



SIERRA COUNTY RESOURCE LIST

Organization: American Cancer Society

Address: 458 Main Street, Quincy, CA 95971

Phone: (530) 283-4114

Toll Free: 1-800-227-2345

Hours: Monday through Friday 8 am to 5 pm

Website: www.cancer.org

Services: The American Cancer Society provides information, day-to-day help, and emotional support to people with cancer and their families. The Society educates women about the importance of early detection and following recommended breast cancer screening guidelines. At the website, women can sign up for a free mammogram reminder that will be e-mailed to them each year so they won't forget to schedule their yearly mammogram. We also advocate for important public policies and programs to ensure all women have access to breast cancer screening tests and care, regardless of their ability to pay. The Society empowers breast cancer patients and survivors and provides free programs such as Reach to Recovery, look Good...Feel Better, transportation assistance, wigs, hats, breast forms and bras and a Cancer Survivor's Network.

Organization: Cancer Aid Thrift Shop

Phone: (530)273-2365

Services: Provides financial assistance, equipment, etc

Organization: Hope Bearers

Contact: Edda (530) 432-2862

Website: www.foothillchurch.org

Services: Christ-centered Cancer and Chronic Illness Support Group. First and third Saturdays each month, 6-7 pm at Foothill Church

Organization: Blessed by Cancer Support Group for Women Dealing With Cancer

Website: llovesunshine@att.net

Services: First and third Mondays each month, 6:30-8:30 pm at Co-Housing Nevada City, Common Room



Organization: Health Rights Hotline

Address: 519 12th Street, Sacramento, CA 95814

Phone: (916) 551-2100

Toll Free 1-888-354-4474

TTY: (916) 551-2180

Fax: (916) 551-2158

Hours: Monday through Friday 9 am to 5 pm

Contact: counselor@hrh.org

Website: www.hrh.org

Services: Consumer rights program. Provides free information and assistance to consumers that have questions or concerns about their health care. Provides counseling, referrals and direct assistance. Services are free.

Languages Offered: Spanish, Hmong, Chinese, Russian, Tagalog, Thai and Vietnamese

Organization: Sierra County Public Health Department

Address: 202 Front Street, P.O. Box 7, Loyalton, CA 96118

Phone: (530) 993-6700

Fax: (530) 993-6790

Hours: Monday through Friday 8 am to 5 pm

Contact: health@sierracounty.ws

Website: www.sierracounty.ws

Services: Public health clinic. Services include clinical breast exams, education, outreach and referrals. Services are free for those who qualify.

Organization: Sierra Nevada Memorial Hospital

Address: 155 Glasson Way, Grass Valley, CA 95945

Phone: (530) 274-6000

Hours: Monday through Friday 9 am to 5 pm

24 hour emergency care

Website: www.snmh.org

Services: Offers 24-hour emergency services and a wide range of healthcare services, including breast cancer services.

Offers: Cancer Support Group with Jeff Kane, MD

Wednesdays, 3-4:30 pm

Care Support Group with Jeanine Bryant, MS

For families and friends of cancer patients, Wednesdays, 3-4:30 pm

Call Jeanine, 530-274-6654

Woman to Woman: Sharing the Cancer Experience with Jeanine Bryant, MS

Fourth Thursday of each month, 4-5:30 pm

Contact: Virginia Wyman, NP, 530-346-6680

Prostate Discussion Group

Fourth Thursday of each month, 4-5:30 pm

Contact: Virginia Wyman, NP, 530-346-6680



Head and Neck Cancer Help Group

First Saturday of each month, 10:30 am-12:30 pm

Contact: Jim Vardon, 530-432-3022

Managing Life with Lung Cancer

Second and fourth Thursdays of each month, 2-3:30 pm

Contact: Virginia Wyman, NP, 530-346-6680

Ovarian Cancer Group

First Thursday of each month, 3:30-5:30 pm

Contact: Rebecca Parsons, 530-274-6656

GATE: Grieving and Transitioning Emotionally

Support for those who have lost a loved one to cancer

Every Tuesday, 3:30-5 pm

Call Jeanine Bryant, 530-274-6654

Kidscope: For children impacted by cancer

Contact: Jeanine Bryant, 530-274-6654

“Writing to Heal” (\$) with Molly Fisk

Creative writing class. Series of 8 weekly classes

Thursday, 2:30-4:30 pm

Transformational Dream Work, with Nanci Shandera, Ph.D

530-265-9097 drnanci@earthspiritcenter.com www.EarthSpiritCenter.com

Harp Classes (\$) with Lisa Stine

Series of 12 weekly classes on Fridays

Contact: Lisa Stine, 530-265-5599

Yoga for Cancer Survivors (\$)

Thursdays, 9:30-11, Grass Valley Yoga

Contact: Janet Rankin, 530-401-0484

Rebecca Parsons, LCSW, Oncology Social Worker

Referrals to community resources, individual and family counseling

530-274-6656

Nurse Navigator for Breast Cancer Patients

Contact: Linda Aeschliman, 530-274-6657

Nutritional Consultations

Available by appointment. Contact: 530-274-6600

Clinical Trials Coordinator

Contact: Pati Stinnett, RN, 530-274-6635

Cancer Center Lending Library

Comfort Cuisine Meals

Delicious, nutritious, homemade meals for patients and caregivers. Frozen, ready to reheat.

Call information numbers above for more information.



Organization: Sierra Valley District Hospital

Address: 700 3rd Street, Loyalton, CA 96118

Phone: (530) 993-1225

Fax: (530) 993-4761

Hours: Monday through Friday 9 am to 5 pm
24 hour emergency care

Services: Acute care hospital and clinic. Offers clinical breast exams, education and hospice. Fee for service. Medicare and Medi-Cal are accepted.

Languages Offered: Spanish language services are available.

Organization: Western Sierra Medical Clinic

Address: 209 Nevada Street – PO Box 286, Downieville, CA 95936

Phone: (530) 289-3298

Fax: (530) 289-3159

Hours: Monday through Friday 9 am to 5 pm
24 hour emergency care

Contact: wsmcmed@sccn.net

Website: www.wsmcmed.com

Services: Primary care clinic. Services include clinical breast exams, education, outreach and referrals for mammograms. Services are free for those who qualify. Private insurance, Medicare and Medi-Cal are accepted.