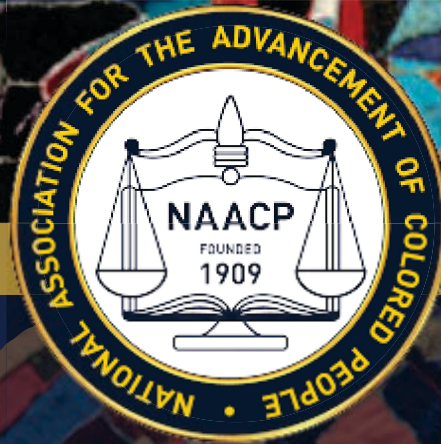


MODESTO

WATER WEALTH CONTENTMENT HEALTH



Modesto-Stanislaus
**AFRICAN AMERICAN
HEALTH & WELLNESS
SERVICES DIRECTORY**

VOLUME I



The Modesto Stanislaus proudly presents the African American Health and Wellness Services Directory. The directory presents an array of services provided by African American professionals within Stanislaus County.

African American communities are disproportionately impacted by chronic health conditions, disparities in health care, and other social determinants including education, housing, employment and economic growth opportunities. This directory aims to present whole health and healing providers possessing expertise of African American cultural values, practices, beliefs and traditions and the importance of mindful approach to unpacking the impact of systemic racism, inequity and injustice.

The directory features the following service areas:

- Mental Health, Substance Use Disorder and Trauma Services
- Faith Organizations, Churches
- Medical Providers
- Community Consultants: Advocacy, Training and Mentoring
- Civic Organizations
- Self Care and Wellness
- Youth Services

Contact information is clickable throughout the directory





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MENTAL HEALTH, SUBSTANCE USE DISORDER AND TRAUMA SERVICES



INSIGHT TREATMENT CENTER

Faith Chappell, Chief Executive Officer

1600 North Carpenter Road E1 & E2, Modesto | (209) 299-2880 | faithc@insighttreatment.com

Instagram: [insighttreatment](#) | www.insighttreatment.com

Insight Treatment Programs are recognized as a leader in Intensive Outpatient Treatment (IOP) for teens, (13-19 years of age), struggling with mental health and/or substance abuse issues. Whether your teen is suffering from a mental health disorder, such as depression, anxiety, trauma, or ADHD or is having behavior problems such as, self-harm, addictive behaviors, aggression, and isolation, we are here to support and guide you, not just for the teen, but for the entire family.

MENTAL HEALTH THERAPIST



Dr. Ayesha Hunter, EDd, LMFT

1341 W. Robinhood Dr Suite B-2, Stockton

(209) 542-8900 | drayeshahunter@gmail.com | Instagram: [doctorayeshachristinahunter](#)

<https://a-therapist-s-voice.constantcontactsites.com/> LinkedIn: Dr. Ayesha Hunter

Specializes in helping people with trauma, anxiety, and depression. I provide therapy to couples, families and children. Services are provided in person or through Telehealth.



MENTAL HEALTH, SUBSTANCE USE DISORDER AND TRAUMA SERVICES

MARRIGE AND FAMILY THERAPIST



Lincoln W. Waitiki, MA, LMFT
1101 Staniford Ave Ste #B-2, Modesto
(209) 661-3405
lwwaitiki@att.net
www.psychologytoday.com

Licensed Family and Marriage Therapist. Provide counseling for individuals, couples, and children. I am certified to provide training for domestic violence, anger management and pareting classes. Licence #: 109179

BALANCE LIVING COUNSELING CENTER

Charman Batiste, Marriage and Family Therapist, MS, LMFT
1101 Standiford Ave Suite B 2, Modesto | (209) 454-0337 | charmanbatiste8@gmail.com
<https://www.psychologytoday.com/us/therapists/charman-batiste-modesto-ca/386825>

Provide counseling services for individuals and families that include children (8-17 years old), adults, and couples counseling. Services provided in person or via telephone.

LIGHTHOUSE PSYCHOLOGICAL SERVICES, A BEACON OF LIGHT



Shontinese Huey, Owner
3300 Tully Road Suite A-1, Modesto | (209) 451-9475 Ext. 701
Lighthouseinfo@pauboxmail.com | www.lighthousepsychkids.com

Child psychology to help parents/caregivers manage childhood behavioral and emotional challenges. I'm looking forward to serving our community.



MENTAL HEALTH, SUBSTANCE USE DISORDER AND TRAUMA SERVICES

QUEENS N THERAPY



Saundre Allen LCSW, #84933

5480 College Ave, Oakland | (510) 399-1757 | queensntherapy@gmail.com

Instagram: [queensntherapy](https://www.instagram.com/queensntherapy) | <https://www.queensntherapy.com/>

Black Women & Mental Health, Diversity, Equity & Inclusion, Public Speaking, Telehealth Services Provided: Individual Therapy, Trainer & Consultant. Saundre creates safe and humanizing spaces for Black women to embrace their healing journey. She offers support by exploring deeper dynamics and patterns that surface in relationship with yourself and others while offering various tools and strategies to help you navigate these relationships. Saundre speaks at schools around the bay area about the connection between mental wellness and social justice. She support teams with identifying racial inequity and developing solidarity in Antiracist education.

SPARK CENTER FOR SELF DEVELOPMENT



La Tanya A. Takla, Ed.D, LMFT, Psychologist

901 McHenry Blvd Suite I, Modesto | (916) 642-9522 | drltakla@sparkcenter.com

www.sparkcenter.com | LinkedIn: <https://www.linkedin.com/in/latanya7399>

I'm a collaborative, interactive, solution-focused therapist who will provide structured, compassionate support and practical feedback to help you effectively address life challenges. We'll work together to stoke your motivation and develop a plan tailored to your strengths and needs so you can achieve the personal growth you want. I can help you tackle a wide range of emotional and behavioral challenges, and I have specialized experience supporting those struggling with anxiety, depression, grief, parenting/family conflict, and relationships. I also

provide empowerment workshops to support women of color toward creating healthier, secure relationships and safeguarding their self-care. Provides Telehealth Services. Medicare and Medi-Cal accepted. Specialties: Anxiety, Depression, Marital and Premarital. Issues: Codependency, Coping Skills, Family Conflict, Grief, Life Transitions, Parenting, Pastoral Counseling, Race-based Traumatic Stress, Relationship Issues, Stress, Trauma and PTSD, Women's Issues, Mental Health, Mood Disorders.



MENTAL HEALTH, SUBSTANCE USE DISORDER AND TRAUMA SERVICES

TELE-HEALTH THERAPIST



LaRonna E. Watson, LCSW

343 E. Main St. Suite 718, Stockton | (209) 441-8733 | Wlaronna@gmail.com
<https://www.psychologytoday.com/us/therapists/laronna-e-watson-berkeley-ca/340371>

I provide Telehealth and enjoy working with clients from diverse ethnic/cultural backgrounds and have extensive experience working with Veterans, children on the autism spectrum, sexual assault survivors and victims of domestic violence. I have a Masters in Social Work and am currently licensed with the Board of Behavioral Sciences as Licensed Clinical Social Worker (LCSW). I also provide supervision for MSW hours for those seeking ASW licensure.

BE ENCOURAGED COUNSELING SERVICES

Iyabo Adediran LMFT, LPCC

1545 St. Marks Plaza Ste 5, Stockton | (209) 565-0978 | iyabo@beencouragedcounseling.com
Facebook: Beencouraged_counseling | www.beencouragedcounseling.com

We provide virtual therapy for individuals (13-adult) and family therapy for 2-4 individuals.

ALABASTER MOMENTS CONSULTING, LLC

Sharon Jones, LMFT

2111 O Street, Merced | (209) 922-3789 | alabastermoments@msn.com

Facebook: Alabastermoments | <https://thealabastermoments.com/> | LinkedIn: Sharon Jones

Specialties : Anger Management, Anxiety Disorder, Bipolar Disorder, Bisexual/Gay/Lesbian, Cultural/Ethnic Issues, Depression, Domestic Violence, EAP: Assessment/Referral, Faith Based Counseling, Family Therapy, Grief/Loss, Marital/Couples, Obsessive Compulsive Disorder - OCD, PTSD, Panic Disorder, Psychotic Disorders, Telehealth Offered



MENTAL HEALTH, SUBSTANCE USE DISORDER AND TRAUMA SERVICES

MARRIAGE AND FAMILY THERAPIST

Tameika Griffin, LMFT

1213 Coffee Rd. Suite P, Modesto | (209) 527-8943 | mychristiansolutions@gmail.com

Facebook: Tameika Griffin | <https://tameikagriffinlmft.vistaprintdigital.com/> | LinkedIn: Tameika Easter Griffin

In addition to individual, couples, family dyad therapy and some group therapy, I also provide Bible-Based therapy as well as outreach & education presentations to the community.





FAITH ORGANIZATIONS, CHURCHES

TRUE LIGHT COMMUNITY CHURCH

Carl Bryant, Pastor
1417 Harris Ave, Modesto
(209) 765-9840
Ceebeerev@icloud.com

*True Light Community Church is a
Non denomination worship house.
Those seeking to know & grow in God's
Grace are welcome.
Love God, Love People*

Morning Prayer~ 8:45am
Sunday School~ 9:00am
Sunday Worship~ 10:30am
Monday Night Women's Bible Study~ Hiatus
Wednesday Prayer & Bible Study~ 6:30pm



CHRIST UNITY MISSIONARY BAPTIST CHURCH

Nathaniel Green, Senior Pastor
1320 L Street, Modesto | (209) 577-8112
Facebook: Christ Unity Modesto | www.cubc.org

Sunday Services (temporary hours, call before)
Sunday 11:00am - 12:00pm
1st Saturday 8:30 am - 9:30 am, Breakfast served
for the homeless
Food pantry and clothes closet available upon
request

PROGRESSIVE MISSIONARY BAPTIST CHURCH

Rev. Dr. Rodger D. Tyler, Pastor
530 4th Street, Modesto | (209) 527-0641
Pmbcmdesto@gmail.com | Facebook:
PMBCMDESTO | YouTube: PMBCMDESTO
<https://progressivemissionarybaptistchurch.org>

Worship with us via Facebook or Youtube
Sunday school - 10:00 am
Sunday Worship Service Online - 10:30 am
Wednesday Bible Study - 12:00 pm



FAITH ORGANIZATIONS, CHURCHES



Roderick E Cochran
Senior Pastor



202 H St. Modesto, CA 95351
Church 209.576.1034
Cell 209.658.3868
christianlovemodesto@gmail.com



ST PAUL MISSIONARY BAPTIST CHURCH

Rev Dr. Peter Evins, Senior Pastor
930 6th Street, Modesto | (209) 524-4895
Stpaulmodesto@att.net
Facebook: www.facebook.com/St.Paulmbcmodesto

The Saint Paul Missionary Baptist Church Modesto is a diverse community that is inclusive of all people. Jesus offered us a pure example of love (We do not own the rights to any of the music played during our live streaming, ads, and broadcast)

Prayer/Bible Study: Wednesday 6:30 pm | Sunday School: 9:00 am | Early Morning Worship: 9:45-10:30 am
Sunday Worship: 11:00 am | Morning Prayer: MWF @ 8:00 am (267-930-4000, Dial #: 978519084)



FAITH ORGANIZATIONS, CHURCHES



SECOND BAPTIST CHURCH

Dr. Charles R. Evins, Sr, Pastor, PhD Theology
529 California Ave, Modesto
(209) 577-4832

Sunday Services:

Sunday School 9:30-10:45 am

Morning Worship: 11:00 am

MODESTO CHRISTIAN CENTER

Pastor Jesse Stovall, Pastor | 1644 Dewitt Rd, Modesto | We have parking lot services every other Sunday

BETHLEHEM CHRISTIAN CENTER



James Bobo, Jr. Pastor

1341 Coldwell Ave, Modesto

(209) 450-0452

Pastorjbo@yahoo.com

Facebook: Bethlehem Christian Center

Instagram: BCC Modesto | www.BCCModesto.com

BCC Ministries is an exciting and anointed ministry in the city of Modesto, Ca. We believe in helping people get to their destiny by teaching them Biblical Principles that they can apply to their everyday life. We are building people, by changing a nation.

Services: Sundays at 12:00 pm

PRAYER MISSION CHURCH OF GOD IN CHRIST

Kenneth Peoples, Pastor

230 Oak St, Modesto

(209) 521-7131

kenpeoples50@gmail.com

Instagram: PrayerMissioncogic

www.prayermissioncogic.com

Services:

Sunday School - 9:30am

Sunday Worship - 11:00am

Tuesday Bible Study - 7:00pm

Friday: Bible Band (Bible Study) - 7:00pm



SUTTER GOULD MEDICAL CLINIC

Lynette R. Grandison, MD

1144 Coffee Road, Modesto | (209) 524-0370 | www.grandison@sutterhealth.org

Pediatrics

FAMILY PRACTICE HEALTH & WELLNESS MEDICAL GROUP

Kathy A. Christopher, M.D.

2020 Standiford Ave, D-3, Modesto | (209) 575-4990

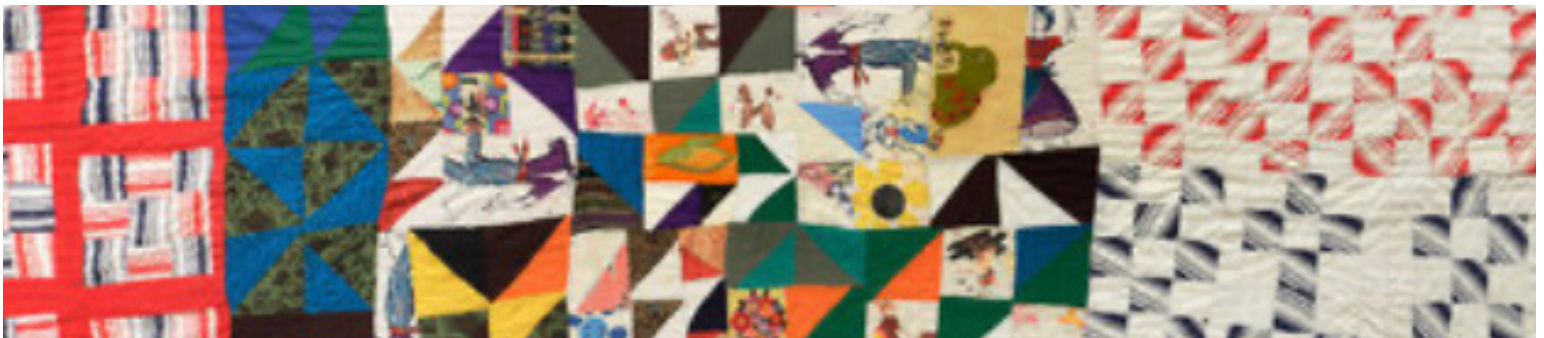
VALLEY HEART ASSOCIATES MEDICAL GROUP, INC.

Alan A. Garvin, M.D., F.A.C.C, F.A.C.P.

Cardiology and Nuclear Medicine

1540 Florida Ave., Suite 100, Modesto | (209) 577-5557 | <https://valleyheartinstitute.com/>

We offer the region a convenient and comprehensive solution for those with heart disease. Serving the entire Stanislaus County, the multi-disciplinary specialists at Valley Heart Institute are committed to providing patients with access to nationally recognized care, making it possible to avoid traveling to the Bay area. We are able to detect and manage the early stages of heart disease by using minimally invasive treatment options, and providing some of the most advanced outpatient surgical procedures.





COMMUNITY CONSULTANTS: ADVOCACY, TRAINING AND MENTORING

MICHAEL BALDWIN SENIOR CONSULTANTS (MBSC)

Michael Baldwin, CEO

2601 Oakdale Rd, Suite 154, Modesto

(209) 482-6621 | mbsconsultants1@gmail.com

Instagram: mbsrconsultants | www.mabsenior.com

Professional Development, Coaching, & Training for professionals and service providers.

We are a bridge between those that serve and those in need of services. We help professionals serve humanity with a heart of humanity.



STANISLAUS COUNTY PUBLIC HEALTH DEPARTMENT

Renee Crawford, Social Worker

917 Oakdale Road, Modesto | (209) 402-2315 | rcrawford@schsa.org | www.schsa.org

Case manager services to pregnant & parenting women of all ages through the county. Local resources provided to the Community at no cost.



WILLIAMS CHILD WELFARE CONSULTING & TRAINING

Sheelah Grant Williams, M.S.W.

(209) 765-6700 | sheelah_grant@yahoo.com

With 28 years of experience with Stanislaus County, I provide technical assistance for families involved in the Child Welfare System. This includes answering general questions about the procedures and laws surrounding removal, reunification, adoption, foster care and relative placements. (Licence #1304114)



COMMUNITY CONSULTANTS: ADVOCACY, TRAINING AND MENTORING

A.W.A.K.E FOUNDATION

Dr. Nicole Cochran, Co-Founder & Facilitator
1945 Rohrer Drive, Turlock
(209) 226-1890 | ncochran@awakefoundation.net
Instagram: AWAKE
<http://www.awakefoundation.net/>

The AWAKE Foundation is a non-profit that provides professional development and workshops for educational institutions, organizations, business and communities. Our key areas of expertise are Equity & Inclusion Training Through Compassionate Conversations, Unconscious Bias Reduction Through a Trauma Informed Lens, Workplace Diversity, Leadership Development, Restorative Practices, Conflict Resolution, Developing Racial Equity Within the Organization, Curriculum development & training customized for educators, Cultural competences, racial equity and bias reduction, Customized professional development and long-term training's for organizations, Design innovative, research-based organizational workshops and seminars, Conduct community forums for dialogue and discussion.





THE WOMEN'S AUXILIARY: A MODESTO COMMUNITY CONNECTION



Synthia Lofton, President

P.O. Box 1791, Modesto | (209) 543-5769 | Loftonsxmas@aol.com

We are a nonprofit organization of women whose sole purpose is to raise funds in order to provide scholarships to minority students in Stanislaus County.

LEGACY ALLIANCE OUTREACH

Michael Baldwin, Founder

2601 Oakdale Rd, Suite 154, Modesto | (209) 402-5748 | michael@legacyallianceoutreach.org

Instagram: legacyallianceoutreach | www.mabsenior.com

Serving the formerly incarcerated, Unhoused community, At risk youth, prison Ministry, Transitional Housing, Domestic Violence prevention, employment referrals and more

TAKE YOUR SISTER 2 LUNCH, SISTER'S INC



Dianna Anderson, JD CEO & Shawun Ruth Anderson, COO, Co-Founder

P.O. Box 665, Patterson | (347) 661-5201 | ceo@tys2l.org

Instagram: Takeyoursister2lunch | www.Takeyoursister2lunch.org

OUR MISSION: "To Encourage Integrity, Self-Nurturing, Self-Worth and Empowerment of Social Change for Women" With roots dating back to 1972, Take Your Sister 2 Lunch unites women and girls from marginalized communities in New York and beyond as they work to foster positive change through programs that focus on health, STEM,

financial literacy, life skills training, job readiness, and more: how to escape successfully from the consequences of their societal entrapment through the reawakening of their personal strength, education, ethnocultural traditions and spiritual beliefs as a source of empowerment.



CIVIC ORGANIZATIONS

RELIEF, INC

Phebe Dennis-Fortt, Founder

2900 Standiford Ave, Ste #16B, PMB 295, Modesto | (209) 545-1700 | info@reliefinc.org

Facebook: Reliefinc | Instagram: Relief_inc | www.reliefinc.org



Relief, Inc.'s mission is to improve the lives of people all over the world. We are currently working in Liberia, West Africa, and local Communities in Northern California, by mobilizing the International Community. Relief, Inc. will minister to the PHYSICAL, MENTAL, EMOTIONAL and SPIRITUAL needs of every MAN, WOMAN and CHILD in need of help. Our mission is focused on aggressively reaching our goals; however, this requires the generosity, and assistance of many.



THE MEN'S GROUP, LTD.

PO Box 5295, Modesto | jerry.coop@yahoo.com | www.themensgroup.org

The Men's Group is a 501(c)(3) organization. Mentoring Program. The primary mission and purpose of The Men's Group, Ltd. is to promote education, social, economic, and leadership development for youth. Our efforts are primarily focused on African American high school males.

UNITED BLACK STUDENT UNION OF CALIFORNIA, CENTAL REGION

Elizabeth Garmon, President

crubsucinfo@gmail.com | Instagram: ubsuccentral | www.ubsuc.com/central-region.html

We have been dedicated to leadership and development of African American high school students for 46 years. The purpose of the UBSUC is to promote academic excellence and develop the leadership skills of our membership.





SELF-CARE AND WELLNESS

SHE BECAME

Savannah M. Williams, President
Joanna Esparza, Founder
Modesto | (209) 750 - 8357 | contact@shebecame.com
Instagram: [shebecame209](https://www.instagram.com/shebecame209) | www.shebecame.com

We seek to enhance the mental health and lives of girls and women, through social and leadership engagement, emotional support, positive relationship building, guidance, and self-empowerment. We provide a safe space to express their thoughts, ideas and suggestions. A welcoming platform helps in building their self-esteem and self-worth where they can gain confidence in their identity and engage in developing their leadership skills. We believe that when girls/women feel supported, confident, empowered, and have the right relationships and resources available to them, then they will become strong, secure and empowered to make decisions that will provide a better outcome for their future.



During Juneteenth 2021, two young ladies enjoying the activities at CAMP YOU™ - a youth empowerment pop up space of culture, art, music and positive vibes!



EPHRAIM'S HYPNOTHERAPY

Dr. Samuel White-Ephraim
Modesto, CA
(209) 681-8667
fire4532@yahoo.com

*Behavioral Changing Therapy by way of the Subconscious Mind:
Taking you where you want to go by way of your subconscious mind
getting you successful results.*



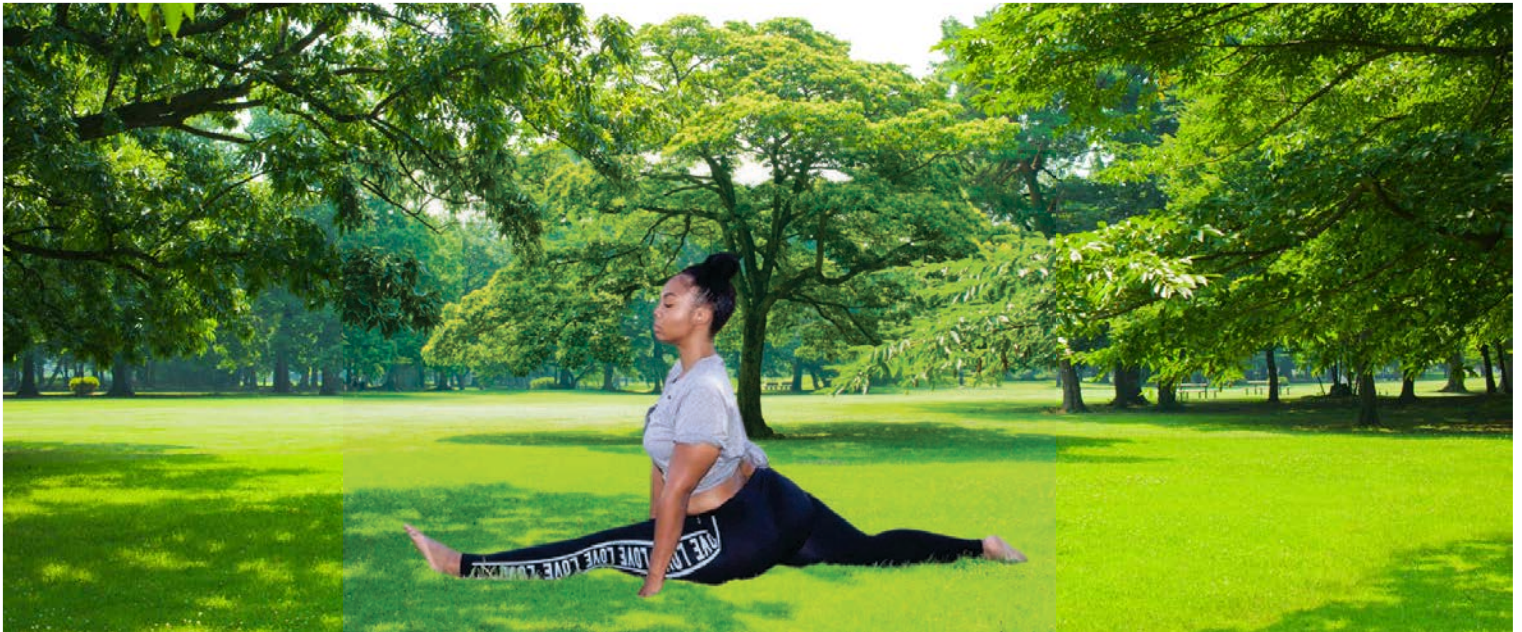
YOGA WITH JAMILA

Jamila Smith, Owner

Modesto, CA | (209) 214-7964 | flow@yogawithjamila.com

Instagram: [yogawithjamila](https://www.instagram.com/yogawithjamila) | Facebook: [yogawithjamila](https://www.facebook.com/yogawithjamila) | www.yogawithjamila.com

My knowledge as a yoga teacher moves beyond one style of yoga. I have had the privilege to learn many different meditation techniques, power transformation, yoga based in therapeutic essentials, and Emotional Blockage Release® Treatment direct from the Swami who created the technique. I specialize in creating experiences for my clients that empower them to trust themselves, and their bodies. I combine Eastern philosophy with my own creative flair to give clients an experience to escape their currently reality, by delving deeper into their bodies and focusing on the energy flowing throughout the body. Areas of Focus: * Hatha yoga * Chakra based yoga * Prenatal yoga * Yoga w/ therapeutic essentials * Meditation * Emotional Blockage® Treatment





ABOUT THE MODESTO STANISLAUS NAACP

The National Association for Colored People (NAACP) is the nation's oldest, largest, and most widely recognized grassroots-based civil rights organization. Its more than half-million members and supporters throughout the United States and the world are the premier advocates for civil rights in their communities, campaigning for social/ racial justice, equity, and equal opportunity.

Founded in 1961, the NAACP Modesto/Stanslaus Branch 1048 inspires action, serves donors, and supports communities. Our commitment is grounded in a firm belief in the power of humanity. As a non-profit organization, all officers and executive committee members at the local and conference level work on a volunteer basis to defend those who cannot defend themselves.

Our membership is open to anyone who supports our mission which includes empowering a new sector of youth and young adults. The executive committee and committee chairs lead efforts to address needs, concerns, and policies in the following areas of social justice, health, economic development, veteran's affairs, legal redress, education, housing, youth development and religious affairs.

Modesto/Stanslaus Branch 1048 knows that strength lies in our words and our actions. The NAACP addresses disparities in economics, health care, education, voter empowerment, and the criminal justice system and continuously serves as a legal advocate for civil rights issues. Each year we provide series a of community outreach, education, and fundraising events.

We sincerely appreciate the ongoing dedication of our members and collaborative community partners.

Membership applications to our local branch and payment is available online. We would be honored for you to join. Leadership is everybody's responsibility.

Phone: (209) 896-9196

Fax: (209) 622-0774

naacpmodestostanislaus@gmail.com

www.naacpmodestostanislaus.org



naacpmodestostanislaus



ACKNOWLEDGEMENTS

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Graphic Design & Production
SavWill Innovation Productions

Contributors

Constance Gustafson MSW, CB Gustafson Consulting
Sheelah Grant, MSW - Williams Child Welfare Consulting & Training

Electronic Access

The publication of the Directory may be downloaded from:
www.naacpmoDESTstanislaus.org

Cover and Back Page Graphic Designs

Quilt images: photos of quilts made by Rosie Lee Thompkins, African American textile artist.

Modesto Arch image: courtesy of photos from Modesto Bee Archives

Disclaimer

This directory is for informational purposes only and does not serve as an endorsement of any company or service providers



WELLNESS • RECOVERY • RESILIENCE

