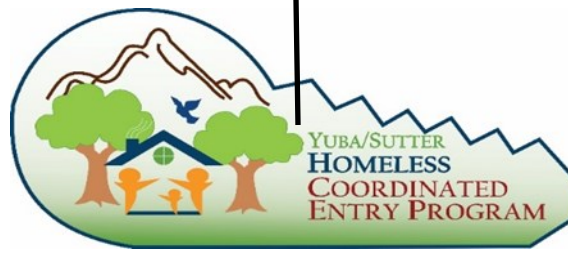


THE LIFE BUILDING CENTER
131 F STREET, MARYSVILLE
530-749-6811
M-F 9AM-3:30PM



HANDS OF HOPE
909 SPIVA YUBA, CITY
530-755-3491
M-F 9AM—3:30PM

DECEMBER 2022

Single entry point for Homeless Services!

Showers & Laundry * Case Management * Connection to Housing & Services *

Intakes end at 2pm M-Th and Noon on Friday

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Mondays

Dec 5, 12, & 19 Sutter Yuba Behavioral Health: Representative, 12:30–3:30 pm
Dec 5 & 19 Adventist Health: Community Connect Social and Health Barriers, 1:00 pm-3:00 pm
Dec 12 & 26 Hair Cuts, 10:00-12:00 pm
Dec 12 Yuba County 1 Stop: Resume Workshop, 2:00 pm

Tuesdays

Adventist Health: Street Nurse, 9:00 am
Yuba County Office Education: Educational Outreach for all Yuba County Schools, 9:00-11:00am

Wednesdays

Harmony Health: Living in Balance, 9:00 am
Dec 7 Yuba County Health and Human Services: Housing Skills, 2:00 pm
Dec 14 Yuba County Health and Human Services: Effective Communication, 2:00 pm
Dec 21 Yuba County Health and Human Services: Time and Money Management, 2:00pm
Dec 21 Crises Response Team: Learn how to stop overdose deaths, 10:00 am
Dec 28 Yuba County Health and Human Services: Team Building, 2:00 pm

Thursdays

Casa de Esperanza: Domestic Violence Outreach, 9:00-1:00pm
Harmony Health: Outreach and Insurance, 10:00-12:00pm
Dec 8 Yuba County Health & Humans Service Outreach, 9:00am

Fridays

Harmony Health: Anger Management, 9:00am

Mondays

Dec 5, 12, & 19 Sutter Yuba Behavioral Health: Representative, 9:00-11:30am
Dec 5 & 19 Adventist Health: Community Connect Social and Health Barriers, 1:00-3:00 pm

Tuesdays

Casa de Esperanza: Domestic Violence Outreach, 9:00-1:00 pm
Sutter County Public Health: Diabetes Education 10:00 - 11:00 am
Dec 13 & 27 Sutter County Superintendent of Schools: Educational Outreach, 9:00-11:00 am

Wednesdays

Dec 7 Sutter County 1 Stop: Job Readiness: Tell Me About Yourself, 10:00 am
Dec 7 Sutter County 1 Stop: Job Readiness: Soft Skills Employers Want 10:00 am
Dec 7 Sutter County Public Health: Vaccine Education Class, 2:30 pm
Dec 7 & 14 Public Health: Nutrition Education 1:00 pm
Dec 14 Sutter County 1 Stop: Job Readiness! Resume Introduction/Marketing Yourself 10:00 am
Dec 14 Sutter County 1 Stop: Job Readiness! 5 Key Elements to First Impressions, 10:00 am
Dec 21 Critical Response Team: Learn how to stop overdose deaths, 11:30 am

Thursdays

Dec 29 Adventist Health: Street Nurse, 9:00 am

Fridays

All classes and services are by appointment only. For more information talk to your Case Manager!

Classes happen every week unless indicated

Counseling Session are by appointment only. For more information talk to your Case Manager!