



Center for Human Services

changing lives building futures helping families

Center for Human Services (CHS) is a nonprofit agency with a mission to strengthen and support youth and families in Stanislaus County

Counseling and Support Groups

Counseling Program

CHS provides counseling services to children (ages 5-21) their families who have Medi-Cal. This includes case management and medications provided by a BHRS psychiatrist.

We also have a community clinic that provides counseling to individuals, couples, families and in group. The fees are determined by a sliding scale based on income and the number of household members. Proof of income is required.

We also accept some private insurances and Employee Assistance Programs (EAP).

Clinic Hours:
Monday - Thursday 8AM-8PM
Friday 8AM-5PM

Support Groups

CHS provides group counseling for anxiety, depression and anger management.

An assessment is required prior to attending any group. Assessment fees are determined by a sliding scale based on income and the number of household members.

After assessment, the cost to attend each group is \$15.

Anger Management

Teen Anger Management Group
Ages 13-17

Adult Anger Management Group
Ages 18+

Learn:

- Where anger comes from
- Positive responses to angry feelings
- Management of power and control issues

Open group - Join at any time.
Attend up to 16 weeks.

Call for day and time

Anxiety & Depression

Learn about anxiety and depression and how to utilize positive coping techniques.

Open group - Join at any time.

Call for day and time

FUNDED IN PART BY



For a complete list of CHS services, please visit our website or call **209.526.1440**

2000 W. Briggsmore Ave., Suite I, Modesto, CA 95350

www.centerforhumanservices.org

Funding Sources — Center for Human Services acknowledges the support of our funding partners who underwrite, in part, the quality services provided to children and families. Partners include but are not limited to: Stanislaus County Board of Supervisors, Behavioral Health & Recovery Services, Children and Families Commission, Community Services Agency, Probation, United Way, various school districts, foundations, Federal and State agencies. We are grateful to all of our funders for fostering the health and well-being of our communities through their support of Center for Human Services' prevention, intervention, treatment, counseling & shelter services.



Center for Human Services

changing lives building futures helping families

Center for Human Services (CHS) is a nonprofit agency with a mission to strengthen and support youth and families in Stanislaus County

Grupos de Asesoramiento y Apoyo

Programa de Consejería

CHS provee servicios de salud mental para niños (5-21) con Medi-Cal. Esto incluye manejo de casos clínicos y medicamentos provistos por el psiquiatra de Behavioral Health and Recovery Services.

También tenemos una clínica de salud mental para la comunidad que provee servicios para individuos, parejas, familias y en grupo. Cuotas son determinadas por escala móvil que se basa en los ingresos y el número de dependientes en la casa. Prueba de ingresos es un requisito.

Aceptamos algunos seguros médicos privados y Employee Assistance Program (EAP) (Programa de Asistencia al Empleado).

Horarios:

Lunes - Jueves 8am-8pm
Viernes 8am-5pm

Grupos de Apoyo

CHS ofrece consejería de grupo para la ansiedad, la depresión y manejo de la ira.

Se requiere una evaluación antes de asistir a cualquier grupo. Cuotas son determinadas por escala móvil que se basa en los ingresos y el número de dependientes en la casa.

Después de la evaluación, el costo para asistir a cada grupo es \$15.

Control de Temperamento

Grupo para Adolescentes

Edades 13-17

Grupo para Adultos

De 18 años y mayores

Aprenderá:

- De donde viene la ira
- Responder positivamente a la ira
- Como manejar temas sobre el poder y el control

Grupo Abierto - únase en cualquier momento. Puede asistir el máximo de 16 semanas.

Llame para los horarios

Ansiedad y Depresión

Aprenderá sobre la ansiedad y depresión y como utilizar técnicas psicológicas o conductuales positivamente.

Grupo Abierto - únase en cualquier momento.

Llame para los horarios

PATROCINADOS POR PARTE



Para una lista completa de servicios que provee CHS, por favor visite la pagina web o llame al **209.526.1440**

2000 W. Briggsmore Ave., Suite I, Modesto, CA 95350

www.centerforhumanservices.org

Funding Sources — Center for Human Services acknowledges the support of our funding partners who underwrite, in part, the quality services provided to children and families. Partners include but are not limited to: Stanislaus County Board of Supervisors, Behavioral Health & Recovery Services, Children and Families Commission, Community Services Agency, Probation, United Way, various school districts, foundations, Federal and State agencies. We are grateful to all of our funders for fostering the health and well-being of our communities through their support of Center for Human Services' prevention, intervention, treatment, counseling & shelter services.