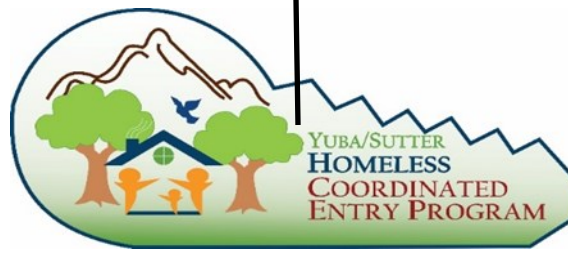


**THE LIFE BUILDING CENTER**  
**131 F STREET, MARYSVILLE**  
**530-749-6811**  
**M-F 9AM-3:30PM**



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

**NOVEMBER 2022**

**Single entry point for Homeless Services!**

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

**Mondays**

Sutter Yuba Behavioral Health: Representative, 12:30–3:30pm  
Michael Prothero MFT: Counseling, 9:00am – 12:00pm  
**Nov 10 & 28** Hair Cuts, 10:00am – 12:00pm  
**Nov 7 & 21** Yuba County 1 Stop: The Path to Employment, 2:00pm  
**Nov 14 & 28** Adventist Health: Community Connect Social and Health Barriers

**Tuesdays**

Adventist Health: Street Nurse, 9 am  
Yuba County Office Education: Educational Outreach for all Yuba County Schools, 9-11:00am  
**Nov 8** Ampla Health: Education on Covid Vaccine and Testing, 1–3:00pm  
**Nov 22** Ampla Health: Education on Covid Vaccine and Testing, 1–3:00pm

**Wednesdays**

Harmony Health: Living in Balance, 9:00am  
**Nov 2** Yuba County Health and Human Services: Time and Money Management, 2:00pm  
**Nov 9** Yuba County Health and Human Services: Team Building, 2:00pm  
**Nov 16** Crises Response Team: Learn How to Stop Overdose Deaths, 10am  
**Nov 16** Yuba County Health and Human Services: Self-Discovery and People Skills, 2:00pm  
**Nov 23** Yuba County Health and Human Services: Job Searching, 2:00pm

**Thursdays**

Casa de Esperanza: Domestic Violence Outreach, 9-1pm  
Hands of Hope: Application Workshop, 10-11:30am  
Hands of Hope: Budgeting Workshop, 1-2:30pm  
Harmony Health: Medical Benefits, 10-12:00pm

**Fridays**

Harmony Health: Anger Management, 9:00am

**Mondays**

Sutter Yuba Behavioral Health: Representative, 9-11:30am  
Michael Prothero MFT: Counseling, 12:30pm – 3:00pm  
**Nov 7 & 21** Adventist Health: Community Connect Social and Health Barriers, 1-3pm

**Tuesdays**

Casa de Esperanza: Domestic Violence Outreach, 9-1pm  
Sutter County Superintendent of Schools: Get the Scoop on Back to School, 1- 3:30pm  
**Nov 1** Ampla Health: Education on COVID Vaccine and Testing, 9-11:30am  
**Nov 15** Ampla Health: Education on COVID Vaccine and Testing, 9-11:30am

**Wednesdays**

**Nov 2** Sutter County 1 Stop: Job Readiness! Tell Me About Yourself, 10:15am  
**Nov 2** Sutter County 1 Stop: Job Readiness! Job Search Techniques, 10:15am  
**Nov 16** Crisis Response Team: Learn How to Stop Overdose Deaths, 11:30am  
**Nov 16** Sutter County 1 Stop Job Readiness! Job Applications, 10:15am  
**Nov 23** Sutter County Public Health: Health Education Class, 2:30pm  
**Nov 30** Sutter County 1 Stop Job Readiness! Interview Readiness, 10:15am

**Thursdays**

**Nov 24** Adventist Health: Street Nurse, 9am

**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!**