


# The Modesto Bee

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Posted on Mon, Dec. 10, 2007

## Support Groups: Bereavement

*last updated: December 10, 2007 05:59:12 AM*

**CHILDREN'S GRIEF CLASS:** For children ages 6-12 who have experienced a loss. Classes begin Sept. 10, 6:30-8:30 p.m. Emanuel Medical Center, Education Training Room-East Wing. \$15 donation and pre-registration required. Call Hospice, 664-2550.

**COMMUNITY HOSPICE GRIEF SUPPORT FOR TEENS:** Led by a trained facilitator. Meets on a regular basis on-campus to work through grief-related loss of a loved one. Through journal entries and team exercises, the group will learn self-help and coping skills. Open to any teen interested in joining. Meets at 4358 Spyres Way, Modesto 95356. Please call 578-6378 for group schedules or visit [www.hospiceheart.org](http://www.hospiceheart.org).

**GRIEF SHARE:** For those who have suffered the loss of a loved one or friend. For info, call 667-5433. New Life Christian Center, 2918 W. Tuolumne Road, Turlock.

**GRIEF SHARE:** A 13-week program for adults who have lost a loved one. Free. Meets Sundays, 5-6 p.m. at Hilmar Covenant Church, 20056 American Ave., in the Chapel of the Family Center. Led by Carolyn Scott Ahlem, a licensed marriage, family therapist who specializes in grief and loss. Contact Carolyn, 634-2762.

**INFANT LOSS/PREGNANCY LOSS/MISCARRIAGE:** 888-908-4263. [www.handonline.org](http://www.handonline.org).

**H.U.G. (HANGING UP GRIEF):** Two grief groups for children (ages 7-12). Clients must call to check schedule before attending. Community Hospice, 4368 Spyres Way, Modesto 95356. 578-6378. [www.hospiceheart.org](http://www.hospiceheart.org).

**LOSS OF SPOUSE SUPPORT GROUP:** The Sunshine Club of Turlock is dedicated to companionship and support for those who have lost their spouse. Meets Monday evenings. Call Joe Reyna, 394-7153 or Bernice Burch, 832-3273 for more information.

**MISS FOUNDATION MERCED CHAPTER:** One-on-one support for those who have suffered the death of a baby through miscarriage, stillbirth, SIDS or neonatal death. St. Luke's Episcopal Church, 350 W. Yosemite Ave., Merced, across from Merced College. For info, call group facilitator, Kim Lotz, 725-9241, or visit [www.missfoundation.org](http://www.missfoundation.org).

**MERCED MISS FOUNDATION MERCED CHAPTER:** Child loss group for murder, suicide, illness and accidents. Meets 7 p.m. last Tuesday of the month, Unity Church, 305 W. 26th St., Merced. Kim Lotz, 725-9241; or Tracia Lencioni, 658-8523. [kim@missfoundation.org](mailto:kim@missfoundation.org).

**MONTE VISTA PET LOSS SUPPORT GROUP:** For adults and children who have lost a pet to death or disappearance. Receive support, understanding and validation. Share the importance and special meaning of the human/animal-companion bond. Meets first Wednesday, 7:30-9 p.m. Monte Vista Small Animal Hospital, 801 E. Monte Vista Ave., Turlock, 634-0023. Group facilitator, Katherine Newton, 620-4466.

**SHARING THE LOSS:** For casual drop-in grief support, Thursdays, 3-4 p.m. Free. Optimal Hospice Care, 122 W. Granger Ave., Modesto. Call 338-3000 for more information.

**SUDDEN LOSS GROUP:** A peer support program for adults who are grieving the death of a loved one from suicide. This program is designed to help individuals express and understand their feelings. Eight weeks. Community Hospice, 4368 Spyres Way, Modesto 95356. 578-6378. [www.hospiceheart.org](http://www.hospiceheart.org). Prior arrangements must be made to attend.


**SUNSHINE CLUB:** The Sunshine Club of Turlock is dedicated to companionship and support for one another who have lost their spouse. Meets Monday evenings. Call Joe Reyna, 394-7153 or Bernice Burch, 632 3273 for more information.

**T.A.G. SUPPORT (TEEN):** For teens (ages 13 to 17) who are grieving a loss. Community Hospice, 4368 Spyres Way, Modesto. 578-6378. [www.hospiceheart.org](http://www.hospiceheart.org). Prior arrangements must be made to attend.

**WIDOWED PERSONS SERVICE:** Emotional support and social events for men and women who have lost a spouse. Meets 6:30 p.m. Mondays at Calvary Lutheran Church, 547 Rose Ave., Modesto, the first and third Monday of the month; or 7 p.m. the second and fourth Monday of the month at Senior Center, 450 E. A St., Oakdale. Betty, 577-4811,

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Posted on Mon, Nov. 26, 2007

## Support Groups: Disabilities

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**CENTRAL VALLEY AMPUTEES SUPPORT:** A self-help group that provides encouragement and aid in coping for amputees, family and friends. Meets at 10 a.m.-noon, the third Saturday of the month, Doctors Medical Center, 1441 Florida Ave., Conference Room 3, Modesto. Contact, Darrell, 521-6730 or Velda, 577-3313.

**CENTRAL VALLEY ASPERGER SYNDROME SUPPORT GROUP:** This group is forming for children and parents. If interested, call Anne or Tasha for more information, 847-0272.

**HEALING HEARTS:** A support group for parents, siblings and people with special needs. Meets 6 to 7:30 p.m. Tuesdays, 2200 Coffee Road, Modesto. Call 577-5121; cell, 380-5344; or send e-mail to [caroli2d@aol.com](mailto:caroli2d@aol.com).

**HEAD INJURY SUPPORT GROUP:** A support group for adults who have had a traumatic brain injury. Facilitated by a psychologist. Meets at 4 p.m. the first Wednesday of each month, Doctors Medical Center cafeteria annex room, 1441 Florida Ave., Modesto. 523-0999

**LOST CORDS:** A support group for people who have undergone a laryngectomy. Facilitated by a speech therapist. Modesto Rehabilitation Hospital, 730 17th St., Modesto. 800-227-2345 or 524-7242 (select Option 3).

**MODESTO EPILEPSY SUPPORT GROUP:** A self-help group that offers emotional support and practical tips to people with epilepsy and their families. Meets from 3 to 4 p.m. the fourth Thursday of each month, West Side Medical Center, 401 E. Paradise Road, Modesto. Mary at 524-8843, or [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org).

**MODESTO MULTIPLE SCLEROSIS SELF-HELP GROUP:** A support group for those diagnosed with MS and their families. Meets the third Saturday of each month, 10 a.m. to noon, First American Title, 1506 H St., Modesto. Contact Robert Smith, 667-5008, or Pati Hayes, 524-8329.

**SPECIAL NEEDS ADVOCATES FOR UNDERSTANDING:** A parent-founded nonprofit dedicated to educating parents on the educational and other rights of their disabled children. Offers free advocating advice and services, including attending IEP's with parents. Offers support groups every Thursday, 9 a.m., Heartland Community Church, corner of Main and Acacia, Ripon. Offers moms nights out and other social gatherings. For more information, contact Shirley, 321-6510, or Mary Ann, 599-1050; e-mail: [valleysnafu@verizon.net](mailto:valleysnafu@verizon.net); or check the Web site [www.valleysnafu.com](http://www.valleysnafu.com).

**TURLOCK MULTIPLE SCLEROSIS SELF-HELP GROUP:** A support group for those diagnosed with MS and their families. Meets the fourth Saturday of each month, (except November and December), 10:30 a.m. to noon, Medic Alert Building, 2323 Colorado Ave. Enter at back employee entrance. Contact Francis Patterson, 667-2184 or Bill White, 664-1427.

**DISABILITY SUPPORT GROUP:** All people with disabilities welcome, whether you've had your disability since birth or are newly disabled. Share common experiences and learn about useful community services. Meets 3 to 5 p.m. first Thursday of each month at DRAIL, 221 McHenry Ave., Modesto. 521-7260.

**PERFECT GIFTS:** For mothers of children with special needs. It's a time of prayer, networking and fellowship among moms who understand one another. The Bridges classroom is open to care for children with special needs during group time. Meets from 9 to 10:30 a.m. Mondays, 1324 11th St., Room 709, First Baptist Church, Modesto. 521-0181, ext. 2307. [www.fbcmodesto.com](http://www.fbcmodesto.com).

**VISUALLY IMPAIRED SUPPORT:** A self-help group for people with macular degeneration or retinitis pigmentosa, their friends and families. Meets from 2 to 4 p.m. the second Saturday of each month, Doctors Medical Center conference center, 1141 Florida Ave., Modesto. Thom Ingebretson, 527-2119 or VIP House, 522-8477, or [www.maculardegeneration.org](http://www.maculardegeneration.org).


**Changes or additions to this list should be made to Healthy Living, Features, The Modesto Bee, P.O. Box 5256, Modesto 95352 or to [living@modbee.com](mailto:living@modbee.com).**

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Posted on Mon, Nov. 19, 2007

## Support Groups: Life Changes

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**ALZHEIMER'S CAREGIVER SUPPORT:** For caregivers of people with Alzheimer's disease. Meets 6:30 p.m. the second and fourth Wednesdays of each month and 9:30 a.m. the fourth Thursday at DMC Foundation/Miller's Place, 730 McHenry Ave., Modesto. Contact Miller's Place at 521-0507 or the Alzheimer's Affiliates at 521-1606.

**BEYOND THE WALLS:** Offers emotional and spiritual support for mothers (and other family members) of prison inmates. Meets at 7 p.m. the second and fourth Thursdays of each month. For location and more information, contact Nita Brady at 575-9637.

**CAIR (Changing Attitudes in Recovery) GROUPS:** For those seeking personal growth in their lives. Meeting time and place vary. For more information, contact Psychological Associates, 577-1667. [www.cairforyou.com](http://www.cairforyou.com).

**CAIRING GRACE GROUPS:** For people committed to learning a healthier way of living in God's grace. Meeting time and place vary. Alan, 869-3977, or Heidi, 863-9621. [www.cairforyou.com](http://www.cairforyou.com).

**CAREGIVER SUPPORT GROUP:** For unpaid caregivers whose patients have Parkinson's, ALS, Alzheimer's, stroke or any physical brain impairment. Meets at 10 a.m. the fourth Saturday of each month, Valley Caregiver Resource Center, 1031 McHenry Ave., Suite 4, Modesto. Karleen, 521-1794.

**COED ANGER MANAGEMENT:** For people struggling with rage. \$10 donation. Meets 7 p.m. Thursdays, Turlock Regional Services, 2101 Geer Road, Suite 120. Gabe, 669-9497.

**DIVERSITY+SUPPORT GROUP:** A discussion group for adolescents 13 to 19 years old who are questioning their sexuality. Meets from 3:30 to 5 p.m. Fridays, Center for Human Services, 1700 McHenry Village Way, Suite 11 (behind Valley Sporting Goods), Modesto. Valrie, 526-1623. [www.centerforhumanservices.org](http://www.centerforhumanservices.org).

**DIVORCE CARE:** Offered throughout the year at various times, available to everyone. Get confidential support and information to help you get your life back on track. There are other classes given at different times (check the Web). Calvary Temple, 1601 Coffee Road, Modesto. 529-7346. [www.calvarytemple.com](http://www.calvarytemple.com).

**DIVORCE CARE FOR KIDS:** DC4K is a special group to help your children heal from the pain caused by a separation of divorce. DC4K provides your children with a safe and neutral place to recognize and learn to share their feelings. A 13-week program held on Mondays, 6:30 p.m. at New Life Christian Center, Room 110a, Turlock. Contact Dave, 668-3238 or Stacy, 668-1235.

**DIVORCE CARE FOR MEN & WOMEN:** Learn how to deal with the pain of the past and look forward to rebuilding your life. Separate men's and women's groups meet at New Life Christian Center, 2918 W. Tuolumne Road, Turlock. Call Darlene, 632-2672 or Kurt, 525-8948 for times and dates.

**DIVORCE RECOVERY:** A Christian growth approach to healing after a divorce. One of a number of classes given during the year. Big Valley Grace Church, 4040 Tully Road, Modesto. [www.bvg.org/new/ministries2.html](http://www.bvg.org/new/ministries2.html). Call 577-1604, ext. 3412.

**DIVORCE RECOVERY:** Offers a weekly seminar for people who are separated or divorced. Meets at 1:30 p.m. Sundays, Monte Vista Chapel, 1619 E. Monte Vista Ave., Turlock. \$10 materials charge. Call 634-4935.

**DOMESTIC VIOLENCE:** Education on the cycle of violence, battered women's syndrome and why a woman stays. Attendees will participate in group learning activities and view videos related to domestic violence. Meets 5:30 p.m. Mondays and Tuesdays. A Woman's Place, 815 W. 19th St., Merced. Call 725-7900.

**FAMILY SUPPORT GROUP:** Emotional support and education for spouses and families of people who are incarcerated. For info, call 522-2209 for dates and times. Office at 500 9th St., Suite K3, Modesto 95354.

**FAMILIES GETTING OUT ALIVE!** Christian-based group designed for families and friends of homosexuals. This group is led by an ex-gay Christian. Strict confidentiality. Meets from 6:30 to 8 p.m. Tuesdays. For more information, including location of meetings, contact Michelle Toupin Baughan, 669-5909, or MVC, 634-4935.

**PARENTS NEGLECTED BY ADULT CHILDREN:** A support group to be supportive, encouraging, enjoy holidays, special meals, one-day trips and to create a family with one another. This is a positive-minded, healing support group to be of help to one another during crisis and noncrisis times. Contact, Helen, 669-6097.

**PFLAG (Parents, Families and Friends of Lesbians and Gays) Stanislaus:** PFLAG is a supportive group of parents, family members and friends of gays, lesbians, bisexuals and transgenders. PFLAG offers confidential emotional support, education and opportunities for advocacy. Hot line, 527-0776. [www.pflag.org](http://www.pflag.org).

**RECONCILING GOD'S WAY:** For couples or individuals who want to strengthen their marriage. Meets at 6:30 p.m. Wednesdays, New Life Christian Center, 2918 W. Tuolumne Road, Turlock. 667-5433.

**TOPS (Take Off Pounds Sensibly):** Meets Wednesdays, 10 a.m., First Baptist Church, 290 W. Olive Ave., Turlock. Weigh-in 9 a.m. Call 634-3760.

**TRANSGENDER SUPPORT GROUP:** Meets the second and fourth Wednesdays of each month, 7:30-9 p.m. at a confidential location. Interested individuals will need to set-up a screening call with the group coordinators to ensure the safety and security of the group prior to attending a meeting. For male-to-female person, e-mail: [mtf@stanislauspridecenter.com](mailto:mtf@stanislauspridecenter.com); for female to male person, e-mail: [ftm@stanislauspridecenter.com](mailto:ftm@stanislauspridecenter.com). Those interested in attending the group should contact SPC by phone or send an e-mail. Sponsored by the Stanislaus Pride Center, P.O. Box 1850, Modesto 95353, 567-3121 or [Info@stanislauspridecenter.com](mailto:Info@stanislauspridecenter.com) or [www.stanislauspridecenter.com](http://www.stanislauspridecenter.com).

**VICTIMS OF DOMESTIC VIOLENCE:** Tuesdays, 6:30-8 p.m., South County Crisis Center, 609 W. Center St., Manteca. Contact Linda, 824-0568.

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# **The Modesto Bee**

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## **Support Groups: Mental / Emotional Health**

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**CHRISTIAN SUPPORT FOR THE MENTALLY ILL:** For families or friends who live with or support a loved one with mental illness. Meets the first Tuesday of the month, 6:30 p.m. at Mabel Avenue Church, between Coffee and Oakdale Roads; see [www.ananswer.org](http://www.ananswer.org) for directions. Call Pastor Geary Oreglia, 247-7242.

**CO-ED DUAL RECOVERY:** For people interested in recovery who have a mental illness and abuse alcohol. Meets at 2 p.m. Thursdays, Wellness Recovery Center, 1006 H St., Modesto. 558-4076 or 558-4081. Stanislaus Behavioral Health Center, 920 12th St., Modesto. 558-4081.

**CO-ED SELF-ESTEEM:** A six-week group for people who wish to raise their self-esteem. Classwork for the first 18#189; hours, then hands-on work with personal appearance. By appointment only. Wellness Recovery Center, 1006 H St., Modesto. 558-4081.

**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE OF STANISLAUS COUNTY:** For people coping with depression. Offers education, sharing and emotional support. Meets at 6:30 p.m. first and third Wednesdays at Doctors Medical Center, 1441 Florida Ave., Conference Center, Room 2. Call Scott at 863-8468.

**DIVORCE RECOVERY:** Offers a weekly seminar and support for people who are separated or divorced. Meets at 7 p.m. Wednesdays. \$10 materials charge. Call 634-4935 for place of meeting.

**EDUCATE, EQUIP AND SUPPORT:** A 13-week class, educational series regarding children's emotional and mental health. Classes are intended to assist parents and caregivers understand some of the symptoms and brain processes involved with various childhood emotional or mental health disorders. Advance registration required. Call Regina or Sabrina at 558-7494.

**HEALING HEARTS:** For separated and divorced. 1 p.m. Saturdays, Our Lady of Fatima, 505 W. Granger Ave., Modesto. 524-7421.

**HEALING FOR DAMAGED EMOTIONS:** Helps women address the emotional issues that often accompany recovery. For women only. Meets 7 p.m. Thursdays, First Baptist Church, Family Life Pavilion, 1325 12th St., Modesto. 521-0181, ext. 2621. [www.fbcmodesto.com](http://www.fbcmodesto.com).

**LIFELINE:** Help and hope for women dealing with depression. Childcare provided for newborns through grade six. Meets 7 p.m. Thursdays, First Baptist Church, Family Life Pavilion, 1325 12th St., Modesto. 521-0181, ext. 2621. [www.fbcmodesto.com](http://www.fbcmodesto.com).

**MEN'S SUPPORT GROUP:** For men interested in recovery from mental illness. Meets at noon Tuesdays, Wellness Recovery, 1006 H St., Modesto, Stanislaus Behavioral Health Center, 920 12th St., Modesto. 558-4076 or 558-4081.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI):** For families and friends of people with serious mental illness. Speaker meetings and support groups on fourth Wednesdays, 6 p.m., 800 Scenic Dr., Bldg. 4, Modesto. For information call NAMI at 529-6880 or e-mail [jplis@comcast.net](mailto:jplis@comcast.net). **Website:** [www.nami.org](http://www.nami.org). Family-to-Family education classes are scheduled frequently. The Oakdale Family Support Group meets the third Tuesday, 6:30 p.m., 366 Calif. Ave., Oakdale, Judy Kropp, 480-0387.

**RECOVERY MINISTRY:** Christian 12-step Recovery Ministry meetings. Free. 7 p.m. Mondays at Carpenter's House, 1105 S. Carpenter Road, Modesto. 526-1971.

**SEARCH FOR SIGNIFICANCE:** Realize the truth about your worth in Jesus Christ. Separate men's and women's groups. Meets at 7 p.m. Thursdays, First Baptist Church, Family Life Pavilion,

**1325 12 St., Modesto. 521-0181, ext. 2621. [www.fbcmodesto.com](http://www.fbcmodesto.com).**

**NAMI SPANISH SUPPORT GROUP:** For Spanish-speaking families of people with mental health issues, first Wednesdays, 6-7 p.m., Telecare SHOP, 1601 Yosemite Blvd., Suite A, Modesto. Call Celedina at 544-1913.

**STANISLAUS CHAPTER OF MENTAL HEALTH CONSUMERS: A self-help advocacy group of the California Network of Mental Health Clients. Speakers, activity project, workshops, and issues discussed. Meets 2-4 p.m. Fridays at Common Ground,**

**800 Scenic Dr., Sunset Room, Bldg. 4, Modesto. For more information, call 525-6253; e-mail: [scmhco5@sbcglobal.net](mailto:scmhco5@sbcglobal.net). [www.geocities.com/scmhc2004](http://www.geocities.com/scmhc2004) and [www.californiaclients.org](http://www.californiaclients.org).**

**WOMEN'S SUPPORT: For women with a mental illness. Meets at 1 p.m. on Fridays, Wellness Recovery, 1006 H St., Modesto. 558-4081**

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Posted on Mon, Nov. 12, 2007

## Support Groups: Parenting

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**BIRTH-PARENT SUPPORT GROUP:** For any birth-parent who has released a child for adoption and would like to meet other birth-parents. Meets first Mondays, 6-7 p.m. at Bethany Christian Services, 3048 Hahn Dr., Modesto. Call 522-5121 or e-mail: [bscmdesto@bethany.org](mailto:bscmdesto@bethany.org) for more information.

**BREASTFEEDING SUPPORT GROUP:** This group is open to all pregnant or breastfeeding women. Meet in the lobby of Emanuel Medical Center, 825 Delbon Ave., Turlock. Meets Tuesdays 1-2 p.m. Free and no pre-registration required. Contact Debbie Garner, RN and BSN, 664-2660.

**CO-EDUCATIONAL PARENTING SUPPORT:** Classes for young men or women and their parenting partners. Child care is available. 20-week sessions. Meets at 5:30 p.m. Thursdays, Parent Resource Center, 811 Fifth St., Modesto. 549-8193.

**EL CONCILIO FAMILY SUPPORT GROUP:** For Spanish speaking families with emphasis on support for the families, and includes educational topics, parenting skills, positive discipline, information and resources. Meets Mondays, 3 p.m. at El Concilio, 1314 H St., Modesto. Contact Zenia, 523-2862.

**FAMILIAS UNIDAS:** For Spanish-speaking parents. Topics include parenting help, support and information, and resources available in the community. Meets at 9 a.m. Fridays, Oak Valley Hospital, Family Support Network, 1405 W. F St., Suite A. Oakdale. Call Rossy at 847-5121, ext. 207. [www.oakvalleycares.org](http://www.oakvalleycares.org).

**GREAT EXPECTATIONS:** For pregnant women. Group includes support, educational gifts for baby and fun activities, including scrapbooking. Child care is available. Meets at 11 a.m. Tuesdays at Oak Valley Hospital, Family Support Network, 1405 F St., Suite A, Oakdale. Call Malinda at 847-5121, ext. 208.

**KINSHIP SUPPORT GROUPS:** Groups in which grandparents and other relative caregivers share effective ways to parenting the children in their care, and learn about available community resources. Ongoing, open groups, newcomers welcome. Groups meet Tuesdays and Wednesdays 9:30-11 a.m. and Tuesdays 6-7:30 p.m. at Family Partnership Center, 421 E. Morris Ave., Modesto 558-7494.

**MOTHERS OF INFANTS SUPPORT GROUP:** Mothers with infants or toddlers are invited to attend. This free group provides a place to share thoughts and ideas for keeping life in balance while roles change. Meets at noon Fridays, Memorial Medical Center, 1800 Coffee Road, Modesto. 572-7262. [www.memorialmedicalcenter.org](http://www.memorialmedicalcenter.org).

**MOPS (Mothers of Preschoolers):** The program includes discussion and children's activities. First session free; \$5 per session afterward. First Baptist Church, 12th and Needham streets, Modesto. 521-0181. [www.gospelcom.net/mops](http://www.gospelcom.net/mops).

**KID-N-AROUND:** A weekly play group for children (infant to age 6) and their parents or caregivers. Meets at 10 a.m. Mondays and Thursdays, Oak Valley Hospital, 1405 W. F St., Suite A, Oakdale. Sherri at 847-5121, ext. 209. [www.oakvalleycares.org](http://www.oakvalleycares.org).

**PARENT/EDUCATION FOR ADOPTIVE PARENTS:** Meets second Mondays, 6-8 p.m. at the YMCA, 2700 Mchenry Ave., Modesto. Contact Christine Fallentine, 558-2421.

**TEEN AND YOUNG MOTHERS:** Parenting classes for teen mothers with an emphasis on nurturing, bonding, parenting skills, positive discipline, nutrition, stages of development and self-esteem building. Child care and limited transportation available. Meets at 2:30 p.m. Tuesdays and Thursdays, Parent Resource Center, 811 Fifth St., Modesto. 549-8193.

**TEEN MOMS -- UP WITH MOMS:** Pregnant or parenting teen moms ages 12 to 21. Mentoring, life skills, nutrition, positive parenting and baby clothing. Transportation and child care provided in Turlock during the program. Meets at 5:30 p.m. Wednesdays, Turlock Covenant Church, 316 S. Laurel St., 667-1191, ext. 306.

**TURLOCK YOUNG MOTHERS' PARENTING PROGRAM:** Parenting classes for teen and young mothers-to-be. Emphasis on prenatal care, nurturing, bonding, parenting skills, positive discipline, nutrition, stages of development and self-esteem building. Meets at 2:30 p.m. Wednesdays, Parent Resource Center, United Samaritans, 221 S. Broadway, Turlock. Call Sasha at 549-8193.