Tuolumne County

COMMUNITY RESOURCE GUIDE

2026 UPDATE



Tuolumne County Health and Human Services Contact Information			
Social Services Department	**Behavioral Health Department**	**Public Health Department**	**Veterans Services Office**
Address: 20075 Cedar Road N Sonora, CA 95370 **Hours:** Monday-Friday 8:00 a.m. to 4:00 p.m. **Phone:** 209-533-5711 **Fax:** 209-533-5714 **Email:** socialservices@tuolumnecounty.ca.gov **Website:** https://www.tuolumnecounty.ca.gov/277/Social-Services	**Address:** 105 Hospital Road Sonora, CA 95370 **Hours:** Monday-Friday 8:00 a.m. to 5:00 p.m. **Phone:** 209-533-6245 24-hr Crisis Line: 209-533-7000 800-630-1130 (toll free) **Fax:** 209-533-7007 **Email:** behavioralhealth@tuolumnecounty.ca.gov **Website:** https://www.tuolumnecounty.ca.gov/220/Behavioral-Health **Social Media:** *Facebook:* https://www.facebook.com/tuolumnebehavioralhealth	**Address:** 20111 Cedar Road N Sonora, CA 95370 **Hours:** Monday-Friday 8:00 a.m. to 5:00 p.m. **Phone:** 209-533-7401 800-585-6606 (toll-free) **Fax:** 209-533-7406 **Email:** health@tuolumnecounty.ca.gov **Website:** https://www.tuolumnecounty.ca.gov/250/Public-Health **Social Media:** *Facebook:* https://www.facebook.com/tuolumnecountypublichealth/ *Instagram:* @tchealth	**Address:** 195 Hospital Road N Sonora, CA 95370 **Hours:** Monday-Friday 9:00 a.m. to 12:00 p.m. 1:00 to 4:00 p.m. **Phone:** 209-533-6280 **Fax:** 209-533-6284 **Website:** https://www.tuolumnecounty.ca.gov/447/Veterans-Service-Office
Funding for this guide made possible by Tuolumne County Public Health grants and WIC. This guide is for reference only; inclusion does not imply endorsement, and views of listed organizations do not necessarily reflect those of Tuolumne County Health and Human Services Agency or Public Health. Cover art by K.H.			

TUOLUMNE COUNTY PUBLIC HEALTH
PREVENT · PROMOTE · PROTECT

About Us

Tuolumne County Public Health (TCPH) is part of the Tuolumne County Health and Human Services Agency (HHSA). HHSA administers over 50 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 this Community Resource Guide to highlight available health, social services, and support programs for Tuolumne County residents. This guide is designed for both community members and service providers as a tool to connect individuals with local resources that are free, low-cost, and/or available to Medi-Cal eligible populations.

Resources are organized by category and may appear in multiple sections to make them easier to find. Because community services can change over time, this guide is maintained electronically and updated regularly to ensure accuracy. Printed versions will be updated every 2–3 years as funding allows, and we encourage users to refer to the online version for the most current information. 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 unable to find a resource or are a local organization interested in being included, please use the contact link provided on the website. For printed copies, call (209) 533-7401.

We hope this guide helps Tuolumne County residents find the support they need to live healthy and safe lives. If you need additional assistance for yourself, a loved one, or a client, please call the main Public Health office at (209) 533-7401. You can also dial 211 for assistance in finding local resources.

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 & Tobacco Cessation

Al-Anon/Alateen Family Groups

District 18 Website: www.alanonsanjoaquinvalley.org
Phone: 209-524-3907 **Alcoholics Anonymous 24-hr Line: 209-464-1594**
District 27 Website: https://northerncaliforniaal-anon.org/
Meeting info: 1-888-4AL-ANON (1-888-425-2666)
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: 209-532-1928 Alcoholics Anonymous 24-hr Line: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. Thursdays at 6pm.

CalPride Sierras – Empathetic Support for Substance Use

134 N Washington Street, Suite #3, Sonora, CA 95370
Website: https://calpride.org/sierras/
Phone: 209-288-2357
Provides non-judgmental peer support and treatment assistance. Intended for individuals looking to modify their relationship with drugs and alcohol or seeking recovery. Services are designed to offer supportive and effective strategies tailored to individual needs. Offers clients empowerment through education, support, and access to necessary resources.

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.

Kick It California – Free Services to Quit Tobacco and Nicotine

Website: www.kickitca.org/

Phone: 1-800-300-8086
Kick It California provides free services to quit smoking, vaping, chewing, or using all forms of tobacco.

- Helpline Monday to Friday 7:00 a.m. to 9:00 p.m. and Saturday 9:00 a.m. to 5:00 p.m.
- Online Chat Monday to 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

Mathiesen Memorial Red Feather Clinic

18232 Smoke Street Jamestown, CA 95327
Phone: 209-782-8625
Open Monday to 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 (CADCII/CAS) staff, available 24 hours a day, 7 days a week. All programs include education, counseling groups, family participation, after-care, and long-term support. Services usually covered by insurance. Two clean and sober living homes: Sunshine Inn Dove Ridge and Creekside.

Narcotics Anonymous

Central Sierra South Area Narcotics Anonymous
P.O. Box 5100, Sonora, CA 95370
Website: www.cssna.org
Phone: 209-396-8479
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.

Northern California Gambler's Anonymous

Website: https://norcal-ga.org/
24-hr Line: 855-222-5542
Fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

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
The program works to help county residents kick tobacco out of their lives and out of their community's shared spaces. 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.

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
Provides behavioral health services focused on wellness, self-sufficiency, and recovery from mental illness and/or addiction. Tuolumne Substance Use Disorder Treatment offers individual, group, and family care for those with substance use issues, including dual diagnosis programs for co-occurring mental health conditions. The Perinatal Program serves pregnant and parenting women, with priority for pregnant IV substance users. Adolescent Youth Treatment offers early intervention for ages 12–25 through individual and family counseling. Residential services for youth and adults are available based on medical necessity and include counseling, education, crisis support, and case management. Walk-in appointments and scheduled assessments are offered. A Peer Enrichment Center supports recovery and wellness. Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.

Tuolumne County Naloxone (Narcan) Information/Overdose Prevention

20111 Cedar Road North, Sonora, CA 95370
Phone: 209-533-7401 Toll Free: 800-585-6606
Offers free Naloxone (Narcan) distribution through the Public Health Department and at the Enrichment Center vending machine. Monday to Friday, 8:00 a.m. to 5:00 p.m. Naloxone is a life-saving medication used to reverse an opioid overdose, including heroin, fentanyl and prescription opioid medications. Naloxone is safe and easy to use, works almost immediately, and is not addictive. While supplies last. To learn more about the Tuolumne County Opioid Coalition visit: https://www.rxsafetuolumne.org/

Breastfeeding

Adventist Health Sonora Birth Center

1000 Greenley Road, Sonora, CA 95370
Phone: 209-536-3260
Provides childbirth services including: childbirth education, 4-week childbirth classes, breastfeeding basics classes, tours through childbirth education classes, Lactation consultants (including home visits). Hours vary based on service, call or visit website for additional information.

Tuolumne County Breastfeeding Coalition (TCBC)

Email: tcbc97@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-6. All Summerville Elementary school students are eligible TK-8. Space is limited. Must register every year.

- **Jamestown Elementary ASP**
  Phone: 209-984-5217 x 3138
- **Summerville Elementary ASP**
  Phone: 209-928-4291 x 4233

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

427 North Highway 49, Suite 202, Sonora, CA, 95370
Website: https://www.atcaa.org/

Phone: 209-533-0361

Early Head Start and Head Start offers free, family-oriented infant/toddler and preschool programs for income-eligible families with children ages 0 to 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 to 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
  7:50 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 2:30p.m.
  Phone: 209-532-5455
- **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 2:10 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 2:30 p.m.
  Phone: 209-984-1617
- **Soulsbyville Head Start (Ages 3-5)**
  School Year Program
  20300 Soulsbyville Road, Soulsbyville, CA 95372
  8:15 a.m. to 2:15 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

Belleview 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 to Friday, 8:00 a.m. to 11:30 a.m. Program includes one meal and fields trips. Class size is limited to 24, with an 8 to 1 ratio.

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 to 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.

Columbia College Child Development Center

11600 Columbia College Drive, Sonora, CA, 95370
Phone: 209-588-5278 x1
Childcare available for children ages birth to 5 years. Those eligible may attend at no cost or a reduced cost. For more information please call. Hours: Monday to Friday, 9:00 a.m. to 5:00 p.m.

Infant Child Enrichment Services (ICES)

20993 Niagara River Drive, Sonora, CA, 95370
https://icesagency.org/
Phone: 209-533-0377 Email: info@icesagency.org
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 to Friday, 8:30 a.m. to 5:00 p.m.

Local Childcare Planning Council (LPC)

Website: https://icesagency.org/tuolumne/programs/local-child-care-planning-council/
Promotes a high-quality childcare system through equitable and inclusive advocacy, family engagement, provider support, and activities tailored to the diverse needs of all children.

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. Provides childcare for TK to 8th grade.

Summerville Parent Nursery School

20150 Tuolumne Road N, 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.

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. You can expect a professional and pleasant staff, excellent clinical services, a safe, clean environment, and caring dentists. Monday to Friday, 8 :00 a.m. to 5:00 p.m.

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

Mathiesen Family Dentistry

Address: 940 Sylva Lane, Suite K2, Sonora, CA 95370
Website: https://www.mathiesenclinic.com/
Phone: 209-536-8600
Offers dental services to residents of Tuolumne County. Services include: exams, cleanings, fillings, root canals, crowns & bridges, simple extractions, dentures & partials, digital x-rays & impressions. Accepts Medi-Cal. Hours: Monday to Thursday, 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
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. Monday to Friday, 8:00 a.m. to 5:00 p.m.

Family Transition Services & Parenting Classes

Amador Tuolumne Community Action Agency (ATCAA) Family Learning Center

427 North Highway 49, Suite 305, Sonora, CA 95370
Phone: 209-533-5065

Provides holistic access to learning opportunities for the entire family, including GED/ESL preparation classes, Adult Basic Education, English language instruction, life and job skills, and parenting classes. Monday to Thursday, 9:00 a.m. to 4:00 p.m. Closed Fridays.

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) supports families at risk for Adverse Childhood Experiences (ACEs), including child maltreatment, domestic violence, substance use, and mental health challenges. Home visiting gives parents the tools and know-how to independently raise their children and promote positive child development. The program 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 enrollment information.

Center For a Non Violent Community

178 Fairview Lane, 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 to 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 to 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
101 Hospital Rd, 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 (CWS) 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 to Friday, 8:00 a.m. to 5:00 p.m.

Infant Child Enrichment Services (ICES)

Raising Healthy Families
20993 Niagara River Drive, Sonora, CA, 95370
Website: https://icesagency.org/
Raising Healthy Families Program:
Phone: 209-533-0377 Email: parentingclasses@icesagency.org
Offers parent education and support programs for families with children, ages 0 to 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.

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.jespanthers.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.

Childhood Safety Program – Tuolumne County Public Health

20111 Cedar Road North, Sonora, CA 95370
Website: https://www.tuolumnecounty.ca.gov/269/Childhood-Safety-Program
Phone: 209-533-7401 E-mail: health@tuolumnecounty.ca.gov
Tuolumne County Public Health's Childhood Safety Program helps families keep children safe on the road and beyond. We offer car seat installation classes and assistance by appointment for county residents and provide free car seats to eligible participants (Medi-Cal, WIC, CalWORKs, CalFresh) while supplies last. When available, we also distribute other child safety items like safety kits and life jackets. Call for more information.

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
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, and restraining orders. Free and confidential,

services are available to Native Americans and/or households. Office hours: Monday to Friday, 9:00 a.m. to 5:00 p.m.

Supporting Early Education and Development Program (SEED)

Tuolumne County Office of Education
Phone: 209-536-2000 Fax: 209-536-2003
Services are available for all Tuolumne County early education programs and child care homes, serving children ages 0 to 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) Housing Resources – *VITA Program*

427 North Highway 49, Suite 305, Sonora, CA 95370
Phone: 209-268-6232
The free tax preparation program provides free tax preparation and E-file services for households earning 67K or less. Some tax returns are out of our scope. Please call or visit ATCAA.org to schedule an appointment. By appointment only. Monday to Wednesday, 10:00 a.m. to 2:00 p.m. Closed Fridays trough May.

California Employment Development Department (EDD)

Website: https://edd.ca.gov/en
Information on State services for unemployment, job seekers, etc.

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 to 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 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 Joaquin Gully Rd., Twain Harte, CA 95383 (located in Cottage 3)
Phone: 209-588-9461
Hours: Tuesdays, 9:30 a.m. to 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. ATCAA partners with numerous neighborhood food pantries and distribution sites listed below. Each household is allowed to pick up 2 food distributions per month. Call or check website for up-to-date information of distribution days and locations.

Jamestown

- **ATCAA Food Bank**
  10059 Victoria Way, Jamestown, CA, 95327
  Phone: 209-984-3960

La Grange

- **Lake Don Pedro Baptist**
  4175 Abeto Street, La Grange, CA 95329
  Phone: 209-852-2731

Sonora

- **Christian Heights**
  13711 Joshua Way, Sonora CA 95370
  Phone: 209-532-7305
- **Columbia College**
  11600 Columbia College Drive, Sonora CA 95370
  Phone: 209-588-2174
- **Discover Life**

4 S. Forest Road, Sonora, CA 95370
Phone: 209-532-1991

- **Interfaith**
  18500 Striker Court, Sonora, CA 95370
  Phone: 209-532-0905
- **Jamestown Christian Fellowship**
  11282 CA-49, Sonora, CA 95370
  Phone: 209-352-4374
- **Lighthouse Ministries (Red Church)**
  42 Snell Street, Sonora
  Phone: 209-559-5968
- **Nancy's Hope**
  797 W. Stockton Street, Sonora, CA 95370
  Phone: 209-533-2647
- **Sierra Bible Church**
  15171 Tuolumne Road, Sonora CA 95370
  Phone: 209-532-1381
- **SOZO Fellowship**
  14888 Peaceful Valley, Sonora CA 95370
  Phone: 209-352-6061

Columbia

- **Friends of Columbia Sky**
  10956 Green Street, Columbia, CA 95310
  Phone: 209-206-8239
- **Nancy's Hope Columbia**
  11151 Jackson Street, Columbia, CA 95310
  Phone: 209-533-2647

Twain Harte

- **All Saints Catholic Parish**
  23260 Joaquin Gully Rd., Twain Harte, CA 95383 (located in Cottage 3)
  Phone: 209-703-0106
- **Chapel in the Pines**
  18580 Cherokee Drive, Twain Harte, CA 95383
  Phone: 209-768-4180
- **Mount Calvary Lutheran Church**
  24176 Pine Lake Drive, Twain Harte, CA 95383
  Phone: 209-586-3616
- **Twain Harte Community Center**
  18775 Manzanita Drive, Twain Harte, CA 95383
  Phone: 209-694-4682

Groveland

- **Gateway Evangelical Free Church**
  19172 Feretti Road, Groveland CA 95321
  Phone: 209-962-7584
- **Mary Laveroni Community Park**
  18950 CA-120, Groveland CA 95321
  Phone: 209-984-3960

Tuolumne

- **Tuolumne United Methodist Church**
  18851 Cedar Street, Tuolumne, CA 95379
  Phone: 209-928-3426
- **Tuolumne Community Center**
  18411 Bay Ave, Tuolumne CA 95379
  Phone: 209-928-1214
- **Tuolumne County Resilience Center**
  18241 Bay Ave, Tuolumne CA 95379
  Phone: 209-533-5663

Big Oak Flat

- **First Baptist Church**
  11347 Wards Ferry Rd, Big Oak Flat CA 95305
  Phone: 209-962-7038

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 to Friday, 8:00 a.m. to 4:00 p.m.
Applications for assistance with food purchases for those who qualify. Eligibility requirements are set by State and Federal government.

CalPride Sierras – Food Pantry

134 N Washington Street, Sonora, CA 95370
Phone: 209-288-2357
Website: https://www.facebook.com/CalPrideSierras/ or https://calpride.org/
Food pantry Monday to Friday 9:00 a.m. to 5:00 p.m. closed for lunch 12:00 to 1:00 p.m. Check website for calendar of other events such as community dinners and other gatherings.

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:

- 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.

Groveland Evangelical Free Church Food Pantry

19172 Ferretti Road, Groveland CA 95321
Church Phone: 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.

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 to 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 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 #1 is open Monday to Saturday, 10:00 a.m. to 2:00 p.m. Pantry #2 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 to Thursday, 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 free dinner on Thursdays from 3:30 to 4:30 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/

Adventist Health Sonora Rural Health

193 South Fairview Lane, Sonora, CA 95370
Call for appointment. All services accept Medi-Cal, Managed Care Medi-Cal, and CMSP health plans.

- Behavioral Health, Suite K – **Phone: 209-536-5144** **Fax: 209-536-3598**
- Dental Clinic, Suite J – **Phone: 209-536-5140** **Fax: 209-536-5149**
- Pediatric Clinic, Suite L – **Phone: 209-536-5120** **Fax: 209-533-4507**
- Primary Care, Suite B – **Phone: 209-536-5100** **Fax: 209-588-0253**
- Specialty Care, Suite C – **Phone: 209-536-5135** **Fax: 209-588-9397**
  Endocrinology, Gastroenterology, General Surgery, Podiatry, Orthopedics, Otolaryngology
- Specialty Care, Suite F – **Phone: 209-536-5110** **Fax: 209-588-8685**
  Obstetrics & Gynecology, Women's Health

CalPride Sierras – Peer Support

134 N Washington Street, Suite #3, Sonora, CA 95370
Website: https://calpride.org/sierras/
Phone: 209-288-2357
Provides free sexual health and well-being services. Services include: PrEP & PEP Navigation: Assists individuals connecting with information and available services regarding HIV preventative medications. Pregnancy tests, Plan B and internal/external condoms.

Live Well Be Well Diabetes Resource Center – Adventist Health Sonora

19747 Greenley Road, Sonora, CA, 95370
Website: https://www.adventisthealth.org/sonora/services/diabetes-management
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.

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. Open Tuesday, Wednesday, and Thursday, 8:00 a.m. to 12:00 p.m.

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 and the Vaccines for Children program is offered. No child is denied immunizations because of inability to pay. TB skin testing by appointment on Tuesdays, 8:30 a.m. to 11:30 a.m. Flu shots are available seasonally on Tuesdays, 8:30 a.m. to 11:30 a.m. Additional clinic days may be added.

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.

- **Medical**
  Phone: 209-533-9600 **Fax: 209-533-9608**
  Address: 905 Morning Star Dr. Sonora, CA 95370
  Hours: 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. to 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. to 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. to 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 Primary family medical care for all ages. Medi-Cal, CMSP, Medicare and most insurances accepted. Open Monday to Friday, 8:00 a.m. to 5:00 p.m.

- **Mathiesen on Main Walk-in Clinic**
  Address: 18268 Main Street, Jamestown, CA 95327
  Phone: 209-630-2772 Fax: 209-984-9240
  Monday to 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, STI screening, minor sprains, sports physical, sore throats, other non-life-threatening conditions, or illnesses).

- **Red Feather Addiction Treatment, Pain Management & Acupuncture**
  Address: 18232 Smoke St. Jamestown, CA 95327
  Phone: 209-782-8625
  Hours: 7:00 a.m. to 4:00 p.m.
- **Mobile Health Unit**
  Phone: 209-782-4857
  Hours and locations vary
- **Mathiesen Family Dentistry**
  Address: 940 Sylva Lane, Suite K2, Sonora, CA 95370
  Phone: 209-536-8600
  Hours: Monday to Thursday, 8:00 a.m. to 5:00 p.m.
  Accepts Medi-Cal
- **MMHC Acupuncture Clinic**
  Address: 18260 Smoke Street. Jamestown, CA 95327
  Phone: 209-690-4913
  Hours: Monday to Thursday, 8:00 a.m. to 4:00 p.m.
- **Mathiesen Health Connection Center**
  Address: 18205 Main St. Jamestown, CA 95327
  Phone: 209-690-4913
  Hours: Monday to Thursday, 8:00 a.m. to 4:00 p.m.

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/
Medi-Cal is California's version of the Federal Medicaid program. Medi-Cal offers no-cost and low-cost health and dental coverage to eligible people who live in California. To learn more about Medi-Cal's requirements, covered services, and benefits visit: https://www.dhcs.ca.gov/Documents/myMediCal.pdf or visit the Tuolumne County Social Services office or website to apply.

Medi-Cal Managed Care Plans (Tuolumne County)

Medi-Cal Managed Care provides high quality, accessible, and cost-effective health care through managed care delivery systems. Medi-Cal Managed Care contracts for health care services through established networks of organized systems of care, which emphasize primary and preventive care. Managed care plans are a cost-effective use of health care resources that improve health care access and assure quality of care.

- **Anthem Blue Cross**
  https://www.anthem.com/ca
  Phone: 1-800-436-9997
- **HealthNet**
  https://www.healthnet.com/content/healthnet/en_us.html
  Phone: 1-800-675-6110

Rapid Care, Adventist Health Sonora

14540 Mono Way, Sonora, CA
Website: https://www.adventisthealth.org/sonora/services/rapid-care
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.

- **Sonora Clinic**
  Address: 14540 Mono Way, Sonora, CA 95370
  Phone: 209-536-6680
  Open Monday – Saturday 8:00 a.m. to 4:00 p.m.
  Website: https://www.adventisthealth.org/sonora/locations/rapid-care-adventist-health-sonora

- **Angels Camp Clinic**
  Address: 23 N. Main Street Angels Camp, CA 95222
  Phone: 209-736-9130
  Open Monday to Friday 8:00 a.m. to 4:00 p.m.
  Website: https://www.adventisthealth.org/sonora/locations/rapid-care-adventist-health-4263

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 to 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, and 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 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.

Sonora VA Clinic

13663 Mono Way Sonora, CA 95370-2811
Website: https://www.va.gov/northern-california-health-care/locations/sonora-va-clinic/
Phone: 209-588-2600 VA HealthConnect: 833-983-0487 Mental Health Care: 800-382-8387
Hours may vary for different services. Call or visit website for more information.

Tuolumne County Environmental Health Division

Physical Address: 48 West Yaney Avenue, 4th Floor, Sonora, CA, 95370
Mailing Address: 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. Prevents human injury and illness and promotes well-being by identifying and regulating environmental sources and hazardous agents, when authorized by federal, state, or local codes and regulations. Also, provides the public with information on critical environmental health issues. Monday to Friday, 8:00 a.m. to 4:00 p.m.

Tuolumne Me-Wuk Indian Health Center (TMWIHC)

Website: https://tmwihc.org/
Tuolumne Me-Wuk Indian Health Center is a full-service healthcare provider dedicated to caring for our community through a whole-person approach that honors culture, connection, and quality care. We offer a wide range of services including primary care, dental, behavioral health, optometry, physical therapy, and substance use disorder treatment—all designed to support patients at every stage of life. Our Outreach and Enhanced Care Management (ECM) programs help patients navigate care, connect to resources such as transportation and food support, and stay on track with their health goals. With convenient locations in Tuolumne and Sonora, our team is committed to making healthcare accessible, coordinated, and rooted in the needs of the people we serve.

- **Primary Care – Tuolumne**
  Phone: 209-928-5400
  Address: 18880 Cherry Valley Blvd., Tuolumne, CA 95379
  Hours: 8:00 a.m. to 5:00 p.m.
- **Primary Care – Sonora**
  Phone: 209-928-5400
  Address: 22044 Cedar Road
  Hours: 8:00 a.m. to 5:00 p.m.
- **Behavioral Health – Tuolumne**
  Phone: 209-928-5400
  Address: 18880 Cherry Valley Blvd., Tuolumne, CA 95379
  Hours: 8:00 a.m. to 5:00 p.m.
- **Behavioral Health – Sonora**
  Phone: 209-928-5400
  Address: 19969 Greenley Road Suite A, Sonora, CA 95370
  Hours: 8:00 a.m. to 5:00 p.m.
- **Dental Clinic**
  Phone: 209-928-5400
  Address: 19969 Greenley Road, Suite D, Sonora, CA 95370
  Hours: 8:00 a.m. to 5:00 p.m.
- **Optometry & Optical**
  Phone: 209-206-4820
  Address: 14550 Mono Way, Sonora, CA 95370
  Hours: 8:00 a.m. to 7:00 p.m. (Monday to Thursday)

- **Physical Therapy**
  Phone: 209-206-4800
  Address: 850 Sanguinetti Rd, Sonora, CA 95370
  Hours: 8:00 a.m. to 5:00 p.m.
- **MEWU:YA-Substance Use Disorder Services**
  Phone: 209-928-5400
  Address: 18670 Carter Street, Tuolumne, CA 95379
  Hours: 8:00 a.m. to 5:00 p.m.
- **Outreach & Enhanced Care Management (ECM)**
  Phone: 209-928-5455
  Address: 905 Mono Way, Sonora, CA 95370
  Hours: 8:00 a.m. to 5:00 p.m.

Housing & Emergency Shelters

Amador Tuolumne Community Action Agency (ATCAA) Housing Resources – *Housing Assistance Program*

427 North Highway 49, Suite 305, Sonora, CA 95370
Website: https://www.atcaa.org/housing
Phone: 209-533-1397 x238 and message line x290 **Emergency Shelter: 209-694-8698**
The housing program provides emergency rental assistance, when available, to those who qualify under current funding guidelines. Services include rapid re-housing assistance, housing navigation and when available Homeless prevention services. Also updates a list of rentals on a weekly basis. Call for funding availability and eligibility requirements. Monday to Thursday, 9:00 a.m. to 4:00 p.m. Closed Fridays.

ATCAA Emergency Housing Services

427 N Highway 49, Suite 305, Sonora, CA, 95370
Tuolumne County Phone: 209-694-8698 or 209-533-1397 x238
Amador County Phone: 209-223-9215 or 209-217-8327
Provides homeless shelter. Please call for availability.

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

County Affordable Housing Resources and Referrals

Website: https://www.tuolumnecounty.ca.gov/DocumentCenter/View/15495/Assisted-Housing-Developments2020
Phone:209-533-5633
Lists affordable housing rentals and other resources for rental assistance, homeless prevention, fair housing, tenant-landlord and legal services information available to county residents.

County of Tuolumne Housing Programs

https://www.hud.gov/topics/housing_choice_voucher_program_section_8#hcv01
Phone: 209-557-2014
HUD Housing Choice Voucher Program (formerly known as Section 8) in Tuolumne County is administered by the Stanislaus County Housing Authority. Please call for more information.

Mobile Home 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.

Comfort Keepers
14570 Mono Way Ste G, Sonora, California 95370
https://www.comfortkeepers.com/offices/california/sonora/
Phone: 209-213-2693
Providing compassionate in-home care and home care services throughout Sonora, Columbia, Angels Camp, Jackson, & the surrounding communities in the Central California foothills. In-home caregivers, personal care, companionship, cooking shopping, and cleaning.

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. Adventist Health is a Medi-Cal and CPSP Provider.

Foothill Pregnancy Center
80 South Forest Rd, Sonora, CA 95370
Website: https://www.fpcsonora.com/
Email: help@fpcsonora.com
Phone: 209-536-9262 24-hour helpline:1-800-712-4357
Education for prenatal and parenting. Free pregnancy tests and ultrasounds up to 14 weeks. 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 to Thursday, 9:00 a.m. to 4:00 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

797 W Stockton Street, Sonora, CA 95370
https://nancyshope.org/
Phone: 209-533-2647
Mommy 2 Be Program - 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, and furniture (high chairs, etc.). ***Clothes Voucher Program*** - Allows members of the community to obtain clothing, bedding, towels and other necessity items for the entire family. We teach each client to give back by asking then to donate $5 for voucher credit valued at $30.

National Maternal Mental Health Hotline

Call or Text: 1833-853-6262 Available in English or Spanish

Medi-Cal Access Program

Website: https://www.dhcs.ca.gov/services/medi-cal/eligibility/MCAP/Pages/Medi-CalAccessProgram.aspx
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. Located out of county in Modesto, Merced, Manteca, and more.

Postpartum Support International

Website: https://postpartum.net/get-help/
National organization providing perinatal mental health support, education, and referrals for pregnancy and postpartum mood and anxiety disorders. Offers a helpline, online support groups, and connections to trained local providers and resources for families and professionals.

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.

Tuolumne County Public Health Safer Sex Kits
20111 Cedar Rd North, Sonora, CA 95370
Phone: 209-533-7401
Free condoms, Safer Sex Kits, and Sexually Transmitted Infection (STI) information located at Tuolumne County Public Health Department. Condoms available in public restrooms as supplies last. Safer Sex Kits available at the public health office, during outreach events (dates vary), in the Public Health vending machine at the Enrichment Center, or by request. Call for more information.

Legal Services, Records, & 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 to 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
Website: https://interfaithsonora.com/interfaith-legal-services/
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. to 1:00 p.m., and from 8:00 a.m. to 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 to Friday 8:00 a.m. to 3:00 p.m.

Tuolumne County Code Compliance

2 South Green Street, Sonora, CA 95370.
Phone: 209-533-5633
Responsible for receiving all complaints of a violation to the Tuolumne County Ordinance Code that CDD has authority to enforce, such as Building, Planning, Solid Waste and Environmental Health. Typical types of complaints received are related to violations such as: building without a permit, failed septic systems, illegal home occupations, illegal cannabis, living in an RV for more than 30 days, and illegal storage of Solid Waste. Monday to Thursday 8:00 a.m. to 3:00 p.m.

Tuolumne County Clerk

2 South Green Street, Sonora, CA 95370.
Phone: 209-533-5573
The County Clerk division is charged with issuing public and confidential marriage licenses, performing civil marriage ceremonies, filing passports, filing fictitious business name statements, and other miscellaneous duties. Offers various services such as: marriage services information, fictitious business name, passport information, process server information, translation certificate, and legal document assistant/unlawful detainer. Monday to Friday 8:00 a.m. to 3:00 p.m.

Tuolumne County Recorder

2 South Green Street, Sonora, CA 95370.
Phone: 209-533-5531
Responsible for recording deeds, deeds of trust, court decrees, and other documents affecting real property in Tuolumne County. Maintains subdivision maps, Uniform Commercial Code filings, and vital records including births, deaths, marriages, and divorces. Provides digital record access through a public retrieval system. Monday to 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.gocolumbia.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
Free, self-service career center for job seekers and employers. Offers job search tools (internet, phone, copier/printer), resume assistance, job listings, career counseling, and information on training, education, hiring fairs, and supportive services. Monday to Friday 8:00 a.m. to 4:30 p.m.

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 (TCSOS)

175 Fairview Lane, Sonora, CA 95370
Website: https://www.tcsos.us/
Phone: 209-536-2000 Fax: 209-536-2003
TCSOS provides leadership, support, and oversight to local school districts, helping ensure high-quality education for all students. TCSOS offers educational, financial, and administrative services,

supports student success and wellbeing, and works closely with schools and the community to meet the needs of all learners, including vulnerable populations.

- **Adult Education**: Earn your high school diploma or GED. Programs are personalized and free to our adult students. Call for more information or an appointment. Website: https://www.tcsos.us/schools/tcsos-schools/adult-ed/

Tuolumne County Arts

21 N Washington Street, Sonora, CA 95370
Website: https://www.mytuolumnecountyarts.org/
Phone: 209-694-3198 Text: 831-224-3458
a nonprofit organization dedicated to supporting and promoting the arts throughout the community. It provides arts education, programs, events, and resources for artists, students, and residents, helping increase access to creative opportunities and strengthen local arts and culture.

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/
- **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/Applied Suicide Intervention Skills (ASIST) Training: 209-536-5022**

CalPride Sierras

134 N Washington Street, Suite #3, Sonora, CA 95370
Website: https://calpride.org/sierras/
Phone: 209-288-2357
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 and Calaveras.

Center for a Non Violent Community (CNVC)

178 Fairview Lane, 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 to Friday, 9:00 a.m. to 5:00 p.m.

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

Stand Up Speak Up Speak Out

Website: https://www.sususonow.org/
Non-profit organization based in Tuolumne County dedicated to amplifying community voices and advancing social, economic, and environmental justice. Through advocacy, community engagement, and events, they work to foster inclusion, raise awareness, and support important issues, including suicide prevention and mental health, throughout the year.

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

Tuolumne Resiliency Coalition (TRC)

Website: https://www.tuolumnecounty.ca.gov/1694/Tuolumne-County-Resiliency-Coalition
The Tuolumne Resiliency Coalition oversees services for children, focuses on the prevention of child abuse and neglect, educates the community about Adverse Childhood Experiences (ACES) and the effects of trauma, and promotes self-care and resilience. Offers mini-grants to local efforts and non-profit organizations that promote resiliency and prevent child abuse.

YES Partnership Coalition

Website: https://www.yespartnership.net/
Phone: 209-533-1397 x226
The YES Partnership is a community-wide coalition dedicated to supporting Tuolumne County youth and families by preventing suicide, substance, and child abuse. Provides opportunities for youth participation people to be in ongoing, mutually beneficial, caring relationships, which strengthen their resiliency to challenges in life.

Senior Services

Adult Protective Services (APS)

20075 Cedar Rd N, Sonora, CA 95370
Website: https://www.tuolumnecounty.ca.gov/279/Adult-Protective-Services
Phone: 209-533-5717
Available for reporting elder abuse or neglect, part of Tuolumne County Social Services at 209-533-5717.

Alzheimer's Support Group

19982 Community Drive, Soulsbyville, CA 95372
Phone: 209-213-9588
Group for patients, family, and caregivers meets 1pm to 3pm, on second Tuesdays.

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

ADRC of the Mother Lode Online Resource Directory:
https://adrcofthemotherlode.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 support older adults and caregivers by connecting them to essential services and community resources. As specialists in aging and caregiving, we provide up-to-date information and many free services to help improve quality of life. We match individual needs to existing community resources so our clients may experience a better quality of life. Offerings include: Balance, Strength, and Mobility Program, Health insurance Counseling & Advocacy Program (HICAP), Minor Home Repair Program, Multipurpose Senior Services Program, Nutrition Program, and Family Caregiver Support Program. Call or visit website for more info. Office hours Monday to Thursday 8:00 a.m. to 5:00 p.m. & Friday 7:00 a.m. to 4:00 p.m.

Elder Abuse Prevention – Catholic Charities

6777 Embarcadero Dr, Stockton, CA 95219
Website: https://www.ccstockton.org/
Phone: 209-532-7632 Alt. Phone: 209-588-1597
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.

Mother Lode Ombudsman
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 to 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: 540 Greenley Road, Sonora, CA 95370. 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 activities and resources for seniors, families, and the community. Outreach services for adults 60+ include the Senior Center, Meals on Wheels, and Senior Lunch. The Senior Center provides recreational and social opportunities—visit the Sierra Senior Providers News & Events webpage for details. Meals on Wheels delivers five nutritious meals weekly to eligible participants. The Senior Lunch program serves balanced meals on a first-come, first-served basis:Sonora Senior Center lunch is served at 12:00 p.m. and ends at 1:00 p.m. daily (Monday-Friday). 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.

TLC Assistant Living Services
20915 O'Brien Court, Sonora, CA 95370
Website: https://www.tlcassist.org/
Phone: 209-288-2484
Provides in-home respite care services in Sonora. Respite caregivers are trained to provide quality care for loved ones in their homes. Assesses individual specific care needs and will determine a schedule for the family caregiver and our respite caregiver. Home visits assist respite caregivers in understanding your loved one's needs so they can provide similar care to the family caregiver. Respite care services allow family caregivers to take time off to rest, lower their risk of health issues, depression, and stress, and take regular time off to spend time with your family.

Special Needs Adult 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. The 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 to Friday, 8:00 a.m. to 5:00 p.m.

Columbia College Disabled Student Programs and Services (DSPS)

11600 Columbia College Drive, Sonora, CA 95370 in the Manzanita Building Room 216
Website: https://www.gocolumbia.edu/dsps/
Phone: 209-588-5057 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: 209-521-7260 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 to Friday, 9:00 a.m. to 5:00 p.m. Call for more information.

Family Resource Network (FRN)

5250 Claremont Avenue, Suite 228, Stockton, CA 95207
Phone: 209-472-3674 or 800-847-3030 Fax: 209-472-3673
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, and outreach. Services are confidential. Tuesday to Friday, 8:30 a.m. to 2:30 p.m. and by appointment.

Sierra Foothills Residential Care

20470 Bay Meadow Drive, Sonora, CA 95370
Website: https://sfrcsonora.com/index.htm
Phone: 209-533-3708
Nonprofit home for developmentally disabled adults with moderate developmental disabilities ages 18 and up. Placement through Valley Mountain Regional Center in San Andreas. Check website or call for more information.

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.

Valley Mountain Regional Center (VMRC)

Prevention and Developmental 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: 209-754-3211
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. Hours are 8:00 a.m. to 5:00 p.m. Monday to Friday.

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 9:00 a.m. to 4:00 p.m. Monday to 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 available in Tuolumne and Calaveras counties include: supported living, supported employment, job coaching, computer access, independent living skills, cooking, technology classes, and a monthly calendar of social and recreational events both in the community and out of town.

Social Services & Utilities

211 Tuolumne

Phone: 2-1-1 available 24/7 in multiple languages or 888-984-7506
Website: https://211tuolumne.com/
You may also contact by texting your Zip Code to 898-211.
211 Tuolumne County provides local communities with information and resources related to shelter, healthcare, food utilities, mental health, legal,, and other resources. Services are free.

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.

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.

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 x3
Home repair and weatherization assistance. Must apply, call, or visit website for eligibility and application requirements.

Health Links Mobile Unit

Tuolumne County Health Department
20111 Cedar Road North, Sonora, CA 95370
Website: https://www.tuolumnecounty.ca.gov/250/Public-Health
Phone: 209-533-7401
Health Links Mobile Unit 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. Can also assist with opioid prevention and recovery information. Call for more information.

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. Showers available by appointment. 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. 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 to Friday, 10:00 a.m. to 1:00 p.m.

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, shower bus, and utility needs. Open Monday to Friday, 10:00 a.m. to 6:00 p.m. Call for updated operating hours.

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 assistance, food, medical appointment, and probation gas cards 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 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. Offers computer center, health, and wellness activities, and more. Vending machine of free health products and Naloxone located in the center. Visit website for monthly calendar of services, activities, and events.

Tuolumne County Office of Emergency Services

18440 Striker Court, Sonora, CA 95370
Website: https://www.tuolumnecounty.ca.gov/1567/Office-of-Emergency-Services
Phone: 209-533-6395
Provides up-to-date information about emergency preparedness, response, recovery, and extreme weather. Provides information for: all local hazards and how to prepare for each hazard, general disaster preparation, real-time emergency information, wildfire Incident Information, storm damage and flood information, and sandbags. Tuolumne County uses the Everbridge Alert System to notify residents of health or safety threats. To receive alerts of imminent threats and emergency warnings based on your location sign up for the Tuolumne County Notification system. Hours Monday to Friday, 8:00 a.m. to 5:00 p.m.

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
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. 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). To apply for benefits go to https://benefitscal.com/
Monday to Friday, 8:00 a.m. to 4:00 p.m.

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 services referrals and resources.

Transportation Services

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 aged 60 years old and over.

Local Cab Companies (subject to change)

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

Medi-Cal Supported Non-Emergency Transportation

Anthem Phone: 877-931-4755
HealthNet Phone: 800-675-6110
Non-Emergency Medical Transportation (NEMT): Provides transportation to individuals who need assistance getting to and from medical appointments. Driver provides help to individuals with physical or mental disability who cannot get to appointments on their own. Utilizes specialized vehicles such as ambulance, litter van, wheelchair van, or air transport. Non-Medical Transportation (NMT): Offers individuals transportation to their medical appointments for Medi-Cal

covered services. Monday to Friday, 7:00 a.m. to 7:00 p.m.

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
Provides fixed route, Dial-A-Ride services, and mileage reimbursement program by eligibility. Seasonal ski bus and YARTS bus available. Visit website or call for updated services routes and service times.

- **Dial-A-Ride: 209-532-0404**
  Dial-A-Ride offers origin to destination service through prior reservations. Reservations should be made at least one day in advance. Same day service may be accommodated on a space available basis only. Check website for eligibility.
- **Golden Years Transit: 209-532-0404**
  Aims to provide reliable and compassionate non-emergency medical transportation to health and wellness appointments, ensuring that our senior residents have the support they need to maintain their health and independence. Monday to Friday, 7:00 AM to 6:00 PM, and Saturday, 8:00 AM to 12:00 PM
- **Tuolumne TRIP: 209-533-5603**
  Tuolumne TRIP is intended to provide a transportation alternative for those isolated and home-bound individuals who cannot use current services or are current ADA Certified Dial A Ride user wishing to substitute more convenient travel options by providing them with the tools to connect with available and new community resources. Check website for eligibility.

Tuolumne County Veterans Service Office Rides for Veterans

Phone: 209-459-1457
Transportation assistance for non-emergency transport for veterans. Provides door-to-door service for medical, dental, and legal appointments within and outside the county. Please provide 1 to 2 week advance notice for scheduling. Call for more information and to make an appointment. Hours Monday to Friday, 8:00 a.m. to 4:00 p.m.

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/transportation
E-mail: wheels@southsidecommunityconnections.org
Phone: 209-962-6952
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 aged 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. Rides must be scheduled in advance and 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). Limited to 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.

Veterans Services

Columbia College Student Veterans Center

11600 Columbia College Drive, Sonora, CA 95370
Website: https://www.gocolumbia.edu/admissions/veterans/default.php
Phone: 209-588-5144
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 cemetery facilities. Clinical hours: Monday to Friday, 8:00am to 4:30pm.

Sonora Vets Helping Vets

PO Box 25, Tuolumne, CA 95379
Phone: 209-206-1595
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. Transportation assistance to appointments may be available. Call for more information and to make an appointment. Hours Monday to Friday, 9:00 a.m. to 4:00 p.m. Closed 12:00 p.m. to 1:00 p.m.

VetFam – Catholic Charities

88 Bradford Street, Sonora CA 95370
Phone: 209-396-6903
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 to Friday 8:30am to 4:30pm

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

Youth Resources

Soluna App

Website: https://solunaapp.com/
A free, California-supported digital mental health platform for youth and young adults (ages 13–25) that provides confidential emotional support.

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 events for all ages, with year-round youth centers in Groveland, Jamestown, and Tuolumne. Provides seasonal aquatics, swim lessons, recreation, camps, sports programs, and more. Hours and offerings vary, please contact for details.

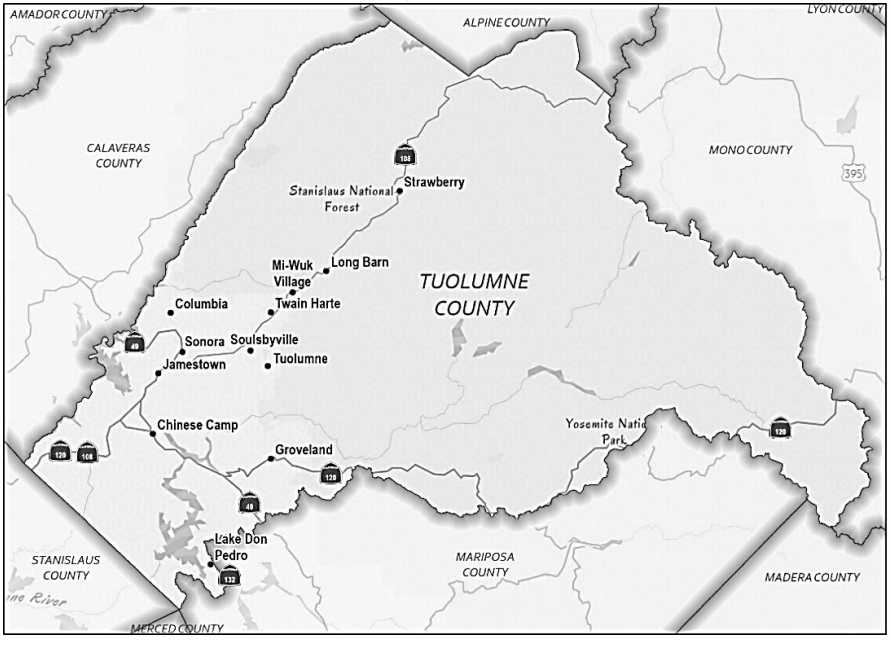
Tuolumne County Youth Centers

Tuolumne: 18636 Main Street, Tuolumne, CA 95379
Phone: 209-928-4527
Groveland: 18950 Highway 120, Groveland, CA 95321
Phone: 209-962-7263
Jamestown: 10540 7th Street, Jamestown, CA 95327
Phone: 209-984-4188
Website: https://www.tuolumnecounty.ca.gov/670/Youth-Centers
Provides Tuolumne County youth with a safe, supportive space free from bullying and negative peer pressure. Offers arts and crafts, field trips, games (Wii, air hockey, pool, ping-pong, foosball), plus mentoring, tutoring, crisis support, job assistance, and community service opportunities. Tuesdays to Fridays 10:00 a.m. to 5:00 p.m., Saturdays 9:30 a.m. to 5:00 p.m.

Youth Wellness Tuolumne

Website: https://www.youthwellnesstuolumne.org/about-us/
Accessing Wellness and Resilience in Education (AWARE)
The AWARE program, supported by the Tuolumne County Superintendent of Schools, is dedicated to providing accessible, equitable mental health services for students, families, and educational staff in Tuolumne County. Through strong partnerships and community collaboration, we aim to foster wellness, resilience, and mental health awareness across our schools.

Map of Tuolumne County



Tuolumne County Visitor's Bureau:
https://www.visittuolumne.com/

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/

Tuolumne County Go Guide:
https://www.tuolumnecounty.ca.gov/DocumentCenter/View/28470

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

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

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

Medi-Cal Information
Local Medi-Cal Assistance
Phone: 209-533-5711

Nancy's Hope Community Center
Thrift store, food pantry, clothes voucher program, supplies for mothers to be, shower bus, mobile laundry service, 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

211 Tuolumne
Dial 2-1-1 for free, 24/7 referral service for health and social service programs.

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

211 Tuolumne County (*Dial 2-1-1 to reach this free service)*
https://211tuolumne.com/
Tuolumne Network of Care Online Directory Website:
https://tuolumne.networkofcare.org/mh/index.aspx
Aging & Disability Resource Connection Resource Directory Website:
https://adrcofthemotherlode.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
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/
Fire and Smoke Map: https://fire.airnow.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)