

Stanislaus County Health Education Classes							
Program/Agency	Class Title	Topic	Languages Offered	Location	Dates/Times	Contact	Website
<b>Women, Infant and Children (WIC) program</b>	Nutrition	Nutrition, Breastfeeding, etc.	English, Spanish and other languages upon request.	<a href="#">Ceres, Modesto, Oakdale, Patterson, Turlock, Waterford</a>	Various times available. Mostly virtual	Call 209.558.7377 Text 888.413.8165 Breastfeeding Helpline 209.525.4838	<a href="http://www.schsa.org/publichealth/programs/wic/">http://www.schsa.org/publichealth/programs/wic/</a>
<b>Haven Women's Center</b>	Support Groups	Education on understanding abusive behavior and healing for domestic and sexual abuse survivors	English, Spanish	Zoom meetings, do not require an appointment. Call to get meeting link	English: Tues 10 AM - 12 PM; Wed 5 - 7 PM; Thur 12 - 2 PM Spanish: Tues 5 - 7 PM	209-524-4331	<a href="https://www.havenstan.org/support-groups">https://www.havenstan.org/support-groups</a>
<b>Safe Kids Coalition</b>	Car Passenger Safety	Car Passenger Safety, Bike and Water Safety	English, Spanish	Doctor's Medical Center Modesto, 1400 Florida Ave., Modesto, CA 95350	Last Wednesday and Thursday of the month 8 AM - 12 PM. Appointment required	Rene Lepard (209) 342-3459 rena.lepard@tenethealth.com	<a href="https://www.safekids.org/coalition/safe-kids-stanislaus-county">https://www.safekids.org/coalition/safe-kids-stanislaus-county</a>
<b>Oak Valley - Family Support Network</b>	Familias Unidas, Promotoras, Kid-N-Around, 1-2-3 Learn with me, many more	Parent education and support groups, car seat safety, mental health for latino community	Multiple	Call for more details	Call for more details	(209) 847-5121	<a href="https://oakvalleyhospital.com/about-us/family-support-network/">https://oakvalleyhospital.com/about-us/family-support-network/</a>

<b>First 5 Stanislaus-Family Resource Centers</b>	Planet Baby	Supporting pregnant women through baby's first year with education and parenting skills	English	Currently virtual on zoom	Second and fourth thursday of each month	(209)857-0555	<a href="http://www.first5stan.org/frc.shtm">http://www.first5stan.org/frc.shtm</a>
<b>Doctors Medical Center Modesto</b>	Virtual Pre-Op Weight Loss Surgery Class 2020	What happens after surgery, pain management and the recovery	English	Virtual	Visit webpage or call for more info	(209) 578-1211	<a href="https://www.dmc-modesto.com/events#3020">https://www.dmc-modesto.com/events#3020</a>
<b>Doctors Medical Center Modesto</b>	Virtual Stop the Bleed	Recognize life-threatening bleeding situations and how to respond	English	Virtual	Visit webpage or call for more info	(209) 578-1211	<a href="https://www.stopthebleed.org/training#public">https://www.stopthebleed.org/training#public</a>
<b>Doctors Medical Center Modesto</b>	Virtual Weight Loss Surgery Support Group	Virtual weight loss support group.	English	Virtual	Visit webpage or call for more info	(209) 578-1211	<a href="https://www.dmc-modesto.com/events#3021">https://www.dmc-modesto.com/events#3021</a>
<b>Emanuel Cancer Center Support Services</b>	Multiple classes	Cancer support groups for various groups of people	English, Spanish	Zoom meetings	Call for more details	For more information, call Sangeeta or Sara 209.664.5044.	<a href="https://www.emanuelmedicalcenter.org/services/oncology/cancer-support-groups">https://www.emanuelmedicalcenter.org/services/oncology/cancer-support-groups</a>
<b>Center for Human Services</b>	Counseling Program	Case management and psychiatrist. Community clinic that provides counseling to individuals, couples, families and in group.	English, Spanish and for other languages access to interpreters.	Center for Human Services Community Counseling Clinic 2000 W. Briggsmore Ave., Suite I Modesto, CA 95350 (209) 526-1440	By appointment. The fees are determined by a sliding scale based on income and the number of household members. Proof of income is required.	(209) 526-1440	<a href="https://www.centreforhumanservices.org/what-we-do/mental-health-services/counseling-services/">https://www.centreforhumanservices.org/what-we-do/mental-health-services/counseling-services/</a>

<b>Chemo Crew</b>	Cancer Support Group	Faith Based Local support <i>to cancer patients and their families.</i>	English	Virtual	3rd wednesday of the month	209 216.6271	<a href="https://chemocrew.com/what-we-do">https://chemocrew.com/what-we-do</a>
<b>Sutter Health</b>	Health library	Webinars, virtual breastfeeding class and more	English	600 Coffee Road, first floor Modesto, CA 95355	Visit webpage or call for more info	209-523-0732 mainolibrary@sutterhealth.org	<a href="https://www.sutterhealth.org/sgmf/health/mainolibrary-sgmf">https://www.sutterhealth.org/sgmf/health/mainolibrary-sgmf</a>
<b>Stanislaus County Library</b>	Story time, Read to Me Kits, Traveling Tales, 1000 books before kindergarten	Reading programs for children	English, Spanish	Community libraries throughout the county	Call for more details	<u>209-558-7810</u> <u>childrens@stanislauslibrary.org</u>	<a href="https://www.stanislauslibrary.org/tk_kids_early.shtm">https://www.stanislauslibrary.org/tk_kids_early.shtm</a>