

Community Resources

Center for Human Services

1700 McHenry Village Way #11, Modesto, CA Phone: 209-526-1476 or 209-526-1440
Sliding Fee Scale/ Private Pay/ Medi-Cal/ Most insurance accepted
Individual Counseling and Groups, Parenting Classes, Anger Management, Anxiety, Depression, Etc.

Parent Resource Center

811 5th Street, Modesto, CA Phone: 209-549-8193
FREE- Parenting Classes in English and Spanish, Pregnant Teens, Depression Support group for adults,
Donation closet (clothes)- by appointment.

Sierra Vista Children's Center

1400 K Street, Suite B, Modesto, CA Phone: 209-550-5869
Sliding Fee Scale/ Private Pay/ Medi-Cal/ Most insurance accepted
Parenting Classes, Individual and Group Counseling, Divorce, Anxiety, Depression, Etc.
ADD/ADHD Clinic, 916 McHenry Avenue, Modesto, CA 209-550-5850

Family Partnership Center

421 E. Morris, Modesto, CA Phone: 209-558-8550
FREE- Call for more Information. Groups are usually held Tues. and Wed. mornings.
Parenting Groups and Groups for Grandparents Raising Grandchildren (or any relative- aka Kinship),
individual counseling, Parent Advocates, attorney assistance once a month to help with temporary or
permanent guardianship.

Doctor's Behavioral Health Center (For Adults)

1501 Claus Road, Modesto, CA Phone: 209-557-6300 or 558-4600 (crisis line)
Private Insurance, Medi-Cal, etc.
Suicide, harm to self or others, At-Risk, Crisis, Evaluations, Alcoholism

Optimal Hospice Foundation

1101 Sylvan Ave. Modesto, CA 95350 Phone: 209-338-3000
FREE Grief Groups for Adults & Kids and Bereavement services

Community Hospice

4368 Spyres Way. Modesto, CA 95356 Phone: 209-578-6300 www.hospiceheart.org
FREE Support Groups for Adults and Children grieving the loss of a loved one.

Haven Women's Center of Stanislaus

618 13th Street, Modesto, CA (Business Office), Phone: 209-524-4331
24-hour domestic violence crisis line: 209-577-5980 or 1-888-45HAVEN (888-4542836).
FREE Support for Children and Women suffering from or witnessing Domestic Violence/Sexual Assault.
Individual and group counseling.
KIDS Count group for kids ages 5-12 that have witnessed or been a victim of violence.
TEENS Count group for teens ages 13-18 that have witnessed or been a victim of violence.
T.R.U.S.T. group for kids ages 5-12 that have been affected by sexual assault.
TEEN sexual assault support group ages 13-19 (teen female survivors of sexual assault)

Aspiranet Behavioral Health

1800 Tully Road Suite F, Modesto, CA, Phone: 576-1750.
Accepts Medi-Cal for kids up to 18. Also accepts HMN, PacificCare, UBH and private pay- Flat fee \$85 for
the first assessment, then \$75 for each appointment thereafter. Offers counseling and advocacy.

Community Emergency Response Team (CERT) (For Kids)

Modesto, CA Phone: 911. Go to the nearest hospital for emergencies. At Risk, Evaluations, Emergency,
Suicide – Medi-Cal accepted. For more information go to: www.stancounty.com/bhrs

Other Resources

- **Stanislaus County 211** (locates Community Resources): 2-1-1 or 877-211-7826
- **Child Protective Services** (CPS- report child abuse): Phone: 209-558-3665 FAX: 558-3268
- **Hutton House** (help for runaways, homeless, and/or youth in crisis): 209-526-1623.
- **Children's Crisis Center**, Modesto- free parenting classes: 209-577-4413 or 209-577-0138
- **Poison Control**: 1-800-342-9293.
- **California Smokers Helpline**: 1-800-766-2888.
- **El Concilio**: 1314 H. St. Modesto. Locates resources and help for Latino families 209-523-2860.
- **Friends Outside** (free resource for parent/child who has a spouse/parent in jail): 209-522-2209.
- **Parents United**: Medi-Cal, Private insurance, or Victim Witness - 610 14th Street, Modesto, CA 209-524-4858. Support groups for ages 3 to adult for people affected by sexual abuse. Free to residents of Stanislaus County, if not covered by insurance.
- **Community Housing and Shelter Services**, Rodeway Inn, 936 McHenry Avenue, Room 131, Modesto, 209-527-0444.
- **Homeless Shelter** for CalWorks eligible families- 209-558-2500 or 877-652-0734.
- **Modesto Union Gospel Mission**, 1400 E. Yosemite Blvd., Modesto 209-529-8259. Homeless.
- **Family Promise of Greater Modesto**, 209-549-9454 Homeless shelter, support and assistance.
- **Stanislaus Family Justice Center**. 1625 I St., Modesto 209-525-5130, Crisis counseling, support for victims of domestic violence, child abuse or elder abuse. www.stanislausfamilyjustice.org
 - **Insurance needs**- call 211 for assistance or go to www.coveredca.org (Covered California)
 - **Medi-Cal for Families** Phone: 1-877-652-0734

Tips on Getting the Most out of Counseling Services for Family and Children

It is your effort and involvement that will make the difference in your child's happiness. The process of locating counseling services may seem challenging at times, but BE PERSISTENT! Continue to call your insurance company and/or prospective therapist, if you are not receiving calls back from them. If you and/or your child meet with a therapist and you feel he/she is not the right match, be honest with them and get a referral to see someone else. Schedule consistent appointments and if your child is taking medication, your doctor is likely to suggest monthly med-checks. Please keep your school informed.

PLEASE NOTE: These resources are provided only as a courtesy of Sylvan Union School District and are not endorsed by the district. Please call individual therapists or agencies for more information or contact the counselor at your child's school. 08/14