

SMART Recovery

A Balanced Life – Tuesdays 6:00 p.m. – 7:00 p.m.
2100 Eloise Avenue, South Lake Tahoe (530) 544-1748

Reflections of Life and Loss (South Lake Tahoe)



Second and Fourth Thursdays monthly 12 p.m. - 1:30 p.m.

Barton Hospice encourages **people who have experienced the loss of a loved one or have endured a significant, life-altering event to attend.** This group helps teach attendees how to cope with certain situations and encourages emotional connections with others. Support and bereavement groups allow people to release emotions they may otherwise keep to themselves. It can improve a participant's mood and decrease psychological distress.

Location: **Barton Hospice**
2092 Lake Tahoe Blvd, Suite 600
South Lake Tahoe, CA
530-543-5592

Friends for Survival - on the Western Slope

Marshall Medical Center
Friends For Survival is a national non-profit organization offering help after a suicide death: www.FriendsForSurvival.org
Meetings are held monthly. For more information, contact Walt or Leona Narr at 530-647-8864.

Survivors of Suicide (SOS) in South Lake Tahoe

Loss Support Group
Meeting is held the 4th Thursday of every month
2092 South Lake Tahoe Blvd.
<https://www.spnawareness.org>
Contact 775-783-1510

Bipolar Insights (Placerville)

Weekly Class * Every Monday at 7 pm
Green Valley Community Church
3500 Missouri Flat Road, Room 304 in Placerville, CA 95667

\$5 per person per class

Special Events * Tuesday's
Marshall Medical Building
681 Main Street, 1st Floor Common Room in Placerville, CA
95667
Check the website for dates and events
bipolarinsights.com
Bipolar Insights / Mental Health Education Center
trust@bipolarinsights.com
bipolarinsights.com (530) 642-0859

El Dorado County Behavioral Health - Wellness Centers (Diamond Springs and South Lake Tahoe)

Adult Outpatient Services Wellness Centers, 768 Pleasant Valley Rd., Diamond Springs and 1360 Johnson Blvd., South Lake Tahoe, continue to provide a safe, understanding, and recovery oriented place, Monday through Friday afternoons 1:00 - 4:00 p.m.

NOTE: Wellness Centers are migrating towards a Peer-Led support group model; some are co-lead by licensed therapists and many are lead by Peers.

El Dorado County Behavioral Health Wellness Centers obtained a grant to fund FEP (First Episode Psychosis Program)

AVAILABLE TO THE PUBLIC - not just Medi-Cal insured individuals

Individuals with other types of insurance welcome as this program is funded by a grant.

Call 530-573-7970 El Dorado County Behavioral Health to learn more.

El Dorado County Behavioral Health - free support groups

OPEN TO THE PUBLIC - not just county clients

Drop in hours are from 1:00 to 4:00 Monday through Friday: adults 18+,
for people to socialize and participate in a wide assortment of fun and therapeutic groups.

Group schedules are available at the Wellness Centers and may include: Dialectal Behavior Therapy, Anger Management, Conversation Skills, Healthy Pleasures, Smoking Cessation, Symptoms without Stigma, Mindfulness, Coping Skills, Stress/Anxiety Reduction, Seeking Safety, and others. Some of these groups are available on a referral basis only, while other groups, such as Art, Physical Activity, Mindfulness, Coping Strategies, etc. are open to all. Check current schedule at the Centers.