



# YUBA COUNTY SUPPORT GROUP RESOURCES

## ANONYMOUS SUPPORT SERVICES

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### Al-Anon District 4 Northern California

**District 4 Contact:** (530) 378-9185

**Website:** <https://norcal-al-anon.blogspot.com/>

Last Verified On: 02/01/2025

### Northern California Fellowship of Alcoholics Anonymous

“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: 02/01/2025



## PARENTING SUPPORT GROUPS

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### First 5

“In partnership with the community, Sutter County Children & Families Commission coordinates services that support families to ensure that each child enters school healthy and ready to learn.”

**Location:** 1114 Yuba St., Suite 141,  
Marysville, CA 95901

**Contact:** (530) 749-4877

**Website:** <https://www.first5yuba.org/>

Last Verified On: 02/01/2025

### Alyssa Araiza Wings of Angels Organization

“Committed to aiding families who have children suffering with pediatric cancer or life threatening illness by providing unique support in ways other organizations do not. Families served live in Shasta, Siskiyou, Trinity, Lassen, and Modoc counties in Northern California.”

**Location:** 6907 Weeks Road  
Redding, CA 96002

**Contact:** (530) 378-2373

**Website:** <https://www.aawoa.com/>

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# YUBA COUNTY SUPPORT GROUP RESOURCES

## SUPPORT HOTLINES

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### **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: 02/01/2025

### **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:** 800-MISS-YOU

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

Last Verified On: 02/01/2025

## SUPPORT SERVICES

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### **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: 02/01/2025

### **Miracle Messages Program**

"Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer "digital detectives" attempt to locate the loved one and deliver the message. To date, we've reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome."

**Hotline:** 800-MISS-YOU

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

Last Verified On: 02/01/2025

## YOUTH SUPPORT GROUPS

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### **Talk About Grief**

"Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge."

**Contact:** (209) 578-6300

**Website:** <http://heal.hospiceheart.org/youth-support/>

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