



Calendar of Events

October 2024

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Vitality Mobile
Therapy Van
Schedule

Rural Providers
Meeting

Sober Life Peer
Support
Elko Alzheimer's
Support Group

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

Sober Life Peer
Support Activities

Ruby Mountain CoDA
meeting

Compassion Coalition
ITCN Family Violence
Survivors Support
Group

NAMI Connection
Recovery Support
Group
Zero Suicides Elko
County
Elko Senior Center
Bingo
Women in Recovery

Sober Life Peer
Support Activities
Nevada Health Link/
Family Respite Care
Brunch Banquet

Survivors of Suicide
Attempts Support
Group
Free Drive-Thru Flu
Shots Clinic

Ruby Mountain CoDA
meeting

COLUMBUS DAY
Zero Suicides Elko
County Grief Support
Group

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

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

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

Sober Life Peer
Support Activities
Community Drum
Circle

NAMI Walks
Northeastern Nevada

Ruby Mountain CoDA
meeting

Pre-service Training
for Foster Care
Applicants

Pre-service Training
for Foster Care
Applicants
ITCN Family Violence
Survivors Support
Group

NAMI Connection
Recovery Support
Group
Women in Recovery

NEVADA DAY
Sober Life Peer
Support Activities

Ruby Mountain CoDA
meeting

Alzheimer's
Awareness

Pre-service Training
for Foster Care
Applicants

ITCN Family Violence
Survivors Support
Group

HALLOWEEN
NAMI Connection
Recovery Support
Group
Women in Recovery



Calendar of Events

November 2024

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Validity Mobile
Therapy Van
Schedule

Sober Life Peer
Support Activities

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DAYLIGHT SAVINGS
TIME ENDS

Ruby Mountain CoDA
meeting

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Rural Providers
Meeting

Parents Supporting
Parents

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Sober Life Peer
Support
Elko Alzheimer's
Support Group

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ITCN Family Violence
Survivors Support
Group

NAMI Connection
Women in Recovery
Online Foster Parent
Orientations

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

Sober Life Peer
Support Activities

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Survivors of Suicide
Attempts Support
Group

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Ruby Mountain CoDA
meeting

VETERANS' DAY

Zero Suicides Elko
County Grief Support
Group

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Compassion Coalition
ITCN Family Violence
Survivors Support
Group

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

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Sober Life Peer
Support Activities
Community Drum
Circle

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Ruby Mountain CoDA
meeting

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

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

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

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Sober Life Peer
Support Activities

22

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Ruby Mountain CoDA
meeting

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ITCN Family Violence
Survivors Support
Group

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THANKSGIVING DAY

28

Sober Life Peer
Support Activities

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Calendar of Events

December 2024

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Ruby Mountain CoDA meeting

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Rural Providers Meeting
Parents Supporting Parents

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

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

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Sober Life Peer Support Activities

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Ruby Mountain CoDA meeting

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Zero Suicides Elko County Grief Support Group

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Compassion Coalition
ITCN Family Violence Survivors Support Group

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

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Survivors of Suicide Attempts Support Group

14

Ruby Mountain CoDA meeting

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

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Sober Life Peer Support
Spring Creek Bingo

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

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Sober Life Peer Support Activities
Community Drum Circle

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Ruby Mountain CoDA meeting

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CHRISTMAS
HANUKKAH BEGINS

25

KWANZAA BEGINS
NAMI Connection Recovery Support Group
Women in Recovery

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Sober Life Peer Support Activities

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Ruby Mountain CoDA meeting

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KWANZAA ENDS

Hanukkah ends 1/2/25

Verity Mobile Therapy Van Schedule



Calendar of Events

January 2025

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Vitality Unlimited
Mobile Therapy Van

NEW YEAR'S DAY
KWANZAA ENDS

HANUKKAH ENDS

Sober Life Peer
Support Activities

Sober Life Peer
Support
Elko Alzheimer's
Support Group

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

Ruby Mountain CoDA
meeting

Rural Providers
Meeting
Parents Supporting
Parents

Compassion Coalition

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

Sober Life Peer
Support Activities

Survivors of Suicide
Attempts Support
Group

Ruby Mountain CoDA
meeting

Zero Suicides Elko
County Grief Support
Group

Sober Life Peer
Support
Spring Creek Bingo

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

Sober Life Peer
Support Activities
Community Drum
Circle

Ruby Mountain CoDA
meeting

MARTIN LUTHER
KING DAY

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

NAMI Connection
Recovery Support
Group
Women in Recovery

Sober Life Peer
Support Activities

Ruby Mountain CoDA
meeting

NAMI Connection
Recovery Support
Group
Women in Recovery

Sober Life Peer
Support Activities

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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.

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 or 775.350.7977

Online NAMI Connection Recovery Support Group -

Every Thursday.

Starts at 5:30 p.m.

Contact: Julie - 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
info@coda.org
Phone: 888-444-2359
Elko: 970-209-4061

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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.

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Zero Suicides Elko County Grief
Support Group

Time: 6pm

2nd Monday of every month.

Join Zoom Meeting

Meeting ID: 860 3182 4037

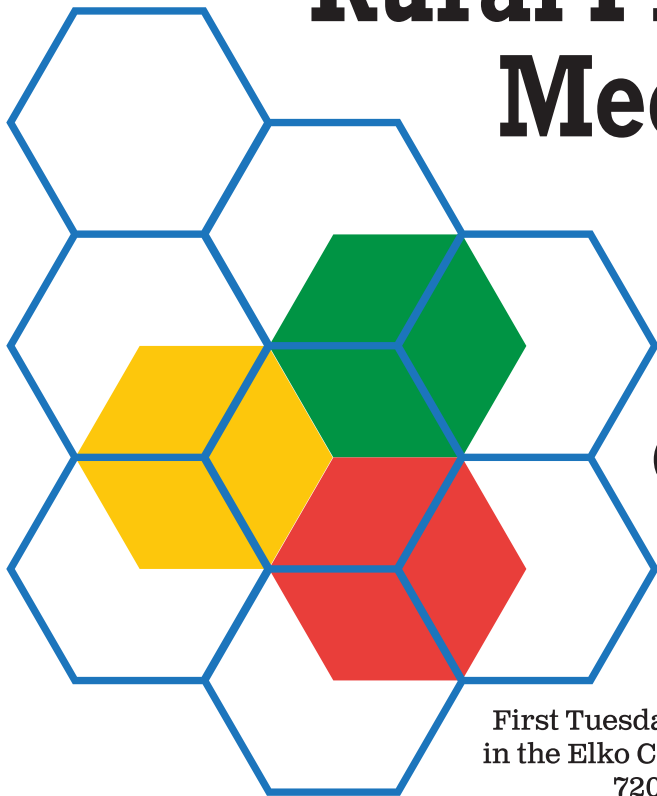
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Questions?

Call 775 340-3490

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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

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

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**

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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

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

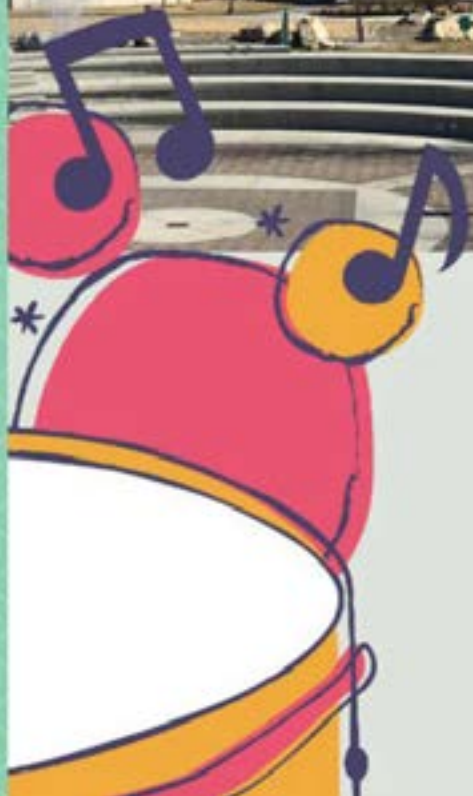
Adult Crisis Care Team

(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!
1st 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**

Margaret Marcucci 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!

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ONLINE FOSTER PARENT ORIENTATIONS

FIRST THURSDAY'S OF THE MONTH

6:30PM TO 8:30PM

REGISTER AT

WWW.RURALNVFOSTERCARE.COM



NEVADA DIVISION OF CHILD & FAMILY SERVICES

NAMIWALKS NORTHEASTERN NEVADA

**OCTOBER
19TH
CITY PARK**

Registration starts at 9am
Walk starts at 10am



WHAT IS NAMIWALKS?

NAMIWalks is first and foremost about people, inspired individuals reaching out to each other, one authentic story at a time, to form a community of hope. NAMIWalks is the walk that has no finish line...only countless new beginnings for the people we serve – as we raise funds to power NAMI's life-changing free programs and fuel growing awareness of our cause. NAMIWalks is a celebration, a shining time and place for you to declare: "I will not step down, I will not step away. I will be there with my community."

CONTACT HALEY FOR MORE INFORMATION

☎ 775-299-2837 ✉ halley@naminenv.org 🌐 naminevada.org/namiwalkselko



NEVADA HEALTH LINK AND
FAMILY RESPITE CARE OF NEVADA

Brunch Banquet

Please join us for food, drinks, raffles, sponsorship opportunities, and more. We will be focused on learning more about what these amazing organizations have to offer to Elko and the surrounding communities.

OCTOBER 11TH, 2024
9:30AM- 11:30AM
THE LOSTRA WAREHOUSE
225 6TH ST, ELKO, NV 89801

RSVP



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

Questions?



888-423-2659



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**

**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.

Please join us on the 1st and 3rd Tuesday of each month
from 5:30 to 6:30 pm

Group begins Tuesday, September 17th, 2024

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

j.casey@health.nv.gov

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



ALZHEIMER'S AWARENESS

An education program presented by the Alzheimer's Association®



The Alzheimer's Association will hold a free information session immediately following lunch at The Terrace at Ruby View on Monday, October 28th at 12:30 pm. This information session will focus on Alzheimer's disease myths and facts, 10 warning signs, how to keep your brain healthy (at any age!), and local resources. Come for lunch, stay for an interesting and interactive presentation!

Date: Monday, October 28, 2024

Time: 12:30-1:30 p.m.

Location:

The Terrace at Ruby View

1795 Ruby View Drive

Elko, NV 89801

Register at

tinyurl.com/ELGEN1028

ALZHEIMER'S  ASSOCIATION

Visit alz.org/CRF to explore additional education programs in your area.



As part of our mission of Making Communities Healthier, NNRH is pleased to provide a free flu vaccine to anyone who needs one.

**DRIVE-THRU CLINIC
SATURDAY,
OCT 12, 2024**

8:00 AM - NOON
(OR WHILE SUPPLIES LAST)

**NNRH Parking Lot
2001 Errecart Blvd.**

Anyone age 4 and older may receive a flu shot at this clinic. You won't even need to get out of your car!

PLEASE BRING A CANNED FOOD ITEM.

While the flu shots are completely free, we will be accepting non-perishable food as a donation to local food banks.



NED THE NNRH NEEDLE SAYS,

***Flu season is right
around the corner.***

***Look sharp
and get your shot!***

QUESTIONS? 775.748.2007

Vitality Mobile Therapy Van Available for Appointments

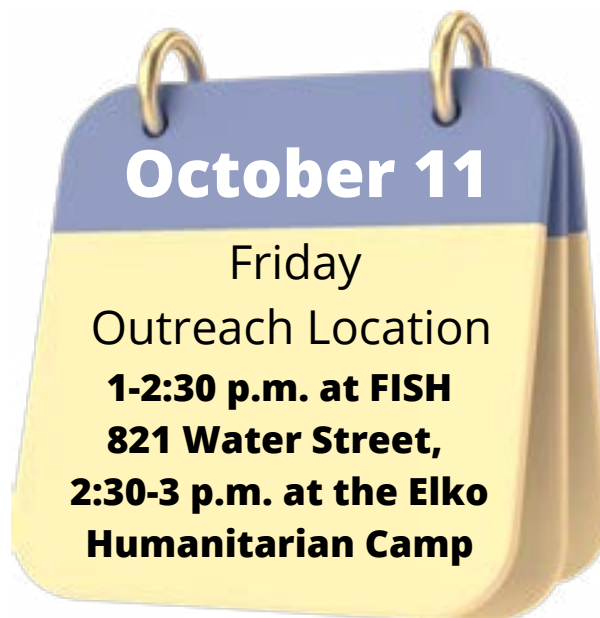


If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

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