Y.O.L.O-Youth Overcoming Life's	Topic This training gives you the skills to understand and support someone who may have mental health and substance use problems. Group sessions for ages 14-16	Languages Offered English	Location Please email or call for details	Dates/Times	Contact Dyane.Medina@digni tyhealth.org 209-547- 8656	Website https://www.dignityhealth.org/central- california/locations/stjosephs-
Y.O.L.O-Youth Overcoming Life's	skills to understand and support someone who may have mental health and substance use problems.	English			tyhealth.org 209-547-	california/locations/stjosephs-
Y.O.L.O-Youth Overcoming Life's	skills to understand and support someone who may have mental health and substance use problems.		details			
Y.O.L.O-Youth Overcoming Life's	support someone who may have mental health and substance use problems.					
Y.O.L.O-Youth Overcoming Life's	have mental health and substance use problems.				0000	stockton/classes-and-events/community
Y.O.L.O-Youth Overcoming Life's	substance use problems.					health-education
Overcoming Life's						<u>nearth-education</u>
Overcoming Life's	Group sessions for ages 14-16					
•		English		Call or email	209-547-8656 or	https://www.dignityhealth.org/central-
Obstaclas	year olds to find support in				email	california/locations/stjosephs-
Obstacles	overcoming life obstacles.				dyane.medina@digni	stockton/classes-and-events/community
	0				tyhealth.org	health-education
Yoga with Chinu	Yoga via Zoom	English	Online via Zoom ID: 927	Monday, Wednesday,	Jenaffer.giannosa@di	https://www.dignityhealth.org/central-
Mehdi for All			6529 3488	and Fridays 10 AM-11:30	gnityhealth.org. or	california/locations/stjosephs-
				A	209-461-5069	stockton/classes-and-events/health-and
						wellness
Work Wellness	Mental Well being	English	510 East Magnolia Street	See website	Office:(209) 513-9455	https://www.csustan.edu/wellness-
						works/curriculum
Cancer or Diabetes	Exercise Series 10 weeks	English		Call for information	209-467-6365	https://www.dignityhealth.org/central-
		8	,			california/locations/stjosephs-
Excluse hoghann						stockton/classes-and-events/health-and
			55204			wellness
Diabatas Evarcisa Class	general exercise to build	English	1800 N. California St	twice a week call for	naul vosti@dignityhe	https://www.dignityhealth.org/central-
	0	LIIBIIJII				california/locations/stiosephs-
	0		Stocktoff, CA, 95204	uales		stockton/classes-and-events/diabetes-
	endurance/ nexibility.				209.401.5157	
		F 11 1		<u> </u>	0 H +	education
	Diabetes lifestyle changes	English		Call to register		https://www.dignityhealth.org/central-
•					944-8355	california/locations/stjosephs-
•			CA, 95204			stockton/classes-and-events/diabetes-
(DEEP)						education
Certified Diabetes Care	One on one consultation with	English		By Appointment - Call to	209-944-8355	
Education Specialist	Education Specialist			schedule		Diabetes Education and Resources
						Handout.10.22 (002).pdf
Power Hour	Diabetes Education and	English	1800 N. California St.	1st Wednesday of the	Call to Register: 209-	https://www.dignityhealth.org/central-
	Diabetes Care Specialist		Stockton, CA, 95204	month 12-1p	944-8355	california/locations/stjosephs-
	Certification					stockton/classes-and-events/diabetes-
						education
Diabetes Classes	Pre-diabetes educational	English	500 W. Hospital Road,	Call for information	(209) 468-6820	https://www.sanjoaquingeneral.org/con
	classes		French Camp, CA 95231			munity-outreach
In partnership with	Free one on one sessions for	English and Spanish		Physician referral needed	209-751-1900	
	members of CMC			- call to make an		Diabetes Education and Resources
0,	_					Handout.10.22 (002).pdf
	Yoga with Chinu Aehdi for All Vork Wellness Cancer or Diabetes Exercise Program Diabetes Exercise Class Empowerment Education Program DEEP) Certified Diabetes Care Education Specialist Power Hour Diabetes Classes	Yoga with Chinu Mehdi for AllYoga via ZoomVork WellnessMental Well beingCancer or Diabetes exercise ProgramExercise Series 10 weeksDiabetes Exercise Class endurance/ flexibility.general exercise to build strength and increade endurance/ flexibility.Diabetes impowerment iducation Program DEEP)Diabetes lifestyle changesDiabetes care iducation SpecialistOne on one consultation with Education SpecialistDiabetes ClassesDiabetes Education and Diabetes Care SpecialistDiabetes ClassesPre-diabetes educational classesDiabetes ClassesPre-diabetes educational classesDiabetes ClassesPre-on on one sessions for members of CMC	Toga with Chinu Mehdi for AllYoga via ZoomEnglishVork WellnessMental Well beingEnglishCancer or Diabetes carcrise ProgramExercise Series 10 weeksEnglishDiabetes Exercise Class impowerment diducation Program DEEP)general exercise to build strength and increade endurance/ flexibility.EnglishDiabetes impowerment ducation SpecialistDiabetes lifestyle changes endurance/ flexibility.EnglishDiabetes impowerment ducation SpecialistDiabetes Education with EnglishEnglishPower HourDiabetes Education and Diabetes Care Specialist CertificationEnglishDiabetes ClassesPre-diabetes educational classesEnglishDiabetes ClassesPre-diabetes educational classesEnglishDiabetes ClassesPre-diabetes educational classesEnglishDiabetes ClassesPre-diabetes educational classesEnglishDiabetes ClassesPre-diabetes educational classesEnglish and Spanish members of CMC	Oga with Chinu Mehdi for AllYoga via ZoomEnglishOnline via Zoom ID: 927 6529 3488Vork WellnessMental Well beingEnglish510 East Magnolia Street Stockton 95202Cancer or Diabetes ixercise ProgramExercise Series 10 weeksEnglishLower Level, 1800 N. California, St. Stockton, CA 95204Diabetes Exercise Class impowerment iducation ProgramBiabetes lifestyle changesEnglish1800 N. California St. Stockton, CA, 95204Diabetes impowerment iducation SpecialistDiabetes lifestyle changesEnglishCleveland Classroom, 1800 N. California St. Stockton, CA, 95204Diabetes impowerment iducation SpecialistDiabetes Education and 	AdditionYoga via ZoomEnglishOnline via Zoom ID: 927 6529 3488Monday, Wednesday, and Fridays 10 AM-11:30 AVork WellnessMental Well beingEnglish510 East Magnolia Street Stockton 95202See websiteCancer or Diabetes xxercise ProgramExercise Series 10 weeksEnglishLower Level, 1800 N. California, St. Stockton, CA 95204Call for information datesDiabetes Exercise Class impowerment diducation ProgramDiabetes lifestyle changesEnglish1800 N. 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Hospital Road, Freench Camp, CA 95231 <td>Orga with Chinu Achdi for AllYoga via ZoomEnglishOnline via Zoom ID: 927 6529 3488Monday, Wednesday, and Fridays 10 AM-11:30 A Monday, 120 A Monday, 120 203-461-5069Ienaffer.giannosa@di genityhealth.org.or. 203-461-5069Work WellnessMental Well beingEnglish510 East Magnolia Street Stockton 95202See websiteOffice:(209) 513-9455Work WellnessMental Well beingEnglishS10 East Magnolia Street Stockton 95202See websiteOffice:(209) 513-9455Cancer or Diabetes xercise ProgramExercise Series 10 weeksEnglishLower Level, 1800 N. California, St. Stockton, CA 95204Call for information call for information209-467-6365Diabetes Exercise Class general exercise to build strength and increade endurance/ flexibility.English1800 N. 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Dignity Health	Evening Diabetes Support Group	Support group for members with diabetes	English		Every 3rd Thursday 6-7 PM	Call to register:209- 662-9487	https://www.dignityhealth.org/central- california/locations/stjosephs- stockton/classes-and-events/diabetes- education
Dignity Health	Sugar Fix Support Group	Series on blood sugar	English	Classroom 1, 1800 N. California St. Stockton, CA 95204	Every 3rd Wednesday 3:30-4:30P	Call to Register: 209- 944-8355	https://www.dignityhealth.org/central- california/locations/stjosephs- stockton/classes-and-events/diabetes-
San Joaquin General	Diabetes Self	Diabetes care, nutrition, and	English and Spanish		Weekly, Fridays - see	Call 209-468-6820	https://www.sanjoaquingeneral.org/com
Hospital	Management	basics			website for details		munity-outreach
San Joaquin General Hospital	Maternity Education	Classes and counseling	English	some available virtual	Varies	<u>ctsanders@sigeneral.</u> org	https://www.sanjoaquingeneral.org/medi a/2020-Maternity%20Ed Flyer 6-20.pdf
Dignity Health	Welcome to Life Class Series	For expectant parents to become prepared as you welcome your new baby into the world	English	Please call	Varies	<u>(209) 461-5213</u>	https://www.dignityhealth.org/central- california/locations/stjosephs- stockton/classes-and-events/prenatal- and-parenthood-classes
Sutter Health	Breastfeeding Support and Supplies	Consultation and free resources for parents	English	Sutter Tracy Community Hospital Community Room: 1420 N. Tracy Blvd Tracy, CA 95376	By Appointment - Call to schedule	209-833-2419	https://www.sutterhealth.org/sgmf/class es-events/breastfeeding-support-supplies- 28258-138152
Sutter Health	Postpartum - Lactation Warm Line	Breastfeeding Related Hot Line to Ask questions and related info	English	Via Cell	Call to speak to a consultant about Lactation	415-600-6243	https://www.sutterhealth.org/sgmf/class es-events/-a-cpmc-postpartum-offering- lactation-warm-line-phone-26068-236928
San Joaquin General Hospital	Stop the Bleed	Basic bleeding control	English	500 W. Hospital Road, French Camp, CA 95231	Varies		https://www.sanjoaquingeneral.org/dow nloads/StopTheBleed-Mthly_Flyer.pdf
Community Medical Centers	Reproductive Health Education Class Series	Series of free classes that discuss various Sexual Health Topics	English and Spanish	Online via Zoom	Varies	209-299-6025	https://www.communitymedicalcenters. org/Services/Health-Education- Community-Outreach
Community Medical Centers	Clinic Based Health Education	Guidance, info, and support with managing and preventing	English and Spanish	Via Zoom or appointment	Varies	209-299-6025	https://www.communitymedicalcenters. org/Services/Health-Education- Community-Outreach
San Joaquin County - Public Health Services Kick it California	Community Health Workers Tobacco Cessation	Assistance with day to day needs such as; Job training, childcare, prenatal care, children's attire, housing, substance abuse, mental health care Free call/text line with materials to assist in quiting tobacco, can also include free counseling.	English and Spanish English, Spanish	Call for details Via cell/text, counseling options are available please see link.	Scheduled appointment M-F: 7:00 A to 9:00 PM or Saturday 9:00-5:00 P	209-468-2243 English: 1-800-NO- BUTTS (800-662- 8887) or text "Quit smoking" to 66819 Spanish: 1-800-600- 8191	http://www.sjcphs.org/healthed/health education community resources.aspx https://kickitca.org/our-program