

NEVADA COUNTY SUPPORT GROUP RESOURCES

BEREAVEMENT SUPPORT GROUPS

Full Circle of Living and Dying

“End of Life Choices California has developed, collaboratively with Hospice of the North Coast, a bereavement program specifically for Medical Aid in Dying deaths which can be attended virtually by anyone, anywhere.”

Website:

<https://www.fullcirclelivingdyingcollective.com/bereavement-support-in-nevada-county.html>

Last Verified On: 01/15/2025



FREED Center

“If you have experienced a significant emotional loss whether that loss is due to death, divorce, or other loss/losses, recent or past, this is an opportunity for you to meet with other grievers, both men and women.”

Location: 435 Sutton Way
Grass Valley, CA 95945

Contact: (530) 477-3333, TTY (530) 477-8194

Website: <https://freed.org/services/peer-support/grief-group/>

Last Verified On: 01/15/2025

DISABILITY SUPPORT GROUPS

Depression and Bipolar Support Alliance

“Each person’s wellness journey is unique. With that in mind, DBSA has developed tools to help you take the first steps and determine what support you may need along the way.”

Website: <https://www.dbsalliance.org/>

Last Verified On: 01/15/2025

Multiple Sclerosis Self Help Support Group

“This group provides peer support, social interaction and sharing of resources and services that help people living with MS.”

Contact: (530) 913-3028

Website:

<https://www.nationalmssociety.org/Chapters/CAN/Groups-and-Discussions/Programs/Grass-Valley-Self-Help-Group>

Last Verified On: 01/15/2025

FREED Center

“FREED provides support for individuals with traumatic brain injury (TBI) to reintegrate into the community, attend a weekly support group, receive supported living services, vocational services, or other independent living services.”

Location: 435 Sutton Way
Grass Valley, CA 95945

Contact: (530) 477-3333, TTY (530) 477-8194

Website:

<https://freed.org/services/independent-living/traumatic-brain-injury/>

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NEVADA COUNTY SUPPORT GROUP RESOURCES

CAREGIVER SUPPORT GROUPS

Passages

“Program provides consultation, training, support groups, and respite care for family caregivers who provide in-home care to frail, older adults and to adults with brain or neurological impairment. Advocating for People in Long-Term Care”

Location: 25 Main Street
Chico, CA 95929

Contact: (530) 898-5923

Toll Free: (800) 822-0109

Website:

<http://www.passagescenter.org/caregiver---support-groups.html>

Last Verified On: 01/15/2025

PARENT SUPPORT GROUPS

The Nest Family Resource

“The Nest Family Resource is a comprehensive parenting resource. A mom on a mission to provide community and support to new parents founded the Nest. With an overwhelming amount of information available to today’s parents, we strive to share thoughtful essentials. Establishing a trusted community is a vital step toward healthy, happy parenting and the Nest is proud to provide a compassionate environment for building community.”

Location: 107 W Main St B
Grass Valley, CA 95945

Contact: (530) 637-8411

Website:

<https://downtowngrassvalley.com/the-nest-family-resource/>

Last Verified On: 01/15/2025

Partners Family Resource Centers

“One-stop place where families can find parenting tips, take advantage of lending libraries and classes, and get information about local events.”

Contact: (530) 478-6400 x2060

Website:

<https://partnersfamilyresourcecenters.org/>

Last Verified On: 01/15/2025

First 5 Nevada

“First 5 Nevada County promotes the importance of early childhood by investing in complex systems of care, empowering families, and strengthening communities.”

Contact: (530) 274-5350

Website: <https://www.first5nevco.com/>

Last Verified On: 01/15/2025



NEVADA COUNTY SUPPORT GROUP RESOURCES

PERINATAL SUPPORT GROUPS

Moving Beyond Depression Program

“A free, in-home cognitive behavioral therapy program for Nevada County parents who are experiencing depression during or after pregnancy. The family must be enrolled in one of the local home visiting programs to participate in Moving Beyond Depression. Parents in Moving Beyond Depression will receive 15 weekly sessions and a one month follow-up booster session from a licensed therapist. If you are interested in the program, talk to your home visitor. If you are not a home visiting client but are interested in Moving Beyond Depression, contact the MCAH program.”

Contact: (530) 265-5811

Website:

<https://www.nevadacountyca.gov/3546/Maternal-Child-Adolescent-Health>

Last Verified On: 01/15/2025

Insights Counseling Group (May or may not work, located in Placer County)

“Insights Counseling Services, in partnership with First5 Placer, offers no cost counseling for the prevention and treatment of various Perinatal Mood and Anxiety Disorders (PMADs), including postpartum depression and postpartum anxiety.”

Location: 265 Nevada Station
Auburn, CA

Contact: (530) 887-1300

Website:

<https://insightscounselinggroup.org/mom-squad/>

Last Verified On: 01/15/2025

Nevada County Public Health Department

“The Maternal, Child and Adolescent Health (MCAH) Program provides pregnant parents and families with young children free home visits that are tailored to the families' specific needs.”

Location: 500 Crown Point Circle
Grass Valley, CA

Contact: (530) 847-8293

Website:

<https://www.nevadacountyca.gov/3546/Maternal-Child-Adolescent-Health#:~:text=The%20MCAH%20program%20empowers%20and,to%20the%20families%20specific%20needs.>

Last Verified On: 01/15/2025

Postpartum Support International

“In English and Spanish, serves more than 600 callers a month, and rapidly refers callers to appropriate local resources including emergency services.”

Contact: Text in English (800) 944-4773, Text in Spanish (971) 203-7773, Help Line (800) 944-4773

Website: <https://www.postpartum.net/learn-more/>

Last Verified On: 01/15/2025



NEVADA COUNTY SUPPORT GROUP RESOURCES

RESOURCE DIRECTORIES

Nevada County Resource Directory

“Nevada County offers a variety of resources. You can choose or search for something directly that is offered within the county.”

Website:

<https://www.nevadacountyca.gov/businessdirectoryii.aspx>

Last Verified On: 01/15/2025

211

“When you or a loved one needs information, local services, emergency or disaster recovery assistance, 211 Connecting Point is your trusted source for information and connections in Nevada County, Placer County or the Tahoe/Truckee region.”

Website:

<https://211connectingpoint.org/nevada-county/>

Last Verified On: 01/15/2025

SUBSTANCE USE DISORDER SUPPORT GROUPS

Alcoholics Anonymous (AA)

“AA is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.”

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org/>

Last Verified On: 01/15/2025

Al-Anon/Alateen Support Groups

Website: <https://al-anon.org/>

Last Verified On: 01/15/2025

Area of Narcotics Anonymous

Contact: (800) 764-1081

Website: <http://www.shastana.org/>

Last Verified On: 01/15/2025

Co-Dependents (CoDa) Anonymous

“Dedicated to everyone who struggles with issues of codependence.”

Website: <https://coda.org/>

Last Verified On: 01/15/2025

Common Goals

“Common Goals Substance Abuse Counseling Services is a community based program designed to encourage, motivate, and empower people of all ages to make positive changes in their lives.”

Location: 265 Buena Vista St, STE 100
Grass Valley, Ca 95945

Contact: (530) 274-2000

Website: <https://commongoalsinc.org/>

Last Verified On: 01/15/2025

Alcohol Rehab Help

“If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources.”

24/7 Helpline: (928) 436-6654

Website: <https://alcoholrehabhelp.org/>

Last Verified On: 01/15/2025

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls”

Contact: 1-800-971-0016

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 01/15/2025



NEVADA COUNTY SUPPORT GROUP RESOURCES

SUPPORT HOTLINES

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls

Contact: 1-800-971-0016

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

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Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800-MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 01/15/2025

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 01/15/2025

WELLNESS AND RECOVERY CENTERS

Granite Wellness Centers

“Granite Wellness partners with the community to focus on youth substance use prevention. Granite Wellness is the fiscal agent for the following coalitions in Nevada and Placer Counties.”

Location: 406 Sunrise Avenue, Suite #105 Roseville, CA

Contact: (530) 273-9541

Website: <https://www.granitewellness.org/>

Last Verified On: 01/15/2025

Nevada County Health & Human Services – Substance Use

“We provide withdrawal management, residential, outpatient, and perinatal treatment; transitional living and prevention services. Additional services are provided for individuals with both mental illness and substance use disorders who are Medi-Cal beneficiaries. We also provide outpatient drug and alcohol services for youth.”

Location: 500 Crown Point Circle, Suite 120 Grass Valley, CA 95945

Contact: (530) 265-1437

Website:

<https://www.nevadacountyca.gov/486/Substance-Use-Services>

Last Verified On: 01/15/2025