

# LIFE BUILDING CENTER

131 F STREET, MARYSVILLE  
530-749-6811



# November 2023

# HANDS OF HOPE

909 SPIVA, YUBA CITY  
530-755-3491

## Mondays

- Weekly** Counseling, 9 am - 12 pm  
**Weekly** Sutter Yuba Behavioral Health Representative, 12:30 - 3:30 pm  
**Nov 6 & 20** Adventist Health: Community Connect Social and Health Barriers, 1:00 pm - 3:00 pm  
**Nov 13 & 27** Hair Cuts, 10:00 am - 12:00 pm  
**Nov 13 & 27** Ampla Health Mobile Unit: COVID Testing, Treatment, Vaccine, and Boosters, 10:00 am - 2:00 pm  
**Nov 13 & 27** Yuba County 1 Stop Representative - 2:00 pm

## Tuesdays

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

## Wednesdays

- Weekly** Harmony Health: Living in Balance, 9:00 am  
**Nov 15** Harm Reduction: Learn How to Stop Overdose Deaths, 10:00 am

## Thursdays

- Weekly** Harmony Health: Outreach and Insurance, 10:00 am - 12:00 pm  
**Nov 23** Day Center Closed for Thanksgiving

## Fridays

- Weekly** Harmony Health: Anger Management, 9:00 am  
**Weekly** iCare: BX Health Engagements 2:00 pm - 3:00 pm  
**Nov 3 & 17** CRLA: Talk to a CRLA Advocate, 10:00 - 11:00 am  
**Nov 3 & 17** Peach Tree Health: Medical Benefits, 12 pm - 2 pm  
**Nov 24** Day Center Closed for Thanksgiving

## Single Entry Point for Homeless Services!

Open Monday – Friday  
8:30 am - 4:30 pm

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

Intakes end at 2:30 pm  
Monday - Thursday and  
at noon on Fridays

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

Counseling sessions are  
by appointment only.  
Contact your Case  
Manager for more  
information.

## Mondays

- Weekly** Sutter Yuba Behavioral Health: Representative, 9:00 - 11:30 am  
**Weekly** Counseling, 12:30 - 3:30 pm  
**Nov 6 & 20** Adventist Health: Community Connect Social and Health Barriers, 1:00 - 3:00 pm

## Tuesdays

- Weekly** Sutter County Superintendent of Schools: Educational Outreach for all Sutter County Schools, 9:00 - 11:00 am  
**Weekly** iCare: BX Health Engagement, 11:00 am - 12:00 pm

## Wednesdays

- Nov 8** Sutter County 1 Stop: Professional Self, Mannerisms/ Grooming, Interview Readiness, 10:00 am - 11:30 am  
**Nov 15** Sutter County 1 Stop: Soft Skills Employers Want, Tell Me About Yourself, Job Readiness, 10:00 am - 11:30 am  
**Nov 15** Harm Reduction: Learn How to Stop Overdose Deaths, 11:30 am  
**Nov 29** Sutter County 1 Stop: Job Search Techniques, Resume Intro/Worksheets/Marketing Oneself, First Impressions, 10:00 am - 11:30 am

## Thursdays

- Weekly** Adventist Health: Street Nurse, 9:00 am - 2:00 pm  
**Nov 23** Day Center Closed for Thanksgiving

## Fridays

- Nov 3 & 17** Peachtree Health: Medical Benefits, 9 am - 11 am  
**Nov 10** Ampla Health Mobile Unit: COVID Testing, Treatment, Vaccine, and Boosters, 10:00 am - 2:00 pm  
**Nov 10** CRLA: Talk to a CRLA Advocate 2:00 - 3:00 pm  
**Nov 24** Day Center Closed for Thanksgiving