



# HEALTHY PATHWAYS

## What Should I Expect?

- Sessions are 3 times a week
- Days: Monday through Thursday
- Time: Morning and Evening options available
- Each session is 3 hours long
- Sessions are in group format

If you need help with rides, please tell our staff.  
We will help arrange transportation.

## What Will I Learn?

In this program, you will learn helpful life skills, including:

- How to manage strong feelings and stress
- Ways to cope and prevent relapse
- How to build healthy relationships
- How to feel good about yourself
- How to set goals and plan your day

We will check your progress often. This helps us give you the best care.

To keep everyone safe and respected, all members agree to follow these rules:

- Be safe
- Keep information private
- Show respect
- Take part in sessions
- Be on time
- Stay sober
- Work on personal growth
- Respect personal boundaries
- Use technology properly
- Be responsible for your actions

## Transportation

Bus Stop: Visalia Mall

Cross Beech Street

Office next to Grocery Outlet

Call if you cannot find us

## Location:

Family HealthCare Network  
2333 S Mooney Blvd, Visalia, CA 93277  
559.205.1796 or 559.667.4979

## Healthy Pathways Contact

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



# AGREEMENTS

## SAFETY

This group is a physically and emotionally safe space for all participants. Violence, threats, intimidation, or aggressive behavior are not permitted. If you feel overwhelmed, you may step out and return when ready.

## CONFIDENTIALITY

What is shared in group stays in group.  
You may speak about your own experience outside the session, but not anyone else's.  
Limits of confidentiality apply (e.g., safety concerns, mandated reporting).

## RESPECT

Speak from the "I" perspective—share your own thoughts, feelings, and experiences.  
Allow others to finish their thoughts; no interrupting or side conversations.  
No shaming, judging, name-calling, or minimizing others' experiences.

## PARTICIPATION

Engage to the best of your ability.  
You may pass if you're not ready to share, but active presence is expected.  
Phones silenced, and distractions minimized.

## TIME BOUNDARIES

Begin and end sessions on time.  
Share airtime; allow space for others.  
Facilitator may gently redirect to ensure balanced participation.



# AGREEMENTS

## SOBRIETY

Please ensure you are not under the influence of any substances the day of, or time, of program.

If you're struggling with cravings or urges, share it—this is part of the work.

If you are having thoughts of relapse, refer to your established relapse prevention plan. If you feel you may pose a danger to yourself or others call 911 or 988.

## COMMIT TO GROWTH

Practice honesty, curiosity, and openness.

Expect discomfort at times; it's part of therapeutic change.

Give yourself and others permission to be learners

## BOUNDARIES

No romantic, sexual, or financial relationships with other group members.

Communication outside group must remain appropriate and supportive, or ideally minimal unless permitted by program policy.

No social media contact during treatment unless approved

## TECHNOLOGY

No phones during session unless otherwise permitted.

No photos or videos of the session.

No recording of any part of the session.

## ACCOUNTABILITY

You are responsible for your level of engagement, honesty, and follow-through.

The facilitator may check in privately if concerns arise.

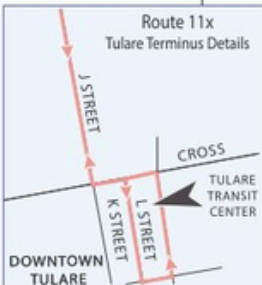
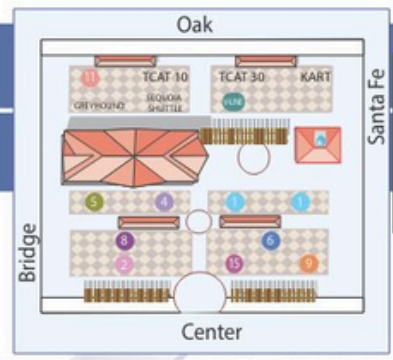
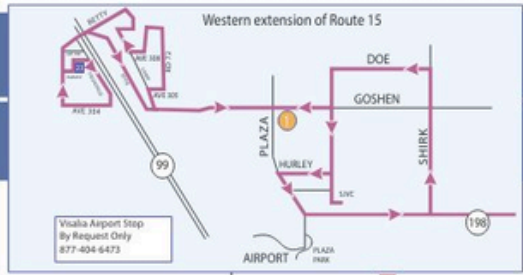
Repeated boundary violations may require treatment plan adjustments.



# VISALIA TRANSIT ROUTES

## SYSTEM MAP MAPA DE SISTEMA

Santa Fe  
2/8/2024

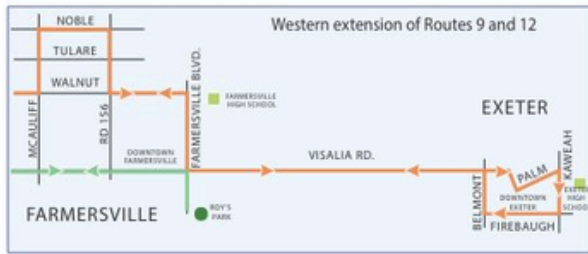


- City of Visalia Schools**  
Escuelas en la Ciudad de Visalia
- Middle Schools**
- 1 - Divisadero
  - 2 - Green Acres
  - 3 - Valley Oak
  - 4 - La Joya
  - 5 - Ridgeview
- High Schools**
- 1 - Visalia Adult School
  - 2 - Golden West
  - 3 - Mt. Whitney
  - 4 - Redwood
  - 5 - Sequoia
  - 6 - El Diamante
  - 7 - VTEC
  - 8 - Visalia Charter

- City of Visalia Schools**  
Escuelas en la Ciudad de Visalia
- Elementary Schools**
- |                    |                          |
|--------------------|--------------------------|
| 1 - Conyer         | 16 - Veva Blunt          |
| 2 - Crestwood      | 17 - Washington          |
| 3 - Crowley        | 18 - Willow Glen         |
| 4 - Fairview       | 19 - Oak Grove           |
| 5 - Four Creeks    | 20 - Cottonwood Creek    |
| 6 - Golden Oak     | 21 - Manuel F Hernandez  |
| 7 - Highland       | 22 - Denton              |
| 8 - Houston        | 23 - Goshen (Goshen, CA) |
| 9 - Hurley         |                          |
| 10 - Linwood       | <b>Not on Map</b>        |
| 11 - Mineral King  | Anissa R Mitchell        |
| 12 - Mountain View | Elbow Creek              |
| 13 - Pinkham       | Northside                |
| 14 - Riverbend     | Riverway                 |
| 15 - Royal Oaks    | Shannon Ranch            |

- Points of Interest**
- 1 - Able Industries
  - 2 - Greyhound Bus Depot
  - 3 - City Hall East
  - 4 - City Hall West
  - 5 - College of the Sequoias
  - 6 - County Civic Center
  - 7 - Creative Center
  - 8 - Kaweah Delta Hospital
  - 9 - Library
  - 10 - Visalia Transit Center
  - 11 - Post Office (Beech St)
  - 12 - Post Office (Akers)
  - 13 - Senior Citizens Center
  - 14 - Visalia Convention Center
  - 15 - Visalia Medical Center
  - 16 - Government Plaza

- Shopping Centers**
- 1 - County Center
  - 2 - Key West
  - 3 - Mary's Vineyard
  - 4 - Mineral King Plaza
  - 5 - North Pointe
  - 6 - Orchard Walk
  - 7 - Packwood Creek
  - 8 - Rancho Viejo
  - 9 - Sequoia Mall
  - 10 - Visalia Mall



For Information, Call 877-404-6473 or online at [visaliatransit.com](http://visaliatransit.com)



# OFFICE LOCATION MAP

We are located inside Family HealthCare Network Clinic at  
2333 S Mooney Blvd, Visalia, CA.

We are in the strip mall next to Grocery Outlet.

