



# Calendar of Events

## November 2024

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Vitality Unlimited  
Mobile Therapy Van

Sober Life Peer  
Support Activities

FRC Winter Clothing  
Drive

1

2

DAYLIGHT SAVINGS  
TIME ENDS

Ruby Mountain CoDA  
meeting

3

4

Rural Providers  
Meeting  
Parents Supporting  
Parents

5

Sober Life Peer  
Support  
Elko Alzheimer's  
Support Group

6

ITCN Family Violence  
Survivors Support  
Group

NAMI Connection  
Women in Recovery  
Online Foster Parent  
Orientations

7

Pre-service Training for  
Foster Care Applicants  
Holiday Provider Lunch.

Sober Life Peer  
Support Activities  
Elko Young  
Naturalists

8

Survivors of Suicide  
Attempts Support  
Group

9

FRC Winter Clothing  
Drive  
Dutch Oven Cooking

Ruby Mountain CoDA  
meeting

VETERANS' DAY  
Zero Suicides Elko  
County Grief Support  
Group

10

11

12

Compassion Coalition  
ITCN Family Violence  
Survivors Support  
Group

13

NAMI Connection  
Recovery Support  
Group  
Zero Suicides Elko  
County  
Elko Sr. Ctr. Bingo  
Women in Recovery

14

Sober Life Peer  
Support Activities  
Community Drum  
Circle  
Full Moon Hike

15

16

Ride Safe Ride Smart  
Camp

Ruby Mountain CoDA  
meeting

17

18

NAMI Online Family  
Support Group  
NAMI Rural/Frontier  
Nevadans  
Parents Supporting  
Parents

19

Sober Life Peer  
Support  
Spring Creek Bingo  
ITCN Family Violence  
Survivors Support  
Group

20

NAMI Connection  
Recovery Support  
Group  
Dementia Friendly  
Elko County  
Women in Recovery

21

Sober Life Peer  
Support Activities  
Elko Young  
Naturalists

22

23

Ruby Mountain CoDA  
meeting

ITCN Family Violence  
Survivors Support  
Group

24

25

26

27

THANKSGIVING DAY

28

Sober Life Peer  
Support Activities

29

30



# Calendar of Events

## December 2024

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M

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Ruby Mountain CoDA meeting

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2

Rural Providers Meeting  
Parents Supporting Parents

3

Sober Life Peer Support  
Elko Alzheimer's Support Group  
ITCN Family Violence Survivors Support Group

4

NAMI Connection Recovery Support Group  
Women in Recovery  
Online Foster Parent Orientations

5

Sober Life Peer Support Activities

6

7

Ruby Mountain CoDA meeting

8

Zero Suicides Elko County Grief Support Group

9

10

Compassion Coalition  
ITCN Family Violence Survivors Support Group

11

NAMI Connection Recovery Support Group  
Zero Suicides Elko County  
Elko Sr. Ctr. Bingo  
Women in Recovery

12

13

Survivors of Suicide Attempts Support Group

14

Ruby Mountain CoDA meeting

15

16

NAMI Online Family Support Group  
NAMI Rural/Frontier Nevadans  
Parents Supporting Parents

17

Sober Life Peer Support  
Spring Creek Bingo

18

NAMI Connection Recovery Support Group  
Dementia Friendly Elko County  
Women in Recovery

19

Sober Life Peer Support Activities  
Community Drum Circle

20

21

Ruby Mountain CoDA meeting

22

23

24

CHRISTMAS  
HANUKKAH BEGINS

25

KWANZAA BEGINS  
NAMI Connection Recovery Support Group  
Women in Recovery

26

Sober Life Peer Support Activities

27

28

Ruby Mountain CoDA meeting

29

30

31

KWANZAA ENDS

Hanukkah ends 1/2/25

Verity Mobile Therapy Van Schedule



# Calendar of Events

## January 2025

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			NEW YEAR'S DAY KWANZAA ENDS 1	HANUKKAH ENDS NAMI Connection Recovery Support Group Women in Recover Online Foster Parent Orientations y	Sober Life Peer Support Activities 3	4
Ruby Mountain CoDA meeting 5	6	Rural Providers Meeting Parents Supporting Parents 7	Compassion Coalition 8	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Sr. Ctr. Bingo Women in Recovery 9	Sober Life Peer Support Activities 10	Survivors of Suicide Attempts Support Group 11
Ruby Mountain CoDA meeting 12	Zero Suicides Elko County Grief Support Group 13	14	Sober Life Peer Support Spring Creek Bingo 15	NAMI Connection Recovery Support Group Dementia Friendly Elko County Women in Recovery 16	Sober Life Peer Support Activities Community Drum Circle 17	18
Ruby Mountain CoDA meeting 19	MARTIN LUTHER KING DAY 20	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Parents Supporting Parents 21	22	NAMI Connection Recovery Support Group Women in Recovery 23	Sober Life Peer Support Activities 24	25
Ruby Mountain CoDA meeting 26	27	28	29	NAMI Connection Recovery Support Group Women in Recovery 30	Sober Life Peer Support Activities 31	

<Back

## **National Alliance on Mental Illness (NAMI)**

Online Meeting for Rural/Frontier Nevadans

Third Tuesday of the month, 5 p.m.

Contact Haley Ragland at [haley@naminenv.org](mailto:haley@naminenv.org).

Learn more at <https://naminevada.org/>.

Online Family Support Group - Third Tuesday of the month.

Starts at 5:30 p.m.

Contact: Crystal - [crystal.namiwnv@gmail.com](mailto:crystal.namiwnv@gmail.com) or 775.350.7977

Online NAMI Connection Recovery Support Group -

Every Thursday.

Starts at 5:30 p.m.

Contact: Julie - [julie.namiwnv@gmail.com](mailto:julie.namiwnv@gmail.com)

# RUBY MOUNTAIN CoDA MEETING

## WHEN

Every Sunday  
1pm-2pm

## WHERE

Club 164

2140 Idaho St., Elko, NV 89801

## Am I Codependent?

Personal crises or unbearable, chronic, emotional pain brought many of us to CoDA. We came to our first meeting feeling hopeless and helpless. We wondered why our efforts to fix ourselves and others were not working, no matter how hard we tried. We had come to a crossroad: continue our old ways of coping or look for a new way out of our pain.

## Co-DEPENDENTS

### ANONYMOUS

CoDA - A PROGRAM OF RECOVERY FROM CODEPENDENCE, WHERE EACH OF US MAY SHARE OUR EXPERIENCE, STRENGTH, AND HOPE IN OUR EFFORTS TO FIND FREEDOM WHERE THERE HAS BEEN BONDAGE, AND PEACE WHERE THERE HAS BEEN TURMOIL IN OUR RELATIONSHIPS WITH OTHERS AND OURSELVES.

## WHAT IS A MEETING?

A CoDA meeting is comprised of a group of people who come together around their shared desire for healthy and loving relationships. The group uses the Twelve Steps and Twelve Traditions of Co-Dependents Anonymous as the basis for working toward recovery. It is a place to find sponsorship and fellowship as well as the sharing of experience, strength, and hope. A strong sense of acceptance and community makes a meeting attractive to both the newcomer and old-timer.

## FOR MORE INFO ABOUT CoDA:

[www.coda.org](http://www.coda.org)  
[info@coda.org](mailto:info@coda.org)  
Phone: 888-444-2359  
Elko: 970-209-4061

<Back

**Zero Suicides Elko County**  
Suicide Prevention Group

Meetings are the second Thursday of each month from  
11:00 a.m. - noon at  
Northeastern Nevada Regional Hospital  
(Go through the cafeteria)

Attend in person or by Zoom  
Call Lynette Vega, (775) 397-1911, for information.

<Back



Zero Suicides Elko County Grief  
Support Group

Time: 6pm

2nd Monday of every month.

Join Zoom Meeting

Meeting ID: 860 3182 4037

Passcode: 502352

Questions?

Call 775 340-3490



# Rural Providers Meeting

On Zoom

AGENDA: Tuesday, November 5th, 2024, **on Zoom only** due to voting at the library.

<https://us02web.zoom.us/j/86311778035?pwd=oZNY6FbqYsVabX8T2NLhYtuui3ZR2x.1>

8:00 a.m.

- I. Introduction – Facilitated by Michael Magney
- II. Presentation – Aimee Fitch, Rural Children’s Mobile Crisis Response Team and the Immediate Care Team
- III. Provider Updates/Success Stories

Upcoming meeting:

The next meeting will be Tuesday, December 3rd on Zoom only.

Upcoming Speakers:

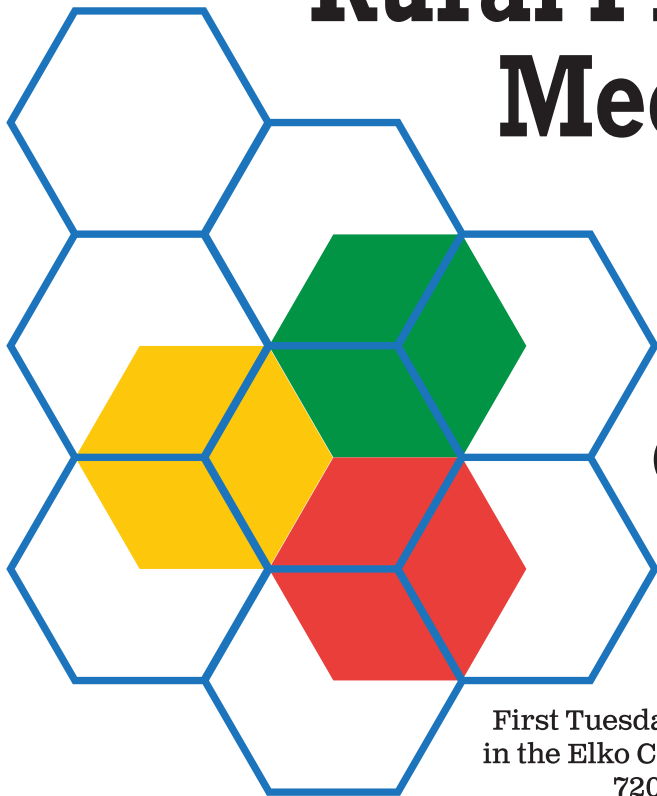
Dec. 3 – Dana Kincaid, Great Basin College CTE College Credit Program

The public is welcome to attend these meetings.



<Back

# PACE Coalition Rural Providers Meetings



Connect  
Coordinate  
Coalesce

First Tuesday of each month at 8:00 a.m.  
in the Elko County Library Meeting Room  
720 Court Street • Elko

Connect with other service providers, organizations, and agencies to share information, make announcements, introduce programs, coordinate efforts, and boost your impact. Open to all.



**PACE Coalition**  
*Healthy Communities ... Whatever it Takes*  
775-777-3451 • [www.pacecoalition.org](http://www.pacecoalition.org)

# SOBER LIFE PEER SUPPORT

Recovery Meetings & Activities



**Get the support  
you need, you are  
not alone:**

Join us for our new program for those in recovery from drugs, alcohol, etc. to get support from others new and old to sobriety.

**Every 1st & 3rd Wednesday - meetings**  
**Every Friday - activity night**  
**7:00-8:00 pm**




**FAMILY  
RESOURCE  
CENTER**

#### **PERKS:**

- Meet other people in recovery
- Continue personal growth
- Fun sober activities and experiences

**LEARN MORE**

 775-753-7352

331 7th Street, Elko, NV 89801  
[www.elkofrc.org](http://www.elkofrc.org)

# BINGO

**\$ CASH PRIZES \$**

**Game Packets \$10 each**

Each Packet - 10 games/3 cards per game

Bingo Daubers Available for Purchase

Must be 21 or older to play

Please NO outside FOOD

Snack & Beverage Purchases Available

## Elko

2nd Thursday  
of Each Month

Doors open at 5 pm –  
Game starts at 5:30 pm  
The Terrace at Ruby View  
1795 Ruby View Dr. -

## Spring Creek

3rd Wednesday,  
of Each Month

Doors open at 5:30 pm –  
Game starts at 6 pm  
SCA Boardroom  
401 Fairway Blvd. – S.C.

For more information  
please call us at  
775-738-3030



**We invite you to connect with:**

# **Dementia Friendly Elko County!**

**Everyone has a role to play in this community effort!**

**Community Group Meetings:**

**Third Thursday of every month  
1:00 PM – 3:00 PM  
Terrace at Ruby View  
1795 Ruby View Dr., Elko**



Help support your whole community in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners.



**For more information, contact  
Co-Facilitator Kristen Roe: 775-385-5045**

<Back

# Compassion Coalition

Second Wednesday of Each Month

2 p.m.

St. Paul's Episcopal Church  
777 Sage Street in Elko

Free

Contact: [therevjulievice@gmail.com](mailto:therevjulievice@gmail.com)

# S.O.S.A. SUPPORT GROUP

## SURVIVORS OF SUICIDE ATTEMPTS

For individuals who have survived a suicide attempt  
& are seeking emotional support

### HOW WOULD YOU BENEFIT?

Connecting with other survivors who understand what you are going through.

Could empower SOSA participants to feel less isolated and to work through their issues.

### INFORMATION TO ATTEND:

PEOPLE WHO ARE INTERESTED WILL  
NEED TO CONTACT CYNDI (# BELOW)  
FOR A BRIEF SCREENING TO  
REGISTER.

**CYNDI ARNETT, MA**

 (775) 927-0233



### SECOND SATURDAY OF EACH MONTH

#### AGE GROUPS:

**ADULT 18 & OVER**

**TEENS 12-17**

(with parental consent)

### FREE OF CHARGE



LifeQuest Elko

(775) 299-3738

Nevada Teen Peer Support Text Line

(775) 296-8336

National Alliance on Mental Illness (NAMI)

(775) 388-8432

Adult Crisis Care Team

(775) 688-1670

National Suicide Prevention

Call or Text 988

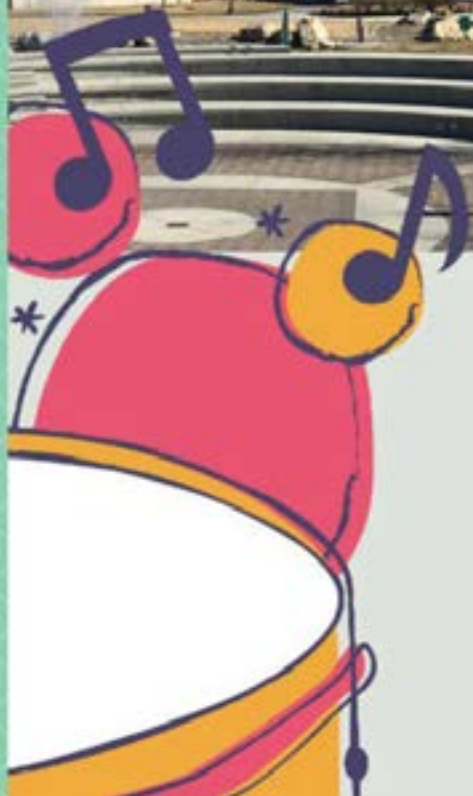


# COMMUNITY DRUM CIRCLE GREAT BASIN COLLEGE



FREE

3RD FRIDAY  
OF THE  
MONTH  
NOON - 1PM



GRAB YOUR  
LUNCH & JOIN  
US OUTSIDE IN  
THE GBC  
REYNOLDS  
AMPHITHEATRE  
ALL  
ARE WELCOME!

**Elko Alzheimer's Support Group  
Elko Caregivers Support Group**

**Caring for loved ones is a challenging responsibility. Watching someone move from independence to dependence can be overwhelming as there are so many decisions, so many possibilities to face and to overcome.**

**This "All-in-One Support Group" is designed to help you navigate the difficulties and joys of this 24/7 job. Sharing with and learning from one another is one of our goals. A second is beating the stigma of Alzheimer's and other dementias. A third is connecting participants with services and resources.**

**Please join us!  
1<sup>st</sup> Wednesday of Each  
Month**

**1-3pm  
Please Join us**

**The Terrace at Ruby Vista  
1795 Ruby View Drive**

**For more information contact:  
Gini Cunningham [ginilc25@gmail.com](mailto:ginilc25@gmail.com)**

**Margaret Marcucci [mkmarcucci56@gmail.com](mailto:mkmarcucci56@gmail.com)**



WELCOME LADIES TO THE  
WOMEN IN RECOVERY  
MEETING AT CLUB 164 EVERY  
THURSDAY, 5:30-6:30PM.  
BRING SOMETHING TO SHARE WITH  
THE GROUP (STORIES, READINGS,  
ENCOURAGEMENT). LEARN TO ENJOY  
LIFE WITH OTHERS WHO KNOW THEY  
NEED SUPPORT WHILE THEY WALK  
THE ROAD OF RECOVERY!

<Back



# ONLINE FOSTER PARENT ORIENTATIONS

FIRST THURSDAY'S OF THE MONTH

6:30PM TO 8:30PM

REGISTER AT

[WWW.RURALNVFOSTERCARE.COM](http://WWW.RURALNVFOSTERCARE.COM)



NEVADA DIVISION OF CHILD & FAMILY SERVICES



# YOUNG NATURALIST CLUB

## *Wildlife Detectives*

ELKO  
PEACE PARK

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### SIGN UP:

775-777-0814  
NevadaOutdoorSchool.org

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Only 12 spots available per session. Sign up today!

### Grades K-2

- Session 1 - Nov. 8th | 9-10am
- Session 2 - Nov. 22nd | 9-10am
- Session 3 - Dec. 6th | 9-10am
- Session 4 - Dec. 13th | 9-10am
- Session 5 - Dec 20th | 9-10am

### Grades 3-5

- Session 1 - Nov. 8th | 1-2pm
- Session 2 - Nov. 22nd | 1-2pm
- Session 3 - Dec. 6th | 1-2 pm
- Session 4 - Dec. 13th | 1-2pm
- Session 5 - Dec 20th | 1-2 pm

# PRE-SERVICE TRAINING FOR FOSTER CARE APPLICANTS



Powered By:  
Microsoft Teams



Provided by Nevada Division of  
Child & Family Services

October 22nd - November 7th

5:45PM -8:15PM

All dates:

October 22

October 23

October 29

November 7th

*This training offers a foundational understanding of foster parenting required for licensure. Continuing training and skill building is offered during & after the foster licensing process.*



## Topics Covered:

- Foster parent roles & keys to successful fostering.
- Helping children with special needs.
- Helping children who have experienced trauma.
- Working with the birth families & reunification
- The foster care licensing process.
- You will also hear from a panel of people with lived experience in the foster care system.

To Register for training

Create an account at

[www.ruralnvfostercare.com](http://www.ruralnvfostercare.com)

### Questions?



888-423-2659



[shelby.riley@dcfs.nv.gov](mailto:shelby.riley@dcfs.nv.gov)

**Annual Holiday Provider Luncheon  
for the Elko County Community  
Holidays**

**Date: November 7, 2024**

**Time: 11:30am to 1:30pm**

**Place: Elko County Courthouse  
Elko County Commissioner  
Conference Room**



**Please RSVP by November 1, 2024 to  
[Acabaniss@elkocountynv.net](mailto:Acabaniss@elkocountynv.net)**

**LETS GET TOGETHER AND TALK ABOUT  
THE HOLIDAYS FOR OUR COMMUNITY**







Inter-Tribal Council of Nevada  
Family Violence Prevention Program



# SURVIVOR SUPPORT GROUP

Join us for a weekly educational support group designed specifically for survivors of violence. This group provides an introduction to survivor mental health, helping you understand the challenges you may face and offering guidance on how to navigate them. Additionally, we offer a variety of healing activities to help you discover your unique coping skills and find your niche for healing. Together, we can create a safe space for growth and recovery. Join us and take the first step towards a brighter future.

## 2024 Support Group Dates

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 9/11: FVPP Healthy Art Workshop      | 10/30: TBD                       |
| 9/18: Lethal Ladies Firearm Training | 11/06: Wellheard Counseling      |
| 9/25: Wellheard Counseling           | 11/13: Marvelous Beads           |
| 10/02: Poetry Workshop               | 11/20: Wellheard Counseling      |
| 10/09: Wellheard Counseling          | 12/04: Wellheard Counseling      |
| 10/16: Flexible Strength             | 12/11: FVPP Healthy Art Workshop |
| 10/23: Wellheard Counseling          |                                  |

POTLUCK:  
MAIN DISH  
PROVIDED BY  
ITCN



Every Wednesday  
5:15 p.m.–7:00 p.m.  
1523 Shoshone Circle  
Elko, NV 89801



**CONTACT US**

Office: 775-355-0600



Children's Rural Mobile Crisis invites you to attend our Parents Supporting Parents virtual support group for parents or guardians of youth experiencing mental health or behavioral health challenges.

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Please join us on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month  
from 5:30 to 6:30 pm  
Group begins Tuesday, September 17<sup>th</sup>, 2024

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Please email Jasmine Casey or Erin Lyngar with any questions and/or to get on our mailing list

[j.casey@health.nv.gov](mailto:j.casey@health.nv.gov)  
[elyngar@health.nv.gov](mailto:elyngar@health.nv.gov)

*"In your most challenging parenting moments, take a deep breath and try to remember that the moment your child is at their most challenging is the moment your child is struggling with the most challenges." -LR Knost*

*Group facilitated by trained Family Peer Support Specialists with*





# Dutch Oven Soup Cooking

*with the dutch oven diva!*  
*11/09 Vesco Park 10am | 775-623-5656 to register*





# FULL MOON HIKE



Bundle up and join us for a hike  
under the light of the full moon!  
Registration 775-777-0814

11/15/2024 | 7:00PM

Southfork Meadows Trailhead

# YOUTH ATV DAY CAMP



\$25

*Elko*

November 16th | Ages 9-15

**RIDE SAFE RIDE SMART**

9:00am - 3:00pm | Mountain View Park

Registration: [NevadaOutdoorSchool.org](http://NevadaOutdoorSchool.org)

**FREE**  
**Winter Clothing**  
**Event**

Coats, Sweatshirts, Hats, Gloves, Slippers

**Saturday, Nov. 2nd & 9th**

10AM-2PM

331 7th St, Elko, NV

We will be accepting donations through  
November 9th

Pick up-Drop off

More Information: Call 775-753-7352

# Vitality Mobile Therapy Van Available for Appointments

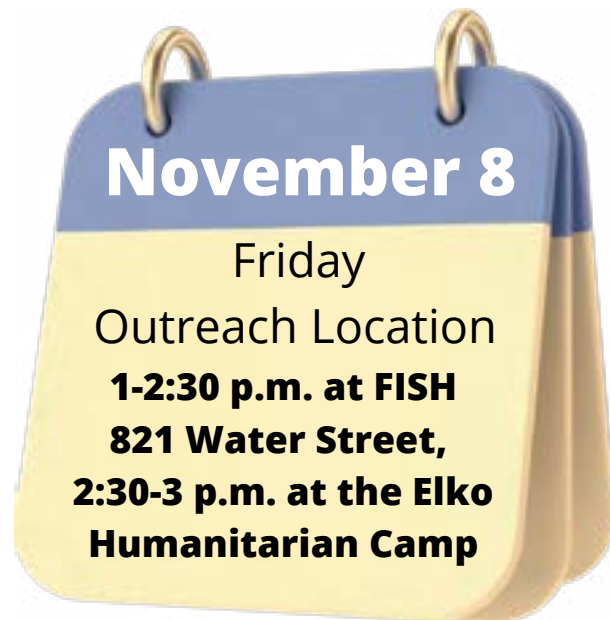


If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

### Services Provided

- Intakes
- Targeted Case Management
- Vitals
- Therapy Appointments

**Want to know more  
about Vitality  
Integrated Programs?  
You can ask  
questions of staff at  
our clinic at  
215 Bluffs Ave.,  
in Elko or at our  
outreach location.**



Vitality staff respond to crisis calls even when the clinic is closed.



**775-777-8477**  
Crisis Line



# Vitality Mobile Therapy Van Available for Appointments

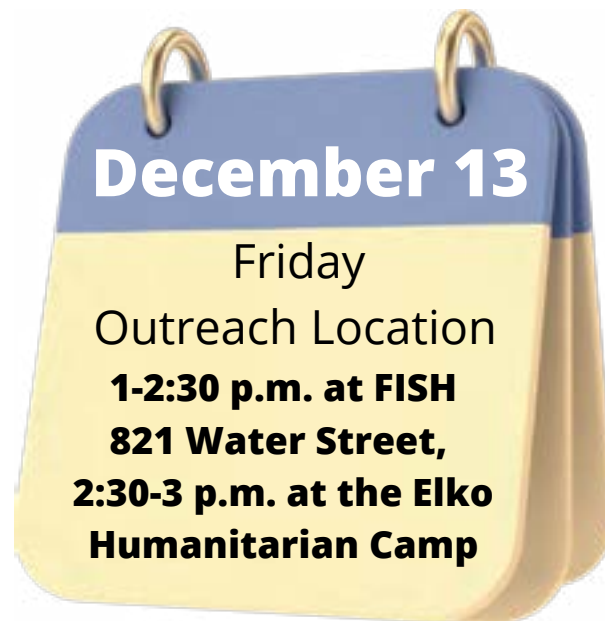


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