



www.rcsfresno.com



Hinds Hospice
Honoring the Journey

www.hindshospice.org

■ Anyone Can Help Anyone Find Basic Help

www.NeedhelpNews.com ■

Needhelp® News



free
GRATIS

Suicide and Crisis

Hotlines/Líneas Directas
Call..... 1-800-784-2433
www.SuicideHotlines.com
Runaway/Jovenes que Huyen su Casa
Call..... 1-800-786-2929
www.1800runaway.org

Veterans/Veteranos
Call..... 1-800-273-8255
then press "1"
Child Abuse/Abuso de Menores
Call..... 1-800-422-4453

Programs that help maintain independence for

SENIORS

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

1-800-677-1116
www.eldercare.gov

Helping Parents Keep Kids Safe and Off the Street

Ayudamos a los padres mantener a los niños seguros y fuera de la calle

CHILDCARE

¿Necesita cuidado de niños en su área?

www.ChildCareAware.org

Why not take your Little to lunch? You gotta eat, right?

Grieving?

You're not alone.

No está solo en su duelo

Busque un grupo en su area

www.GriefShare.org
Find a group in your area

Foster Parents

Make a Difference

Yes! Prospective foster parents can specify age and gender of children they want to care for.

Los Padres de Crianza Marcan la Diferencia

¡Sí! Los padres adoptivos potenciales puede especificar la edad y el sexo de los niños que quieren cuidar.

Google "Foster Parent" and city or ZIP Code

BIG BROTHERS BIG SISTERS

Serving since 1904 - www.bbbsa.org



BOYS & GIRLS CLUBS OF AMERICA
Serving since 1889 - www.bgca.org

American Red Cross

American Red Cross

Take a course, donate blood, host a blood drive, volunteer

www.RedCross.org
1-866-438-4636

Disabled?

We can help you achieve and maintain your self-sufficiency and independence.

¿Tiene una discapacidad?

Podemos ayudarle a lograr y mantener su autosuficiencia y la independencia.

Centers for Independent Living
www.ilru.org

Click on "IRLU Directory of CILs/SILCs" then click on your state



P.A.L.

Police Activities League
Serving since 1940 - www.NationalPal.org
(561) 745-5535 (national office)

¿Necesita la alimentación?

Food Banks

www.FeedingAmerica.org

Deaf or Hard of Hearing? There is help.

¿Sordos o que no pueden oír bien?

Google "Deaf" or "Hard of Hearing" and city or ZIP Code

COMO ENCONTRAR AYUDA:

Google el nombre de la organización y de la ciudad o código postal

HOW TO FIND HELP:

Google name of the nonprofit organization and city or ZIP Code



Y.M.C.A.
Serving since 1844 - www.ymca.net
1-800-872-9622

Resources for Survivors of Sexual Assault and Family Violence

Recursos para Sobrevivientes del Asalto Sexual y Violencia Familiar

Domestic Violence
Violencia Doméstica

1-800-799-7233
www.ndvh.org

or

Google "domestic violence" and your city or ZIP Code

Rape Crisis
Crisis por Violación

1-800-656-4673
www.rainn.org

or

Google "rape crisis" and your city or ZIP Code

LLAME AHORA.
¡Hay ayuda para usted!

Your kids deserve a safe place.
Sus hijos merecen una lugar seguro.

CALL NOW.
There is help for you!

Unplanned Pregnancy?

All Services are FREE
All Calls Are Confidential

1-800-395-4357 | www.PregnancyCenters.org

¿Embarazo no planeado?

*Ofrecemos servicios gratis que le ayudarán.
Todas las llamadas son confidenciales.*

We Help First-Time Parents Succeed

All services are free to first-time mothers.

Ayudamos a los padres primerizos exito

All services are free to first-time mothers.

www.NurseFamilyPartnership.org



BOY SCOUTS

Character, Citizenship, Fitness.
Caracteres, Ciudadanía, Salud.

www.scouting.org

GIRL SCOUTS

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scouts ayuda a las niñas el valor, la confianza, y el carácter, que hacen del mundo un lugar mejor.

www.girlscouts.org



U.S. Conservation Corps for Youth

www.CorpsNetwork.org

Young Adults ages 16 to 24

Job Corps

www.jobcorps.gov | 1-800-733-5627

Workforce Connection

Google "Jobs" and ZIP Code

Needhelp®

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Dale Brannan, *Publisher*
dale@NeedhelpNews.com

James Carrasco, *President*
james@NeedhelpNews.com

Questions? Go to www.NeedhelpNews.com

Sexual Assault? Family Violence?

24-Hr. Crisis Line

(559) **222-7273**

www.rcsfresno.com





Catholic Charities USA
 Serving since 1910
www.CatholicCharitiesUSA.org

We work to support families, reduce poverty, and build communities.

Trabajamos para apoyar a las familias, reducir la pobreza y construir comunidades.



RESCUE MISSIONS
 Serving since 1872
www.agrm.org

When you feel you can't go on, you're not alone. We are here for you.

Cuando usted siente que no puede seguir así, no estás solo. Estamos aquí para usted.



THE SALVATION ARMY
 Serving since 1840
www.SalvationArmyUSA.org

Transforming human lives at the point of greatest need.

La transformación de la vidas humanas en el punto de mayor necesidad.

HOW TO FIND HELP: Google name of the nonprofit organization and city or ZIP Code

COMO ENCONTRAR AYUDA: Google el nombre de la organización y de la ciudad o código postal

Faces of Meth™
www.HIVtest.org | www.FacesOfMeth.us



1.5 years later 3 months later

- Methamphetamine destroys the mind and body. Meth creates psychosis and eats away at brain tissue. The body stops craving food, and only wants the drug.
- La metanfetamina destruye la mente y el cuerpo. La droga crea psicosis y corroe el tejido cerebral. El cuerpo deja de alimentos antojo, y que sólo quiere la droga.

Are you addicted to pornography? There is help for you.

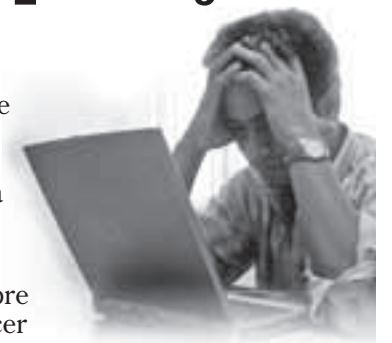
¿Adicto a la pornografía? Hay ayuda para usted.

- 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?
- Prueba la Adicción Sexual**
- ¿Fue usted sexualmente abusado de niño o adolescente?

- ¿Tienen pensamientos sexuales interferido con su capacidad para funcionar en el trabajo o en la escuela?
- ¿Ha incumplido compromisos o de cumplir con las responsabilidades debido a su implicación con la pornografía?
- ¿Ha tenido relaciones sexuales sin importar las consecuencias, el riesgo de ser detectado, el riesgo de herpes de contratación, la gonorrea, SIDA, etc?
- ¿Ha tenido relaciones sexuales en momentos inadecuados, en lugares inadecuados, y/o con la gente es inapropiado?

- ¿Ha tenido un fin importante relación debido a su incapacidad para dejar de mirar a la pornografía y/o la actividad sexual fuera?
- ¿Ha aumentado el riesgo de tomar en línea (dar su nombre y número de teléfono, conocer gente fuera de línea, etc)?
- ¿Confundido acerca de su identidad sexual?
- El cónyuge, padre o madre de alguien que está luchando con estas cuestiones?
- Un líder cristiano en busca de recursos?



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

www.ExodusYouth.net
 Google "Celebrate Recovery Church" and ZIP Code

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

La toma de decisiones sobre el sexo puede ser difícil, pero en relación con todo lo que viene con él puede ser francamente aterrador.


Volunteer, Donate, Shop

- ❖ Our Stores provide a place for supporters to volunteer their time and donate household goods.
- ❖ **We pick up donations**, or you may drop off your items at any store.
- ❖ We help our community by providing low cost goods for people in need.

At **Hinds Hospice Thrift Stores**, we offer a wide variety of goods including: clothing, kitchenware, books, jewelry, records, furniture, appliances, and collectibles.

Hinds Hospice Thrift Store Locations:
 Fresno* Madera* Chowchilla* Kerman* Sanger

Please call (559) 892-2120 for hours of operation and more information



25% OFF
 Total Purchase

THRIFT STORE

Not Valid with any other discount.
 Limit one coupon per customer.

All donations are Tax Deductible. Call (559) 977-4276 to schedule a pick up.



Find us on
Facebook
Facebook.com/hindshospice

How do we help?

Our founder, Nancy Hinds, began caring for patients 30 years ago with four beds in her home. The mission was pure: to uphold the dignity and ease the suffering of the terminally ill while also supporting their loved ones and those who are grieving. Now, 30 years later, the mission remains unchanged but the scope of our operations is dramatically different. A few facts from 2010:

❖ **End-of-life care** for 1,231 patients in Fresno, Madera and Merced counties, 214 in our six-bed Hospice Home and the rest in patients' homes and care facilities (41,000 patient days of care, 100+ patients/day)

❖ **Grief and bereavement support** for an estimated 6,500 people, including bereavement mailings, individual and group support counseling, remembrance ceremonies, grief workshops and conference events

❖ **Education and training** in hospice and palliative care through alliances with local medical institutions, universities, and Central CA Correctional Institution (Chowchilla)

**FOR MORE INFORMATION ABOUT HINDS HOSPICE,
TO VOLUNTEER OR DONATE CALL 320-0308**

www.HindsHospice.org

1616 W Shaw, Ste. A-5- Fresno, CA 93711 | funddevelopment@hindshospice.org

The mission of Hinds Hospice is to uphold the dignity and ease the suffering of the terminally ill while supporting their loved ones and those who are grieving



Resource Center for Survivors of Sexual Assault and Family Violence

About RCS

RCS - Resource Center for Survivors of Sexual Assault and Family Violence (formerly known as Rape Counseling Service of Fresno, Inc.) is a victim advocacy agency serving Fresno County. We provide a 24-hour crisis line, crisis intervention, counseling, advocacy, court advocacy and therapy for survivors of sexual assault and family violence.

Safety and Prevention Education Programs are available to agencies, schools, law enforcement, and businesses. The programs are age-appropriate and available in English and Spanish. We are dedicated to the healing and empowerment of survivors of sexual assault and family violence.

History

On March 6, 2010, RCS celebrated the 37th anniversary of its incorporation. The Carmen Meza Center (A Project of RCS) established offices in Firebaugh and Coalinga in 1997, serving rural West Fresno County.

RCS evolved from a project started by students Karen Hale and Kris Schaufelberger, in the early 1970s at Fresno State.

The idea for a rape crisis line was linked to their project, which resulted from the 1973 rape of a Fresno State student. Hale and Schaufelberger subsequently established a telephone support group, operating from their apartment. This was the first local resource for victims of sexual assault.

The early mission of RCS was simply to provide immediate support to victims and their families.

The budget was nonexistent and staffing was voluntary. The clients, at that time, were exclusively adult females. The crisis line received approximately 100-150 calls during the first and second years.

At that time, very few victims went to the hospital, and if they did, RCS was not

called, because the victims knew nothing about us. RCS began to garner public awareness via media.

Money for a project, such as RCS, was exceptionally scarce in the 1970s. It was not until April 1974, that the Fresno County Sheriff's Office developed a rape investigation team (staffed solely by females).

RCS is dedicated to the healing and empowerment of survivors of sexual assault and family violence.

In August 1974, the California Senate passed SB1678, preventing rape victims from being questioned in court about their sexual history. SB1678 was launched as the first important change in the state's law concerning rape in 100 years.

Rape victims, at that time, were treated by most hospitals like victims of any other emergency: take a number and wait. One hospital in Fresno even refused to accept them in its emergency room.

Today, Community Regional Medical Center has a room dedicated to sexual assault victims. It is used for forensic exams, advocacy, and interviews.

In 1974, paid staff had increased from zero to seven and the organization had 35 volunteers.

A news story then described RCS as a 24-hour operation with counselors available to help victims of rape, attempted rape, child molestation or other sex crimes.

The first RCS meetings were held in the homes of volunteers, but tremendous growth has occurred and we now operate at 259 N. Blackstone Avenue. We provide direct services to 900 survivors and their families every year.

Education

RCS-CMC's Education Department conducts free, age-appropriate presentations to students, parents, educators, business owners, and community service agencies on sexual assault and family violence education and prevention.

- *Good Touch, Bad Touch* (Preschool-3rd grade): Explains the difference between good and bad touches, why kids should not keep secrets about bad touches, and how to say no.
- *Parents or Caretakers of Kids Ages 3-5*: Presentation to parents/caretakers on child sexual abuse, family violence, prevention and safety tips.
- *In Touch with Teens*: Focuses on dating violence, healthy relationships, communication skills, inappropriate behavior, etc.
- *Community Awareness*: provided to universities, faith-based organizations, law enforcement, businesses, and community agencies.

Presentations can be modified to meet the needs of the requesting agency or group and can be conducted in English and Spanish.

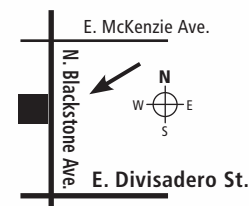
Get Involved!

If you would like to find out more about becoming a RCS volunteer or would like to donate, please call us at (559) 497-2900 or visit www.rcsfresno.com.

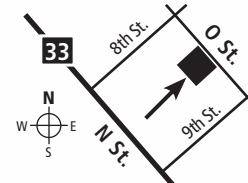


24-Hr. Crisis Line
222-7273
(559)

RCS - Main Office
259 N. Blackstone Ave.
Fresno, 93721
(559) 497-2900



Carmen Meza Center
838 O St.
Firebaugh, 93622
(559) 659-0232



Carmen Meza Center
143 N. 5th St.
Coalinga, 93210
(559) 934-0915

