

The Placer County Welcome Center

Building skills, Finding Friendships and Creating connections to the community
11510 C. Ave Auburn Ca, Ph (530) 889-7200

Support Groups

First Monday of every month is Consumer Council 12:00pm ! Make your voices heard. Information goes back to management and community members to make change

Mon 1:30 -3:00 Women's Support A drop-in group facilitated by peers .Topics of discussion vary week to week based on needs and concerns of group members. This group is open ended, and all women are welcome to attend.

Tues. 1:30-2:45 Ready to Change This is a great opportunity for those who are waiting for programs to begin or considering participation in recovery. This group is open ended, and any one is welcome to attend

Weds 10:30-12:00 Grief & Loss Share, listen and talk about the loss of a loved one or a close friend. This group is open ended, and any one is welcome to attend

Weds 12:30- 2:30 Recovery for All This group is open ended, and any one is welcome to attend.

Thursday 6:00-7:30 Families, Significant Others and Friends: for families, significant others and friends new to a mental health system A closed group limited to 8 to 12 participants who attend all six Thursday evenings. Contact Ken Jones (916) 787-8930

Friday 2:00-3:00 Listening Well. Former Listening Well participants continue appreciating supporting and sharing strengths with one another as they continue to integrate learning through attention to everyday experiences.

Activities/classes

Monday –Friday 8-12 One on One Staff is available for assisting individuals one on one in accessing resources, developing resumes, job skills or life skills. Appointment recommended.

Monday 10-12 Arts & Crafts The Art class is open to all, regardless of their skill level. Each individual may work on independent projects. All art materials are provided.

Tuesday 11:00 Roseville visit the WC. Van leaves Cirby Hills at 11:00 am and returns by 4:00 pm.

Tuesday 12:30 Bingo Play America's favorite family game, win prizes such as canned soda.

Thursday 10-12 Skills Building . The topics vary week to week based on participant needs. Includes house skills and job skills: applications, resumes, phone skills, looking up resources, practicing social skills, etc.

Thursday 1:00 Bingo Come play for fun & Prizes

Thursday 1:00 Jeff Cowen PIRS Jeff will work with individuals re: Counseling for Social security, and independent resources. Appointments available. Call 530-889-7259 to schedule.

Thursday 2-4 Movies Movies vary week to week. Come enjoy the company of others and relax .We provide the popcorn.

Friday 10-2 Fun Friday (live Music) give us your ideas on other Fun Friday Activities!

Updated 3/25/08

Roseville Adult System of Care

101 Cirby Hills Drive Roseville Ca (916) 787-8800

Weds 10:00 Maidu Walking Walk with friends in a park setting group departs from Cirby hills at 9:50 You are Welcome to join us at Maidu at 10:00

Thurs 10:00- 11:00 Recovery for All. This group is open ended, and any one is welcome to attend. Group will meet in the Training room of Cirby Hills (916) 780-3293

Thurs. 12:30-1:30 Healthy Living : Support group for open ASOC clients: everyday issues. Discussions are usually stimulating and fun. Drop-ins welcome (916) 787-8846

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Groups available in the Community

AUBURN AREA

Depression or bi-polar. Mondays open to all adults PIRS (530)885-6100

Depression Tues (men only) contact Jeff . PIRS (530) 885-6100

Depression Thurs 2-4 Open to all adults. PIRS (530)885-6100

Bipolar support Group: \$30 fee. Weekly Placer Counseling Center (530)889-1637

Parent Support Group: \$30 fee. Weekly Placer Counseling Center (530)889-1637

Education on Sexual abuse for families: \$30 fee per person 3 session format for **non offenders** Placer Counseling Center (530)889-1637

PFLAG : Second Monday of each month 7-9pm in Auburn. A safe and confidential place to talk about sexual orientation (916) 863-9622

NA Meetings in Auburn

SUNDAY 7:00 pm New Hope Group - Speaker Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

MONDAY 12:00 noon New Hope Group - Open Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA
7:00 pm New Hope Group - Speaker Discussion

American River Overlook Park, 855 Pacific Ave., Auburn, CA

TUESDAY 12:00 pm New Hope Group - Book Study
American River Overlook Park, 855 Pacific Ave., Auburn, CA
7:00 pm New Hope Group - Closed Meeting/Speaker Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

WEDNESDAY 12:00 noon New Hope Group - Open Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

6:00 pm New Hope Group - Women's Meeting
American River Overlook Park, 855 Pacific Ave., Auburn, CA

7:30 pm Primary Purpose Group - Speaker Discussion (No Court Cards signed)
Parkside Church, Room 228, 3885 Richardson Drive, Auburn,

8:00 pm CA New Hope Group - Candlelight/Open Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

THURSDAY 12:00 noon New Hope Group - Open Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

7:00 pm New Hope Group - Speaker Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

FRIDAY 12:00 Noon New Hope Group - Just for Today
American River Overlook Park, 855 Pacific Ave., Auburn, CA

7:00 pm New Hope Group (3rd Friday of the Month) - Birthday Meeting
Memorial Hall, 100 East Street, Auburn, CA

SATURDAY

10:00 am Auburn Breakfast Group - Speaker Discussion
Mary Belle's Restaurant, 1590 Lincoln Way, Auburn, CA

12:00 noon New Hope Group - Just for Today
American River Overlook Park, 855 Pacific Ave., Auburn, CA

7:00 pm New Hope Group - Speaker Discussion
American River Overlook Park, 855 Pacific Ave., Auburn, CA

Grass Valley Area

Support Groups

Men's Group: A Gathering of men to discuss mental and physical healthcare. Spirit Empowerment Center (530)274-1431

What's eating you? : Support group for anyone who has issues with food, and Psyche. Spirit Empowerment Center (530)274-1431

GLBT: A group for individuals exploring gender issues. Spirit Empowerment Center (530)274-1431

Women's Group: women discuss complexities of their lives, while developing friendships. Spirit Empowerment Center (530)274-1431

Let's Rap Group: Men and women focus on Life management skills. Spirit Empowerment Center (530)274-1431

Spirituality Group: Understanding ones personal spiritual beliefs. Spirit Empowerment Center (530)274-1431

Good Grief Group: 16 wk process group to learn to manage grief, loss and change. Spirit Empowerment Center (530)274-1431

Dual Diagnosis Group: An open, safe environment dealing with addiction as well as mental/emotional challenges. Spirit Empowerment Center (530)274-1431

Activities /classes

Core Volunteer Education class: 6 weeks educate volunteers about Spirit center services
Peer Counseling 101: A 12 week course to learn peer counseling process. Spirit Empowerment Center (530)274-1431

Group Dynamics 102: a 12 week course to educate volunteers to be effective group facilitators. Spirit Empowerment Center (530)274-1431

Self Empowerment Course 6 week class: What empowerment means to each one of us. Spirit Empowerment Center (530)274-1431

Media outreach/Funding: a Weekly class focused on outreach and fundraising Spirit Empowerment Center (530)274-1431

Life skills for Vocational success: A community outreach training for public and cal works recipients. Spirit Empowerment Center (530)274-1431

Therapeutic Organic Gardening: get your feet on the ground: Learn how to take care of your garden. Spirit Empowerment Center (530)274-1431

Craft/Beading Class: An introduction to a variety of craft techniques. Spirit Empowerment Center (530)274-1431

Stretch Class: Learn body awareness. All levels welcome Spirit Empowerment Center (530)274-1431

Live Music: Sing Along improve open mic. Bring your instruments. Spirit Empowerment Center (530)274-1431

Saturday Coop Brunch: An organized potluck meal. Work as team plan and prepare. Spirit Empowerment Center (530)274-1431

Roseville Area

Bereavement Support: Support for individuals experiencing grief as a result of loss through death, Sutter Roseville. Walk in basis (916)797-7850

2nd and 4th Tues. 6-7:30 pm

1st and 3rd Tues 10-11:30 am.

THURS 7:00 pm CELEBRATE RECOVERY : Christ-centered 12-Step recovery program. Support groups for all types of problems & addictions, including: food, sex, or relationship addictions, co-dependency and chemical dependency. Adventure Christian Church 6401 Stanford Ranch Road Roseville , CA 95678 (916)771-5683 Fax (916)773-5683

CELEBRATE RECOVERY: Christ-centered 12-Step recovery program. Support groups for all types of problems & addictions, including: food, sex, or relationship addictions, co-dependency and chemical dependency. Abundant Life Fellowship (916)783-1989 Fax (916)783-7879

CELEBRATE RECOVERY: Christ-centered 12-Step recovery prgm. Support groups for all types of problems & addictions, including: food, sex, or relationship addictions, co-dependency and chemical dependency. Roseville First Church of the Nazarene, 1301 Main St. Roseville , CA 95678 (916)786-6833

Alzheimer Support Group: 4th Friday of each month, 1:30pm - 3:00pm (November & December meetings held on the 3rd Friday). For more information, call the Alzheimer's Association at (916) 930-9080.

Caregivers Support Group: 3rd Friday of the month, 9:00am -10:30am. The group does not meet in August or December. Call Joni Trykar at (916) 781-1559 for information. It is Co-sponsored by Sutter Roseville Medical Center.

Parkinson Support Group : 1st Tuesday of each month, 1:30pm - 3:00pm. For more information, call Linda at (916) 543-6601.

InSight Support Group for the Visually Impaired:

3rd Wednesday of each month, 9:30am - 11:00am. For more information, call (916) 774-5960.

Widowed Persons Support Group: 4th Friday of each month, 10:00am - 11:30am (3rd Friday in November and December).

For more information, call (916) 791-0843.

Folsom Area

Bereavement Support group: Support for individuals experiencing grief as a result of loss through death. 2nd and 4th Mon 7-8:30 pm Mercy Hospital Folsom (916)983-7436

Sacramento Area

Loss of Spouse : Resolving Grief Social and support group
Sundays 3-5:00 pm 2628 El Camino ave D-18 (916) 972-9722

Experiencing Grief: An opportunity to share and receive emotional support
1st and 3rd weds.6 -7:00 pm Conference room 1 Mercy San Juan Hospital
6501 Coyle Ave. Carmichael (916) 537-5098

Bereavement Support Group: Anyone who has experienced loss.
Alternating Weds 6:30- 8:30pm. Sutter Cancer Center 2800 L. st. Sacramento
(916) 454-6525

Hospice Support: UC Davis 6 week support group offered throughout the year.
Call for registration (916) 734-1139

Compassionate Friends support for parents who have lost a child. Monthly meetings held
3rd Fri. 7-9:00pm. Belle Cooledge Community Center 5699 S. Land Park Dr Sac. (916) 457-4096
Beth Oliver (916) 284-9540 Lilian Adams (916) 726-6844 sacvalleytcf@yahoo.com

Sharing Parents Support group for those whose babies have died from conception through
early infancy Second Sunday 7-9:00 pm Women's Center 650 Howe Ave Suite 530 Sacramento
(916) 424-5150 www.sharingparents@yahoo.com

Children's Support

Children's Bereavement art group Creative support for children aged 4-17
Who have experienced death of a significant person within last year.
5 locations including Roseville and Auburn Call (916)454-6555 www.sutterchildren.org

The Healing Center for Grieving Children:Support groups for grieving children age
3-18 Diane Oran (916) 791-8414 www.grievingchild.net