



Calendar of Events

January 2025

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Vitality Unlimited
Mobile Therapy Van

NEW YEAR'S DAY
KWANZAA ENDS
Sober Life Peer
Support
Elko Alzheimer's
Support Group

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

Sober Life Peer
Support Activities

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
Let's Connect

Sober Life Peer
Support Activities

Survivors of Suicide
Attempts Support
Group

Ruby Mountain CoDA
meeting

Zero Suicides Elko
County Grief Support
Group

ASIST Training Class

ASIST Training Class
Sober Life Peer
Support
Spring Creek Bingo
Dementia Friendly
Elko County

NAMI Connection
Recovery Support
Group
Women in Recovery

Sober Life Peer
Support Activities

Ruby Mountain CoDA
meeting

MARTIN LUTHER
KING DAY

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

Providers Network
Meet 'n' Greet

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



Calendar of Events

February 2025

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Ruby Mountain CoDA meeting		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	Survivors of Suicide Attempts Support Group
2	3	4	5	6	7	8
Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group		VALENTINE'S DAY Compassion Coalition	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Sr. Ctr. Bingo Women in Recovery	Sober Life Peer Support Activities	
9	10	11	12	13	14	15
Ruby Mountain CoDA meeting	PRESIDENT'S DAY	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans	Sober Life Peer Support Spring Creek Bingo Dementia Friendly Elko County	NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities Community Drum Circle	
16	17	18	19	20	21	22
Ruby Mountain CoDA meeting				NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities	
23	24	25	26	27	28	



Calendar of Events

March 2025

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						1
Ruby Mountain CoDA meeting 2	3	Rural Providers Meeting (online) 4	Sober Life Peer Support Elko Alzheimer's Support Group 5	NAMI Connection Recovery Support Group Women in Recovery Online Foster Parent Orientations 6	Sober Life Peer Support Activities 7	Survivors of Suicide Attempts Support Group Global One Media Health & Fitness Fair 8
DAYLIGHT SAVINGS TIME BEGINS Ruby Mountain CoDA meeting 9	Zero Suicides Elko County Grief Support Group 10	11	Compassion Coalition 12	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Sr. Ctr. Bingo Women in Recovery 13	Sober Life Peer Support Activities 14	15
ST. PATRICK'S DAY Ruby Mountain CoDA meeting 16	17	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans 18	Sober Life Peer Support Spring Creek Bingo Dementia Friendly Elko County 19	NAMI Connection Recovery Support Group Women in Recovery 20	Sober Life Peer Support Activities 21	22
Ruby Mountain CoDA meeting 23	24	25	26	NAMI Connection Recovery Support Group Women in Recovery 27	Sober Life Peer Support Activities 28	29
EASTER Ruby Mountain CoDA meeting 30	31					

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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

Passcode: 502352

Questions?

Call 775 340-3490



Rural Providers Meeting

On Zoom

AGENDA: Tuesday, January 7, 2025, on Zoom only.

<https://us02web.zoom.us/j/81911032808?pwd=TDazk4YsSRB7xz7AOynfLC6O8gXKx4.1>

8:00 a.m.

- I. Introduction – Facilitated by Michael Magney
- II. Presentation – none scheduled
- III. Provider Updates/Success Stories

Upcoming meeting:

The next meeting will be Tuesday, February 4th.

Upcoming Speakers:

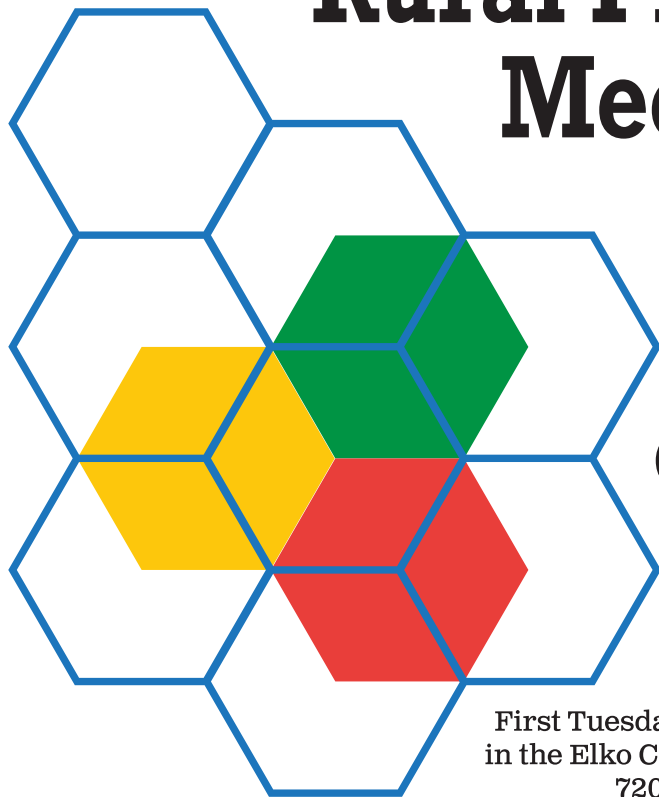
February: Shelby Riley, DCF5 Nevada Rural Foster Care Recruiter.

Any agency that would like to give a 10-minute presentation at an upcoming meeting can email a request to michael@pacecoalition.org.

The public is welcome to attend these meetings.

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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 Wednesday of every month

1:00 PM – 2:30 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:

Rebecca Hepworth, Co-Facilitator 970-380-4346

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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

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

Let's Connect

New series at Family Respite Care of Nevada where our families can have the opportunity to learn about resources in our community and how they help serve YOU! Also have the time to chat with and connect with others that are going through the same experiences in life as you are - Let's Connect and navigate life together!

THURSDAY, JANUARY 9TH

The Children's Cabinet will present on Parents As Teachers and their other programs. This opportunity is for families with children in the home ages 5 and under.

Come learn about their resources and connect with our other families. Childcare provided and light snacks. **10:00-11:30am**

WHERE

All programs offered at the Family Respite Care of Nevada Center location. Please contact Renee on how to register.

CHILDCARE PROVIDED

Our respite staff will be on-hand to provide childcare during this time so you can relax and learn and connect with others attending, the resource there and have time to ask questions.

SHOULD I GO?

"YES! Our community offers valuable resources—and even more importantly, connection with each other! Join us and connect with others who are in the same stage of parenting as you. Together, we can make navigating this journey a little less challenging!"

Questions - please dont hesitate to reach out! Renee (775) 388-2330 or rdenny@frcnevada.org

PRE-SERVICE TRAINING FOR FOSTER CARE APPLICANTS

Provided by Nevada Division of
Child & Family Services
January 28th - February 6th
5:45PM -8:15PM

All dates:

January 28

January 30

February 4

February 6

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.

To Register for training
Create an account at
www.ruralnvfostercare.com

Questions?



888-423-2659



shelby.riley@dcfs.nv.gov



Powered By:
Microsoft Teams

Hope
fostered
here



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.

Vitality Mobile Therapy Van Available for Appointments

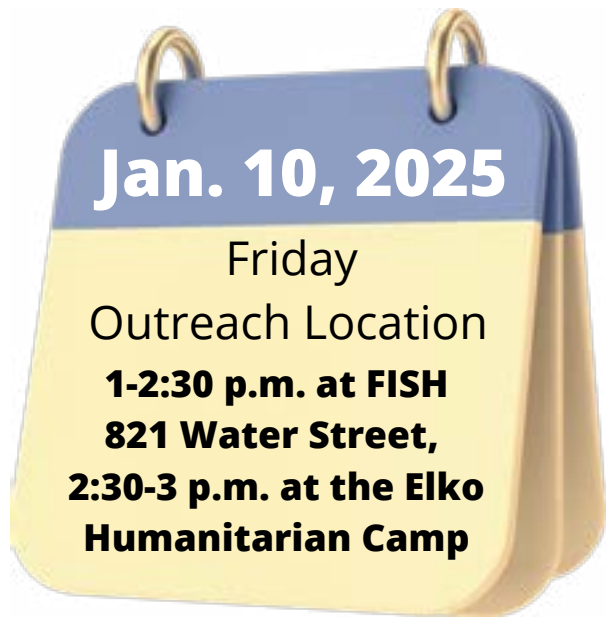


If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

Services Provided

- Intakes
- Targeted Case Management
- Vitals
- Therapy Appointments
- Peer Recovery Support

Want to know more about Vitality Integrated Programs? You can ask staff questions 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



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





NEVADA
HEALTH CENTERS

NEVADA OFFICE OF SUICIDE PREVENTION

 **ASIST**

TRAINING



JAN 14TH-15TH, 2025

(8:30am-4:00pm)

Nevada Health Center

762 14th Street

Elko, NV 89801

REGISTRATION:



SCAN HERE

osp-northern-nevada.ticketlean.com/0114n-asist-training-elko-nv/

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.



PROVIDERS NETWORK INFORMAL MEET-AND-GREET

- *Guest Presenter: Michael Lane, BCTN BCMH ✦
Traditional Naturopath & Master Herbalist
"How food affects Mental Health"*
- *January 22, 2025, 5-7pm
NNRH Classroom, 2001 Errecart Blvd*
- *Enter in a Raffle Sponsored by:
Zero Suicides Elko County*
- *Hors d'oeuvres and dessert provided*



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