

# **Programs-Classes-Groups**

**Sponsored by**

**Greater Oroville Community Outreach, G.O.C.O.**

**a 501(c)(3) nonprofit and its partners**

**Our mission: "To empower people and encourage opportunities for personal growth and health in a supportive environment."**

In the Greater Oroville Family Resource Center, GOFRC  
1720 Daryl Porter Way, ( off Baldwin Ave. ) Oroville CA 95965  
For information call the Center: 533-1576 x 207 or visit our  
Web site: [www.4goco.info](http://www.4goco.info)

## **No Cost/Low Cost Activities**

**Volunteer Opportunities for all ages**

**Women Cancer Support and activities, 3<sup>rd</sup> Thursdays, 10:00-11:30 AM**

**Creative Writing/Journaling Class, 1st & 3<sup>rd</sup> Thursdays, 12:30-2:00 PM**

**Fourth Tuesday Community Crafts (every 4<sup>th</sup> Tuesday), 10:00-11:30 AM**

**Grief Support, Peer to Peer, 1<sup>st</sup> & 3rd Tuesdays, 10:00-11:30 AM**

**Diabetes Support, Second Tuesdays, 12:30-1:30 PM**

**Stroke Support, Second Tuesdays, 2:00-3:30 PM**

**Parkinson's Disease Support, 1<sup>st</sup> Thursdays, 1:30-3:00 PM**

**Stress Management Class, TBA**

**Depression Recovery Class, TBA**

**Arthritis Foundation Self Help Training Program, TBA**

**Exercise Class, Arthritis Foundation, TBA**

**Service Members Home on Leave Gift Certificates, SMOL**

**Lunchtime Speaker Series, brown bag it, TBA**

**Healing Arts Class, collage, art, music and movement, TBA**

**Community Resources, Information and Referrals by phone and appt.**

**G.O.C.O. Board meets 2nd Tuesdays 10:00-11:30 AM**

**Lynndee Caput, Pres., Program Coordinator**

**Irene Poe, V.P., Program Assistant, Facilitator**

**Margaret Dakin, Group Facilitator**

**Marguerite Marciniak, Secretary, Group Facilitator**

**Dominique LaPorte, Treasurer**

**Charles Walley, Group Facilitator**