

Hot Meals Served Daily

See Page 6

Foster Parents Can Make a Difference

Yes! Prospective foster parents can specify the age and gender of children they'd like to care for.
See bottom of Page 10

All Available Services for

Senior Citizens

See bottom of this page

Regularly Consuming **Aloe Vera Gel Can Help You**

Control Inflammation
See back page



WWW. **NeedhelpNews.com** Useful Information

HELPING MOMS KEEP KIDS OFF THE STREET

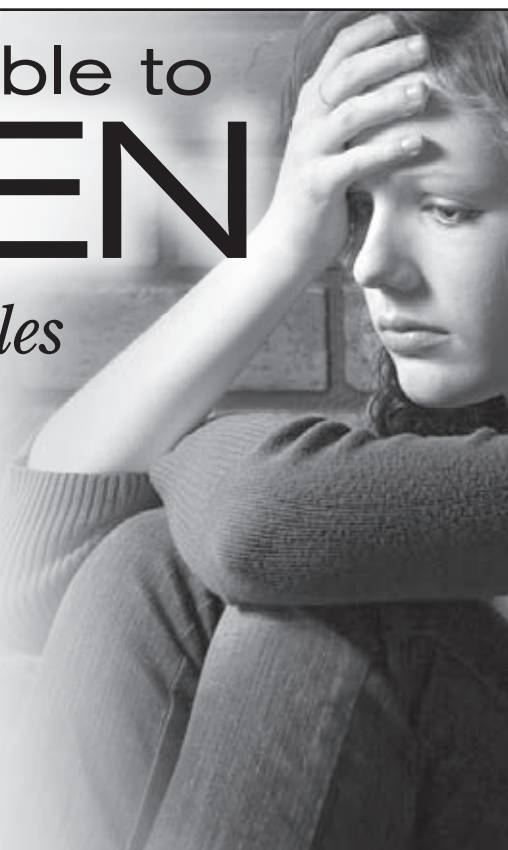
- EOC Youth Sanctuary.....6
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Ayudamos a las madres quitar los niños de la calle

Services available to **WOMEN**

Los servicios disponibles para las mujeres

- Domestic Violence.....2
- Rape Crisis Centers.....3
- Unplanned Pregnancy.....4
- Nurse-Family Partnership.....5
- Child Care Referral5



Food Banks

There is a community food bank near you. These agencies are food pantries, residential shelters, community kitchens, and may also include adult/child day care centers. When calling the numbers below, please give the operator your ZIP Code.

¿Alimento de necesidad?
Hay una distribución de alimentos cerca de usted. Al llamar el número debajo, por favor dar el código postal de su operador.

Madera County
12806 Road 26, Building 3
Madera, CA 93638
(559) 674-1482
www.maderafoodbank.org

Fresno County
3403 E. Central Avenue
Fresno, CA 93725
(559) 237-3663
(559) 237-2527
www.communityfoodbank.net

Kings County
1222 W. Lacey Blvd., Suite 201
Hanford, CA 93230
(559) 582-4386

Tulare County
7427 W. Sunnyview
Visalia, CA 93279
(559) 651-3663
www.foodlinktc.org

Kern County
Call 2-1-1 for locations
www.kceoc.org/tefap.html

Family and Emergency Services

Familia y Servicios de Emergencia

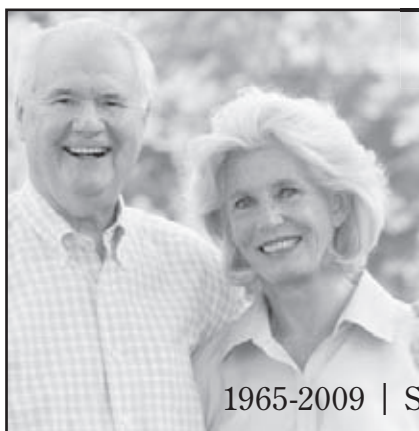
- Catholic Charities..... 12
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- American Red Cross 13
- Victims of Crime..... 15

Programs that help maintain independence for

Senior Citizens (800) 510-2020

Los programas que ayudan a mantener la independencia de las **personas de edad**

1965-2009 | Serving over **44** years | www.eldercare.gov



Grieving the loss of a loved one?

Que lamentan la pérdida de un ser querido?

www.griefshare.org



Suicide and Crisis Hotlines

- Madera(888) 275-9779
- Fresno (559) 453-4894
- Kings (559) 582-4484
- Tulare..... (800) 320-1616
- Kern(661) 868-8000
- National(800) 784-2433
- Or www.suicidehotlines.com

Runaway?

The National Runaway Switchboard relays messages from runaways to families. Free bus ride home to qualified runaways.

Call (800) 786-2929
Or..... www.1800runaway.org

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see our ad on back ➔



Marjaree Mason Center www.mmcenter.org

A Safe Place for Victims of **Domestic Abuse**



1600 M St.
Fresno, CA 93721
(559) 237-4706 (office)

Marjaree Mason Center believes victims must have a protective support system (including access to a confidentially-located emergency shelter). We believe all women deserve to live in health and safety.

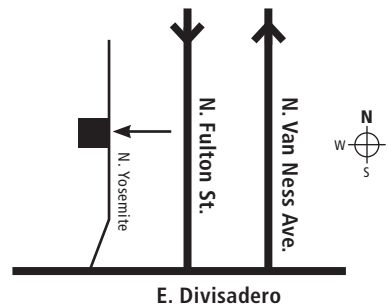
(559) 233-HELP
4 3 5 7

National Domestic Violence Hotline
(800) 799-7233
Las 24 horas del día línea directa



Evangel Home www.evangelhome.org **Faith-based**

Crisis Shelter for Women with Children



137 N. Yosemite Ave.
Fresno, CA 93701
(559) 264-4714

Evangel Home is a safe home where the cycle of crisis ends and where lives are reconciled to Jesus Christ. We are a place where families and relationships are restored and where the future holds hope for the next generation. Homeless women (and their children) can stay in our emergency shelter up to 28 days. We have two long-term programs, and a graduate program that allows women to stay up to an additional 12 months after graduation.

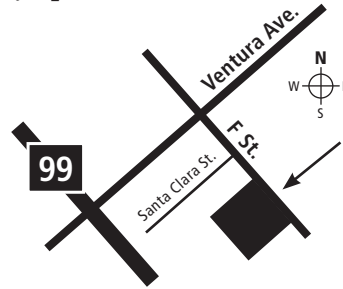
Homeless women will find peace and rest



Holy Cross Center for Women www.samc.com **Faith-based**

Day Shelter for Women and Children

A safe place for women and their children, open 8:00 a.m. to 4:00 p.m.



421 F St.
Fresno, CA 93706
(559) 237-3379

Those who come to Holy Cross Center for Women are predominately young, minority, impoverished women with children whose lives are challenged by unemployment, lack of education, low self-esteem, fear and abuse.

No questions asked—no explanations required

Regardless of the reasons why, women (with or without children) are always welcome here and services are free to all.



Naomi's House www.naomishouse.org

Safe Shelter for Single Women



445 F St.
Fresno, CA 93706
(559) 498-6988

Naomi's House provides overnight shelter to single, homeless women. While on the streets, these women are subjected to violence, sexual abuse, and disease. This may be due to choice, prostitution, advanced substance abuse, or mental illness. Naomi's House specifically targets these women, offering them an overnight refuge in a relaxed atmosphere.

Naomi's House is a collaborative project of Marjaree Mason Center, Poverello House, and Holy Cross Center for Women.



Samaritan Women www.samaritanwomen.org **Faith-based**

Assisting **Former Female Inmates**



4840 N. First St. #110
Fresno, CA 93726
(559) 227-2190

Samaritan Women helps women who are or have spent time in jail or prison. For many women, this means learning how to survive independently and developing self esteem.

Assisting ex-inmates to a better life

We do not offer a drug treatment program. There are other places that provide drug treatment, in which we will refer women, when needed.

- Our services are based strictly upon the woman's voluntary involvement.
- We are *not* a program where women can be sentenced to, in place of doing time.



Rape Counseling Service of Fresno

www.calcasa.org

Rape, Abuse and Incest National Network (RAINN)

(800) 656-4673

Las 24 horas del día línea directa

www.rainn.org

We Help Victims of **Rape** and Sexual Assault



(559) 497-2900

Monday - Friday, 8:00 a.m. to 5:00 p.m.

(559) 222-7273

Nights, weekends, and holidays

Rape Counseling Services of Fresno (RCS) is a victim advocacy agency that alleviates trauma due to sexual assault, regardless of age.

If you have been sexually assaulted, you have survived a terrible ordeal.

A stranger, relative, acquaintance, spouse or intimate partner may have committed the assault.

Regardless of who assaulted or molested you, that person has committed a crime.

Crisis Intervention

We have crisis counselors who are ready to respond 24 hours a day to area hospitals, law enforcement and victims, whenever an adult or child has been sexually abused or raped.

We are here to help and listen, *not* to judge.



Pregnancy Care Centers **Faith-based**

www.pccfresno.org

Pregnancy Test and Counseling

- Free pregnancy test (immediate results)
- Education
- Maternity clothes and infant supplies
- Physician referrals
- Ongoing peer counseling and friendship
- Post abortion support groups
- Information on community resources



169 N. Clark St., Fresno, CA 93701

(559) 237-0683

National Hotline

(800) 395-4357

All services are free and confidential

First-Time Parenting

Fresno County Nurse-Family Partnership

www.nursefamilypartnership.org

Moms & Kids Hotline

(800) 640-0333

Our services are FREE to pregnant women who are first-time mothers. Our nurses are specifically trained in pregnancy and caring for babies. They will answer your questions in the privacy of your own home. In addition, your nurse will help you with everything from pregnancy and what to feed your baby, to how to play with your newborn.

Nurses visit you at home and provide materials, tips and information about...

- | | |
|---------------------------|-----------------|
| • Pregnancy | • Immunizations |
| • Caring for your baby | • Day care |
| • Breastfeeding | • Budgeting |
| • How to be a good parent | • Housing |
| • Keeping baby safe | • Education |
| • Healthy foods | • Employment |

Why do I need a nurse?

You may not have any health problems but your nurse will answer questions about your pregnancy and taking care of your baby.

What about my privacy?

The nurse doesn't pry into your personal life. She only responds if you bring it up.

What if my house is not clean?

The nurse doesn't look at how clean your house is. She is there to help you, not judge you.

How long are visits?

Each visit last about 1 to 1½ hrs.



Getting to know you.

When you join the program, your nurse will visit you every week for the first four weeks.

What happens during my pregnancy?

Your nurse will visit you every other week. She'll help you understand what to expect and how you and your baby can have the best possible health.

What happens after my baby is born?

Your nurse will visit you every week for the first six weeks to help you learn how to care for your infant.

How long does this program last?

As your baby grows your nurse will visit every other week until your baby is 21 months old, and then visit you once a month until your baby is two. Your nurse will be there to help with problems, answer questions and give you information on raising a healthy, happy child.

All services are **FREE**



Child Care Referral

Central Valley Children's Services Network

- Finding child care
- Become a child care provider
- Help with your adolescent, youth or teen
- If you suspect child abuse
- Where to find parenting classes
- Phone counseling or hotline information

1911 N. Helm Ave., Fresno, CA 93727

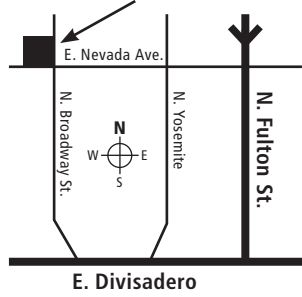
(559) 456-1100

www.cvcsn.org



New Life for Girls www.newlifeforgirls.org **Faith-based**

Substance Abuse Treatment for Women



207 N. Broadway St.
Fresno, CA 93701
(559) 486-2515

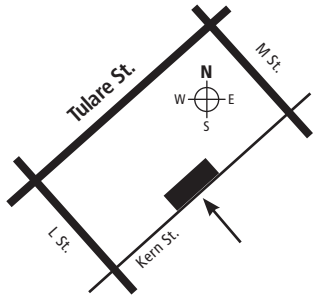
New Life for Girls operates a comprehensive drug rehabilitation program for women (18+) who are in need of intensive treatment for substance abuse or any life-controlling problem.

Intensive treatment for substance abusers.

We have developed a comprehensive program to address the special needs of women to help:

- Free her from her addiction
- Restore her sense of self-worth
- Train her to re-enter society in a productive role

Free Services Available to **Victims of Crime**



2233 Kern St., Fresno, CA 93721

(559) 488-3425

M-F: 8:00 a.m. to 12:00 p.m. / 1:00 to 5:00 p.m.

Crime Victim Assistance Center

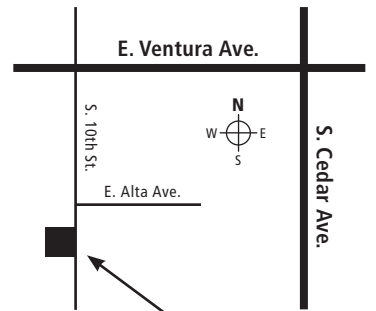
www.victimcompensation.ca.gov

In an effort to ease suffering, the State of California has services available for victims of violent crime statewide.

As a victim of crime you have the right to...

- Be free from fear, threats and intimidation
- Be informed of social services and resources available in your community
- Know the status of the case against your offender
- Assistance in dealing with the criminal justice system and to be accompanied to court
- Have your opinions considered at the case disposition
- Be compensated for injuries, wage loss and funeral expenses

Help is available to assist clients victimized by *juvenile* offenders



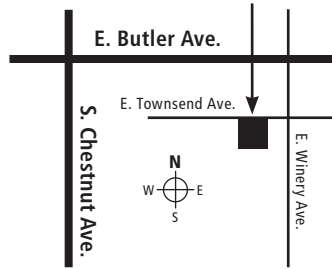
890 S. Tenth St.
Fresno, CA 93702

(559) 455-5310



www.vorp.org

Offender and Victim **Can Be Reconciled**



4882 E. Townsend Ave.
Fresno, CA 93702

(559) 455-9803

What is VORP?

VORP can offer a total or partial substitute for jail or prison incarceration. VORP is an alternative process made available to judges, police, and probation officers in dealing with criminal offenses. Meetings are arranged between offenders and their victim, providing the opportunity for communication, responsibility, restitution, and reconciliation.

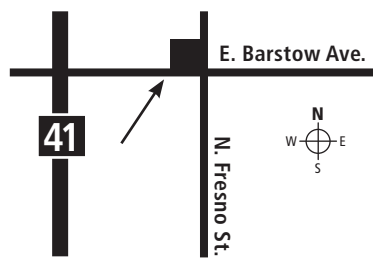
Making things right

Victim Offender Reconciliation Program (VORP)



Hope Lutheran Church www.fresnosos.org

Fresno Survivors of **Suicide Loss**

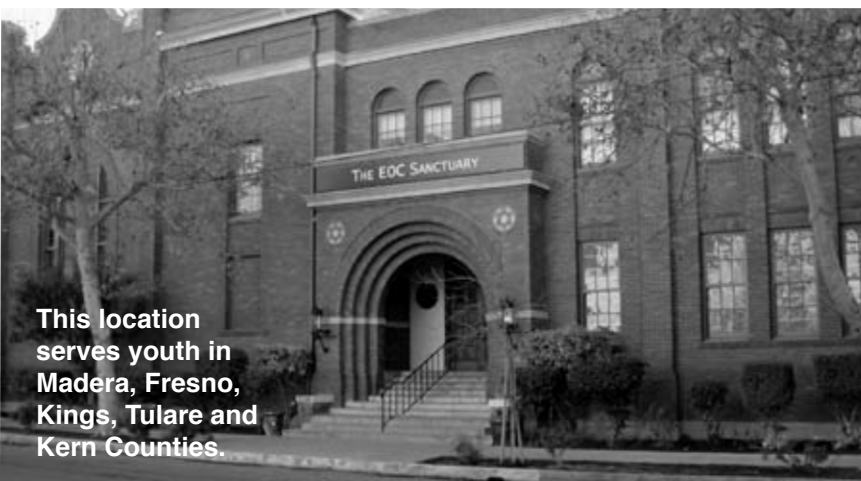


364 E. Barstow Ave.
Fresno CA 93710

(559) 322-5877

We offer an initial visit to homes of new survivors.

- Hope Lutheran Church
- Meets third Tuesday each month, 7:00 to 9:00 p.m.
- This is a peer-facilitated, free service to survivors



This location serves youth in Madera, Fresno, Kings, Tulare and Kern Counties.

The EOC Sanctuary

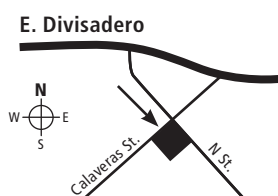
Safe Shelter for Youth Ages 11-17

We're Here to Help

Board any FAX bus (in the city of Fresno) and ride to help. The driver will take you to the EOC Sanctuary if you...

- Are 11 to 17 years old and need a place to stay
- Are having problems at home
- Are a runaway or are homeless
- Are in crisis and need help or counseling
- Shelter, food, clothing

Wherever you see this sign, it's OK to ask for help. Any business, public location or Fresno city bus displaying the yellow and black sign is a "Safe Place."



1545 N. St.
Fresno, CA 93721
(559) 498-8543 or
(800) 820-4968



Faces of Meth™ / Las Caras de Meth

Methamphetamine destroys the mind and body.

Jail photos show only a hint of the drug's devastation.

Meth eats away at brain tissue, accelerates blood pressure.

Meth creates psychosis and causes the body to overheat. Teeth fall out.

The body stops craving food, and only wants the drug.

La metanfetamina destruye la mente y el cuerpo.

Cárcel fotos muestran sólo una pista de la droga de la devastación.

Meth come lejos en el tejido cerebral, acelera la presión sanguínea.

Meth crea psicosis y hace que el cuerpo se sobrecaliente. Los dientes caerse.

El cuerpo se detiene las ansias de alimentos, y sólo quiere la droga.



3 years, 5 months later



1 year, 5 months later

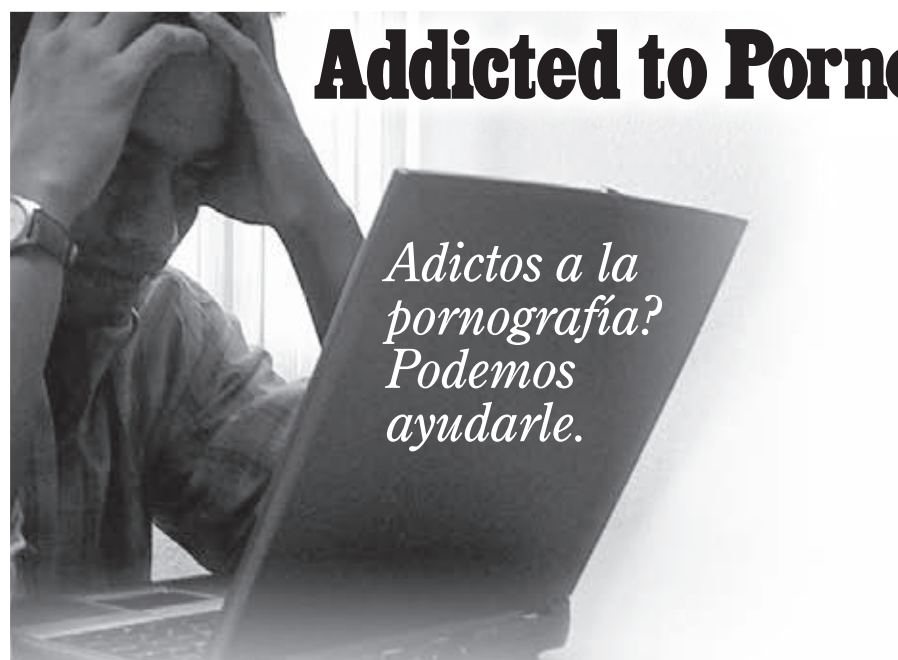
3 months later

(800) 367-AIDS (2437)
www.aidshotline.org

Sexually transmitted diseases
www.herpes-coldsores.com/std

Read more about Faces of Meth™ at
www.facesofmeth.us

Addicted to Pornography? There is help for you.



New Creation Ministries

Faith-based 1983-2009 | Serving over **25** years | www.ncmfresno.org

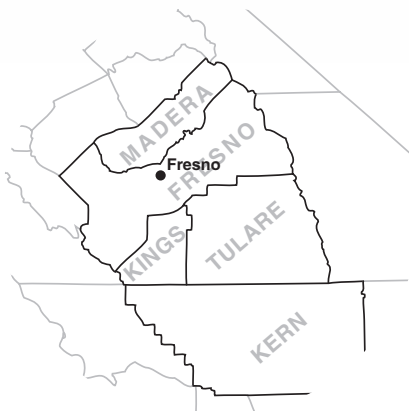
Books We Recommend Reading

- *Out of the Shadows* by Patrick Carnes, Ph.D
- *Breaking Free* by Russell Willingham
- *Relational Masks* by Russell Willingham

Call for directions to our office.
Located in Fresno, CA.

(559) 227-1066

Serving Madera, Fresno, Kings, Tulare and Kern Counties.



Secrecy is one of the strongest bonds of sexual addiction.
Break the secrecy and you help break the addiction.

*El secreto es uno de los más fuertes lazos de la adicción sexuales.
Romper el secreto y le ayudará a romper la adicción.*

Take this Sexual Addiction Test

- Were you sexually abused as a child or adolescent?
- Have sexual thoughts interfered with your ability to function at work or at school?
- Have you failed to meet commitments or fulfill responsibilities because of your involvement with pornography?
- Have you had sex regardless of the consequences, the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.?
- Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?
- Have you had an important relationship end because of your inability to stop looking at pornography and/or outside sexual activity?
- Have you increased the risk you take online (giving out your name and phone number, meeting people offline, etc.)?
- Confused about your sexual identity?
- The spouse or parent of someone who is struggling with these issues?
- A Christian leader searching for resources?

Tome esta Prueba de Adicción Sexual

- ¿Te abusaron sexual como un niño o adolescente?
- ¿Los pensamientos sexuales han interferido con tu capacidad de funcionar en el trabajo o en la escuela?
- ¿Ha fracasado para cumplir los compromisos o cumplir con las responsabilidades a causa de su participación con la pornografía?
- Tienes tenías sexo sin importar las consecuencias, la amenaza de ser cogido, el riesgo de herpes, gonorrhea, SIDA, etc. que contraen?
- Tienes tenías sexo en las horas inadecuadas, en lugares inadecuados, y/o con inadecuado gente?
- Tienes tenías un extremo importante de la relación debido a tu inhabilidad de parar el mirar actividad sexual de la pornografía y/o del exterior?
- Tienes creciente el riesgo que tomas en línea (dando hacia fuera tu nombre y número de teléfono, gente de la reunión fuera de línea, etc.)?
- ¿Confundido sobre tu identidad sexual?
- ¿El esposo o el padre alguien que está luchando con estas ediciones?
- ¿Un líder cristiano que busca para recursos?

Locate a faith-based recovery program in your area. Go to...

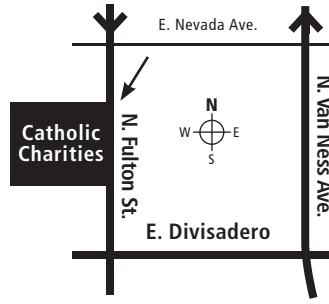
www.celebraterecovery.com

Making decisions about sex can be difficult, but dealing with everything that comes with it can be downright frightening.



Catholic Charities Diocese of Fresno **Faith-based**
www.ccdof.org

Catholic Charities Serves All



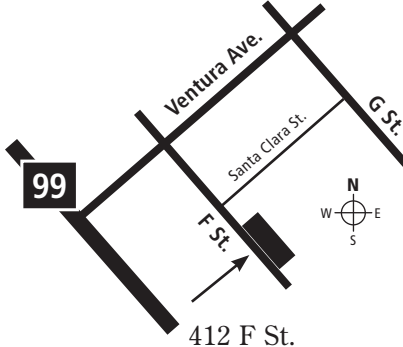
149 N. Fulton St.
 Fresno, CA 93701
(559) 237-0851

- Emergency Assistance: Emergency aid such as clothes, shelter, and/or bus fare, depending on specific situations. Clients are referred by churches, schools and social workers.
- Representative Payee Program
- Parolee Box Program
- Emergency Food Program
- Senior Companions
- Refugee Resettlement Program
- Healthy Families
- Immigration Services
- Elderly and Disabled Support Services



Poverello House www.poverellohouse.org

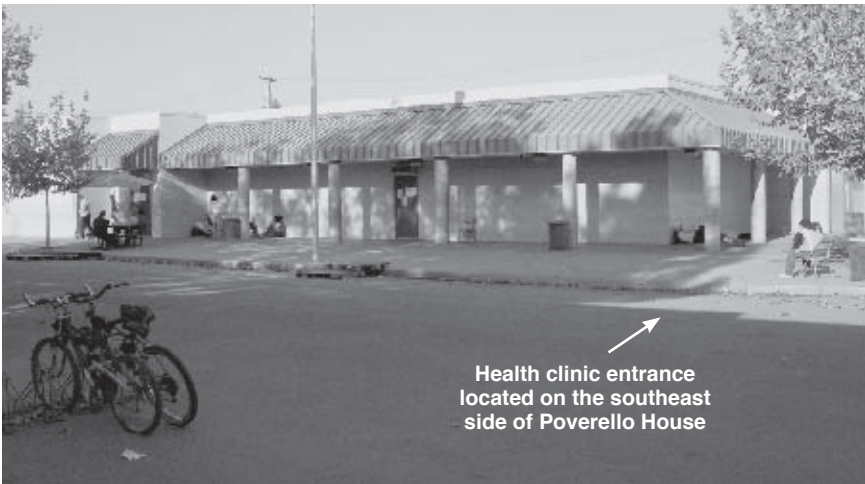
Hot Meals Served Every Day



412 F St.
 Fresno, CA 93706
(559) 498-6988

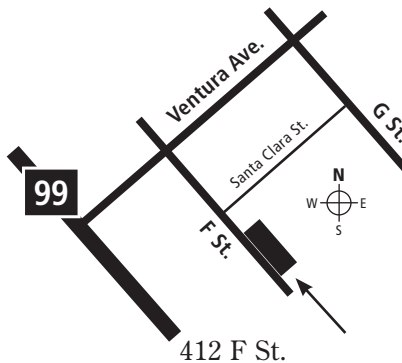
Poverello House serves breakfast Monday through Friday at 8:30 a.m. and Saturday & Sunday at 9:00 a.m. Lunch is served everyday at noon. Dinner is served Monday through Friday at 5:00 p.m.

- We also provide a day shelter with showers
- Laundry services: Mon.-Fri., 8:00 to 11:00 a.m.
- Clothing distribution: Tue., 1:00 to 3:00 p.m.
- Mail services: Mon.-Fri. at the Contact Office
- Rehabilitation available in a drug- and alcohol-free environment. In-take interviews are held on Mondays and Thursdays at 9:00 a.m.



Holy Cross Clinic at Poverello House

Free Health Clinic at Poverello



412 F St.
 Fresno, CA 93706
(559) 442-4108

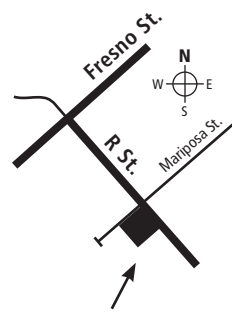
In 1982, the Sisters of the Holy Cross and Saint Agnes Medical Center created the Holy Cross Clinic at Poverello House. The Clinic provides free medical and dental services to the poor and homeless of our community. The only eligibility requirement is that patients don't have medical insurance.

The Clinic staff includes a full-time Nurse Practitioner. The rest of the medical team is made up of dedicated Saint Agnes staff and volunteers who donate their time to fill this crucial need in the community.



EOC Health Services Clinic www.fresnoeoc.org

EOC Health Services Clinic



1047 R St., Fresno, CA 93721
(559) 499-1690

EOC Health Services Clinic offers...

- Physical exams for men, women, and youth
- Pregnancy testing and birth control methods
- Testing and treatment of sexually transmitted infections
- Confidential HIV testing and counseling
- Pre-natal care
- All services are confidential
- No proof of income or legal status required

Disabled? Independent Living Centers Can Help You

¿Discapacitado? Centros de Vida Independiente trabajan con y para usted de promover su independencia en la comunidad.

- Our employment programs offer financial independence and self-confidence
- Our community access and residential programs provide the opportunity for integration into the communities of choice
- Services and support are as individualized and unique as are the needs of each person served
- Nuestros programas ofrecen empleo independencia financiera y confianza en sí mismos
- El acceso de las comunidades y residenciales programas ofrecen la oportunidad de integración en las comunidades de elección
- Servicios y apoyo individualizado y son las únicas que son las necesidades de cada persona servida

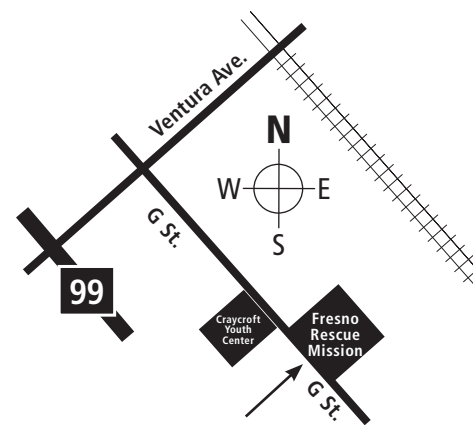
Independent Living Centers work *with* and *for* you to promote your independence in the community.

Bakersfield.... (661) 325-1063
 Madera(559) 718-9833
 Fresno.....(559) 221-2330
 Visalia.....(559) 622-9276

It's Never Too Late to **Start Over Again**



The Fresno Rescue Mission Faith-based



The Fresno Rescue Mission
www.fresnorescuemission.org
 310 G St., Fresno, CA 93706
(559) 268-0839

Overnight Shelter for Men

The Fresno Rescue Mission gives men an overnight place to stay.

Emergency Family Shelter

315 G St., Fresno
 (559) 237-4118
 Temporary shelter for men and women with children...with a large dose of love!

Craycroft Youth Center

335 G Street, Fresno
 (559) 268-1123
 Emergency shelter for abandoned, abused and neglected children. Craycroft Youth Center is located across the street from The Fresno Rescue Mission.

The Academy

310 G Street, Fresno
 (559) 268-0839
 A 12-month-long residential recovery program and a 6-month mandatory aftercare program for men.

New Start Transitional Home

1293 N. Van Ness Ave., Fresno
 (559) 495-1346
 Transitional housing for men who have graduated from The Academy.

Craycroft Sunshine Ranch

3350 N. McCall Ave., Sanger
 (559) 346-0165
 Getaway for the children of the Craycroft Youth Center.



Fresno Family Service Center www.salvationarmyusa.org

Salvation Army Fresno Service Center



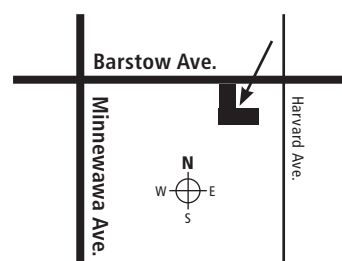
1752 Fulton St.
 Fresno, CA 93721
(559) 233-0138

- Bible studies and chapel services
- Food Boxes (U.S.D.A. Commodities)
- PG&E Assistance through R.E.A.C.H. and E.F.S.P programs
- Rent/Mortgage Assistance through E.F.S.P.
- Fire Victim Assistance
- Parolee Assistance
- Seasonal Assistance: Coats for Kids, Star Tree, special food boxes and meals



Clovis Family Service Center

Clovis Family Service Center



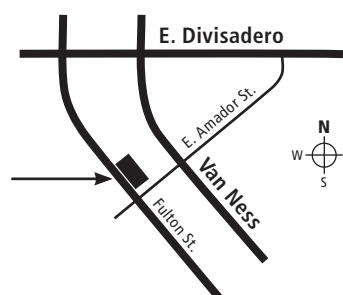
210 E. Barstow Ave.
 Clovis, CA 93613
(559) 298-6797

- Bible studies and chapel services
- Food Boxes (U.S.D.A. Commodities)
- PG&E Assistance through R.E.A.C.H.
- Youth Programs: Scouting, Venture Clubs, music and choir
- Seasonal Assistance: Coats for Kids, Star Tree, special food boxes and meals
- Community Partners program and Clovis Senior Center



Silvercrest Senior Citizens Apartment Complex

Affordable Apartments for Seniors



1824 Fulton St.
 Fresno, CA 93721
(559) 237-9111

Silvercrest is an 8-story apartment complex designed for low-income seniors.

How does one qualify?

- You must be 62 years of age or older or require an apartment equipped for wheelchair accessibility and be within HUD's income limits.

What is the cost?

- Rent is 30 percent of a resident's adjusted gross income. A senior receiving \$777 from Social Security pays about \$223. Utilities (except for telephone) are included in the rent.



Workforce Connection

www.workforce-connection.com

(877) 954-4473

Turn A **Job Search** Into A Job Find



Manchester Center
3302 N. Blackstone Ave., Suite 155
Fresno, CA. 93726
(559) 230-3600

Resources to get your first job, or a better job

- Job search
- Résumé writing
- Skills upgrade
- Career counseling
- Job training
- 8 locations to serve you

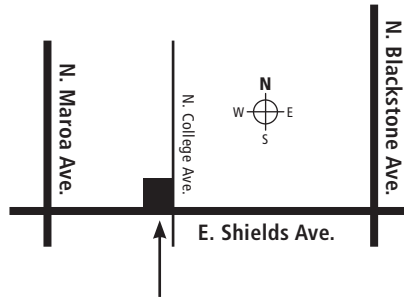
The job you want is out there, and we can help you find it.



Entrepreneurial Training Center (E.T.C.) **Faith-based**

www.fresnoetc.org

Dysfunctional or Criminal Background?



1041 E. Shields Ave.
Fresno, CA 93704
(559) 248-9111

All E.T.C. services are free

Entrepreneurial Training Center serves the low-income, parolees, and individuals on probation.

We offer workshops in self-sufficiency, social skills training, job readiness, job placement, and vocational training referrals.

We also offer basic business and start-up training for the aspiring entrepreneur. We help people change their dysfunctional or criminal lifestyles by breaking down whatever barriers are holding them down.

We make every community resource available to you.

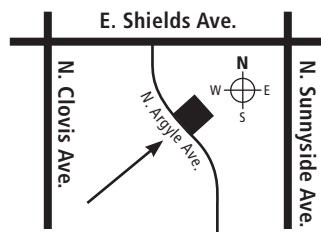


California Conservation Corps

(800) 952-5627(JOBS)

www.ccc.ca.gov

Ages 18 to 24? We **Hire Year-Round**



2976 N. Argyle, Suite 101
Fresno, CA 93727
(559) 292-3198

To apply, you must...

- Be 18 to 25 years old
- Not on probation or parole
- A California resident
- Pass a drug test

Why join?

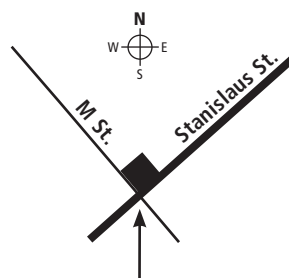
We offer you full-time work outdoors, health benefits, career direction, earn high school diploma, GED or college credits, academic, vocational scholarship, adventure; work on projects in your hometown or another part of the state; non-residential centers throughout the state, live in a dorm or commute from home.



Hope Now For Youth **Faith-based**

www.hopenow.org

We Help **Gang Members** Find Jobs



2305 Stanislaus St.
Fresno, CA 93721
(559) 237-7215

“All my friends are dead, in jail, or getting a job from Hope Now for Youth. I want a job!”

Hope Now for Youth is a Christian emergency rescue team for young men (ages 16 to 24). Call us if you—or someone you know—is a gang member, has a criminal record or is a school dropout. We can help.

If you are interested in starting a “Hope Now for Youth” (or similar program) in your area, please call us. We want to hear from you!

Faith-based 1844-2009 | Serving over **165** years | www.ymca.net | (800) 872-9622

YMCA *We Build Strong Kids, Strong Families, Strong Communities*

Serving more than 20.2 million people each year in the U.S.

Construimos niños fuertes, familias fuertes, comunidades fuertes. Servimos a más de 20.2 millones cada año.

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all. YMCA is the nation's largest provider of child care.

Recreational Services

- Childcare
- Camping
- Youth sports
- Social programs
- Cardio work-out
- Indoor swimming pool
- Weights
- Much more

Para poner en práctica los principios cristianos a través de programas que construir un sano espíritu, la mente y el cuerpo para todos. YMCA es el mayor proveedor de cuidado de los niños en los Estados Unidos.

Servicios de Recreación

- El cuidado de los niños
- Camping
- Juventud deportes
- Programas sociales
- Cardio elaborar
- Piscina cubierta
- Pesos
- Mucho Más

Fresno
1408 N St.
Fresno, CA 93721
(559) 233-9622

Hanford
1010 W. Grangeville Blvd.
Hanford, CA 93230
(559) 584-9622
www.kcymca.net

Visalia
211 W. Tulare Ave.
Visalia, CA 93277
(559) 627-0700
www.visaliaymca.org

Corcoran
900 Dairy Ave.
Corcoran, CA 93212
(559) 992-5171

Bakersfield
5880 District Blvd., Suite 13
Bakersfield, CA 93313
(661) 837-9622
www.ymcaofkern.org

Street Maps:
 - Fresno: E. Divisadero, Stanislaus Ave, P St, W Tulumine Ave
 - Hanford: Rodgers Rd, W Grangeville Blvd
 - Visalia: S Court St, S Locust Ct, W Tulare Ave
 - Corcoran: Patterson Ave, Dairy Ave, Whitley Ave
 - Bakersfield: White Ln, Grison St, Shine Rd, District Blvd



American Red Cross

When disaster strikes the American Red Cross will help you in many ways

1. By Providing Immediate Relief

Immediately following a disaster, the Red Cross works with emergency service agencies and others and provides emergency shelters, meals, and first aid.

2. By Providing the Means to Pay for Basic Neccesities

The Red Cross will work with you and your family to identify your disaster-caused needs, help you develop an immediate plan, and provide you and your family with the means to pay for basic neccesities to return to a more normal living situation as soon as possible.

This may include the following...

- Rent or temporary repairs to your home to enable you to move back in.
- Needed household items.
- Groceries and new clothes.
- Medical, nursing, and hospital expenses related to the disaster.
- Job supplies needed to allow you to return to work

3. By Referring You to Other Sources of Help

The Red Cross works with you to find the help you need. We will refer you to government and other agencies that can help in your recovery. If these resources are not available or if you need more assistance, the Red Cross will continue to work with you and your family to meet your disaster-caused needs.

Be a Disaster Volunteer...It's the hardest job you'll ever love!

The mission of the American Red Cross is to help people of our community prevent, prepare for, and respond to emergencies. In order to do this, we need your help!

In times of disaster, we provide free emergency disaster assistance to affected individuals and families.

Red Cross volunteers are trained, free of charge, to provide immediate food, shelter, emergency first aid, counseling and other free disaster services as needed.

You can support your community by becoming a trained Disaster Services Volunteer.



Red Cross disaster relief services are free...a gift from the American people.

BOY SCOUTS

Training and Education that Builds Character, Citizenship and Fitness

Total number of Scouts in 2007...4.6 million

Boy Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

Scout Law

A Scout is... Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, Reverent

Fresno Council

6005 N. Tamera Ave.
Fresno, CA 93711
(559) 320-2100
www.seqbsa.org

Sequoia Council

221 N. Encina St.
Visalia, CA 93291
(559) 732-3424

Southern Sierra Council

2417 M St.
Bakersfield, CA 93301
(661) 325-9036
www.sscbsa.org

To find a Boy Scout troop in your local area, call the nearest regional office or visit www.scouting.org and enter your ZIP Code.

Para encontrar un grupo en su área, llame a la oficina regional más cercana, o visite www.scouting.org y escriba su código postal.



Big Brothers Big Sisters | 1904-2009 | Serving over **105** years | www.bbbs.org

Big Brothers Big Sisters

Al ser un Big Brother o Big Sister puede hacer una diferencia en su comunidad

One-to-One

- Mentoring is about spending quality one-on-one time with a child.
- It's as easy as taking your Little along with you to something you were going to do anyway—like lunch. You've got to eat, right?
- The activities don't have to cost a lot. It's not about spending money; it's about spending time.
- Mentors are regular people just like you.

Mentors can make a positive impact on youth...

- 52% less likely to skip school
- 46% less likely to begin using illegal drugs
- 27% less likely to begin using alcohol
- 37% less likely to skip a class
- And more likely to get along with family and peers
- Call today and become a mentor!

Madera

2300 W. Industrial Ave.
Madera, CA 93637
(559) 673-4863

Fresno

905 N. Fulton St.
Fresno, CA 93728
(559) 268-2447

Kings County

(559) 283-3866

Tulare

948 N. H St., Suite 2
Tulare, CA 93274
(559) 687-1108

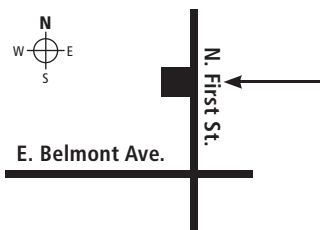


Police Activities League www.calpal.org

We are California's largest juvenile crime prevention program, with the active participation of over 300,000.

Effective After-School Program

The Police Activities League serves thousands of youth through almost 50 programs and special events each year in the greater Fresno area.



745 N. First St.
Fresno, CA 93702

(559) 498-2508

Activities

- After-school camp
- Arts and crafts
- Computer lab
- Homework lab
- Sports
- Swimming/water safety (summer)
- Basketball clinic and league
- Boxing and Tae Kwon Do
- Camping & much more

Foster Parents Needed

Yes! Prospective foster parents can specify the age and sex (gender) of children they'd like to care for.

Necesitamos a Padres Prohijadores

¡Sí! Los padres adoptivos anticipados pueden especificar la edad y el sexo (género) de niños que desean al padre.

Foster parents open their home for children who may have been abused, neglected, abandoned, or whose parents may be ill or hospitalized. The children range in age from newborns to teenagers. No matter what age, foster children need homes where they will receive love, stability, companionship, supervision and good family experiences.

Los padres adoptivos abren su hogar para los niños que pudieron haber sido abusados, descuidado, abandonado, o que padres pueden ser enfermos u hospitalizados. Los niños se extienden en edad de recién nacidos a los adolescentes. No importa qué la edad, los niños foster necesita los hogares en donde recibirán amor, estabilidad, compañerismo, la supervisión y buenas experiencias de la familia.

Madera(559) 662-8300
Fresno..... (877) 533-5437
Kings..... (559) 582-3241

Tulare.....(559) 733-6180
Kern.....(661) 631-6000

*OPEN YOUR HEART. OPEN YOUR HOME.
You can Make a Difference in a child's Life.*



Substance Abuse, Habits, and Hang-ups

Alcoholics Anonymous (559) 221-6907

2812 N. Blackstone Ave., Fresno
www.na.org

Twelve-step, self-help program for people who have or have had a problem with drugs.

C.A.P. Detox (Comprehensive Addiction Programs)

(559) 485-6364 (detox)
(559) 264-2551 (residential)
2445 W. Whitesbridge Ave., Fresno
www.caprehab.org

Open-ended recovery program for men and women living with alcohol and/or drug addiction disorders.

Celebrate Recovery **Faith-based**

Find a faith-based recovery program in your area. Go to...www.celebraterecovery.com

The Fresno Rescue Mission **Faith-based**

(559) 268-0839
310 G St., Fresno
www.fresnorescuemission.org

Meals and shelter for families, overnight stay and clothing for transient men. We also offer a faith-based, live-in drug and alcohol recovery program that lasts one year. See top of page 7.

New Life for Girls **Faith-based**

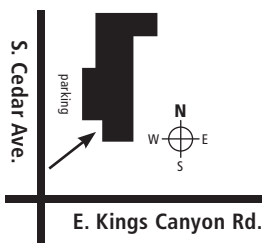
(559) 486-2515
207 N. Broadway St., Fresno
www.newlifeforgirls.org

A comprehensive drug rehabilitation program for women (18+) who are in need of intensive treatment for substance abuse or any life-controlling problem. Upon successful completion of the program, ladies will receive an AA degree in biblical studies from International School of Ministry. See top of page 4.

P.A.T.H.S.

(Perinatal Addiction Treatment and Health Services)

(559) 453-8300
515 S. Cedar Ave., Bldg. 320

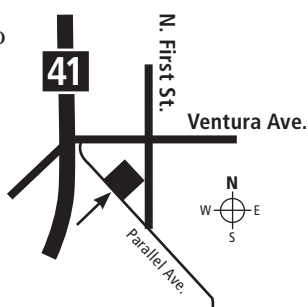


P.A.T.H.S. provides treatment for substance-abusing pregnant and parenting women. Our goal is to inspire women to achieve a drug-free lifestyle. We help break down the barriers that sometimes stop women from seeking help for themselves and their children.

The Salvation Army **Faith-based**

(Adult Rehabilitation Center)
(559) 490-7020
811 S. Parallel Ave., Fresno

The A.R.C. is a haven of hope, a place of new beginnings for people who have lost their self-direction socially, emotionally and spiritually. See second ad on page 7.



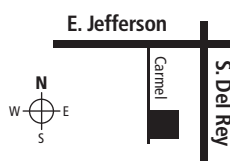
Boys & Girls Clubs of America Fresno and Clovis

www.bgclubfc.org

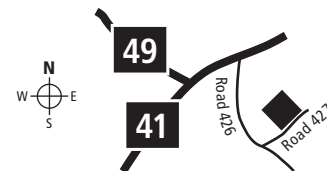
13 Area Clubs Serving Over 13,000 Youth



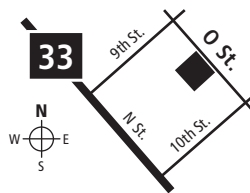
Boys & Girls Clubs in Fresno County



Del Rey
5705 S. Carmel St., #255
(559) 888-0302



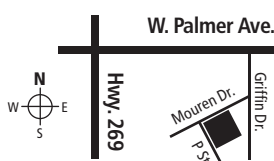
Oakhurst
49495 Road 427
(559) 642-4600



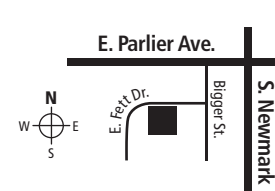
Firebaugh
979 O St.
(559) 659-3774



Orange Cove
965 Center #68-69
(559) 626-3122



Huron
36332 P. St. #226
(559) 945-7199



Parlier
1040 Fett Dr. #131
(559) 646-5122

Our mission is to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.

Boys & Girls Clubs programs and services promote and enhance the development of boys and girls, instilling...

- A sense of competence
- A sense of usefulness
- A sense of belonging
- A sense of power or influence

Character and Leadership Development

Empowers youth to support and influence their Club and community, sustain meaningful relationships with others, develop a positive self-image, participate in the democratic process and respect their own and others' cultural identities.

Education and Career Development

Enables youth to become proficient in basic educational disciplines, apply learning to everyday situations and embrace technology to achieve success in a career.

Health and Life Skills

Develops young people's capacity to engage in positive behaviors that nurture their own well-being, set personal goals and live successfully as self-sufficient adults.

The Arts

Enables youth to develop their creativity and cultural awareness through knowledge and appreciation of the visual arts, crafts, performing arts and creative writing.

Sports, Fitness and Recreation

Develops fitness, positive use of leisure time, skills for stress management, appreciation for the environment and social skills.

Suffering with an autoimmune or inflammatory disease?

Aloe Vera gel can work to control the inflammation. Naturally.

Imagine slicing open an Aloe leaf and consuming the gel directly from the plant.

- Forever Living™ Aloe Vera Gel is as close to the real thing as you can get. The miraculous aloe leaf contains over 200 compounds, including 20 minerals, 18 amino acids and 12 vitamins.
- A product of our patented aloe stabilization process, our thicker gel is favored by those looking to maintain a healthy digestive system and a natural energy level.
- The first to receive certification by the International Aloe Science Council, this rich cocktail of pulp and liquid authenticates this product just as nature intended.
- Taken in 1 oz. “shots” daily, either alone or mixed with fruit juice, it is one of the *best* nutritional supplements available!
- Ingredients: Stabilized Aloe Vera Gel, Sorbitol, Ascorbic Acid (Antioxidant), Citric Acid, Potassium Sorbate (To Help Protect Flavor), Sodium Benzoate (To Help Protect Flavor), Xanthan Gum, Tocopherol (Antioxidant).



\$20 /jug
Mention “Needhelp News.com” and take \$1 OFF

Nutrition Facts		Contains 100% Aloe Vera Juice
Serving Size 8 fl. oz. (240 ml)		
Servings Per Container about 4		
Amount Per Serving		
Calories 40		
		% Daily Value*
Total Fat	0g	0%
Sodium	60mg	3%
Total Carbohydrate	12g	4%
Sugars 0g		
Protein	0g	0%
*Percent Daily Values are based on a 2,000 calorie diet.		

“When you control the inflammation, you control the disease.”

CONTENTS
33.8 fl. oz. (1 qt., 1.8 fl. oz.) 1 liter

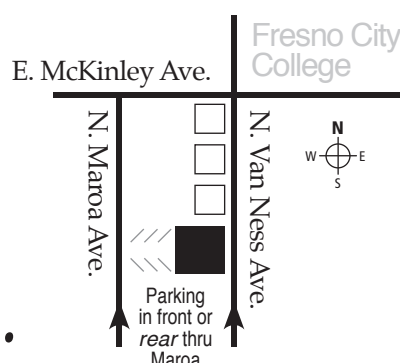
DIRECTIONS
Shake well. Refrigerate after opening.

VanNess Vintage

ALOE VERA Distributor Since 1990

Skin Care | Clothing | Gifts

New location to better serve our customers...



Tower District

1567 N. Van Ness Ave.
Suite #1
Fresno, CA 93728

M-F: By appointment only
Sat: 12 to 4 p.m.

email: vannessvintage@sbcglobal.net