

Alpine County Behavioral Health Services- Wellness Programs

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<p>Chair Ex 11a-12p Yoga 12p-1p Gym Yoga 5:30p-7pm The Learning Center</p>	<p>0-5 Play Group 11-1p The Learning Center- Lunch & Bounce House Lunch at DVS with Your Student 11:35-12:20pm, Call Lisa 694.1319 Women's Wellness Group 2p The Learning Center transportation available 694.1816</p>	<p>NEW Senior Soak 10-12p Grover Hot Springs Chair Ex 11a-12p Yoga 12p-1p Gym Yoga 5:30p-7p The Learning Center Senior</p>	<p>Create the Good-12p-2p at the Firehouse, Michele Cowee, RDN, LD, CDE from Washoe Tribal Health Clinic</p>	
6	7	Election Day 8	9	10	11	12
	<p>Senior Soak 10-12p Grover Hot Springs Thrift Store Trip SLT 694.1816 Talking Circle 4:30p at the Firehouse Family Night BBQ 5:30p at the Firehouse</p>	<p>Chair Ex 11a-12p Yoga 12p-1p Gym Yoga & Art for Balanced Living 2p-4p The Learning Center Yoga 5:30p-7pm The Learning Center</p>	<p>0-5 Play Group 11-1p The Learning Center- Lunch Lunch at DVS with Your Student 11:35-12:20pm, Call Lisa 694.1319 Women's Wellness Group 2p The Learning Center transportation available 694.1816</p>	<p>Senior Soak 10-12p Grover Hot Springs Gentle Yoga & Meditation 10:30a-12p The Learning Center Chair Ex 11a-12p Yoga 12p-1p Gym 50+ Club "Honoring Our Veterans" 12-2pm The Learning Center Yoga 5:30p-7p The Learning Center Youth Leadership Project 5p with Janet at the Firehouse</p>	<p>Alpine County Holiday, Offices Closed</p>	<p>Community Pizza 630p & Movie 7pm At the Learning Center</p>
13	14	15	16	17	18	19
	<p>Senior Soak 10-12p Grover Hot Springs Museum Trip-Stewart School 694.1816 Talking Circle 4:30p at the Firehouse Family Night 5:30p at the Firehouse</p>	<p>Chair Ex 11a-12p Yoga 12p-1p Gym Yoga & Art for Balanced Living 2p-4p The Learning Center Yoga 5:30p-7pm The Learning Center</p>	<p>0-5 Play Group 11-1p The Learning Center- Lunch Lunch at DVS with Your Student 11:35-12:20pm, Call Lisa 694.1319 Women's Wellness Group 2p The Learning Center transportation available 694.1816</p>	<p>Senior Soak 10-12p Grover Hot Springs Gentle Yoga & Meditation 10:30a-12p The Learning Center Elder's Luncheon 12-2p at Gym Chair Ex 11a-12p Yoga 12p-1p Gym YOGA 5:30p-7p Turtle Rock Park Youth Leadership Project 5p with Janet at the Firehouse</p>	<p>Create the Good-12p-2p at the Firehouse Amanda Hoover, Snap Ed "Rethink Your Drink"</p>	
20	21	22	No School DVS 23	24	25	26
	<p>Senior Soak 10-12p Grover Hot Springs Talking Circle 4:30p at the Firehouse Family Night 5:30p at the Firehouse</p>	<p>Chair Ex 11a-12p Yoga 12p-1p Gym Yoga & Art for Balanced Living 2p-4p The Learning Center Yoga 5:30p-7pm The Learning Center</p>	<p>NO Play Group Today Women's Wellness Group 2p The Learning Center transportation available 694.1816</p>	 <p>Happy Thanksgiving!</p>	<p>Alpine County Holiday, Offices Closed</p>	
27	28	29	30			
	<p>Senior Soak 10-12p Grover Hot Springs Talking Circle 4:30p at the Firehouse Family Night 5:30p at the Firehouse,</p>	<p>Chair Ex 11a-12p Yoga 12p-1p Gym Yoga & Art for Balanced Living 2p-4p The Learning Center Yoga 5:30p-7pm The Learning Center</p>	<p>0-5 Play Group 11-1p The Learning Center- Lunch Lunch at DVS with Your Student 11:35-12:20pm, Call Lisa 694.1319 Women's Wellness Group 2p The Learning Center transportation available 694.1816</p>	<p>The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services that inspire personal growth and development through strength- based behavioral health programs and supportive connections.</p>		

SENIOR SOAK

GROVER HOT SPRINGS STATE PARK

**MONDAYS &
THURSDAYS
10AM-12PM**

For transportation call Dial-a-Ride 694.9301
or Behavioral Health Services 694.1816



Suicide Prevention Network

When it hurts to live, it helps to talk.

Consider joining us in a group setting as you will find help, hope, comfort, understanding, support, in a confidential environment with others who are walking the same journey.

We offer...

Suicide Loss Support Groups (1st Thur./Month)
Teen Support/Advocacy Groups (1st & 3rd Wed./Month)

All groups are free
Transportation is available

CALL

Douglas office: 775-783-1510

Alpine Office: 530-694-1816

24 Hour Crisis Line: 800-318-8212

Suicide Prevention Hotline: 800-273-TALK

Email: alisa@spnawareness.org

**If you or someone you know is in immediate danger
Please call 911 NOW**

Depression is Treatable. Suicide is Preventable.

play group

for children
0-5
& their
families

information, resources, supports & connections

11:00 am - 1:00 pm

@ The Alpine Learning Center

100 Foothill Road

*Free lunch, stories, activities,
craft sessions & fun*

First session begins October 5th



Play group sessions are held in collaboration with:

Alpine First 5 530-694-1149

Alpine County Behavioral Health 530-694-1320

Choices for Children 530-694-2129

Live Violence Free 530-694-1853



Alpine County Community Movie Night

Come Join us for a movie and pizza!
Saturday, November 12th

Pizza starts at 6:30PM
and the movie starts at 7:00PM
the Learning Center.

Steve Carell Jennifer Garner

Disney
**ALEXANDER
and the Terrible, Horrible,
NO GOOD, VERY BAD DAY**



Sponsored by Alpine County

Behavioral Health Services and MSHA.

Call 530-694-1816 for more info

or to schedule a ride.



Behavioral Health Services Staff

Alpine County Behavioral Health Services

75-C Diamond Valley Rd., Markleeville, CA 96120

Ph: (530) 694-1816 Fax: (530) 694-2387

24-Hour Crisis Line: 1-800-318-8212

Alissa Nourse, ACBHS Director, 694-1321

Amy Broadhurst, MHSA Program Specialist, 694-1320

Cathy Angi, Clinician, (530) 919-8144

Crystal Pitts, Clinician, 694.1326

Deb Goerlich, Administrative Assistant III, 694-1323

Gail St. James, Clinical Coordinator, 694-1322

Janet Stevens, Clinician, 694.1324

Kati Krayk, Bear Valley MHSA 209-386-2488

Lisa Allen, Alcohol & Drug Prog. Specialist, 694-1319

Michelle Kaner, Administrative Assistant I, 694- 1816

Nani Ellis, BHS Coordinator, 694-1328

Pam Armstrong, Senior Account Clerk, 694-1342

Ron Dobyns, Driver by appointment, 694-1816

Teri McAlpin, Administrative Assistant, 694-1325

Community Partners

Alpine Kids: 694-2934

Choices for Children: 694-2129

Dial a Ride -Monday- Thursday: 694-9301

Diamond Valley School: 694-2238

First 5 Alpine: 694-1149

Health & Human Services: 694-2235

Hung-A-Lel-Ti Community Council: 694-2170

Hung-A-Lel-Ti Recreation Gym: 694-1090

Live Violence Free: 694-1853

Markleeville Library: 694-2120

Suicide Prevention Network: 775-783.1510

Tahoe Youth & Family Services: 694-9459

TANF Alpine: 694-2555

Woodfords Indian Education Center: 694-2964