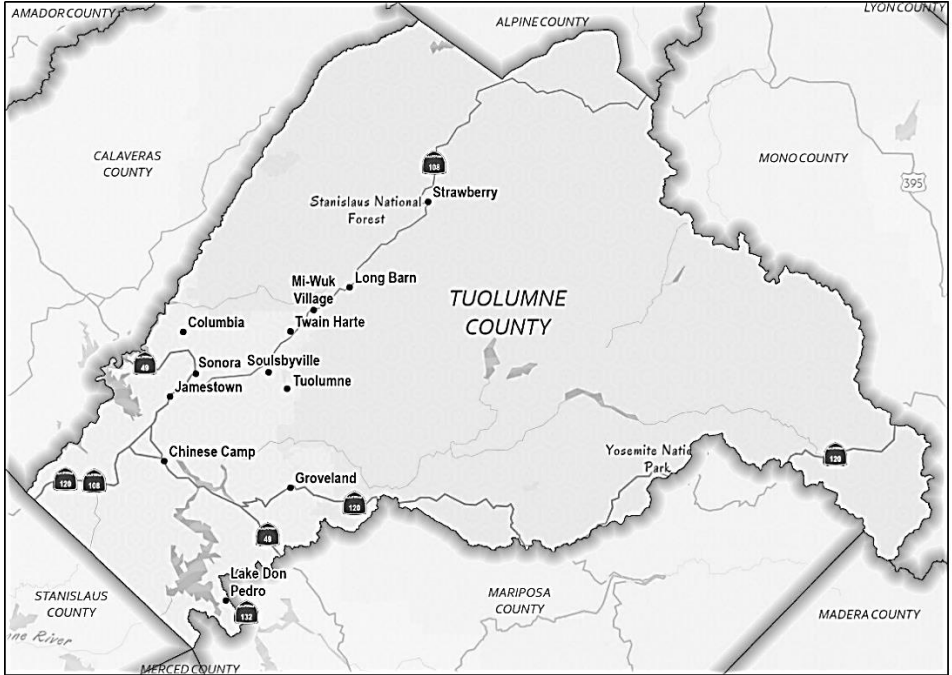
SCAN ME



The Tuolumne County Youth Resource Guide is intended to provide information about local resources available to youth living in Tuolumne County, California. This guide is designed to help parents, educators, youth service providers and youth themselves navigate the many resources and services available to young people in the area.

Scan QR code or visit website below to access the Youth Guide.

Map of Tuolumne County



For recreational and other activities to explore in Tuolumne County visit the Tuolumne County Visitor's Bureau: <https://www.visittuolumne.com/>



Interactive Tuolumne County Trail Map:
<https://www.visittuolumne.com/download-best-trails-map>

Trails & Parks in the City of Sonora:
<https://sonoraca.com/downtown-sonora/trails-parks/>

Local Governments, Councils, & Tribes	
County of Tuolumne Government	https://www.tuolumnecounty.ca.gov/ 2 South Green Street, Sonora, CA 95370 209-533-5511
City of Sonora	https://sonoraca.com/ 94 Washington Street, Sonora, CA 95370 209-532-4541
Tuolumne Band of Me-Wuk Indians	https://mewuk.com/ 19595 Mi-Wu Street, Tuolumne, CA 95379 209-928-1677
Chicken Ranch Rancheria Me-Wuk Indians of California	https://chickenranchrancheria.org/home 9195 Red Tail Hawk Drive, Jamestown, CA 95327 209-984-9066

Emergency Preparedness Quick Guide



REGISTER FOR LOCAL EMERGENCY ALERTS

Tuolumne County Citizen Alert Notification System powered by EverBridge.

Register at: <https://member.everbridge.net/1332612387832200/new>

EVACUATION CHECKLIST AT-A-GLANCE

More detailed emergency information can be found at: <https://www.ready.gov/plan>.

We encourage you to make an emergency and evacuation plan ahead of time with your loved ones and review the plans periodically.

Evacuation Order: A lawful order to evacuate due to immediate threat to life/property. Evacuate immediately. Follow any directions given in the evacuation order.

Evacuation Warning: Potential threat to life/property. Leave now if you need additional time to evacuate or have pets or livestock. Leave if you feel unsafe or conditions change.

Shelter in Place: stay in your current location or the safest nearby building. May be required if evacuation is not possible, too dangerous, or unnecessary.

IMMEDIATELY	Grab your Go Bag. Include prescription medications, important papers, list of contacts & photos, keys to vehicle/house/storage sheds	<input type="checkbox"/>
	Pack pets, pet supplies (if applicable) and put in the car	<input type="checkbox"/>
	Grab your ID, credit cards, cash, checkbooks, & cell phone chargers	<input type="checkbox"/>
IF YOU HAVE ONE HOUR TO EVACUATE:	Grab additional basic toiletries, clothing, or other necessities	<input type="checkbox"/>
	Pack your irreplaceable items like photos and other valuables	<input type="checkbox"/>
	Close windows and doors, and leave indoor and outdoor lights on	<input type="checkbox"/>
IF YOU HAVE MORE THAN ONE HOUR TO EVACUATE:	Remove window shades and curtains and turn off all ceiling fans and/or HVAC	<input type="checkbox"/>
	Leave gates open and unlocked, hoses attached but not turned on, ladder available	<input type="checkbox"/>
	Move flammable furniture to center of room	<input type="checkbox"/>
	Turn any propane tanks off and move propane barbeque away from structures	<input type="checkbox"/>
	Locate large pets and prepare for evacuation of any large animals	<input type="checkbox"/>
	Clear 100 feet of space around structures	<input type="checkbox"/>
	Located an alternative place to stay such as a hotel, with family/friends, or evacuation center	<input type="checkbox"/>
	Use your phone to video or photograph belongings, including inside closets and drawers	<input type="checkbox"/>
	Check in with loved ones, check on neighbors, and tune into local verified emergency update sources	<input type="checkbox"/>

ALWAYS BE READY!

- Have a Go Bag ready in your in car, home, & workplace.
- Keep at least half a tank of fuel your vehicle & know the routes out of your neighborhood.
- Check on loved ones and neighbors.
- Know how to open garage doors manually and who can help if needed.
- Go Bag content ideas: water (one gallon per person for several days), food (non-perishable), battery-powered or hand crank radio, flashlight, first aid kit, extra batteries, whistle, masks, duct tape, multi-tools, sanitary/hygiene items, extra set of clothes and socks, work gloves, local maps, can opener, pliers/wrench, cell phone battery chargers and cords, matches, paper & pencil, utensils, camping gear, etc.

At-a-Glance Resources for Unhoused/Vulnerable Groups

(see directory for full descriptions for below organizations)

Amador-Tuolumne Community Action Agency (ATCAA)

Housing, food bank, utility, and social service programs

Phone: 209-533-1397

Center for a Non Violent Community (CNVC)

Domestic violence, sexual violence or human trafficking crisis line, safe housing, and support services

Phone: 209-533-3401

Give Someone a Chance (GSAC)

Shower bus, mobile laundry service, trash to cash program

Phone: 209-588-8377

Lambert Community Center

Provides help and referrals to people experiencing homelessness that may be related to mental illness and/or addictions

Phone: 209-533-4879

Nancy's Hope Community Center

Thrift store, food pantry, clothes voucher program, supplies for mothers to be, Heart2Hand homeless community supplies such as sleep bags, tents, etc., and more

Phone: 209-533-2647

Resiliency Village

Provides support for unsheltered citizens

Phone: 209-396-5554

Tuolumne County Social Services, Child Welfare Services, & Adult Protective Services

Report suspected adult or child abuse, financial assistance, medical benefits, in-home care for elderly and disabled, employment and training services, protective services for children and adults. For suspected abuse or neglect of adult or child, please call 209-533-5717 during business hours. For after-hours call 209-533-HELP (4357).

Phone: 209-533-5711

Tuolumne County Behavioral Health

Provides mental health crisis services 24 hours a day, 7 days a week

Phone: 209-533-7000 or 800-630-1130

Hotlines & Local Emergency Information

In the event of an emergency call 9-1-1

- Suicide Prevention Hotline: Dial 9-8-8
- Crisis and/or Mental Health Crisis Intervention Line: 209-533-7000 or 800-630-1130
- Tuolumne County Adult & Child Protective Services (24-hour hotline): 209-533-4357
- Rape/Domestic Violence Crisis Line: 209-533-3401
- California Poison Control Center: 800-876-4766



OTHER RESOURCE DIRECTORIES

Tuolumne Network of Care Online Directory Website:

<https://tuolumne.networkofcare.org/mh/index.aspx>

Aging & Disability Resource Connection Resource Directory Website:

<https://adrcofthemothertlode.myresourcedirectory.com/>



LOCAL LAW ENFORCEMENT & EMERGENCY SERVICES INFO

California Highway Patrol: 209-984-3944

Website: [https://www.chp.ca.gov/find-an-office/central-division/offices/\(425\)-sonora](https://www.chp.ca.gov/find-an-office/central-division/offices/(425)-sonora)

Sonora Police Department: 209-532-8143

Website: <https://www.sonorapd.com/contact-us/>

Tuolumne County Sheriff's Office: 209-533-5855

Dispatch: 209-533-5815

Website: <https://www.tuolumnecounty.ca.gov/1526/Sheriffs-Office>

Tuolumne County Animal Control: 209-694-2730

Website: <https://www.tuolumnecounty.ca.gov/377/Animal-Control>

Tuolumne County Fire: 209-533-5118

Website: <https://www.tuolumnecounty.ca.gov/1491/Our-Department>

Sonora Fire Department: 209-532-7432

Website: <https://sonoraca.com/city-services/departments/fire-department/>

CAL FIRE Incident Map: <https://www.fire.ca.gov/>

Caltrans: 800-427-7623

Highway Conditions Lookup Website: <https://roads.dot.ca.gov/>

Tuolumne County Office of Emergency Services: 209-533-5511

Website: <https://www.tuolumnecounty.ca.gov/1524/Office-of-Emergency-Services>

American Red Cross: 209-533-1513

LOCAL RADIO STATIONS & NEWS / INFORMATION WEBSITES



KVML 1450 AM

KKBN 93.5 FM

KZSQ 92.7 FM

KXPR 91.7 FM

KAAD 103.5 FM

MyMotherLode: <https://www.mymotherlode.com/>

The Union Democrat: <https://www.uniondemocrat.com/>

Access Tuolumne: <https://accesstuolumne.org/> (broadcasted on Channel 8)