

Stanislaus County Health Education Classes							
Program/Agency	Class Title	Topic	Languages Offered	Location	Dates/Times	Contact	Website
Women, Infant and Children (WIC) program	Nutrition	Nutrition, Breastfeeding, etc.	English, Spanish and other languages upon request.	Ceres, Modesto, Oakdale, Patterson, Turlock, Waterford	Various times available. Mostly virtual	Call 209.558.7377 Text 888.413.8165 Breastfeeding Helpline 209.525.4838	http://www.schsa.org/publichealth/programs/wic/
Haven Women's Center	Teens Count!	Youth program for ages 12-17 to find support and resources after experiencing domestic violence	English		8 week program. Call for more details	(209) 524-4331	https://www.havenstan.org/support-groups
Haven Women's Center	Kids Count!	Youth program for ages 5-11 to find support and resources after experiencing domestic violence	English		8 week program. Call for more details	(209) 524-4331	https://www.havenstan.org/support-groups
Haven Women's Center	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	https://www.havenstan.org/support-groups
Safe Kids Coalition	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@tenethhealth.com	https://www.safekids.org/coalition/safe-kids-stanislaus-county

Oak Valley - Family Support Network	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	https://oakvalleyhospital.com/about-us/family-support-network/
First 5 Stanislaus-Family Resource Centers	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	http://www.first5stan.org/frc.shtml
Doctors Medical Center Modesto	Stop the Bleed	Recognize life-threatening bleeding situations and how to respond	English	Basement Classroom 1400 Florida Avenue Modesto, CA 95355	Visit webpage or call for more info	(209) 578-1211	https://www.stopthebleed.org/training#public
Doctors Medical Center Modesto	Breastfeeding Course	Learn from a certified lactation specialist to teach skills and information on breastfeeding	English and Spanish	NICU Classroom 1441 Florida Avenue Modesto CA 95352	Visit webpage or call for more information	(209) 578-1211	https://www.dmc-modesto.com/events#2384
Sutter Health	Virtual Breastfeeding Cla	Helps expecting paren	English, Mandarin	Virtual	Various dates see web	650-853-2935	https://www.sutterhealth.org/sgmf/classes-events/series/-a-
Sutter Health	Beginners Body Weight S	Learn overall strength	English	Virtual – on Zoc	Various dates, regist	(650) 853-2935	https://www.sutterhealth.org/sgmf/classes-events/series/beginners-body-weight-
Sutter Health	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	https://www.sutterhealth.org/sgmf/health/mainolibrary-sgmf
Stanislaus County Library	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	209-558-7810 childrens@stanlibrary.org	https://www.stanislauslibrary.org/tk_kids_early.shtml

Kick it California	Tobacco Cessation	Free call/text line with materials to assist in quitting tobacco, can also include free counseling.	English, Spanish	Via cell/text, counseling options are available please see link.	M-F: 7:00 A to 9:00 PM or Saturday 9:00-5:00 P	English: 1-800-NO-BUTTS (800-662-8887) or text "Quit smoking" to 66819 Spanish: 1-800-600-8191	https://kickitca.org/our-program
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