



Call us @ **(530) 387-4975**
Visit us on the web @ sshwc.org



Clinic Hours

Serving all Native and Non Native patients

Medical

Mon 8:00 AM – 5:00 PM

Tues 8:00 AM – 5:00 PM

Wed 8:00 AM – 5:00 PM

Thurs 8:00 AM – 5:00 PM

Fri 8:00 AM – 5:00 PM

Dental

Mon 8:00 AM – 5:00 PM

Tues 8:00 AM – 5:00 PM

Wed 8:00 AM – 5:00 PM

Thurs 8:00 AM – 5:00 PM

Fri 8:00 AM – 5:00 PM

Behavioral Health

Mon 8:00 AM – 5:00 PM

Tues 8:00 AM – 5:00 PM

Wed 8:00 AM – 7:00 PM

Thurs 8:00 AM – 7:00 PM

Fri 8:00 AM – 5:00 PM

5168 Honpie Rd
Placerville, CA 95667

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Offered Services

5th Floor

- Medical
- Physical Therapy
- Chiropractic
- Pediatrician
- Podiatry

Medical

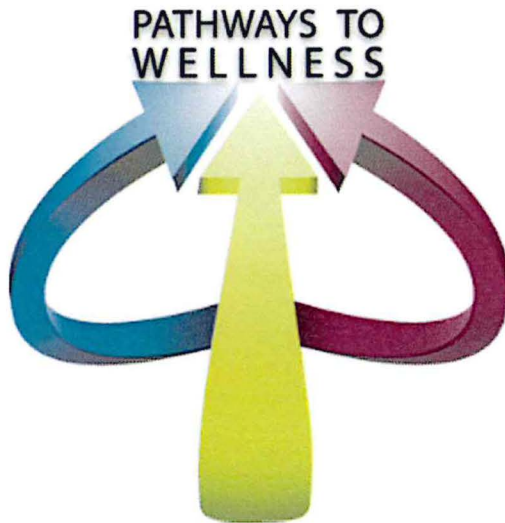
- Hepatitis C
- Family Practice



Medical Providers

- 3 MDs
- 1 DO
- 2 PAs
- 1 NP

Offered Services



4th Floor Behavioral Health

- Individual, Family and Group Counseling/Support
 - Psychiatric
- HeartMath Lab (Stress Management)
 - Parenting Class
- Red Road to Wellbriety Group
- Coping with Chronic Pain Group
 - Hope & Loss Group

Behavioral Health Providers

- 2 Psychiatrists
- 2 Licensed Clinical Social Workers
- 1 Marriage and Family Therapist
 - 1 Psychologist

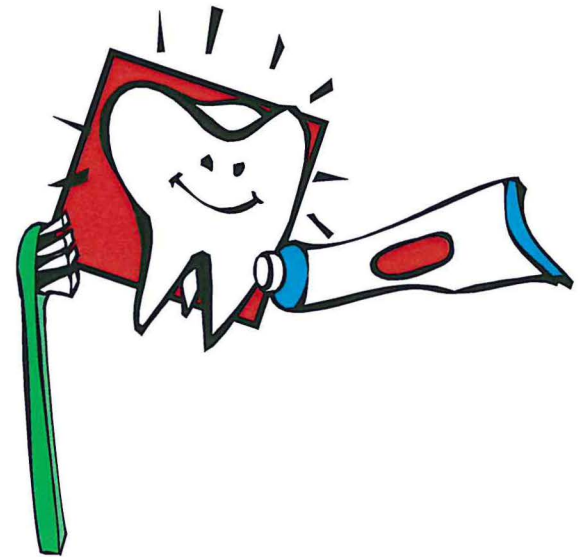
Offered Services

4th Floor Dental

Exams • Individual & Full mouth X-rays • Deep & Regular Cleanings • Crowns • Partial • Fillings • Dentures • Extractions • Bleaching • Implants • Orthodontics • And MUCH MORE

Dental Providers

- 5 Dentists
- 4 Dental Assistants
- 4 Registered Dental Assistants
- 4 Hygienists





Come join us for an evening full of fun, friendship, and learning.

This class consists of food, games, prizes, hanging out, talking circles and role playing.

Andrea Bracher, Program Coordinator
530-387-4929

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This program is for YOU!!
SiHLE
Sisters Informing Healing Living Empowering

- 5 weekly sessions that build on top of one another.
- The sessions are gender specific and culturally relevant and include behavioral skill practice, group discussions, lectures, role-playing and goal planning.

Get a "Swag Bag" full of gifts for every session attended at the completion of program!!



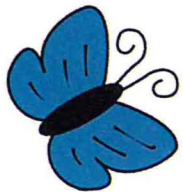
Hope and Loss

Group Therapy

Weekly open ended process group
Learn to cope with any type of loss including:
death, divorce, decreased physical functioning, etc.

Group facilitator: Tina James, LCSW – Psychotherapist
Where: Behavioral Health Clinic

When: Tue 1:00 – 2:30
Contact: Catherine at Behavioral Health
to find out how to sign up for the group
530 387-4185



HeartMath Lab Group

This is an interactive experience (using a computer program) that relieves stress and increases performance.

Where: Behavioral Health Clinic
When: Monday 10:30 to 11:30
OR

Tuesday 10:30 to 11:30
OR

Thursday 3:30 to 4:30

Group Facilitator:
Tina James, LCSW – Psychotherapist
Contact Catherine in our
Behavioral Health Clinic to sign up.
530 387-4185



GROUPS THAT ARE OFFERED

Coping With Chronic Pain

Group Therapy

Eight week close ended psycho – educational therapy group
Learn to cope with chronic pain and
develop the ability to live a more enjoyable life

Group Facilitator:

Tina James, LCSW – Psychotherapist
Where: Behavioral Health Clinic

When: Wed 3:00 – 4:30

Contact: Catherine at Behavioral Health
to find out how to sign up for the group
530 387-4185



Chronic Pain Process Group

Group Therapy

Ongoing therapy group that helps you
Develop the ability to live a more enjoyable life
and cope with chronic pain.

Group Facilitator:

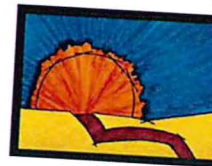
Tina James, LCSW – Psychotherapist
Where: Behavioral Health Clinic

When: Wed 10:00 AM – 11:30 AM

Contact: Catherine at Behavioral Health
to find out how to sign up for the group
530 387-4185



Walking the Red Road to Wellbriety Healing Circle



To provide recovery through Native
American Traditional Ways incorporated
in the Wellbriety movement.

(Medicine Wheel & 12 Steps)

Facilitator:

Rose Hollow Horn Bear
(530) 387-4185

Meeting Location:

Behavioral Health Dept

Time:

Wednesday at 5:30pm



SHINGLE SPRINGS

Health & Wellness Center

Healthcare for All

**GROUPS
THAT ARE
OFFERED**