



The Resource Connection

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## Calaveras

## Resource Directory 2011-2012

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For more information  
or for an electronic version visit:  
[www.theresourceconnection.net](http://www.theresourceconnection.net)

# The Resource Connection

## Calaveras Resource Directory 2010-2011

We hope this directory will help you get the services you may need. If you have a problem finding what you want, or if you need more information or assistance, please call 754-1075 or email us at [info@theresourceconnection.net](mailto:info@theresourceconnection.net).

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Therapist and private businesses listed in this directory are included as a resource of services in our area. This is in no way a recommendation of any private business. If we have overlooked related resources or information in need of correction, please contact The Resource Connection. Information printed in this Resource Directory was obtained from those agencies listed and other sources deemed reliable. If there are errors, they are unintentional.

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## Children's Services

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- Administration for Children and Families 415-437-8485  
Kim Relp, MSW Children and Families Program Specialist  
[www.acf.hhs.gov](http://www.acf.hhs.gov)
- Blue Mountain Coalition for Youth and Families 293-4500  
Youth and family center that services the citizens of West Point and surrounding communities  
[www.bmcyf.org](http://www.bmcyf.org)
- Calaveras Child Care Planning Council 754-5348  
Supports the development of affordable, accessible, quality child care  
[www.theresourceconnection.net/cccc](http://www.theresourceconnection.net/cccc)
- Calaveras Child Safety Seat Program 754-6792 or 754-6460  
Calaveras County Public Health Department car seat & booster seat fittings & replacements. Donations for seats encouraged. Call for an appointment.
- Calaveras Children's Dental Project 608-0335
- Calaveras County Independent Living Program (ILP) 754-6448  
Provides specific instruction to children 16 and older in foster care to teach independent living skills. (Job-hunting, homemaking, etc.)
- California Adoption Services (Referral Line) 800-543-7487  
[www.calkids.connection.org](http://www.calkids.connection.org)
- California Foster Families Agency 754-9900  
Private non-profit foster care program  
[www.cafosterfamilies.com](http://www.cafosterfamilies.com)
- Environmental Alternatives 754-5500  
Private non-profit foster care program, and transitional housing programs  
[www.ea.org](http://www.ea.org)
- First 5 Calaveras 754-6914  
Supporting the needs of children 0-5 and families  
[www.first5calaveras.org](http://www.first5calaveras.org)
- For Love of Children 736-0120 or 736-2942 or 736-2821  
Provides assistance and support to families that have limited resources
- Motherlode Mothers of Multiples 223- 5469 or 274-6517  
A growing network of moms with, and expecting, twins and triplets birth children in Amador County and surrounding areas  
[www.motherlodemoms.org](http://www.motherlodemoms.org)
- Prevent Child Abuse Calaveras Council (PCACC) 754-6914  
The PCACC partners with community and public agencies to provide free education, campaigns, and events that Value Children, Strengthen Families and Engage Communities. A community advisory council to prevent child abuse for all Calaveras children 0-18 years of age.  
[www.pcacalaveras.org](http://www.pcacalaveras.org)
- River City Child Care 916-263-5744  
For questions and concerns regarding state licensed child care and licensed child care homes and centers

- The Resource Connection Child Care Subsidy Program 754-3048  
 Helps pay child care costs for parents who are working, seeking employment or enrolled in a school/training program. Must be income eligible. [www.theresourceconnection.net](http://www.theresourceconnection.net)
- The Resource Connection Early Childhood Programs 772-3980  
 (Head Start/Early Head Start/State Preschool) Full day/part day preschool & infant toddler centers. Prenatal home visiting. Must be income eligible or have a special need.  
[www.theresourceconnection.net](http://www.theresourceconnection.net)
- The Resource Connection Resource & Referral Services 754-1075  
 Information on licensed child care centers and family child care homes; toy lending library  
[www.theresourceconnection.net](http://www.theresourceconnection.net)
- The Resource Connection WIC Program 223-7685 or 800-218-2427  
 (Women, Infants, & Children) Provides nutrition and education programs for pregnant women and mothers of infants and toddlers (birth to 5). WIC is an Equal Opportunity Program.  
[www.theresourceconnection.net](http://www.theresourceconnection.net)
- TrustLine 800-822-8490  
 The California registry of in-home child care providers who have been cleared through a fingerprint check of the CA Dept. of Justice  
[www.trustline.org](http://www.trustline.org)
- USDA Child Care Food Program 800-952-5609  
 A state and federally funded program that gives financial aid to licensed child care centers and day care homes to provide children with nutritious, well-balanced meals and to help with developing good eating habits in children.
- Valley Springs Youth Center 772-3922  
 A free supervised & safe environment for area youth ages 11-17
- Youth Mentoring Program 736-6078  
 Connects Calaveras County young people in 1<sup>st</sup> - 12<sup>th</sup> grades with safe, positive adult role models who will offer support, guidance, friendship and help the youth make healthy life decisions.  
[www.calaverasmentoring.org](http://www.calaverasmentoring.org)

### **Child Protection Services**

- Calaveras County District Attorney 754-6330  
 Child Protective Services (CPS) 754-6452  
 Protective services, care and placement for children at risk of abuse or neglect

### **Missing Children and Runaways**

- California Youth Crisis Line 24 hrs 800-843-5200  
 National Center for Missing & Exploited Children 800-843-5678  
 Polly Klass Foundation [www.pollyklass.org](http://www.pollyklass.org) 800-587-4357

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## Counseling Services

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Calaveras County Mental Health Program	754-6525
24 Hour Crisis	800-499-3030 or 754-3239
Counseling services for any resident of Calaveras County; sliding fee scale	
Medi-Cal insurance accepted	
Calaveras County Substance Abuse Program	754-6555
Calaveras Health Link	755-1450
Provides one on one therapy sessions for couples, family counseling, as well as play therapy for children 5 years and older	
Children's System of Care	754-6525
Specialty mental health service that provides intensive home, school and community based services to at-risk youth. A referral is necessary.	
Copperopolis Family Medical Center	785-7000
Medi-Cal insurance accepted	<a href="http://www.marktwainhospital.org">www.marktwainhospital.org</a>
MACT - San Andreas Counseling Service, Emily Jacobs, LCSW	755-1450
The Resource Connection Prevention & Intervention Services	754-1300
24 hour Crisis Hotline 736-4011 or 754-4011	
Prevention & Intervention Services for men, women and children who are victims and survivors of domestic violence or sexual assault	
<a href="http://www.theresourceconnection.net">www.theresourceconnection.net</a>	
Valley Springs Family Medical Center	772-9538
Medi-Cal insurance accepted	<a href="http://www.marktwainhospital.org">www.marktwainhospital.org</a>
<b>Private Therapists</b>	
Barbara Hall MA, LMFT	770-1965
Holistic Psychotherapy	<a href="http://www.lovecreekcounseling.com">www.lovecreekcounseling.com</a>
Bonnie Danielson, MFCC	754-3023
Emily Jacobs, LCSW	<a href="http://www.valleyspringscounseling.com">www.valleyspringscounseling.com</a> 304-2924
Eugene A. Allende, MA, MFT	223-9500
Traditional & Transpersonal Psychotherapy, Meditation Groups/ Classes	
John Berner, PhD, Psychologist	728-8814
Judi Goglia MA, MFT	728-2488
Individual, Couples and Family Therapy	
Linda Brucklacher, MFT	<a href="http://www.valleyspringscounseling.com">www.valleyspringscounseling.com</a> 765-9643
Michael McCratic, MFT	728-9118
Nitya Prema, MFT	795-0755
Sharon Armstrong, PhD	754-3463
Valerie Olson MBA, CTRS	795-2599
Fun, Fit, & Fab (Health Coaching/Weight Control/Recreation Therapy/Senior Support)	

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## Disability Services

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- ARC of Amador and Calaveras 754-4001  
 Services for people with developmental disabilities [www.arcofamadador.org](http://www.arcofamadador.org)
- Calaveras County Special Education Program 736-6016  
 Testing for hearing, visual, psychological, language, and learning disabilities for children birth through 21 years old. Educational services for those individuals who are certified disabled.
- California Children's Services (CCS) 754-6460  
 Through the Calaveras County Public Health Department. Services for eligible children with specific medical problems. Call for more information. Provides free medical and dental health check-ups for kids up to age 20.
- California Relay Services TDD: 800-735-2929  
 Relay telephone calls between TDD (Telephone Device for the Deaf and Disabled) and voice callers
- California Telephone Access Program 800-806-1191 or TTY: 800-806-4474  
 Provides adaptive telecommunications equipment for all disabilities
- Child Health/Disability Prevention (CHDP) 754-6460  
 County Public Health Department. Find and treat health problems in children birth to age 21
- Children's Inclusive Care Council (CICC) of Amador and Calaveras 754-6914  
 The purpose of the council is to establish a collaboration of agencies and individuals that promote and support inclusion for all children
- Children's System of Care 754-6525  
 Offers "Parents Unplugged", a parent support meeting for parents and caregivers of children with emotional and behavioral difficulties. Call for meeting times and location.
- Council on Developmental Disabilities 473-6930  
 State of California Area Board 6. A referral, education and advocacy service for children and adults with developmental disabilities. [www.areaboard6.ca.gov](http://www.areaboard6.ca.gov)
- Disability Resource Agency for Independent Living [www.drail.org](http://www.drail.org) 532-0963  
 DRAIL offers information referrals and other services to individuals with disabilities
- Early Start: Calaveras Early Intervention Specialist 736-6053  
 Helps families locate services for their infants and toddlers who are premature, have health problems or may be delayed in their development. A free service.
- Easter Seal Superior California 957-3625  
 Licensed rehabilitation center providing physical, occupational, and speech therapy, loaned equipment for children and adults with disabilities. Therapeutic Pool and a Therafitness Gym for adults.

Family Resource Network		800-847-3030
Support and information for families with children who have special needs		
In Home Supportive Services (IHSS)		754-6452
Domestic services available to the disabled and elderly. Eligibility guidelines required.		
Mind Matters		728-2184
A Comprehensive Treatment Center serving families affected by ADD/ADHD, Autism Spectrum Disorders, Learning Disabilities. Offers workshops and classes to educate.		
Outlook ( A WATCH Program)		736-9146
A day program with classes on life skills for the handicapped. Library services for the Blind and Dyslexia.		
Public Guardian/Probate Conservative Program		754-6448
A program for Calaveras County residents who are not able, due to grave disability or incompetency, to take care of their person or estate when no other relative or appropriate individual is available to provide this service.		
Sierra Wind Wellness Center	<a href="http://www.sierrawind.org">www.sierrawind.org</a>	223-1956
Offers a variety of services for those individuals who have experienced or are experiencing some form of emotional disorder, which interferes with employment, school attendance or daily life in general. Assistance in job seeking, food, friendship, and support.		
Social Security & Medicare Eligibility		800-772-1213
The Resource Connection Early Childhood Programs		772-3980
This program serves children with special needs and has highly qualified staff of certified teachers. Programs designed to meet children's developmental needs. This is a program that serves children of low income families.		
UC Davis M.I.N.D Institute		916-703-0280
The ultimate goal of the institute is to find a cause, effective treatments and cures for neurodevelopmental disorders. While focusing on research, the UC Davis M.I.N.D Institute clinic has experts from pediatric specialist who treat people with neurological disorders. A referral is needed.		
Valley Mountain Regional Center (VMRC)		754-1871
Evaluation and screening for developmental disabilities, counseling, diagnosis, coordination of services, genetic and prenatal screening, high risk infant program, some funding for services, equipment, etc.		
WATCH Program		533-0510
Provides supportive housing, vocational, educational, recreational, and transportation services to adults with developmental disabilities. For residents of Calaveras and Tuolumne counties.		

## Private Therapists

Anne Roeth	296-5328
Infant Development Specialist	
Bonnie Danielson, MFT	754-3023
Parenting issues, custody, school problems, families dealing with disabilities, loss, geriatric issues, grief, co-parenting	
Kitty Dennis, MA., M.T.	795-5244
Rosalyn Vermeulen	483-7009
Licensed Speech Language Pathologist	
Lisa Pickens	952-9738

## State & National Resources for Disabilities

American Cancer Society	800-227-2345
American Council of the Blind	800-424-8666
American Diabetes Association	800-DIABETES (342-2383)
American Foundation for the Blind	800-232-5463
American Kidney Fund Information Line	800-638-8299
American Liver Foundation	800-223-0179
American Speech-Language Hearing Association	800-638-8255
American Stroke Center and Network	800-553-6321
Arthritis Foundation	800-283-7800
Asthma and Allergy Foundation of America	800-727-8462
Better Hearing Institute	800-372-9355
Brain Injury Center	800-444-6443
Cancer Information Service	800-422-6237
Captioned Films for the Deaf	800-237-6213
Child Care Law Center	415-558-8005
Children's Craniofacial Association	800-535-3643
Cleft Palate Foundation	800-24-CLEFT (242-5338)
Cornelia de Lange Foundation	800-223-8355
Council of Citizens with Low Vision INT	800-733-2258
Crohn's and Colitis Foundation of America	800-343-3637
Cystic Fibrosis Foundation	800-344-4823
Endometriosis Association	800-992-3636 / 414-315-2200
Epilepsy Foundation of America	800-332-1000
Equal Employment Opportunity Commission	800-669-3362
Hear Now-National Hearing Aid Bank	800-648-HEAR (648-4327)
Huntington's Disease Society	800-345-4372
Infant Development Association of California (IDA)	916-453-8801

International Dyslexia Association	800-222-3123
International Hearing Society/Hearing Aid Helpline	800-521-5247
Job Accommodation Network	800-526-7234
Juvenile Diabetes Association	800-533-CURE (533-2873)
Lupus Foundation Information Line	800-558-0121
Multiple Sclerosis 24-hr Information Line	800-833-4672
Myasthenia Gravis Foundation	800-541-5454
National Adoption Center for Special Needs & Physically Disabled Children	800-TO-ADOPT (862-3678)
National Alliance for the Mentally Ill	800-950-NAMI (950-6264)
National Association of the Visually Impaired	800-562-6265
National Center for Disease Control	800-CDC-INFO (232-4636)
For disease prevention and treatment. National AIDS Hotline	TTY: 800-232-6348
National Center to Prevent Blindness America	800-221-3004
National Council on Disability	202-272-2004
National Dissemination Center for Children with Disabilities	800-695-0285
National Down Syndrome Congress	800-232-NDSC (232-6372)
National Down Syndrome Society	800-221-4602
National Easter Seal Society	800-221-6827
National Health Information Center	800-336-4797
National Hospice Organization Help Line	800-658-8898
National Information Center for Children and Youth with Disabilities	800-695-0285
National Kidney Fund	800-622-9010
National Organization of Rare Disorders	800-999-6673
National Organization on Disability	646-505-1191
National Rehabilitation Information Center	800-34-NARIC (346-2742)
National Spasmodic Torticollis Association	800-487-8385
National Spinal Cord Injury Association	800-962-9629
National Tuberous Sclerosis Association	800-225-NTSA (225-6872)
Recording for the Blind and Dyslexic	800-221-4792
Services for the Blind and Handicapped	800-424-8567
Spina Bifida Association	800-621-3141
Stuttering Foundation of America	800-992-9392
Tourette's Syndrome Association	800-237-0717
United Cerebral Palsy	800-872-5827
United Leukodystrophy Foundation	800-728-5483
United Ostomy Association	800-826-0826
Zero to Three	800-899-4301

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# Education Services

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## School District Offices

Bret Harte Union High School District	736-8340
Calaveras County Office of Education	736-4662
Calaveras Unified School District	754-2300
Mark Twain Union Elementary School District	736-1855
Vallecito Union School District	795-8000

## High Schools

Bret Harte High School	736-2507
Calaveras High School	754-1811
Gold Strike High School	754-2123
Jenny Lind Alternative School	754-2123 or 754-2130
John Vierra Independent Study High School	736-8327
Sierra Hills Education Center	754-2123
Vallecito High School	736-8327
West Point Alternative High School	754-2255

## Community Schools

Angels Creek High School	754-1996
Calaveras River Academy	754-1996
Calaveras Transitions (Community Day School)	754-2316 or 754-2123
Community School at Oakendell	754-1961
Mark Twain Community School	736-6533

## Home Study Programs

Home School Academy	728-1905
Homefires Home-School support	650-365-9425
	<a href="http://www.homefires.com/support/calaveras.asp">www.homefires.com/support/calaveras.asp</a>
Mountain Oaks Charter School/Home Study Program	754-0532

## Middle Schools

Avery Middle School	795-8520
Toyon Middle School	754-2137

## Elementary Schools

Copperopolis Elementary School	785-2236
Hazel Fischer Elementary School	795-8030
Jenny Lind Elementary School	754-2350

Mark Twain Elementary School	736-6533
Michelson Elementary School	728-3441
Mokelumne Hill Elementary School	754-2140
Rail Road Flat Elementary School	754-2275
San Andreas Elementary School	754-2365
Valley Springs Elementary School	754-2141
West Point Elementary School	754-2255

### Colleges

Columbia College	<a href="http://www.columbia.yosemite.edu">www.columbia.yosemite.edu</a>	588-5100
Courses leading to an A.A. degree, GED program, extension courses, continuing education		

### Other Education

Calaveras Adult Tutoring (CAT)		754-6006
Literacy based. Reading, writing, GED prep, math and basic computers		
Calaveras County Library		754-6510
Grandparents and books, summer reading program, class visits <a href="http://www.co.calaveras.ca.us">www.co.calaveras.ca.us</a>		
UC Cooperative Extension		754-6477
Nutrition education for adult food stamp recipients		
In-school education programs for children (nutrition, embryology, oak tree, recycling, self-awareness)		
4-H Youth Program available to Kindergarten through 12th grade		
Master Gardener & Master Food Preserver Programs		
Agricultural Education & Natural Resources Program		

### Internet Education Resources

California College Guide	<a href="http://www.cpec.ca.gov/collegeguide">www.cpec.ca.gov/collegeguide</a>
US Department of Education	<a href="http://www.ed.gov">www.ed.gov</a>

## Emergency and Crisis Services

American Red Cross (Tuolumne County)		533-1513
Emergency services, First Aid & CPR training		
Calaveras County Mental Health Dept.		754-3239 or 800-499-3030
24-Hour crisis service and Suicide Prevention		
Safe Surrender		877-BABYSAF or 877-322-9723
Surrender an infant up to three days of birth		
Arnold - Ebbets Pass Fire Protection District, Station 1		795-1646
Mountain Ranch - Central California Fire & Rescue		754-4330
San Andreas - Mark Twain St. Josephs Hospital		754-3521

Sheriff, Fire Department, Ambulance	<b>Call in emergency only!</b>	911
Sierra Wind Wellness Center		223-1956
Offers assistance in acquiring food and secure employment		<a href="http://www.sierrawind.org">www.sierrawind.org</a>
The Resource Connection Food Bank		754-1257
Emergency food boxes for people referred as in need		<a href="http://www.theresourceconnection.net">www.theresourceconnection.net</a>
The Resource Connection Prevention & Intervention Services		754-1300
	24 hour Crisis Hotline	736-4011
Prevention & Intervention Services for men, women and children who are victims and survivors of domestic violence or sexual assault		<a href="http://www.theresourceconnection.net">www.theresourceconnection.net</a>

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## Family Services

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24hr Parent Support Line		888-281-3000
We're here to listen. A free service available 24hrs a day 365 days a year, to assist caregivers of children who may be in crisis, seeking information, resources, or just needing someone to listen and provide encouragement when it is most needed.		
		<a href="http://www.theeffort.org">www.theeffort.org</a>
Amador Tuolumne Community Action Agency (ATCAA)		223-1485 or 533-1397
Family Resource Services including Emergency Food and Shelter, Energy Home and Weatherization, Parenting Classes, Lending Library, Help Line, Child Abuse Prevention, and Respite home visiting.		<a href="http://www.infonettc.net">www.infonettc.net</a>
Calaveras County Public Health Department		754-6460
Calaveras County Tobacco Prevention Program		754-6460
Calaveras County Public Health Department; cessation Quit Kits, referrals, community coalition community campaigns and activities.		
Changing Echoes		785-3667
An in-house substance-abuse service		<a href="http://www.changingechoes.com">www.changingechoes.com</a>
Door of Hope Pregnancy Center	<a href="http://www.calaverasdoorofhope.org">www.calaverasdoorofhope.org</a>	754-5100
Foothill Pregnancy Center		536-9262
MACT Health Board (Calaveras County)		754-6262 or 755-1400
Family planning among other services for people of Native American descent and non Native American descent. Calaveras residents.		<a href="http://www.macthealthboard.com">www.macthealthboard.com</a>
Planned Parenthood		
Clinic, Eastland, Stockton		466-2081
Clinic, Ben Holt, Stockton		477-4103
Clinic, Modesto		579-2300
Birth control information, family planning. Medi-Cal insurance accepted.		
San Andreas Community Medical Center		755-1400
Free and low cost medical services for children and adults. Prenatal care.		
Stockton Pregnancy Control Clinic		465-5655

Pregnancy counseling, testing, birth control information, abortions. Medi-Cal insurance accepted.

## Parent Education

- Cooperative Parenting & Divorce Class 754-9890  
Mimi Bell, Family Court Services Director – Classes are held in April/May (spring) and October/November (fall). [www.calaveras.courts.ca.gov](http://www.calaveras.courts.ca.gov)
- First 5 Calaveras 754-6914  
Offers Parent Counseling, Nurturing Parenting Workshops, Mindfulness Parenting Workshops and seminars at no cost to Calaveras County parents of children ages birth through age 17. [www.first5calaveras.org](http://www.first5calaveras.org)

## Breastfeeding Support

- Amador/Calaveras Breastfeeding Coalition 754-6460 or 800-754-8889  
[www.facebook.com/pages/AmadorCalaveras-BreastfeedingCoalition/](https://www.facebook.com/pages/AmadorCalaveras-BreastfeedingCoalition/)
- Chrysalis Woman 772-0511
- La Leche League of Calaveras County 795-4393, 728-9704 or 763-2700  
[www.llli.org](http://www.llli.org)
- My Birth Connection: Brandy Astwood 304-8495  
Holistic childbirth education, prenatal stop smoking program, Doula care, infant massage class, FREE prenatal fitness program, belly casting, placenta encapsulation, prenatal massage, hypno-birthing, midwife referrals. [www.mybirthconnection.com](http://www.mybirthconnection.com)
- National Women's Health Breastfeeding Help Line 800-994-9662  
Information Specialist trained through LLL to answer basic breastfeeding concerns M-F 6am-3pm PT [www.4women.gov](http://www.4women.gov)
- Sutter Amador Hospital's Breastfeeding Support Group 223-7460 or 223-7452  
Free Breastfeeding success group offered on Wednesday 10:30-11:30 am. Led by a certified lactation consultant, this is an educational group tailored to your immediate or long term needs. Available to all mothers and babies in our community. Offers breast pumps and breastfeeding aids.
- The Resource Connection WIC Program 223-7685 or 800-218-2427  
WIC is an Equal Opportunity Program [www.theresourceconnection.net](http://www.theresourceconnection.net)

## Private Practice Certified Lactation Consultation

- 3 P's Lactation 588-8881  
Donna Cretan, RNC, BSN, IBCLC
- The Lactation Station 984-4640  
Debbie Townsend, IBCLC
- The Nesting Place [www.thenestingplace.net](http://www.thenestingplace.net) 588-1908
- With Woman Care 928-1509

## Seniors Services

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Adult Protective Services	754-6452
Area 12 Agency on Aging/Senior Nutrition Program	800-510-2020
Calaveras Senior Center	754-3967
Lunch program and a wide range of activities - call for a calendar of events	
Calaveras Senior's Club	736-0068
California Department on Aging	916-332-5630
CBM Murphys Senior Center	728-9114
Common Ground Senior Servies/ Senior Nutrition	223-3015
Lunches for senior citizens in San Andreas, Angels Camp, Arnold, West Point, Valley Springs, Burson, Mountain Ranch, and Murphys. Offers transportation.	
Congregate Meals	223-3630
Experience Works	754-4242
Job placement for income eligible persons over 55	<a href="http://www.motherlodejobconnection.org">www.motherlodejobconnection.org</a>
Free Income Tax Preparation –AARP	795-8208
Free or Low-cost Fishing Licenses	770-4089
HICAP (Health Insurance Counseling and Advocacy Program)	800-510-2020
Help with Medi-Care, etc. Senior financial services	
Hospice of Amador & Calaveras	<a href="http://www.hospiceofamador.org">www.hospiceofamador.org</a> 223-5500
Housing Rehabilitation Program	800-995-0431
In Home Supportive Services (IHSS)	754-6452
Issues on Aging Support Group	754-6525
Jenny Lind Veterans Memorial District	772-9650
Jumping Frog Seniors	736-2757
Meals On Wheels: Common Ground	223-3015 or 736-9996
Provides nutritious meals and other nutrition services to men and women who are elderly, homebound, disabled, frail, or at risk in both Amador and Calaveras Counties.	
Oakview Health Center, Bone Density	754-5374
Public Authority	754-6544
Senior Legal Hotline	800-222-1753
Advice and assistance on legal issues for seniors 60+	
Senior Peer Support Services	754-6642
Sierra Valley Medical Supply	728-2324
Social Security and Medicare	800-772-1213
The Resource Connection Food Bank	754-1257
Veteran's Services	754-6452
Volunteer Center of Calaveras	754-1699

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## Financial Assistance

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CalWORKs/Cash Aid (TANF)	754-6448
Consumer Credit Counselors	800-736-2227
Social Security	800-772-1213

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## Food Services

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7th Day Adventist Church Community Service Center	736-4636
Food and clothing available. Call for information.	
Common Ground Senior Services/Senior Nutrition Program	223-3015
Lunches for senior citizens in San Andreas, Angels Camp, Arnold, West Point, Valley Springs, Burson, Copperopolis, Rail Road Flat and Murphys. They also provide information and assistance in the five counties they serve, including transportation.	
ATCAA Food Bank	<a href="http://www.infonettc.net">www.infonettc.net</a> 984-3960 or 223-1485
The ATCAA Food Bank solicits, transports, and distributes donated foods to individuals.	
Calaveras Garden to Family	<a href="http://www.cecalaveras.ucdavis.edu/Farm_to_Family">www.cecalaveras.ucdavis.edu/Farm to Family</a> 754-6477
Calaveras Works and Human Services (CalWORKs)	754-6448
Food stamps, for income eligible families. Food boxes for people referred as in need.	
Food Distribution to eligible families. General Assistance.	
Community United Methodist Church	772-2429
In Valley Springs, Food Pantry Fridays 9am-12pm	
Foothill Evangelical Lutheran Church	772-0940
In Valley Springs, Food Pantry - open Mondays 11am-2pm	
Good Samaritan Church	772-9548
In Valley Springs, Food Pantry - open Saturdays 9-11am	
Meals On Wheels : Common Ground Senior Services	736-9996 or 223-3015
Provides nutritious meals and other nutrition services to men and women who are elderly, homebound, disabled, frail, or at risk in both Amador and Calaveras Counties.	
<a href="http://www.commongroundseniorservices.org">www.commongroundseniorservices.org</a>	
Saint Patrick's Helping Hands	736-4575
In Angels Camp, Food Pantry open Monday and Thursday 2-4pm	
Sierra Hope Food Pantry	736-6792
In Angels Camp, Food Pantry Wednesday 1-4pm	
Sierra Wind Wellness Center	<a href="http://www.sierrawind.org">www.sierrawind.org</a> 223-1956
Offers daily meals to all attendees at Wellness Center. Services to for those individuals who have experienced or are experiencing some form of emotional disorder which interferes with employment, school attendance or daily life in general.	
The Resource Connection Food Bank	754-1257
Federal commodities distribution for income eligible residents of Calaveras County. Also	

emergency food boxes for people referred as in need.

The Resource Connection WIC Program 223-7685 or 800-218-2427  
(Women, Infants, & Children) Provides nutrition and education programs for low-income pregnant women and mothers of infants and toddlers (birth to 5). WIC is an Equal Opportunity Program. [www.theresourceconnection.net](http://www.theresourceconnection.net)

USDA Child Care Food Program 800-952-5609  
A state and federally funded program that gives financial aid to licensed child care centers and day care homes to provide children with nutritious, well-balanced meals and to help with developing good eating habits in children.

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## Health Services

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**In An EMERGENCY** 911

Calaveras Children’s Dental Project 608-0335  
A school based program for children and a program for pregnant women. Provides dental check-ups and cleanings.

Calaveras County Mental Health 754-6525

Calaveras County Public Health Department 754-6460  
California Children’s Services (CCS)- services for medically eligible children  
Child Health and Disability Prevention (CHDP)- Health referrals for infants – youth from low income families  
Child Passenger safety- offers car seats  
HIV testing, immunizations, Prenatal/ Post Partum Nursing Home Visits, Pregnancy testing, Tobacco Prevention Program

Calaveras County Tobacco Prevention 754-6460

Calaveras County Tuberculosis Skin Testing Program 754-6460

Calaveras Works and Human Services – Medi-Cal 754-6448

Familywise 800-222-2818  
Provides free prescription discount cards [www.familywise.org](http://www.familywise.org)

Healthy Families Information Line 800-880-5305  
Information on state health coverage for children, including Medi-Cal and the new Healthy Families Program

Hospice of Amador & Calaveras 223-5500  
Provides the treatment and care necessary for physical, emotional and spiritual well-being, either at home, or in a board-and-care or skilled-nursing facility of those nearing the end of their lives. [www.hospiceofamador.org](http://www.hospiceofamador.org)

Hospice of the Sierra/Visiting Nurses 533-6800 or 736-2338  
Skilled nursing care by professional nurses, part-time in the home on referral by a doctor. Medi-Cal insurance accepted. Assistance to terminally ill patients and their families; bereavement care. Based on need rather than ability to pay.

In Home Supportive Services (IHSS)	754-6452
Domestic services available to the disabled and elderly. Eligibility guidelines required.	
Kene-Me-Wu Family Healing Center - Crisis Line	800-792-7776
Healing Families - Healing Communities - In Indian Country. Comprehensive services for domestic violence victims, including counseling, shelter and restraining orders. Services are confidential. Free to Native Americans.	
MACT Health Board - Calaveras County	755-1400
Health programs including well child care (physicals, immunizations, etc.) screening for glaucoma, diabetes and hearing; referrals dental care, family planning, counseling, etc.	
Mark Twain St. Joseph's Michelle Van Fossan, R.D.	754-2530
Nutritional and dietitian counseling with a physician's referral	
Poison Control	800-222-1222
Soroptimist International	736-1947
Touching Lives Program provides financial assistance to ease burden of unmet medically related needs	
	<a href="http://www.sicalaverascounty.org">www.sicalaverascounty.org</a>
State of California Services Access Dental Plan, Inc.	800-707-6453

## Health Departments

Amador County Public Health Department	223-6407
Calaveras County Public Health Department	754-6460
Tuolumne County Public Health Department	533-7401

## Health Clinics and Centers (Names with the ◊ symbol accept Medi-Cal)

Acupuncture & Wellness Center of Angels Camp	736-1780
Amador Indian Health Clinic ◊	257-2400
Angels Camp Medical Clinic ◊	736-0813
Arnold Family Medical Center ◊	795-1270
Arnold Medical Clinic ◊	795-4488
Center for Holistic Medicine, Columbia	588-8900
Copperopolis Family Medical Center ◊	785-7000
Forest Road Primary Care Clinic ◊	536-5100
Global Healing Arts	223-3803
A Community Healing Center For Body, Mind and Spirit	
Motherlode Holistic Connection	<a href="http://www.motherlodeholistic.com">www.motherlodeholistic.com</a> 304-8495
A Community Wellness Center located in historic downtown Jackson offering massage, hypnosis, childbirth education, Tai Chi, Yoga, Meridian Tapping and more	
San Andreas Community Medical Center ◊	755-1400
Tuolumne Indian Health Center ◊	533-9600
Valley Springs Center for Integrative Medicine ◊	772-8906
Valley Springs Family Medical Center ◊	772-9538

## **Family and General Practice Doctors**

SRMC Angels Camp Family Medical Center ◊ Everardo Lopez, MD	736-0249
SRMC Arnold Family Medical Center ◊ Dolly Jacobs, NP and Soni Andreini, MD	795-1270

## **Pediatrics**

Athena Tylan, MD ◊	772-9538
Child Health & Disability Prevention Program (CHDP)	754-6460

## **Obstetrics and Gynecology**

Donovan Teel, MD (◊ pregnancy only)	532-9128
Lawrence Brunel, MD (◊ pregnancy only)	532-5121
Petre Motiu, MD (◊ pregnancy only)	754-1165

## **Dentists**

Calaveras Children's Dental Project	608-0335
Forest Road Health and Wellness Dental Services	536-5140
MACT Health Board (Jackson Rancheria Dental)	257-2460
Medi-Cal Dentists Referral / Denti-Cal	800-322-6384
San Joaquin Dental Society, Stockton	951-1311
Referrals to dentists in San Joaquin, Calaveras and Tuolumne counties	
Shannon Russell, DDS	795-1535 or 795-6733
State of California Services Access Dental Plan, Inc.	800-707-6453

## **Optometrists and Ophthalmologists**

Lions Club (Ken Bourgault) Helps with cost of eyeglasses based on funds and circumstances	728-9100
Sierra Eye Care, Valley Springs Medi-Cal accepted only on Fridays and only for children	772-9798
Sierra Eye Center Medi-Cal accepted by physician referral only	736-6760
Sonora Vision Center	533-2550

## **Hospitals**

Mark Twain St. Joseph's Hospital	754-3521
Sonora Regional Medical Center	532-5000
St. Joseph's Medical Center (Stockton)	943-2000
Sutter Amador Hospital	223-7500

## Alternative Health Practitioners

Barbara Hall MA, LMFT	770-1965
Holistic Psychotherapy	<a href="http://www.lovecreekcounseling.com">www.lovecreekcounseling.com</a>
Brandy Astwood, CHT, HBCE	304-8495
The Solution Within Hypnosis Center, Jackson	
Clinical Hypnotherapist; Stop Smoking Specialist Located within Motherlode Holistic Connection. Offering therapeutic hypnosis, specializing in smoking cessation and childbirth.	<a href="http://www.thesolutionwithin.com">www.thesolutionwithin.com</a>
Carolini DuCray, CMT – Global Healing Arts	223-3803
Jin Shin Jyutsu Practitioner, Deep Tissue Massage	
Christa Rypins	559-1969
Intelligent Body Studio, Daily Classes/all levels	
Debbie Colston, GIA	588-9685
Wellness Independent Consultant	<a href="http://www.debbiecolston.inspiredwellness411.com">www.debbiecolston.inspiredwellness411.com</a>
Earthheart Enterprises	<a href="http://www.earthheart-ent.com">www.earthheart-ent.com</a> 728-9432 or 415-385-8388
John Adams	
Dr. Rhoda Nussbaum	
Cheryl Canfield	
Eugene A. Allende, MA, MFT	223-9500
Traditional & Transpersonal Psychotherapy, Meditation Groups/ Classes	
Jacque Walters - Branton Life Expressions, Inc.	296-1620
	<a href="http://www.marketamerica.com/lifeexpressions">www.marketamerica.com/lifeexpressions</a>
Janice Goranson, CMT	743-5998
Tranquility Massage and Skin Care	
Johanna Atman PhD, CMT, Whole Life Therapies	728-3569
Massage Therapy/ Bodywork; CranioSacral Therapy, Colorpuncture; Inner Work for Healing and Personal Growth; Flower Essences and Essential Oils	
	<a href="http://www.johannaatman.com">www.johannaatman.com</a>
Karin Lubin, Ed.D, Quantum Leap Coaching	795-3127
	<a href="http://www.quantumleapcoaching.org">www.quantumleapcoaching.org</a>
Mary~Sevika Hackworth, RN	256-2844
Integrative Yoga Therapy, Tri-Yoga and T'ai Chi Classes/Workshops, Behavioral Therapies	
Patricia J. Noll	223-2530
Acupuncture & Traditional Chinese Herbal Medicine	
Patty Miles	728-8212
Yoga Studio Daily Classes/all levels	
Prabhu Mayo, Holistic Healing	795-2685
Sheila Gradison, CMT	736-9304

Balancing Through Touch and Movement Traeger, Egoscue Method		
Steven Alpern, LAc		536-9433
Susan McMorris; Wellness by Choice	<a href="http://www.yourwellnessbychoice.com">www.yourwellnessbychoice.com</a>	293-2272
Wellness Consultant and Meridian Tapping Technique Practitioner/Trainer		
Valerie Olson, MBA, CTRS	<a href="http://www.funfitandfab.com">www.funfitandfab.com</a>	795-2599
Fun, Fit, & Fab (Health Coaching /Weight Control/ Recreation Therapy /Senior Support)		

## Chiropractic

Andrea Sullivan, DC		727-4775
Inner Balance Sports Chiropractic		
Armin Kendig, DC		223-CARE
Wellness Center Albert Vick, DC	<a href="http://www.arnoldchiropractor.com">www.arnoldchiropractor.com</a>	795-1470

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## Household Needs

7th Day Adventist Church Community Service Center		736-4636
Food and clothing available. Call for information.		
Habitat for Humanity Warehouse		754-3234
Purchasing of home products and building supplies. Open Thursday through Saturday from 10-2pm.		
Once Again Thrift Store (OATS)		754-0692
Run by The Resource Connection, Prevention & Intervention Services		
St. Vincent De Paul Society		736-4575
Run by St. Patrick's Church in Angels Camp, Murphys and Arnold. Emergency food & shelter, visits to shut-ins, clothing to needy, transportation for shopping, medical appointments and those incapable of driving.		

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## Housing Services

Altaville Apartments		736-0620
Amador-Tuolumne Community Action Agency (ATCAA)	223-1485 or 533-1397	
Homeless and Transitional Shelters provided for up to 6 month for qualifying individuals and families. Emergency housing for families and singles up to 35 days in Sonora and Jackson. Case management support for job training, housing search, and social, health, and mental services.		
	After hours emergency contact	533-HELP
Bear Mountain Apartments		754-4077
Calaveras County Housing Repair Program		754-6448
Low-income homeowners may qualify for low-interest home repair loans		
Calaveras Works and Human Services (CalWORKS)		754-6448
Central Sierra Planning Council		532-8768

Assistance with Section 8 rental housing

Diamond Place Apartments	754-4643
Habitat for Humanity-Calaveras	754-5331
Family and community members work to build an affordable home that the family will buy from Habitat with no-interest mortgages. Brush with Kindness, assist in exterior improvements for qualifying homeowners.	
Housing Referrals	532-0963
Provides information, education, outreach and advocacy on accessible housing. Assist consumers with housing referrals and applications.	
Pam Company	334-6565
Administers low cost housing in Angels Camp and San Andreas areas	
San Andreas Apartments	754-1453
Sierra Commons, Columbia	532-0633
Sierra Meadows, Arnold	795-3407

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## Shelters

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Jackson Shelter	223-9215
Operation Care	223-2897 or Hot Line - 223-2600
Sonora Shelter	694-8698
The Resource Connection Prevention & Intervention Services	754-1300
24 hour Crisis Hot Line - 736-4011 or 754-4011	

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## Jobs

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Columbia College, Career Center	<a href="http://www.columbia.yosemite.edu">www.columbia.yosemite.edu</a>	588-5271
Mother Lode Job Connection		754-4242
Employment Development Department (EDD): Job info and placement, unemployment insurance. Job seek counseling, training, placement, on-the-job training. Family income guidelines. <a href="http://www.motherlodejobconnection.org">www.motherlodejobconnection.org</a>		
Sierra Wind Wellness Center		223-1956
Offers assistance in acquiring secure employment; building résumé, access to computers and internet. Offers services to for those individuals who have experienced or are experiencing some form of emotional disorder, which interferes with employment, school attendance or daily life in general. <a href="http://www.sierrawind.org">www.sierrawind.org</a>		

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## Legal Services

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Calaveras County District Attorney	754-6330
Calaveras County Probation Department	754-6466
Central Sierra Child Support Agency	866-901-3212

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Legal Services of Northern California 800-660-6107  
Low-income legal aid assistance on civil matters [www.lsnrc.net](http://www.lsnrc.net)  
The Resource Connection Court Self Help Center 754-1443  
Consultations with attorneys and assistance with legal papers. Income eligible households. The Office of the Family Law Facilitator offers help for individuals who do not have an attorney to represent themselves in Family Court.  
[www.theresourceconnection.net](http://www.theresourceconnection.net)

Victim/Witness Program 754-6565  
Assists victims with information and support in getting protection, attending court or receiving compensation

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## Library Services

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Calaveras County Libraries [www.co.calaveras.ca.us/cc/library](http://www.co.calaveras.ca.us/cc/library)  
Angels Camp 736-2198  
Arnold 795-1009  
Copperopolis 785-0920  
Mokelumne Hill 286-0507  
Murphys 728-3036  
San Andreas 754-6510  
Valley Springs 772-1318  
West Point 293-7020  
The Resource Connection Lending Library 754-1075  
Literature, videos, magazines, books, and other resources for parents and providers

## Internet Resources for Research

Ask a Librarian [www.asknow.org](http://www.asknow.org)  
Language Translation [www.google.com/translate](http://www.google.com/translate)  
Provides very simple translation of text and web pages to/from English and other languages  
Library of Congress [www.loc.gov](http://www.loc.gov)  
Project Gutenberg [www.gutenberg.org](http://www.gutenberg.org)  
The oldest producer of free e-books on the Internet

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## Utility Services

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Amador Tuolumne Community Action Agency (ATCAA) 223-1485 or 533-1397  
HEAP energy assistance and home weatherization programs for Amador, Calaveras and Tuolumne Co  
[www.infonetac.org](http://www.infonetac.org)

C.A.R.E.	866-743-2273
15% off bill - Program through PG&E	
Emergency Assistance Relief Services	754-1257
A service of The Resource Connection	
REACH	754-1257
Help with paying utility bills for income eligible families. A service of The Resource Connection.	

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## Miscellaneous

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Bikers Against Child Abuse	916-709-6514
“B.A.C.A exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization.”	<a href="http://www.bacausa.com">www.bacausa.com</a>
Calaveras Arts Council	754-1774
To support, nourish, and awaken the arts in our community	<a href="http://www.calaverasarts.org">www.calaverasarts.org</a>
Calaveras County Tobacco Cessation Program	754-6460
Provides tobacco cessation techniques, presentations and educational materials	<a href="http://www.co.calaveras.ca.us/department/phealth">www.co.calaveras.ca.us/department/phealth</a>
Calaveras County Tuberculosis Skin Testing Program	754-6460
	<a href="http://www.co.calaveras.ca.us/department/phealth">www.co.calaveras.ca.us/department/phealth</a>
Calaveras Veterans Association	754-6624
California Department of Forestry Information (CDF)	754-6600
Consumer Products Safety Commission	800-638-2772
To report a dangerous product or a product-related injury or to obtain information in English or Spanish	<a href="http://www.cpsc.gov">www.cpsc.gov</a>
Department of Veteran Affairs	800-827-1000
English as a Second Language Classes	736-4662
Calaveras County Office of Education offers ESL classes	
Motherlode Holistic Connection	<a href="http://www.motherlodeholistic.com">www.motherlodeholistic.com</a> 304-8495
Operation Care; Sexual Assault, Domestic Violence	223-2897
Emergency hotline 223-2600 or 800-675-3392	<a href="http://www.operationcare.org">www.operationcare.org</a>
Salvation Army	754-1257
Housed through The Resource Connection for gas and propane vouchers	
Stop Smoking	223-6638
Suicide Prevention	754-3239
The Center for Creativity and Community	747-1194

A unique gathering place in the Sierra Foothills of Calaveras County where people of all ages can explore and express their creativity

[www.center4creativity.net](http://www.center4creativity.net)

Volunteer Center of Calaveras

754-1699

## Support Groups

Alcoholics Anonymous [www.cnia30.org](http://www.cnia30.org) 800-851-1304

Blind Support 754-5738

Cancer Support Group 754-2690

Movers and Shakers 296-2575

Parkinson's and other Neurological disorders support group

National Alliance for Mentally Ill (NAMI) 736-4264

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## Travel Needs

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Calaveras Transit 754-4450

Serving Calaveras and adjacent counties

[www.calaverastransit.com](http://www.calaverastransit.com)

California Highway Patrol 754-3541

CalTrans Road Conditions [www.dot.ca.gov](http://www.dot.ca.gov) 800-427-7623

Foothill Rideshare [www.foothillrideshare.com](http://www.foothillrideshare.com) 877-538-8937

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## Internet World Wide Websites

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### Government Agencies

California Department of Education [www.cde.ca.gov](http://www.cde.ca.gov)

California Department of Industrial Relations [www.dir.ca.gov](http://www.dir.ca.gov)

California Department of Social Services Community Care Licensing Division

[www.cclid.ca.gov](http://www.cclid.ca.gov)

Consumer Products Safety Commission [www.cpsc.gov](http://www.cpsc.gov)

State of California [www.ca.gov](http://www.ca.gov)

The White House [www.whitehouse.gov](http://www.whitehouse.gov)

United States Department of Labor [www.dol.gov](http://www.dol.gov)

### Children/Child Care Organizations

California Child Care Health Line [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)

California Child Care Resource & Referral Network [www.rnetwork.org](http://www.rnetwork.org)

Child Care Law Center [www.childcarelaw.org](http://www.childcarelaw.org)

Children's Defense Fund [www.childrensdefense.org](http://www.childrensdefense.org)

Kid's Health [www.kidshealth.org](http://www.kidshealth.org)

National Association for the Education of Young Children (NAEYC) [www.naeyc.org](http://www.naeyc.org)

National Association of Child Care Resource & Referral Agencies (NACCRRA)

[www.naccra.org](http://www.naccra.org)

National Child Care Information Center/Child Care Partnership Project

[www.nccic.org](http://www.nccic.org)

Stand for Children

[www.stand.org](http://www.stand.org)

### **Informational sites**

Calaveras InfoNet

[www.infonetcc.org](http://www.infonetcc.org)

### **Websites for recreational activities for children and families**

Calaveras Development Co.

[www.collinsdevelopment.com/activities/events.php](http://www.collinsdevelopment.com/activities/events.php)

Calaveras Kids Magazine

[www.calaveraskids.com](http://www.calaveraskids.com)

The town of Mokulumne Hill, California

[www.mokehill.com/thing\\_to\\_do](http://www.mokehill.com/thing_to_do)

The city of Angels Camp, California

[www.angelscamp.gov](http://www.angelscamp.gov)

My Motherlode.com

[www.mymotherlode.com/entertainment](http://www.mymotherlode.com/entertainment)

Calaveras County, California

[www.co.calaveras.ca.us/cc](http://www.co.calaveras.ca.us/cc)

Calaveras Arts Council

[www.calaverasarts.org](http://www.calaverasarts.org)

Calaveras County Jumping Frog Jubilee

[www.frogtown.org](http://www.frogtown.org)

Calaveras County Visitors Bureau

[www.gocalaveras.com](http://www.gocalaveras.com)

The town of Murphys, California

[www.visitmurphys.com](http://www.visitmurphys.com)

Home Town Radio

[www.htradio.net](http://www.htradio.net)

Calaveras Enterprise

[www.calaverasenterprise.com](http://www.calaverasenterprise.com)

Sierra Lodestar

[www.sierralodestar.com](http://www.sierralodestar.com)

National Wildlife Federation

[www.nwf.org/get-outside.aspx](http://www.nwf.org/get-outside.aspx)

The Pine Tree.net

[www.thepinetree.net](http://www.thepinetree.net)

Sierra Mountain Times

[www.sierramountaintimes.com](http://www.sierramountaintimes.com)

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National Down Syndrome Congress (p. 10)	800-232-NDSC (232-6372)
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736-6078

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800-899-4301

# The Resource Connection

Engaging Families  
Empowering Communities  
Enriching Lives

**Calaveras Office**

1113 Hwy 49  
Building 2, Suite 2  
San Andreas, CA 95249

**Amador Office**

10877 Conductor Boulevard  
Sutter Creek, CA 95685

T (209) 754-3114

F (209) 754-4014

[TheResourceConnection.net](http://TheResourceConnection.net)