



Calendar of Events

May 2024

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Vitality Unlimited
Mobile Therapy Van

Sober Life Peer
Support
Elko All-In-One
Support Group
Parents Supporting
Parents

NAMI Connection
Recovery Support
Group
Women in Recovery

Sober Life Peer
Support Activities

Ruby Mountain CoDA
meeting

Rural Providers
Meeting
Horizon Hospice
Grief Support Group

Healthy for Life
Compassion Coalition
Parents Supporting
Parents
Speak Up for Our
Teens

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

Sober Life Peer
Support Activities
Kid's Mother's Day
Craft Workshop
Car Seat Checkpoint
Veterans Spring
Bowling Social

Survivors of Suicide
Attempts Support
Group

MOTHER'S DAY
Ruby Mountain CoDA
meeting

Zero Suicides Elko
County Grief Support
Group

Bariatric Educational
Group
Foster Care
Applicant Training

Sober Life Peer
Support
Spring Creek Bingo
Parents Supporting
Parents

NAMI Connection
Recovery Support
Group
Dementia Friendly
Elko County
Women in Recovery
Foster Care Applicant
Training

Sober Life Peer
Support Activities
Community Drum
Circle

Ruby Mountain CoDA
meeting

NAMI Online Family
Support Group
NAMI Rural/Frontier
Nevadans
Type 2 Diabetes
Education Group
Foster Care Applicant
Training

Parents Supporting
Parents

NAMI Connection
Recovery Support Grp.
Horizon Hospice Grief
Support Group
Flagview Health &
Wellness Carnival
Women in Recovery
Foster Care Applicant
Training

Sober Life Peer
Support Activities
Type 1 Diabetes
Education Group

Memorial Day Lu'au
BBQ

Ruby Mountain CoDA
meeting

MEMORIAL DAY

Parents Supporting
Parents

NAMI Connection
Recovery Support
Group
Women in Recovery

Sober Life Peer
Support Activities



Calendar of Events

June 2024

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						1
Ruby Mountain CoDA meeting		Rural Providers Meeting (Zoom only)	Sober Life Peer Support Elko All-In-One Support Group Parents Supporting Parents		NAMI Connection Recovery Support Group Zero Suicides Elko County Women in Recovery	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	Bariatric Educational Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group Elko Senior Center Bingo Women in Recovery	FLAG DAY Sober Life Peer Support Activities	15
9	10	11	12	13	14	15
FATHER'S DAY Ruby Mountain CoDA meeting		NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education 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	Summer Rural Health Fair Te-Moak Safety Fair The Ruby Mountain Veterans Resource Fair
16	17	18	19	20	21	22
Ruby Mountain CoDA meeting				NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities Type 1 Diabetes Education Group	
23	24	25	26	27	28	29
Ruby Mountain CoDA meeting						
30						



Calendar of Events

July 2024

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	1	Rural Providers Meeting 2	Sober Life Peer Support Elko All-In-One Support Group 3	Independence Day NAMI Connection Recovery Support Group Women in Recovery 4	Sober Life Peer Support Activities 5	6
Ruby Mountain CoDA meeting 7	Zero Suicides Elko County Grief Support Group 8	Bariatric Educational Group 9	Healthy for Life Compassion Coalition 10	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Senior Center Bingo Women in Recovery 11	Sober Life Peer Support Activities 12	Survivors of Suicide Attempts Support Group 13
Ruby Mountain CoDA meeting 14	15	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group 16	Sober Life Peer Support Spring Creek Bingo 17	NAMI Connection Recovery Support Group Dementia Friendly Elko County Women in Recovery 18	Sober Life Peer Support Activities Community Drum Circle 19	20
Ruby Mountain CoDA meeting 21	22	23	24	NAMI Connection Recovery Support Group Women in Recovery 25	Sober Life Peer Support Activities Type 1 Diabetes Education Group 26	27
Ruby Mountain CoDA meeting 28	29	30	31			



Calendar of Events

August 2024

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				NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities	
				1	2	3
Ruby Mountain CoDA meeting		Rural Providers Meeting National Night Out Elko	Sober Life Peer Support Elko All-In-One Support Group	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Senior Center Bingo Women in Recovery	Sober Life Peer Support Activities	Survivors of Suicide Attempts Support Group
4	5	6	7	8	9	10
Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group	Bariatric Educational Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group Dementia Friendly Elko County Women in Recovery	Sober Life Peer Support Activities Community Drum Circle	
11	12	13	14	15	16	17
Ruby Mountain CoDA meeting		NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group	Sober Life Peer Support Spring Creek Bingo	NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities Type 1 Diabetes Education Group	
18	19	20	21	22	23	24
Ruby Mountain CoDA meeting				NAMI Connection Recovery Support Group Women in Recovery	Sober Life Peer Support Activities	
25	26	27	28	29	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

In Person and On Zoom

AGENDA: Tuesday, May 7th, 2024, at the Elko County Library, 720 Court Street, in Elko and on Zoom.

<https://us02web.zoom.us/j/87374500539?pwd=YjFrRmZYTG5zRXNrb0lrVTBVaUIZZz09>

8:00 a.m.

- I. Introduction – Facilitated by Michael Magney
- II. Presentation – Katarina Frankoski, Shriners Children’s
- III. Provider Updates/Success Stories

Upcoming meeting:

The next meeting will be Tuesday, June 4th. Due to voting, the June meeting will be on Zoom only.

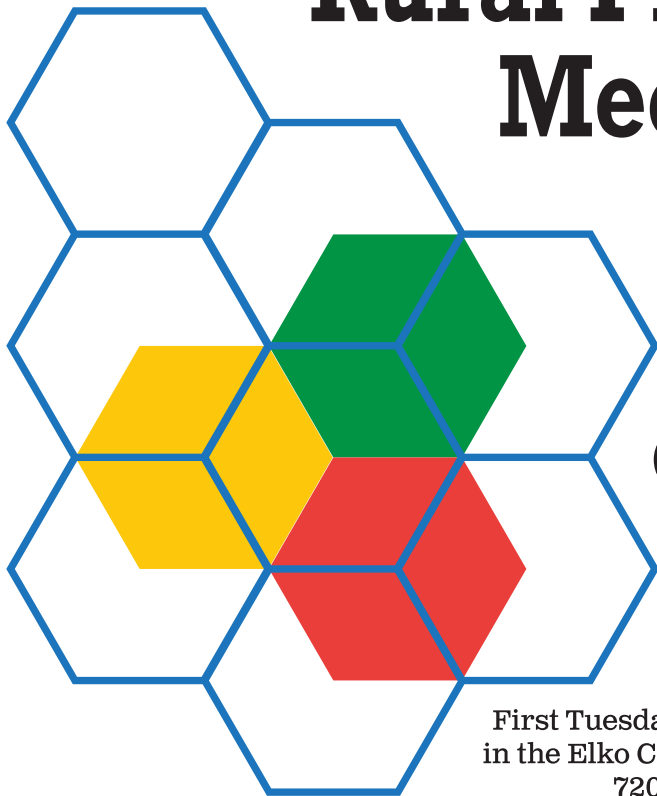
Upcoming Speakers:

June 4th: Trevor Hanlon, Battle Born Youth ChalleNGe Academy

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



COMMUNITY HEALTH
DEVELOPMENT FOUNDATION

2023

Community Wellness Monthly Event Schedule



Bariatric Educational Group

Every Second Tuesday

5:00-6:00 PM

Healthy for Life Class

Every Second Wednesday

5:30-6:30 PM



Diabetes Education Group (Type 2)

Every Third Tuesday

5:30-6:30 PM

Diabetes Education Group (Type 1)

Every Fourth Friday

5:30-6:30 PM



Starting March 2023

Sign up with the QR codes above to join our **free** health groups!

Monthly meetings will be held in the community room at Elko

Community Health Center: 2098 Idaho St

Elko, NV, 89801

Questions? Email Brittney Plaisted at brittney.plaisted@elkochc.com

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



2023-2024
Grief Support Group Dates:

- October 3rd & 17th
- November 7th
- December 5th
- January 16th
- February 6th & 20th
- March 5th & 19th
- April 9th & 23rd
- May 7th & 23rd

6:00pm
1250 Lamoille Hwy
Suite 413
Elko, NV

You may join this
group at any time

We at Horizon Hospice offer support groups through our Horizon Center during the school year, once or twice a month for anyone that would like support through their grief.

We welcome anyone who has experienced the loss of a loved one. We have groups for children ages 3 to 18, their parents, and/or caregivers.

There is no cost for this service to the community.

A light snack and dessert will be provided.

HORIZON HOSPICE

1250 Lamoille Hwy Suit 413
Elko, NV 89801

Phone: 775-778-0612

Fax: 775-777-3648

horizonhospiceinc@frontiernet.net

www.horizonhospiceelkonv.org



RUBY MTN.
RESOURCE CTR.



Mother's Day Craft Workshop

For kids 5 & up

Friday May 10th
3:30 pm
806 River St. Elko



For more information
Contact: Alley Shafer
(775)738-8360
exec@rmrcelko.org





LEVEL UP 4 HEALTH

May 20-23, 2024, at Flag View Intermediate School

Each day this week, students will learn about a different area of health and wellness while at school. They'll also bring home activity ideas and conversation starters to share with their families.

MINDFUL MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THRILLING THURSDAY
Mental & Emotional Health	Nutrition & Dental Health	Social & Relational Health	Physical Fitness & Activity

**Thursday, May 23, 2024, from 5PM - 7PM
at Flag View Intermediate School**

Please bring the whole family and join us for an evening of food, fun and learning! This is a free event for all Flag View families. Thank you for encouraging your students to pursue health and wellness, both this week and all year long!



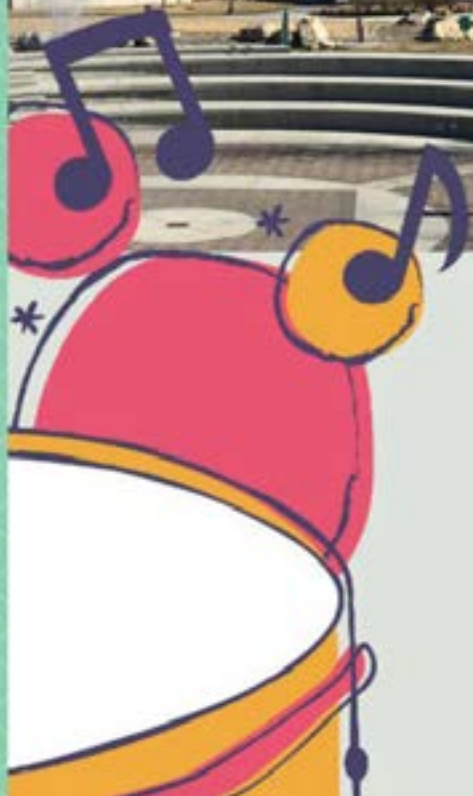
Level Up 4 Health is a community initiative promoting health and wellness in children and teens. It includes the following partners:



Is your business interested in supporting Level Up 4 Health?
Please scan the code and let us know!



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!**

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**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!

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

**1st Wednesday of Each Month
1-3pm**

Join us during the time that fits your schedule. I know lives are hectic!

**For more information contact:
Gini Cunningham ginilc25@gmail.com**

Or

Margaret Marcucci mkmarcucci56@gmail.com



Are you a parent or guardian whose youth is struggling with mental or behavioral health challenges?

If so, please join us for our gathering of parents supporting parents at Rural Clinics - Elko starting in April.

“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

Every Wednesday starting April 17th, 2024, through June 5th, 2024

Time: 6:00 pm to 7:00pm

Location: 1825 Pinion Road, Suite A, Elko, NV

RSVP by email j.casey@health.nv.gov or text Jasmine Casey at 775-434-4360

The group will be limited to the first 15 participants to RSVP

**CAR SEAT CHECKPOINT
MAY 10TH, 2024 AT 10:00AM
ELKO JUNCTION SHOPPING CENTER (IN
FRONT OF MAURICES)**

**BUCKLE UP FOR
SAFETY!!**

EVERY TRIP, EVERY TIME!



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!

Vitality Mobile Therapy Van Available for Appointments

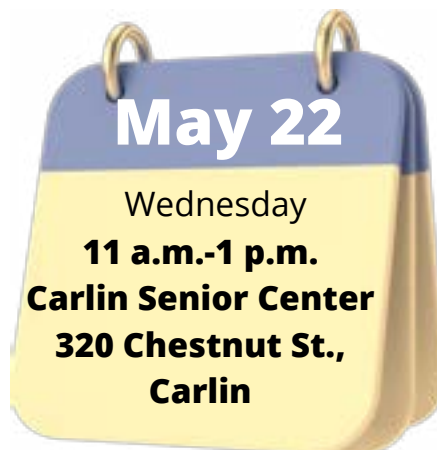
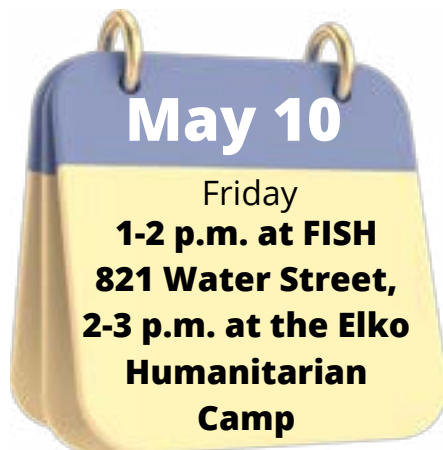


If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

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 locations, listed below.**



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



775-777-8477
Crisis Line





THE RUBY MOUNTAIN VETERANS RESOURCE FAIR



AND MANY MORE!!!!

JUNE 22, 2024

ELKO MAIN CITY PARK

ACROSS FROM ERNIE HALL

10:00 A.M. TO 3:00 P.M.



PRE-SERVICE TRAINING FOR FOSTER CARE APPLICANTS

Provided by Nevada Division of
Child & Family Services

May 14th - May 23rd
5:30PM -8:00PM

All dates:

May 14

May 16

May 21

May 23

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@dcsf.nv.gov



Powered By:
Microsoft Teams



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.

Let's Open the

Discussion

Speak up

FOR OUR TEENS

What have you been noticing?

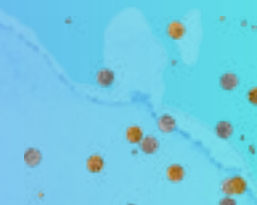
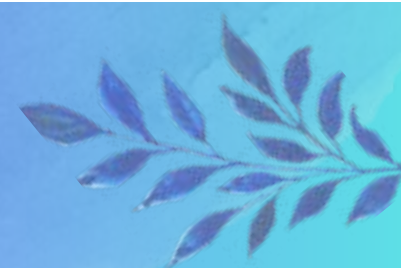
WE INVITE YOU TO JOIN OUR MEETING
TO DISCUSS WAYS WE CAN PROVIDE
MORE SUPPORT FOR THE TEENS IN OUR
COMMUNITY

MAY | WED | 2024
08

AT 10 O'CLOCK IN THE LIBRARY
720 COURT ST ELKO NV



Email:
teenfocusnv@gmail.com
for more info or the zoom
link



FIRST

Discussion Topics

MAY 8 MEETING

- What have you noticed?
- What resources do we have available already?
- Creating more events specifically for teens.

GET INVOLVED

Teen Focus Nv

teenfocusnv@gmail.com



The poster features a dark red background with a halftone dot pattern. In the center, a red bowling ball is positioned in front of a set of white bowling pins. The text 'Veterans Social' is written in a large, stylized font, with 'Veterans' in pink and 'Social' in yellow. In the top right corner, there are two logos: 'EVC ELKO VETERAN CORPS' with a gold star, and 'VRC VETERANS RESOURCE CENTER' with an American flag motif. A white rounded rectangle at the bottom contains the event details: 'MAY 10 • 7-9PM', 'Blind Onion- 346 Silver St, Elko', and 'Bowling • Food • Friends'. Vertical lines of white dots are located in the top left and bottom right corners.

EVC
ELKO VETERAN CORPS

VRC
VETERANS RESOURCE CENTER

Veterans Social

MAY 10 • 7-9PM
Blind Onion- 346 Silver St, Elko
Bowling • Food • Friends