



JANUARY 2026

800 Scenic Dr., Bldg. E,
Modesto, CA 95350

All Adults (ages 18 and older) are welcome!
All services are **FREE** to the community.



Behavioral Health and
Recovery Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Center Hours Monday: 8:30 AM – 4:30 PM Tuesday, Wednesday, Thursday, Friday: 8:30 AM – 8:00 PM Saturday: 9:00 AM – 4:30 PM</p> <p>For questions, please call 209.558.4610</p>	<p>* MUST SIGN UP FOR MEMBERSHIP TO ACCESS BHWC SERVICES AND ACTIVITIES</p> <p>* TO SIGN UP FOR MEMBERSHIP, YOU MUST ATTEND A NEW MEMBER ORIENTATION. THIS CAN BE SCHEDULED IN-PERSON OR BY PHONE.</p>	<p>*OUTDOOR ACTIVITIES ARE SUBJECT TO CANCELLATION DUE TO EXTREME WEATHER CHANGES</p> <p>*NO LATE ENTRY TO GROUPS</p>	<p>CLOSED</p>	<p>Co-Occurring Group 10:00 AM-11:00 AM Flea Market Friday *by reservation only 11:30 AM-1:30 PM Movie 2:00 PM-4:30 PM Gamers Group 6:00 PM-8:00 PM</p>	<p>Sewing 10:00 AM-12:30 PM Co-Occurring Group 1:00 PM-2:00 PM ART Group 2:30 PM-4:30 PM</p>
<p>Meditation 9:00 AM-9:45 AM Sewing 10:00 AM-12:00 PM Women's Group 12:30 PM-1:30 PM Anime 2:00 PM-3:00 PM Spanish Peer Support 3:30 PM-4:30 PM</p>	<p>Golfing 9:00 AM-11:00 AM New Member Orientation 9:00 AM-11:00 AM *appointment encouraged Self-Esteem 11:00 AM-12:00 PM L/BTQ+ Group 12:30 PM-1:30 PM WRAP Informational Mtg 4:30 PM-5:30 PM Men's Group 6:00 PM-7:00 PM</p>	<p>ART Group 9:00 AM-10:30 AM Men's Group 11:00 AM-12:00 PM Employment Skills 12:30 PM-1:30 PM Life Skills 1:30 PM-2:30 PM Photography 3:00 PM-4:00 PM Music Group 4:30 PM-5:30 PM Women's Group 6:00 PM-7:00 PM</p>	<p>Gardening Group 9:30 AM-10:30 AM Gamers Group 11:00 AM-12:30 PM Peer Support 1:00 PM-2:00 PM Dungeons and Dragons 3:00 PM-5:00 PM Mindfulness-Based Stress Reduction Group 5:30 PM-6:30 PM L/BTQ+ Group 7:00 PM-8:00 PM New Member Orientation 6:00 PM-8:00 PM *appointment encouraged</p>	<p>Co-Occurring Group 10:00 AM-11:00 AM Karaoke 11:30 AM-1:30 PM Movie 2:00 PM-4:30 PM Gamers Group 6:00 PM-8:00 PM</p>	<p>Sewing 10:00 AM-12:30 PM Co-Occurring Group 1:00 PM-2:00 PM ART Group 2:30 PM-4:30 PM</p>
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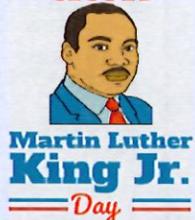
*ZOOM GROUP SCHEDULE ON REVERSE SIDE



JANUARY 2026



ZOOM PEER SUPPORT GROUPS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For any questions and/or the Zoom passcode, please call the mainline at 209.558.4610</p>	<p>Join Zoom via Phone: 1-669-900-6833</p> <p>Meeting ID: 892 3662 6620</p>		<p>CLOSED</p> 	<p>Meditation 3:00 PM-4:00 PM</p>	<p>Peer Support 3:00 PM-4:00 PM</p>
5	6	7	8	9	10
			<p>Co-occurring 3:00 PM-4:00 PM</p>	<p>Meditation 3:00 PM-4:00 PM</p>	<p>Peer Support 3:00 PM-4:00 PM</p>
12	13	14	15	16	17
			<p>Co-occurring 3:00 PM-4:00 PM</p>	<p>Meditation 3:00 PM-4:00 PM</p>	<p>Peer Support 3:00 PM-4:00 PM</p>
19	20	21	22	23	24
<p>CLOSED</p> 			<p>Co-occurring 3:00 PM-4:00 PM</p>	<p>Meditation 3:00 PM-4:00 PM</p>	<p>Peer Support 3:00 PM-4:00 PM</p>
26	27	28	29	30	31
			<p>Co-occurring 3:00 PM-4:00 PM</p>	<p>Meditation 3:00 PM-4:00 PM</p>	<p>Peer Support 3:00 PM-4:00 PM</p>



ENERO 2026

800 Scenic Dr., Bldg. E,
Modesto, CA 95350

Todas las adultas (18 y mayores) son bienvenidas!
Todos los servicios son gratuitos para la comunidad.



Behavioral Health and
Recovery Services

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
Horario del Centro Lunes: 8:30 AM- 4:30 PM Martes, Miércoles, Jueves, Viernes: 8:30 AM - 8:00 PM Sábado: 9:00 AM- 4:30 PM Si tienes alguna pregunta, por favor llama 209.558.4610	* TIENE QUE REGISTRARSE PARA ACCEDER LOS SERVICIOS * PARA INSCRIBIRSE EN LA MEMBRESIA, PRIMERO SE DEBE SOLICITAR UNA CITA PARA UNA NUEVA ORIENTACION DE MEMBRESIA. ESTA CITA PUEDE SOLICITARSE EN PERSONA O POR TELEFONO.	*LAS ACTIVIDADES AL AIRE LIBRE ESTÁN SUJETAS A CANCELACION DEBIDO A CAMBIOS EN EL CLIMA * NO SE PERMITE ENTRAR TARDE A LOS GRUPOS	CERRADO 	Grupo de Concurrente 10:00 AM-11:00 AM Mercado de Pulgas Viernes *por reservación 11:30 AM-1:30 PM Película 2:00 PM-4:30 PM Grupo de Juegos 6:00 PM-8:00 PM	Grupo de Costura 10:00 AM-12:30 PM Grupo de Concurrente 1:00 PM-2:00 PM Grupo de ARTE 2:30 PM-4:30 PM
Meditación 9:00 AM-9:45 AM Grupo de Costura 10:00 AM-12:00 PM Grupo de Mujeres 12:30 PM-1:30 PM Grupo Animación 2:00 PM-3:00 PM Grupo de Apoyo en Español 3:30 PM-4:30 PM	Golfing 9:00 AM-11:00 AM Nueva Orientación de Membresía 9:00 AM-11:00 AM *solo por cita Autoestima 11:00 AM-12:00 PM Grupo de L/BTQ+ 12:30 PM-1:30 PM Información de WRAP 4:30 PM-5:30 PM Grupo de Hombres 6:00 PM-7:00 PM	Grupo de ARTE 9:00 AM-10:30 AM Grupo de Hombres 11:00 AM-12:00 PM Habilidades Laborales 12:30 PM-1:30 PM Habilidades de Vida 1:30 PM-2:30 PM Fotografía 3:00 PM-4:00 PM Grupo de Música 4:30 PM-5:30 PM Grupo de Mujeres 6:00 PM-7:00 PM	Grupo de Jardinería 9:30 AM-10:30 AM Grupo de Juegos 11:00 AM-12:30 PM Grupo de Apoyo 1:00 PM-2:00 PM Calabozos y Dragones 3:00 PM-5:00 PM Grupo de Reducción Del Estrés Basado En La Atención Plena 5:30 PM-6:30 PM Grupo de L/BTQ+ 7:00 PM-8:00 PM Nueva Orientación de Membresía 6:00 PM-8:00 PM *solo por cita	Grupo de Concurrente 10:00 AM-11:00 AM Karaoke 11:30 AM-1:30 PM Película 2:00 PM-4:30 PM Grupo de Juegos 6:00 PM-8:00 PM	Grupo de Costura 10:00 AM-12:30 PM Grupo de Concurrente 1:00 PM-2:00 PM Grupo de ARTE 2:30 PM-4:30 PM
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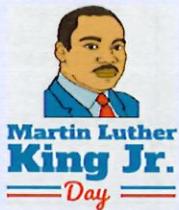
*HORARIO DE GRUPO ZOOM EN EL REVERSO



ENERO 2026



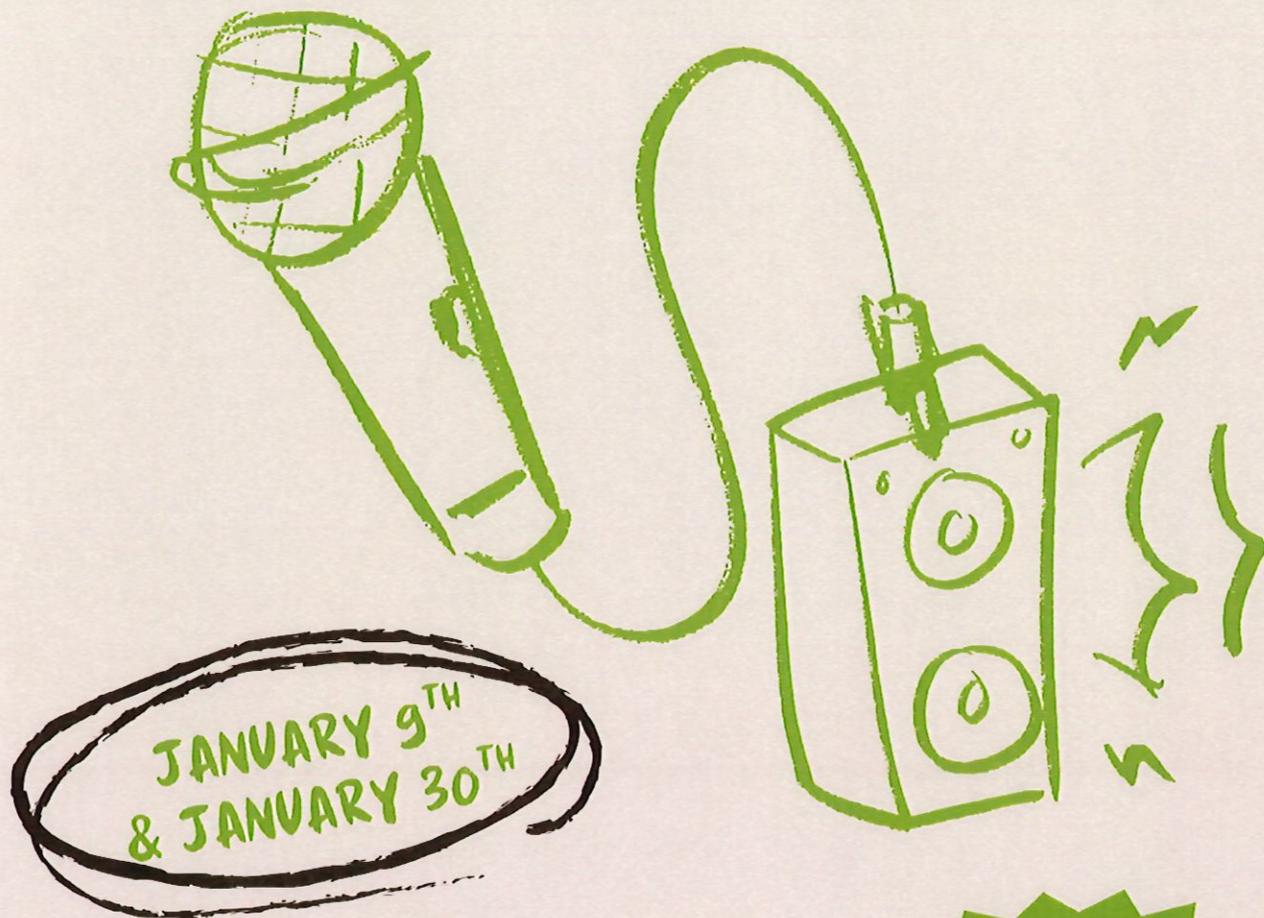
GRUPOS DE APOYO DE PARES

Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
<p>Para cualquier pregunta y/o contraseña de Zoom, por favor llame a la línea principal en 209-558-4610</p>	<p>Unirse por telefono: 1-669-900-6833</p> <p>Meeting ID: 892 3662 6620</p>		<p>CERRADO</p> 	<p>Meditación 3:00 PM-4:00 PM</p>	<p>Grupo de Apoyo 3:00 PM-4:00 PM</p>
			<p>Concurrente 3:00 PM-4:00 PM</p>	<p>Meditación 3:00 PM-4:00 PM</p>	<p>Grupo de Apoyo 3:00 PM-4:00 PM</p>
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<p>CERRADO</p>  <p>Martin Luther King Jr. Day</p>			<p>Concurrente 3:00 PM-4:00 PM</p>	<p>Meditación 3:00 PM-4:00 PM</p>	<p>Grupo de Apoyo 3:00 PM-4:00 PM</p>
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BEHAVIORAL HEALTH
WELLNESS CENTER
PRESENTS

KARAOKE!



**800 Scenic Dr. BLDG E
Modesto, CA 95350**

Call BHWC at (209) 558-4610 for any questions or concerns.

**11:30AM
- 1:30PM**



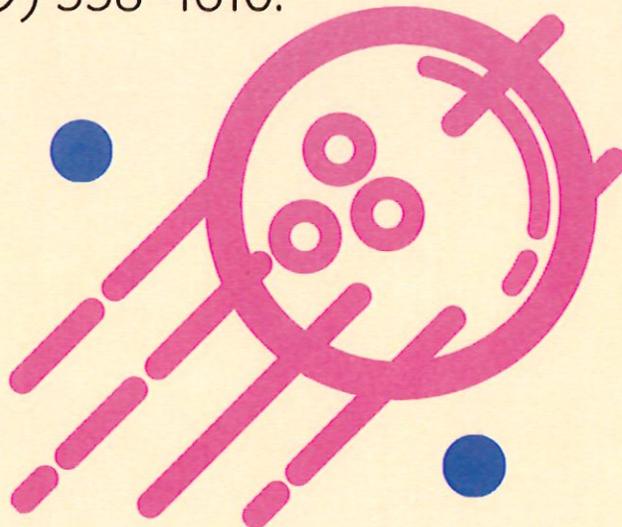
Join us for **Bowling!**

January 16th
11:30am-1:30pm
800 Scenic Dr. BLDG E
Modesto, CA 95350

Space is limited: first come,
first serve.

Sign ups start January 9th!

Sign up with BHWC staff at
the front desk or by calling
(209) 558-4610.





BEHAVIORAL HEALTH WELLNESS CENTER'S

ALANO CLUB SOCIAL

JANUARY 23RD

11:30AM-1:30PM

**1660 HERNDON AVE
CERES, CA 95307**

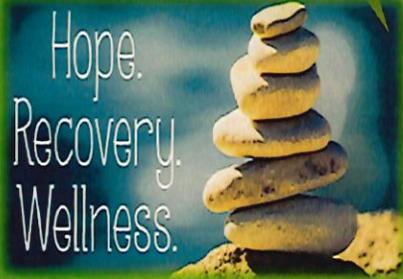
MENU: SOUP, SANDWICHES, CAKE & ICE CREAM

**RESERVATION REQUIRED!
RESERVE YOUR SPOT BY JANUARY 20TH!**

**SIGN UP WITH STAFF AT THE FRONT DESK OR BY
PHONE AT (209) 558-4610**

**TRANSPORTATION: DEPARTING BHWC AT
11:30AM/DEPARTING ALANO CLUB AT 1:30PM**





“ A space to get away, explore wellness activities, and build a support system ”

BHWC Environment

- We welcome those of all sexual orientations, genders, religious (or non-religious) backgrounds, cultural identities, intersections, and nations of origin.
- All services are non-judgmental and individualized.
- We believe that recovery is possible.
- We respect that differences of opinion in recovery paths and expression are okay.
- This is a communal space therefore all are responsible for taking care of it.
- **Confidentiality:** what is said here, stays here.
- To ensure everyone's emotional and physical safety we have a zero-tolerance policy for harassment of any kind, sexual advances, bullying, and possession of alcohol, illicit substances, or weapons of any kind on property.

BHWC Community Partnerships

BHWC Groups in TURLOCK

Location: Turlock Gospel Mission
432 S. Broadway
Turlock, CA 95380

Men's Group: Mondays 2:00 PM-3:00 PM
Women's Group: Wednesdays 2:00 PM-3:00 PM

BHWC Groups in PATTERSON

1st Location: Hammon Senior Center
1033 W Las Palmas Ave.,
Patterson, CA 95363

Co-ed Peer Group: Tuesdays 12:15 PM-1:15 PM

2nd Location: Naomi's House
415 S. 4th Street
Patterson, CA 95363

Co-Ed Peer Group: Tuesdays 1:30 PM-2:30 PM

BHWC Groups in MODESTO

Location: Modesto Gospel Mission
1400 Yosemite Blvd.,
Modesto, CA 95354

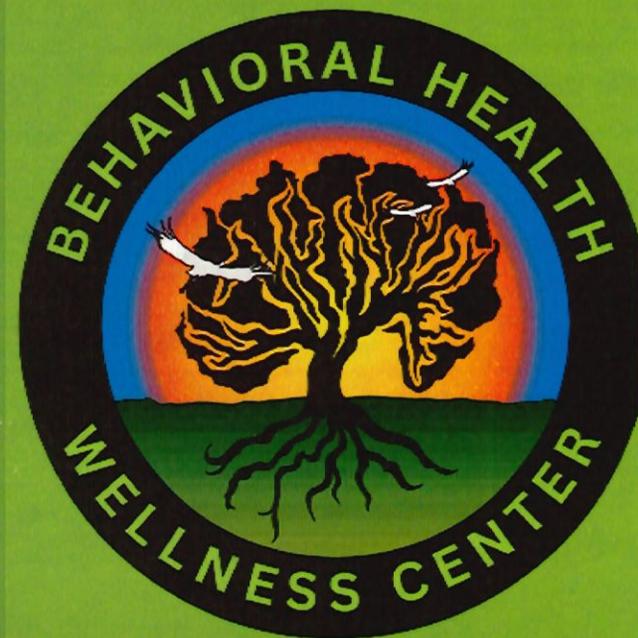
Outreach & Engagement: 2nd Friday 10:00 AM-11:00 AM
(February, April, June, August, October, December)



Peer Support Changes Lives



Behavioral Health and Recovery Services



Behavioral Health Wellness Center



800 SCENIC DR., BLDG. E,
MODESTO, CA 95350



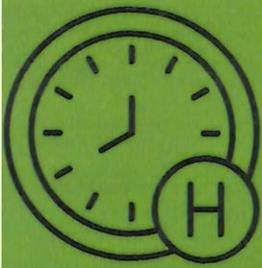
(209) 558 - 4610



Follow us on
Instagram
Department Updates/Highlights/Tips



@stancobhrs
#stancobhrs



Hours of Operations

Mon 8:30am - 4:30pm

Tue 8:30am - 8:00pm

Wed 8:30am - 8:00pm

Thu 8:30am - 8:00pm

Fri 8:30am - 8:00pm

Sat 9:00am - 4:30pm

Sun Closed

WHO WE ARE

Behavioral Health Wellness Center
(BHWC)

The Wellness Center is a safe and confidential environment that provides peer support. As a member of the Wellness Center, participants can have a supportive space to build a support system through positive peer support engagement and resource navigation.

WHAT WE DO

Peer Support Services

Recovery-focused and culturally appropriate services that promote engagement, socialization, recovery, self-sufficiency, self-advocacy, and the development of natural supports.



WHO IS ELIGIBLE

All Community Members 18 Years
Old & Older are Welcome!

All services are **FREE** to the
community!

***Must complete membership
packet in order to access center
and services.**



SUPPORT & SERVICES

AVAILABLE



Individualized Peer Support (One-on-One)

Individualized support provided by a Peer Support Specialist



Peer Support Groups

Comprised of individuals who share a common condition, circumstance, or interest. These groups are focused on allowing participants to gain mentorship, emotional and social support, information, education, and practical help from one another. Groups are facilitated by a Peer Support Specialist or Volunteer.

BHWC Groups: Women's Group, Men's Group, Sewing Group, Meditation Group, Self-Esteem Group, LGBTQ+ Group, Peer Support Group, Life Skills Group, Art Group, Photography Group, Music Group, Movie Group, Gamers Group, Dungeons and Dragons, Spanish Peer Group, Co-Occurring Group (**groups are subject to occasional changes**)



Resource Referral, Linkage & Navigation

Access to available community resources such as: mental health treatment, substance use treatment, health, housing and employment services, etc



Social & Recreational Activities

Social outings, Bowling, Community socials, Sport activities, Holiday and Birthday celebrations



BEHAVIORAL HEALTH WELLNESS CENTER



**SPECIALIZED PEER SUPPORT REFERRAL FORM
FOR 18 YEARS OLD & OVER**
Phone #: (209) 558-4610 / Fax #: (209) 558-4590

REFERRAL PROCESS:

1. Agency will complete form.
2. BHWC will review and assign consumer to a Peer Specialist who will provide 1:1 peer support services.
3. A BHWC Peer Specialist will contact the consumer once they have been assigned.

PLEASE NOTE THAT THE PROCESS CAN TAKE UP TO TWO (2) WEEKS

Date: _____

Name: _____ DOB: _____ DMH #: _____

Address: _____

Phone: _____ Best time to reach (if known): _____

Is it okay to leave voicemail? Yes No

Does client have knowledge of referral? Yes No

If yes, is this a self-referral? Yes No

If no, please discuss with client prior to proceeding with referral.

Reason for referral (please be specific as to what kind of peer support the client needs):

Please state any safety concerns/risk factors:

Release of information complete? Referring Program/Agency: _____	<input type="checkbox"/> Yes (please fax copy to 209-558-4590) Referring Program Point Person: _____	<input type="checkbox"/> No Point Person Phone: _____
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System involvement present/history:

- APS Foster Youth Probation Parole SUD Telecare Turning Point
 VMRC Other BHRS Program (please specify): _____

Client strengths and support systems: _____

Social, family, and community functioning skills: _____

Language/cultural considerations: _____

Employment/job training status: _____

Currently enrolled in: College GED High School Vocational School Not in school

Consumer Signature: _____ Referring Staff Signature: _____

**ALTHOUGH THE WELLNESS CENTER IS OPEN TO ALL CONSUMERS & COMMUNITY MEMBERS,
THIS FORM IS MAINLY FOR SPECIALIZED PEER SUPPORT ONLY.**

Due to confidentiality laws, DO NOT send referral form electronically.
Please fax form to (209) 558-4590.
If you have any questions, please contact BHWC at 209-558-4610