

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



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

Single entry point for Homeless Services!

Showers & Laundry * Mentoring * Case Management * Connection to Housing & Services * Assistance with outstanding tickets / warrants
Intakes end at 2pm M-Th and Noon on Friday

Mondays

Employment Training, 1 pm *

Computer Lab, 2 pm

Jan 6 & 20 Hair Cuts, 10 am

Jan 13 & 27 AA Meeting, 11 am

Tuesdays

Adventist Street Nurse, 9 am

Job Training, 9 am

Wednesdays

Behavioral Health Representative, 9-11:30 am

Jan 8 Housing Skills, 2 pm *

Jan 15 Healthy Habits, 11 am*

Jan 15 Effective Communication, 2pm*

Jan 15 Social Security, 1:30 pm (phone appt)

Jan 22 Time & Money Management, 2pm*

Jan 29 Team Building, 2pm*

Thursdays

Medical Benefits Enrollment, 9 am

Counseling Sessions, 9 am – 2 pm

Anger Management, 2:15 pm *

Jan 9 Yuba County Health and Human Services Outreach, 9 am

Fridays

Counseling Sessions, 9 am – 2 pm

NA Meeting, 2 pm

Jan 17 Employment Readiness, 10:30 am*

Feb 7 Lunch and a Movie

Mondays

Behavioral Health Representative, 9:30 - Noon

Jan 27 Support Group, 2pm

Tuesdays

Medical Benefits, 2 pm

Wednesdays

Jan 15, 22 & 29 Computer Lab with Sutter 1 Stop, 11 am

Jan 15 Applications and Presentation, 10 am*

Jan 15 Social Security, 2 pm (phone appt)

Jan 22 Effective Interviewing, 10 am*

Jan 29 Understanding Employment and Your SSI, 10 am*

Thursdays

Counseling Sessions 1 pm - 3 pm

Adventist Street Nurse, 9 am

Jan 9 Nutrition and Budgeting, Noon*

Fridays

Job Training, 9 am

Jan 24 Flu Clinic, 11 am

Feb 7 Lunch & Movie

Classes happen every week unless indicated

- ***Classes in Italicized red offer snacks after class***

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

Lunch and movie is the first Friday of the month for everyone who attends 2 classes a week.