



RESOURCE GUIDE

**6 Tarman Drive,
Cloverdale CA 95425**

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Alternative/Integrative Medicine

Traditional Healing Arts

Strives to restore and maintain health with acupuncture, herbal medicine, nutritional advice, and lifestyle recommendations that have been proven safe and effective for centuries. Hours: Wed. 4pm-6pm, Friday 9am-11am. \$20 walk in clinic: Full treatment, first come first serve. Regular visit: \$100 intake, \$80 each follow-up.

www.traditionalhealingarts.com/index.html

(707) 894-5313

tharts@sonic.net

103 Commercial Street, Cloverdale

Meridian Acupuncture Group

Traditional Chinese Medicine Specializing In Pain Relief. Including joint & muscle pain, sciatica, arthritis, numbness. Also automotive, sports & work injuries.

www.meridianacupuncturegroup.com

(707) 526-2228

132 N. Cloverdale Blvd, Cloverdale

Carr Chiropractic

Offers chiropractic care, corrective exercises, lifestyle advice, nutritional counseling along with spinal and postural screenings. Accepts MediCare.

www.healdsburgchiropractic.com

(707) 431-7255

711 Healdsburg Ave, Healdsburg

Chiropractor: Victor Powell

Chiropractors diagnose and treat common spinal misalignments that can occur from lifestyle or injuries causing pain, discomfort and degenerative conditions. Cash pay only \$45 per visit (\$60 for initial intake if patient hasn't seen chiropractor before)

(707) 523-2225

4898 Old Redwood Hwy. Santa Rosa

Gordon Medical Associates

Acupuncture, Craniosacral therapy, Detoxification, Functional medicine, Herbal medicine, Naturopathic Medicine, Nutritional therapy, Osteopathy and others.

www.aaimed.com

(707) 575-5180

3471 Regional Parkway, Santa Rosa

Angela Center

Mindfulness meditation classes (\$40 for 4 classes) and meditation group that meets every Wednesday at 7:30am (free, drop-ins welcome).

www.angelacenter.com

(707) 528-8578

535 Angela Drive., Santa Rosa

****Lomi Psychotherapy Clinic**

Free mindfulness meditation classes. Thursdays from 7-8:30pm

www.lomi.org

(707) 579-0465

534 B Street., Santa Rosa

Adoption and Family Services

Adoption Connection

Helps pregnant women place their baby in an adoptive home; provides non-judgmental support, advice and counseling. Answers all their questions, find the adoptive family that feels right to them, and connects women resources in their area, and financial assistance. Licensed to work with adoptive parents in 19 counties in Northern California.

www.adoptionconnection.org

1-800-972-9225 or (415) 359-2494

text your questions to (415) 355-4636

1710 Scott Street, San Francisco, CA 94115

****Independent Adoption Center**

Open adoption agency that provides support and counseling and guides individuals through the process of open adoption. Provides adoption counseling to adoptive and birth parents throughout adoption process, as well as pregnancy counseling available. Offers sliding scale to cover adoption costs.

www.adoptionhelp.org

1-800-877-6736 or (925) 827-2229

2300 Clayton Road, Suite 1500, Concord, CA 94520

Safely Surrendered Baby Law

Also known as the Safe Haven Law or Newborn Abandonment Law. A parent or legal guardian can surrender a baby confidentially within 72 hours of birth to any hospital emergency room, or other designated Safe Surrender Site. The baby must not have been abused or neglected. No questions will be asked. The person giving up the baby will not be arrested. A parent or legal guardian has up to 14 days from the time the baby is surrendered to reclaim the baby.

www.babysafe.ca.gov

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****Women's Health Specialists: Adoption Choices**

Assists birth parents as well as prospective adoptive parents with the adoption process. Accepts a small pool of families into their program. Provides adoption issues education to adoptive parents and are screened by their Director through personal interview.

www.womenshealthspecialists.org/our-services/adoption

(707) 537-1171 or 1-800-607-9200 adoptionchoices@cawhs.org

3317 Chanate Road, Suite 2C, Santa Rosa

Cancer

****American Cancer Society-Sonoma County**

Free services, information, resource, guidance, printed materials, up to date information on cancer, research treatments, clinical trials, support groups, free educational and peer supported classes, wigs, turbans, scarves, hats and more. Offers referrals to local ACS services and community resources. Offers transportation with volunteers who drive patients from treatment-related medical appointments. Assist with transportation costs and out of town lodging.

Other ACS Services Include

- Reach for Recovery: Trained breast cancer survivors help women deal with the physical and emotional needs of being a breast cancer patient.
- Young Cancer Survivors Scholarship Awards: Available to college-bound or enrolled young cancer survivors.

www.cancer.org

1-877-333-4673 *Cancer Survivor Network*

(707) 545-6720 or 1-800-227-2375 (24 hour)

1451 Guerneville Road, Suite 220, Santa Rosa

****American Lung Association**

Specialized Information and Referral for Lung Cancer. Voluntary Health Organizations for Lung Cancer.

www.californialungusa.org

(707) 527-5864

115 Talbot Ave, Santa Rosa

****Cancer Care**

Provides the following bilingual services free of charge only over the phone and online; counseling, support groups, education workshops, publications, financial help, and other services.

www.cancercare.org/about_us/

1-800- 813-4673

275 7th Ave, New York, NY, 10001

****CancerCare Co-Payment Assistance Foundation**

Co-payment assistance with chemotherapy; out-of-pocket costs or copayment responsibility required by your insurer or Medicare, this program may be able to help by paying some or all of your co-payment (only over the phone and internet).

www.cancercare.org/copayfoundation

1-800-552-6729

275 7th Ave, New York, NY, 10001

Casting for Recovery

Weekend fly fishing retreats for women in all stages of breast cancer treatment and recovery who live in Northern California. These 2-½ day retreats for up to 14 women, assist with fly-fishing instruction and breast cancer information in a place that lessens isolation. Providing physical and emotional benefits, while helping participants move forward optimistically with new friends, skills and a network to provide support for the future.

www.castingforrecovery.org

(707) 287-6757 or 1-888-553-3500

jillhemingway@gmail.com

Santa Rosa

Ceres Community Project

Cancer and chronic disease resource guide on website. Meal programs for those in crisis from life-threatening illness such as cancer. They offer free meals and low-cost meals which are delivered, nutrient-rich organic meals, for a maximum of 24 weeks.

www.ceresproject.org

(707) 829-5833 ext. 201

835 Piner Road, Suite D, Santa Rosa

**** Se habla español**

The Sutter Women's Integrative Health & Healing Services

The Women's Health Center Integrative Health and Healing Service offers free complementary therapies for women with cancer. Services are provided by volunteer practitioners and include acupuncture, massage, naturopathy, nutrition, movement and stress reduction therapies.

www.sutterpacific.org/services/IHH_Sonoma.html

(707) 523-7312

2449 Summerfield Road, Santa Rosa

Child Care and Preschool

California Licensed Child Care Facilities

Website designed to provide contact information on California Licensed Child Care, Adoption, Transitional Child Care among other facilities. You must enter zip code, city, county, or area code to learn more. The database is updated weekly. secure.dss.cahwnet.gov/cclid/securenet/cclid_search/cclid_search.aspx

****Community Child Care Council of Sonoma County (4Cs)**

Known as 4C's. Operate 10 child development centers and preschools throughout Sonoma County. Provides quality, accessible and affordable preschool and child care services for children and families. Families can apply to pay for child care or preschool financial assistance through the Sonoma Child Care Eligibility List (CEL), in person or by phone.

www.sonoma4cs.org

(707) 544-3077

info@sonoma4cs.org

131-A Stony Circle, Suite 300, Santa Rosa

****Children and Family Circle**

Provides free or low-cost child care and support services to infants and toddlers from low-income families, especially those at high-risk of abuse and neglect. Once enrolled in the program, parents can finish school, receive job training, re enter the workforce, and/or continue parenting classes, therapy or other treatment as needed.

www.cfckids.org

(707) 544-4653

cindy@cfckids.org

1410 Guerneville Road., Suite 1, Santa Rosa

****Head Start and Early Head Start**

Free preschool for ages 0-5 for low income families and children with special needs. Locations in Healdsburg, Windsor, Santa Rosa and other locations. Call for eligibility guidelines and application.

www.capsonoma.org

(707) 535-3386

1300 North Dutton Ave., Santa Rosa

****Multicultural Child Development Center**

Free state pre-school for low income persons; apply in person.

(707) 544-0104

1650 W. Third Street., Santa Rosa

****Santa Rosa Junior College**

Offers subsidized child care services to SRJC students whose children age is 6 months to 5 years, Monday- through Friday. Must be enrolled part-time or full-time. Siblings of currently enrolled children and at-risk families have first priority, with income eligible families following. The lower your family income, the higher your priority ranking.

www.santarosa.edu/childdev

(707) 527-4224

childrenscenter@santarosa.edu

1501 Mendocino Ave, Rm 2490, Santa Rosa

Sonoma County Child Care Association (SCCCA)

Assists parents and others in the community by providing qualified child care referrals throughout Sonoma County.

Providers available in Windsor, Santa Rosa and various other places.

www.sccca.info

(707) 237-4911

info@scca.info

P.O. Box 11037, Santa Rosa

Sonoma County Office of Education (SCOE)

Offers a variety of learning experiences for preschoolers who require special education services to children who are 3 to 5 years. Individualized Education Programs (IEPs) are developed for each student by a team that includes the child's parents/caregivers, SCOE teachers, specialists, and administrators. Approximately 130 students are served by this program annually.

www.scoe.org/pub/htdocs/specialed-preschool.html

(707) 522-2372

8511 Liman Way, Building A, Rohnert Park

**** Se habla español**

Chronic Conditions Management; Diabetes, Arthritis, Heart Disease, etc

****Northern California Center for Well Being**

Individual services including nutritional counseling, medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Classes in Diabetes, Heart Disease, Pain Management and Hepatitis C. Classes vary by price, some are covered by Medicare and others have a sliding scale. Call/visit for prices.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite B, Santa Rosa

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

mydoctor.kaiserpermanente.org/ncal/facilities/region/santarosa/area_master/health_resources/classes/

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****Redwood Empire Food Bank-Diabetes Wellness Project**

REFB collaborates with health care providers to improve the health outcomes of individuals who are food insecure and also affected by type 2 diabetes. By partnering with the health centers, they are able to provide diabetes screening, care coordination, nutrition and disease education and healthy foods. For more information on the program contact the Diabetes Wellness Contact Lead.

refb.org/dwp/index.html

(707) 523-7900 ext. 135

morgansmith@refb.org

3990 Brickway Blvd, Santa Rosa

****Santa Rosa Community Health Centers**

Offers various classes to Santa Rosa Community Health Centers Patients only. Classes offered include; Que Rica Vida, Campeones de la Salud, Super Mama, Super Baby!, Corazones Saludables, Zumba, Una Familia Feliz, Tai Chi, Childbirth, etc etc. Staff and providers are friendly, caring and bilingual.

www.srhealthcenters.org

info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

(707) 578-8777

Roseland Pediatrics

711 Stony Point Rd, Suite 17, Santa Rosa

****St. Joseph Health-Sweet Success**

Offers a range of classes to eligible women who are diabetic or who have developed diabetes during pregnancy. Classes are available during preconception, pregnancy and postpartum and available by appointment only.

www.stjosephhealth.org/Our-Services/Pregnancy/Perinatal-Services.aspx

(707) 522-1551

500 Doyle Park Drive, Suite G4, Santa Rosa

****Sonoma County YMCA**

Offers a variety of classes including; Men's Health, Women's Health, Diabetes, Water Safety, Thyroid Awareness, Eye Care and Healthy Bones & Joints. Classes vary by day, time and price. Call for more information.

www.scfymca.org/programs/health_wellness.shtml

(707) 545-9622

1111 College Ave, Santa Rosa

County and Citizen Services

****Benefits CalWIN (BCW)**

Provides assistance with shelter, food and employment services for individuals who are disabled or unemployed and not supported financially by friends, family or any private or public assistance program. BCW will allow you to apply for Medi-Cal and/or CalFresh online and from the privacy of your own home. BCW is available 24/7.

www.mybenefitscalwin.org
(707) 565-2715 or 1-877-699-6868

*2550 Paulin Drive, Santa Rosa
520 Mendocino Ave, Santa Rosa*

****CalFresh**

Supplements an eligible household's food budget. Acts as a safety net for low income households including those who work for low wages, work part-time, are unemployed, elderly or disabled.

www.sonomacalfresh.org
(707) 565-2715 or 1-800-331-2278

*2550 Paulin Drive, Santa Rosa
520 Mendocino Ave, Santa Rosa*

****California Department of Motor Vehicles**

Provides assistance in processing driver's license, ID card, vehicle registration, safe driving for teens, registering to vote, etc. Some services are able to be done online. Scheduling appointments is recommended to have some of these services done. Handicapped parking placards available to those in need. Able to schedule certain appointments online.

www.dmv.ca.gov
1-800-777-0133

2570 Corby Ave, Santa Rosa

****Human Services Department- Sonoma County General Assistance-Economic Assistance Division**

Provides assistance to obtain food, shelter, medical and dental care, and other supportive services for low-income families with children, those disabled or unemployed, and children in foster homes. Also pays for eligible medical, dental and emergency services and medicines for low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs.

www.sonoma-county.org/human/eco_assistance.htm
(707) 565- 2715 or 1-877-699-6868

*2550 Paulin Drive, Santa Rosa
520 Mendocino Ave, Santa Rosa*

**** Human Services Department- Sonoma County General Assistance-Medi-Cal**

Insurance that pays for eligible medical, dental and emergency services and medicines for low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs.

www.sonoma-county.org/human/eco_assistance.htm
(707) 894-4229
(707) 565-5200 or 1-877-699-6868

*6 Tarman Drive, Cloverdale
2550 Paulin Drive, Santa Rosa*

**** Human Services Department- Sonoma County General Assistance-Medi-Cal Working Disabled Program**

Allows certain individuals to become eligible for Medi-Cal by paying low monthly premiums based on countable income. To qualify, individuals must meet the federal definition of disability, have a net family income of less than 250% of FPL and eligible to receive SSI/State Supplementary program benefits.

www.healthconsumer.org/cs032WorkingDisabled.pdf
(707) 894-4229
(707) 565-5200 or 1-877-699-6868

*6 Tarman Drive, Cloverdale
2550 Paulin Drive, Santa Rosa*

**** Human Services Department-Nurse-Family Partnership and **Maternal Child Health Field Nursing**

Home visits provided by a Public Health nurse to low-income pregnant women, and women parenting a child under 5 years of age who have medical and/or social risk factors. Help access services such as prenatal care, alcohol, and other drug treatments. Accepted only through referral. Referrals are accepted from schools, health care providers, and other community agencies. Self-referrals are also accepted.

www.sonoma-county.org/health/services/homevisit.asp
(707) 565-4440

625 5th Street, Santa Rosa

**** Se habla español**

****Sonoma County Department of Health Services-Birth, Death & Marriage Certificates**

Death Certificates will only be given to an authorized representative. Death Certificates from 1873 to the present, current cost is \$23 per copy. Birth Certificates from 10/14/1855 to the present, current cost is \$28 per copy. Marriage certificates from 09/23/1846 to the present, current cost is \$17 per copy. To obtain a death certificate, must fill out an application and the sworn statement.

www.sonoma-county.org/clerk/bdmcerts.htm

(707) 565-3700 24 Hour Info Line

(707) 565-3800

countyclerk@sonoma-county.org 2300 County Center Drive, Suite B177, Santa Rosa

****SonomaWorks**

Provides employment assistance, training and benefits to families applying for or receiving cash assistance as part of the County's welfare-to-work program. Also help individuals in finding a job to become self-sufficient. You must contact the office in order to apply. You will be asked to fill out some initial paperwork, be given an application appointment date, as well as a list of specific paperwork to bring, if you are eligible.

www.sonomaworks.org

www.sonomaworks.org/docs/HSD1086.pdf

(707) 565-5500

2227 Capricorn Way, Suite 100, Santa Rosa

****Social Security Administration and Disability Office**

Helps individuals file for a social security number, social security card, replace a social security card or name change. Helps individuals age 62 and over receive their retirement benefits, individuals who are unable to work receive disability benefits. Spouses, widows and children receive benefits, if eligible. Also help apply for Medicare for individuals who are 65 and older. Claims can be filed online.

www.ssa.gov

1-877-870-6384 or 1-800-772-1213

2099 Range Ave, Building A, Santa Rosa

Death, Dying and Bereavement

****North County Hospice**

Patient care: skilled nurses take care of any terminally ill patient in their home. Grief support services: Free individual counseling, eight week support groups, support groups for children and teens, workshops and drop-in groups. Medi-Care, Medi-Cal and private insurance all cover hospice. For those without insurance, no-one is turned away for lack of resources.

www.stjosephhealth.org/About-Us/Facilities/Hospice-Services/North-County-Hospice.aspx

(707) 431-1135

(707) 568-1094

205 East Sreet, Healdsburg

439 College Ave, Santa Rosa

Memorial Hospice of Santa Rosa

Bilingual grief services for adults, children and teens: individual and group counseling, household help and assistance with financial matters; 24-hour on-call nursing services; no fees charged.

www.seriousillness.org/sonoma-marin

(707) 431-1135

(707) 568-1094

205 East Street, Healdsburg

439 College Ave, Santa Rosa

North Bay Sutter Care at Home Grief and Bereavement Program

Offers multiple ongoing and free support groups for children, teens, adults and seniors, including support for grieving children, parents and partners; suicide survivors; families and caregivers; infant, child and pregnancy loss; school-based grief programs; individual grief counseling is also available.

www.suttercareathome.org/GriefSupport/NorthBaySupport.html

(707) 535-5780

110 Stony Point Road., Ste. 110, Santa Rosa

Redwood Funeral Society

Provides consumer education and protection for planning death arrangements in advance. Contract with mortuaries for fair pricing. One payment of \$40 - does not deny services to anyone. Only answers phone Tuesdays 1-4pm.

www.redwoodfuneral.org/

(707) 568-7684

887 Sonoma Ave, Santa Rosa

****Sonoma County Department of Health Services-Birth, Death & Marriage Certificates**

Death Certificates will only be given to an authorized representative. Death Certificates from 1873 to the present current cost is \$23 per copy. Must fill out an application and the sworn statement.

www.sonoma-county.org/clerk/bdmcerts.htm

(707) 565-3700 *24 Hour Info Line*

(707) 565-3800

countyclerk@sonoma-county.org

2300 County Center Drive, Suite B177, Santa Rosa

****Sutter VNA and Hospice**

Open to the public and provide support for adults, young adults, and children who have experienced a loss. Patient care: Support and care for terminally ill patients in their home. Grief support services: Free support groups for adults, children and teens. Events and educational programming—many throughout year. Call or see website.

MediCare, Medi- Cal and private insurance all cover hospice.

www.suttervnaandhospice.org/

(707) 535-5700

1110 N. Dutton Ave, Santa Rosa

Dental

NACo Dental Discount Program

Helps uninsured and underinsured county residents save money on dental services. Save 5-50% on dental procedures including routine oral exams, cleaning, dentures, crowns, x-rays, root canals and more. Discounts are available at the time of service. Program complements health insurance plans or work in conjunction with health savings accounts, flexible spending accounts and health reimbursement arrangements. Everyone is accepted and there no forms to file. The program can include all family members. Programs starting at \$6.95 per month or \$59 per year for individuals. www.careington.com/co/NACO/

1-877-354-6226 and mention promo code NACo

****Alexander Valley Healthcare Dental Clinic**

We are a dedicated team of health professionals including physicians, nurse practitioners, dentists, behavioral health, family counselors and psychologists. Some of the dental services they offer are; children's dentistry, dental hygiene education, digital x-rays, general dentistry, preventive care, referral services and many more. Accept Medi-Cal and offer sliding scale based on family or individual income.

www.alexandervalleyhealthcare.org

(707) 894-4229

100 W. Third Street, Cloverdale

Kevin J. Garvin, DDS

Some of the dental services he offers are; general dentistry, childrens dentistry, cleanings, porcelain crowns, tooth colored fillings, root canals, extractions, digital x-rays, implant restoration, bleaching and many more services. Accepts private insurance and self-pay.

www.kevingarvindds.com

(707) 894-2514

kjg377@gmail.com

118 E. Second Street, Cloverdale

****Alliance Medical Center Dental Clinic**

Offers low cost healthcare services and dental services. Some of the dental services they offer are; children's dentistry, dental hygiene education, digital x-rays, emergency care, endodontic, general dentistry, oral surgery, periodontic, preventive care, referral services, restorations. Accepts Medi-Cal, private insurance and self-pay. Offer sliding scale based on family or individual income.

www.alliancemed.org

(707) 433-8161

1381 University Ave, Healdsburg

****Lakewood Dental**

Offers low cost dental services. Accepts Medi-Cal, private insurance and self-pay. Accept new patients. One of their primary services they heavily focus on are preventative services.

(707) 836-8685

9046 Brooks South Road, Windsor

****St. Joseph Health Mobile Dental Clinic**

Provides basic, preventive, restorative and emergency dental care at various sites throughout the county for agricultural workers, low-income families and special targeted efforts to serve pregnant women, pre-school and elementary school children.

www.stjosephhealth.org/documents/Community-Health-Mobile-Dental-Clinic-Visit-Sites.pdf

www.stjosephhealth.org/For-Community/Community-Outreach/Community-Health.aspx

(707) 547-2221

251 Windsor River Road, Windsor

(707) 547-4649

751 Lombardi Court, Santa Rosa

**** Se habla español**

****Pediatric Surgery Center**

Serves low income children of Northern California who need safe sedation for dental treatment, and provide prevention education and promote oral health.

www.pdisurgerycenter.org/

(707) 838-6560 or 1-877-934-7372

1380 19th Hole Drive, Windsor

****Community Action Partnership of Sonoma County-Give Kids A Smile Day**

In February each year, Sonoma County dentists, their dental team members, dental hygiene students and community volunteers provided free oral health care services to children from low-income families across the county. It also provides an opportunity to help children enroll in insurance plans so that they may receive continuing dental care.

www.capsonoma.org/District/Department/2-Health/1161-Give-Kids-a-Smile.html

(707) 544-6911 ext.1064

scooper@capsonoma.org

Various Locations

****Access Dental**

Offers general and family dentistry. They are accountable for the general diagnosis, prevention, treatment and management of a wide range of dental conditions, disorders, and diseases that affect your overall oral health. Some of the dental services they offer are; crowns and bridges, dental implants, dentures and partial dentures, oral surgery, gum therapy, root canal therapy, sealants, teeth cleanings, Invisalign (orthodontic), and teeth whitening.

www.accessdental.com

(707) 523-2399

1144 Sonoma Ave, Suite 108, Santa Rosa

Norman Chau, DDS

Offers comprehensive Dental Services and accepts a wide variety of dental insurances as well as Medi-Cal.

(707) 544-4818

normanchaudds1@gmail.com

2921 Cleveland Ave, Santa Rosa

Randy Nguyen, DDS

Offers comprehensive Dental Services and accepts a wide variety of dental insurances including; Premier Access, Delta Dental, MetLife, United Health Care, CIGNA, Shirrell Consulting, Blue Cross, Denti-Cal, Medi-Care, and others.

Patients can also pay with credit card or arrange to pay monthly.

www.randynguyendds.com

(707) 527-8700

526 College Ave, Santa Rosa

****Santa Rosa Community Dental Center**

Open to all patients of Santa Rosa Community Health Centers. Accepts Medi-Cal and offer sliding scale. Offers; dental exams, cleanings, fillings, emergency care, crowns, extractions, infant oral health and many other services.

www.srhealthcenters.org/dental/

(707) 303-3395

1110 N. Dutton Ave., Santa Rosa

Santa Rosa Junior College-Dental Clinic

Located on the first floor of the William B. Race Health Sciences Building; off of Elliott Avenue. Students provide dental hygiene care that includes cleaning, x-rays, application of topical fluoride, and dental sealants. Availability of appointments and services vary from semester to semester. Dental Clinic is a teaching clinic, their primary responsibility is supplying learning experiences for their students. Treatment can take as much as five times longer because students are in training. Appointments are approximately three hours in length and multiple appointments are required. Highly qualified instructors include licensed dentists, registered dental hygienists, or registered dental assistants who closely supervise students.

online.santarosa.edu/presentation/page/?28899

(707) 522-2844

1501 Mendocino Ave, Santa Rosa

**** Se habla español**

SmileCare Santa Rosa

List of comprehensive dental services include, bridges, crowns, dentures & partials, root canals, whitening, implants, oral cancer screening, preventative and cosmetic services. Over 200 dental insurance plans accepted with monthly payment plans available to qualified applicants.

www.smilecare.com/locations/santa-rosa.aspx

(707) 578-3118

140 Stony Point Road, Suite A, Santa Rosa

****Sonoma County Indian Health Dental Clinic**

Offers dental services that feature a broad range of general family dentistry. Some services include dental health promotion, health maintenance, restorative services, and preventive care, all of which employ the most up- to-date knowledge and skill. Also offers complicated procedures, such as extensive oral surgery, are available through special arrangements with outside specialists and other institutions such as major schools of dentistry.

www.scihp.org/services/services.htm

707-521-4600

144 Stony Point Road, Santa Rosa

****St. Joseph Health Dental Clinic**

St. Joseph Health's Dental Clinic was founded to address the #1 need of children in our community: access to dental care. The clinic serves children ages 0-16 to provide basic, preventive, emergency and comprehensive dental care with a strong focus on prevention and education. We provide emergency care to adults in the morning on a first-come, first-served basis. The Dental Clinic accepts the following insurance: Medi-Cal, Denti-Cal, CHDP, CaliforniaKids, Healthy Families. The clinic accepts those without insurance as well.

www.stjosephhealth.org/For-Community/Community-Outreach/Community-Health.aspx

(707) 547-2221

1165 Montgomery Drive, Santa Rosa

Western Dental

Affordable family dentist and orthodontist. They offer a wide range of low-cost dental services including, digital x-rays, prophylaxis, dentures, crowns, braces, cosmetic dentistry, emergency dental, exams, teeth cleaning, bridges, cleanings, cosmetic dentistry, gum treatment, Invisalign clear aligners, oral surgery, root canals, and dental implants. Their orthodontists offer braces for children and adults, along with affordable dental financing.

www.westerndental.com/en-US/locations/california/santa-rosa/santa-rosa-montgomery

(707) 536-0761

(707) 536-0225

4100 Montgomery Drive., Suite A, Santa Rosa

1240 Farmers Lane, Santa Rosa

Disability and Special Needs Services

AT Network

Dedicated to expand the availability of tools, resources and technology that will help increase independence, resources and technology that will help increase independence for all Californians. Provide information, referrals, training, and technical assistance to those who share an interest and commitment to the practical and effective use of technology by people with disabilities. Provides device loans, information & resources, alternative financing, and assistive technology services directory.

www.atnet.org

1-800-390-2699 or 1-800-900-0706 TTY info@atnet.org

**** Human Services Department- Sonoma County General Assistance-Medi-Cal Working Disabled Program**

Allows certain individuals to become eligible for Medi-Cal by paying low monthly premiums based on countable income. To qualify, individuals must meet the federal definition of disability, have a net family income of less than 250% of FPL and eligible to receive SSI/State Supplementary program benefits.

www.healthconsumer.org/cs032WorkingDisabled.pdf

(707) 894-4229

(707) 565-5200 or 1-877-699-6868

*6 Tarman Drive, Cloverdale
2550 Paulin Drive, Santa Rosa*

Becoming Independent

Aids people with disabilities live meaningful and productive lives in Sonoma County. Provide adult activities, independent living support services and advocate for people with disabilities. Some of the programs they offer are; personal enrichment, employment services, community living supports and transportation services. Personal enrichment include art and music programs, computer and media labs, gardening, classes, physical fitness, and community outings.

www.becomingindependent.org

(707) 431-1345

(707) 524-6600

tthompson@becomingindependent.org

info@becomingindependent.org

*625 Center Street, Healdsburg
1425 Corporate Center Parkway, Santa Rosa*

California Children's Services

A statewide program that treats children with certain physical limitations and chronic health conditions or diseases; includes medical diagnosis, treatment and physical therapy for children up to age 21. Referrals to the program can be made by parents, private physicians, specialty clinics, school nurses, hospitals, or other agencies. No charge for occupational and physical therapy services. Financial assistance available.

www.sonoma-county.org/health/ph/ccs/index.htm

(707) 565-4500

625 5th Street, Santa Rosa

California Department of Rehabilitation

Works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.

www.rehab.cahwnet.gov

(707) 576-2233 or (707) 542-6365 TTY

50D Street, Suite 425, Santa Rosa

California Human Development-Redwood Empire Industries

Helps people with disabilities realize their full potential as adults and become productive. REI's staff help individuals develop basic work habits and social skills. They subcontract with local businesses so that their work training is conducted in a realistic work environment. They also have situational assessment where an individual will be assessed to determine if they can successfully work in that certain environment. Also provide supported employment, group placement, a small group 3-4 individual's work at a local employer's industrial site.

www.cahumandevlopment.org/disability_services_rei.php

(707) 542-5609

1695 Piner Road, Suite A, Santa Rosa

California Human Development-Growth Opportunities

Day program with developmental disabilities with special services for seniors and medically fragile. Provides leisure and recreational activities to individuals who need assistance with many of the activities of daily life and support in accessing community outings, games, arts and crafts, music appreciation, communication and self help.

www.cahumandevlopment.org/disability_services_go.php

(707) 542-5609

1695 Piner Road, Santa Rosa

Canine Companions for Independence

Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. They have four types of assistance dogs; service dogs, skilled companions, hearing dogs and facility dogs. Service teams assist adults with physical disabilities by performing daily tasks. Hearing teams alert the deaf and hard of hearing to important sounds. Skilled companion teams enhance independence for children and adults with physical cognitive and developmental disabilities. Facility teams work with a professional in a visitation, education or healthcare setting.

www.cci.org

(707) 577-1700 or 707-577-1756 TTY or 1-800-572-2275

2965 Dutton Ave, Santa Rosa

Community Alliance for Special Education (CASE)

Serves children with disabilities and their families; advocates special education rights; representation at Individual Education Program meetings. Located in Santa Rosa at the California Parenting Institute.

www.caseadvocacy.org

(707) 585-6108 ext. 116

3650 Standish Ave, Santa Rosa

Disability Services & Legal Center

DSLCL is a resource center that promotes the Independent Living philosophy through education, community partnerships and advocacy. Most of their services are free. Legal fees are contingent upon winning your case, they offer ADA consulting to business and organizations. All services are available by appointment only or at a Monday orientation. New Santa Rosa clients must attend an orientation.

www.disabilityserviceandlegal.org

(707) 528-2745

521 Mendocino Ave, Santa Rosa

Easter Seals of Northern California

Early childhood intervention, parent education, group activities, community integration. Services for adults include: adult day services, equipment loan, community activities, support services and social recreation. Does not offer sliding scale.

www.noca.easterseals.com

(707) 843-3745 or TTY (707) 584-1889

160 Wikiup Drive, Suite 102 Santa Rosa

Human Services Department- Sonoma County General Assistance-Economic Assistance Division

Provides assistance to obtain food, shelter, medical and dental care, and other supportive services for low-income families with children, those disabled or unemployed, and children in foster homes. Also pays for eligible medical, dental and emergency services and medicines for low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs.

www.sonoma-county.org/human/eco_assistance.htm

(707) 565- 2715 or 1-877-699-6868

*2550 Paulin Drive, Santa Rosa
520 Mendocino Avenue, Santa Rosa*

Goodwill-Redwood Empire-Independent Living Services

Training and support for persons with developmental disabilities who wish to improve a specific life skill. The program provides the opportunity to receive training in skills that will increase an individual's ability to live independently in their community. Training is short term, goal specific, completed through one-one-one education and support that ends when goal is achieved. Rate is \$36.80/hour.

www.gire.org/fileLibrary/file_21.pdf
(707) 523-0550

651 Yolanda Ave, Santa Rosa

Goodwill-Redwood Empire-Supported Living Skills

Support services to assist persons with developmental disabilities to live on their own in their community. Designed around the needs and wants of the individual to enable them to reach their highest potential. Rate is \$24.70/hour.

www.gire.org/fileLibrary/file_21.pdf
(707) 523-0550

651 Yolanda Ave, Santa Rosa

National Alliance on Mental Illness (NAMI) Sonoma County

Offers understanding, support, education and advocacy to anyone concerned about mental illness. Work with public agencies, private businesses and the media to increase knowledge and awareness, while advocating for improved services in the field.

www.namisonomacounty.org
(707) 527-6832

100 E St, Suite 214, Santa Rosa

North Bay Regional Center

Assists persons with disabilities and their families in identifying and developing services and programs within their communities. Services are individualized and must relate to the client's disability, services available; diagnosis and evaluation, individual program planning, prevention services, crisis intervention, family support services (determined on a case-by-case basis), advocacy, consultation with other agencies, program evaluation, community education, community resource development, coordination of services with community providers such as school, health, welfare and recreation resources, and transition planning.

nbrc.net
(707) 569-2000 or (707) 525-1239 TDD
1-800-884-1594 (Nights and Weekends)

2531 Mendocino Ave, Santa Rosa

SELPA-Special Education Local Plan Area

Sonoma County organization that oversees and facilitates the education of students with disabilities. Services range from treatment to support services to transportation for children birth-22 years.

www.sonomaselpa.org
(707) 524-2750

5340 Skyline Boulevard, Santa Rosa

Sonoma County Paratransit

Door-to-door service for people with disabilities. Must be registered as ADA eligible before using the service. To apply call and ask to have the application mailed to you. Please call a day in advance. Rides available Mon-Fri from 5:00AM - 11:00PM, Sat-Sun from 7:00AM-9:00PM. Service parts of Cloverdale. City to city transportation.

www.sctransit.com/ridingsct/paratransit.aspx
(707) 573-3377

Various Locations

Wellness and Advocacy Center

Self help drop-in center that supports individuals in Sonoma County living with Mental Health challenges to develop and sustain well being through self empowerment. Peer-operated and self-help center. Individuals are able to participate in group activities such as; art program, career/computer lab, cooking classes, gardening, movies, peer counseling, peer-led self-help groups etc.

www.wellnessandadvocacy.org
(707) 565-7800

3400 Chanate Road, Santa Rosa

Domestic Violence, Rape Help and Support

24 Hour Hotline

1-800-572-2636

****California Parenting Institute**

Helps and heals children, educate and support parents, and enhance parent competency. Assess the needs of each individual, family, and professional and offer them a coordinated menu of prevention, intervention, and advocacy services to the well-being of children and families. Also make referrals and coordinate with other health and social service providers. May be eligible for low-cost or free services. Also accept Medi-Cal for certain child counseling classes.

www.calparents.org

(707) 585-6108

3650 Standish Ave, Santa Rosa

Child Protective Services & Child Welfare Services

Ensures the safety and well-being of children under the age of 18. Provides services to families in which children are at risk, refer to appropriate agencies when abuse or neglect are not present. Call to report child abuse or neglect.

www.sonoma-county.org/human/family.htm

(707) 565-4304 or 1-800-7064 24-Hour Hotline

(707) 565-4300

1202 Apollo Way, Santa Rosa

Family Justice Center Sonoma County

Helps victims to live free from violence and abuse. Services provided are centered on and around each individual victim. Services available include but are not limited to; assistance with clothing, victim services, survivor groups and/or therapy services, legal advocacy, access to a safe house and transportation assistance.

www.fjsc.org/services.html

(707) 565-8255

2755 Mendocino Ave, Suite 100, Santa Rosa

****Family Service Agency**

English and Spanish counseling for individuals, couples, families, and children. Provides court-ordered domestic violence treatment, anger management workshops, and groups for children exposed to violence. Low costs sliding scale and Medi-Cal for Youth and Families.

www.familyservicesonoma.org

(707) 545-4551

2255 Challenger Way, Suite 106, Santa Rosa

Forget Me Not Farm

Helps break the cycle of abuse. Offers animal-assisted and horticultural therapeutic interventions, helps the children who are victims of abuse and neglect heal from trauma. Child victims (3-5 years) of abuse, neglect, domestic violence, or community violence work and play with plants and animals in healing activities. All participants receive services from their primary agency and are referred to the Farm for support.

www.forgetmenotfarm.org

542-0882 ext. 213

5345 Highway 12, West, Santa Rosa

Non-Violent Alternatives (NOVA)

52-week domestic violence recovery program for men and women who have problems in relationships, such as anger, violence, and difficulties with partners and family members. Sliding scale.

(707) 523-9361

423 Humboldt Street., Santa Rosa

**** Se habla español**

****Purple Berets Advocacy & Education Project**

Spanish and English advocacy services for victims of domestic violence and sexual assault. Lawyers for restraining order hearings and certain other legal matters, and help with criminal justice issues involving violence against women. Advocacy and education services are free. Legal services are on a sliding scale.

www.purpleberets.org

(707) 887-0262

info@purpleberets.org

Santa Rosa

****Sonoma County Men Evolving Non-Violently (MEN)**

Peer counseling groups in Santa Rosa address men's responsibility for managing anger, stress and domestic violence. Facilitators will determine what resources are available for the individual.

www.sonomacountymen.org

(707) 528-2636

info@sonomacountymen.org

Santa Rosa

Sonoma County Victim Assistance

Provides a variety of services to victims and their families, such as crisis and emergency assistance, employer/creditor intervention, court support/escort, case status, assistance with victim impact statements, criminal justice system orientation, and resource/referral assistance. The center can also help with property return, restitution assistance and victim compensations claims.

www.sonoma-county.org/crimecrushers/victimassistancecenter.htm

(707) 565-8250

1000 Coddington Center, #101, Santa Rosa

****Victim Assistance Center**

Program offered through the Sonoma County District Attorney's Office. Offer free services and legal residency is not required. Victim advocates provide information on your rights, guidance in dealing with the court system, contact information for local resources and counseling referrals, assistance in filling out applications, ongoing support while learning how to cope.

www.da.sonomacounty.org/content.aspx?sid=1023&id=1716

(707) 565-8250

600 Administration Drive, Rm 212-J, Santa Rosa

Verity

Offers services to victims of all forms of sexual assault including; incest, child sexual abuse, date rape, marital rape, same sex rape, sexual harassment, and attempted sexual assault. Walk-in Crisis Counseling: Weekdays 9:00am-5:00pm. Individual therapy and support groups available.

www.ourverity.org/services

(707) 545-7270

info@ourverity.org

835 Piner Road, Suite D, Santa Rosa

****Women's Justice Center**

Provides advocacy for victims of rape, domestic violence, and child abuse, particularly in the Latino and other underserved communities of Sonoma County. Provide advocacy training and community education.

www.justicewomen.com

(707) 575-3150

rdjustice@monitor.net

250 Sebastopol Road, Santa Rosa

****YWCA Domestic Violence Services & Women's Emergency Shelter**

Supports women and children in abusive environments by providing safe shelter, therapy and on-going support for up to two years.

www.ywca.org/sonomacounty

(707) 546-1234

24-Hour Hotline

(707) 546-9922

ywweb@ywcasc.org

P.O Box 3506, Santa Rosa

Eating Disorder Resources

Association of Anorexia Nervosa and Associated Disorders

Connection to services to help those struggling with eating disorders.

www.anad.org/
(630) 577-1330

National Eating Disorders Association (NEDA)

Leading non-profit organization in the United States advocating on behalf and supporting individuals and families affected by eating disorders. Campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders.

www.nationaleatingdisorders.org/who-we-are
1-800-931-2237

Overeaters Anonymous

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, weight gain or maintenance, or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. OA members differ in many ways, but we are united by our common disease and the solution we have found in the OA program. We practice unity with diversity, and we welcome everyone who wants to stop eating compulsively. Call to find a meeting near you. Or to attend a meeting over the phone.

www.oa.org/
(707) 538-9770 or (505) 891-2664

Quest Eating Disorders Intensive Outpatient Program

Comprehensive care including a full multi-disciplinary staff with specialized training in eating disorders. Clients attend group, individual, family treatment and mindful eating about 15 hours per week. \$1000/week. Some private insurances accepted.

www.addictionresourceguide.com/listings/quested.html
(707) 303-3243

1330 N. Dutton, Suite 100, Santa Rosa

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

www.kp.org/santarosa
(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

Association of Professionals Treating Eating Disorders (APTED)

A non-profit corporation, with an affiliation of private-practitioners-psychologists, MFTs, social workers, psychiatrists, nutritionists, body workers, coaches, dance and movement therapists, art therapists, drama therapists, and expressive arts therapists-a broad range of professionals involved in treating people with eating disorders.

www.aptedsf.com
(415) 771-3068

AptedSF@aol.com

3195 California Street, San Francisco, CA 94415

Emergency Helplines

****Men Evolving Non-Violently (MEN)**

24 hour crisis hotline for men who feel they could be harmful to their family. Helps men change their violent or abusive behavior. Offer sliding scale services. Peer counseling groups address man's responsibility for managing anger and domestic violence.

www.sonomacountymen.org

(707) 528-2636

info@sonomacountymen.org

PO Box 566, Santa Rosa

Network for Battered Women

The mission of the YWCA Domestic Violence Department, Support Network Program is to empower our diverse community to live free from domestic violence through the provision of safety, support services and self-empowerment. The YWCA Support Network annually responds to more than 5,000 calls on our Crisis Line. Many calls are from friends, family members, or co-workers of abuse victims who want to know how they can help.

1-800-572-2782

****Parents and Teens: Boys Town**

24-hour hotline where teens and parents can call and speak to specially trained counselors about suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, social issues, physical abuse, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways and more.

www.boystown.org/hotline

1-800-448-3000

****Postpartum Support International**

Postpartum Support International is dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth. Also work to educate family, friends and healthcare providers so that moms and moms-to-be can get the support they need and recover. Offer a 24 hour hotline.

www.postpartum.net/

1-800- 944-4773

****Sonoma County Psychiatric Emergency Services**

24 hour emergency mental health evaluation for hospitalization and referral to community resources; Can request to speak with a woman.

www.sonoma-county.org/health/services/mentalhealthcrisis.asp

(707) 576-8181 or 1-800- 746-8181

3313 Chanate Road, Santa Rosa

****Social Advocates for Youth (SAY)**

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

Suicide Hotlines

No matter what problems you are dealing with, we want to help you find a reason to keep living. You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

1-800- 273-8255 or 1-800-784-2432 (Spanish)

**** Se habla español**

Teens Hotline

Teen to teen peer counseling hotline. Helping teens overcome and talk about obstacles and things happening in their lives to an anonymous caring person.

1-877-968-8454 *Toll Free*

Verity

Offers services to victims of all forms of sexual assault including; incest, child sexual abuse, date rape, marital rape, same sex rape, sexual harassment, and attempted sexual assault. Walk-in Crisis Counseling: Weekdays 9:00am-5:00pm. Individual therapy and support groups available.

www.ourverity.org/services

(707) 545-7270

info@ourverity.org

835 Piner Road, Suite D, Santa Rosa

**** Young Women's Christian Association-YWCA**

Young Women's Christian Association would like to help you over the phone with postpartum depression. With over 100 years of supporting women across the world, it can be a support system if you need help. 24 hours and speak Spanish.

www.ywca.org/

(707) 546-1234

1421 Guerneville Rd #200, Santa Rosa

Youth America Hotline! (YAH)

Teen to teen peer counseling hotline. Helping teens overcome and talk about obstacles and things happening in their lives to an anonymous caring person.

www.youthline.us

1-877-968-8454 *Toll Free*

Employment/Education/Training Services

****Healdsburg Day Labor Center (California Human Development)**

Helps connect homeless, migrant, seasonal farm workers, and other low-income populations by providing support services such as; resume help, translation, enrolling in food stamps, various classes and workshops.

www.cahumandevlopment.org/community_services_hispanic_services.php

(707) 433-6652

martha.nunez@chdcorp.org

405 Grove Street., Healdsburg

****CA Human Development Corp: Anthony Soto Employment Training (ASET)**

Offers farm workers and other disadvantaged workers vocational skills trainings such as; truck driving, welding, forklift, shipping and receiving, office occupation, and English literacy.

www.cahumandevlopment.org/farmworker_services_aset.php

(707) 523-1155

1015 Center Drive, Suite B, Santa Rosa

****Catholic Charities of the diocese of Santa Rosa Coach 2 Career**

A job and career program. Offers a seven week course, individual employment counseling, interview training, “hire attire” workshops, resume-building, interview training, computer education, among other services. Also hold monthly workshops with the Probation department where they teach individuals how to expunge their criminal background.

www.srcharities.org/services/coach-2-career.html

(707) 542-5426

info@srcharities.org

987 Airway Court, Santa Rosa

****Empire College**

Their School of Business features a variety of career training programs such as GED Prep, Legal, Medi-Cal, Office Administration etc. Their School of Law is among the elite accredited law schools in California, offer quality programs such as Elder Law Clinic, Disability Law Clinic, Law Review and Immigration Law Clinic.

www.empcol.edu

1-800-705-0567

3035 Cleveland Ave, Santa Rosa

****Goodwill Industries: SonomaWORKS Program**

Offers a wide range of employment services to Temporary Aid for Needy Families (TANF) who have been referred by the Sonoma County Human Services Department. Services include a four week intensive job search training and support, one-on-one Other Job Search assistance, Community Service Volunteer work experience opportunities, and the Learning Enhancement and Achievement Program for individuals diagnosed with a Learning Disability.

www.sonomaworks.org

(707) 523-0550 ext. 281

651 Yolanda Ave, Santa Rosa

****Santa Rosa Junior College**

Offers career certificates, associate college degrees, credits for university transfer, public safety training classes, free ESL classes. Classes vary by date, time and location. Financial Aid available to those who qualify.

www.santarosa.edu

(707) 527-4011 or 1-800-564-7752

1501 Mendocino Ave, Santa Rosa

****Sonoma County Job Link**

Job link is a collaborative of over 30 programs in one-stop employment and training system for employers, job seekers and workers. Job seekers have access to services for job search and career development, labor market information, and a variety of resources and referrals. Provides training and intensive job search activities.

www.socojoblink.org

(707) 565-5550

2245 Challenger Way, Suite 104, Santa Rosa

**** Se habla español**

****SonomaWorks**

Provides employment assistance, training and benefits to families applying for or receiving cash assistance as part of the County's welfare-to-work program. Also help individuals in finding a job to become self-sufficient. You must contact the office in order to apply. You will be asked to fill out some initial paperwork, given an application appointment date, as well as a list of specific paperwork to bring, if you are eligible.

www.sonomaworks.org

www.sonomaworks.org/docs/HSD1086.pdf

(707) 565-5500

2227 Capricorn Way, Suite 100, Santa Rosa

North Bay Veterans Resource Center

Free services for eligible veterans, employment training, resume preparation, interview preparation, help with transportation, clothing and transitional housing, free 2-week workshop for employment training.

www.vietvets.org/nbvrc.htm

(707) 578-8387

nbvrc@vietvets.org

2455 Bennett Valley Road, Suite C-105, Santa Rosa

****Sonoma State University**

Offers 92 bachelors, 19 Master's degrees, one Doctoral degree, and 11 teaching credentials, credits for university transfer, financial is available to those who qualify.

www.sonoma.edu

(707) 664-2880

1801 East Cotati Ave, Rohnert Park

****Sonoma State University-TRiO Programs**

Helps young students both prepare for college and succeed once enrolled. Have programs that start recruiting in sixth grade and continue to programs which support undergraduate students preparing for Doctoral studies.

www.sonoma.edu/trio/

(707) 664-3273

1801 East Cotati Ave, Building 49, Rohnert Park

****Graton Day Labor Center**

Employment center to connect day workers with jobs. Also offers educational programs and connects clients to health services and other resources. Make appropriate referrals. Hours: 6:30am-11:30am.

www.gratondaylabor.org

(707) 829-1864

2981 Bowen Street, Graton

ESL and Literacy Services

Cloverdale Adult School

Intended for adults who have not completed high school education and also helps in learning English. Open for the entire community. Extension of Cloverdale High School.

(707) 894-1900

509 North Cloverdale Blvd, Cloverdale

Santa Rosa Junior College-Introduction to Non-Credit ESL Program

Offers non-credit English as a Second Language (ESL) classes. Non-Credit classes are FREE and generally do not require homework. Anyone can attend these non-credit classes, regardless of document status. Call for details or access the website. Ruth Stadnik may be able to help you sign up for classes.

online.santarosa.edu/presentation/page/?107674

(707) 527-4251

Locations in Cloverdale, Healdsburg and Santa Rosa

Sonoma County Library-Adult Literacy Program

Provides one-on-one English tutoring to individuals over the age of 18 and must speak enough English to speak to their tutor. Individual interested must call the office and make an appointment to have an orientation and an assessment. Students must enroll for a six-month period and be able to meet weekly 2-4 hours. All books and materials are free. Call individual libraries to find out more information.

sonomalibrary.org/locations/adult-literacy-program

(707) 894-5271

401 N. Cloverdale Blvd, Cloverdale

(707) 433-3772

139 Piper Street, Healdsburg

(707) 838-1020

9291 Old Redwood Hwy., Bldg 100, Windsor

(707) 546-2265

150 Coddington Center, Santa Rosa

(707) 545-0831

211 E Street., Santa Rosa

(707) 537-0162

6959 Montecito Blvd., Santa Rosa

Southeast Community Adult School

Intended for adults who have not completed high school education and also helps in learning English.

(707) 431-3497

7422 E. Garvey Ave, Healdsburg

Windsor Adult Education

Intended for adults who have not completed high school education and also helps in learning English.

(707) 837-7771

8681 Windsor Rd, Windsor

9291 Old Redwood Hwy, Bldg 500 #C, Windsor

Lewis Opportunity High

Alternate school that serves students in grades 7-10. It provides similar services and/or curriculum for students as a public school does. Alternative schools include schools for potential dropouts, residential treatment centers for substance abuse, schools for chronic truants, and schools for students with behavioral problems.

www.srcs.k12.ca.us/Schools/Pages/Lewis-Opportunity-High.aspx

(707) 528-5092

2230 Lomas Ave, Santa Rosa

Roseland English for Adult Learners-Sheppard Elementary

Meets on Tuesday and Thursday evenings from 6:30-8:30 pm. There is no charge for the classes, though students are asked to purchase their own textbooks for \$25. Has continuous enrollment throughout the year.

www.sufipaths.net/RoselandESL/

(707) 696-5646

1777 West Ave, Santa Rosa

Exercise Resources and Gyms

Sonoma County Hiking Trails and Regional Parks

List of hiking trails and regional parks in Sonoma County. For more information and details check their website. You may have to pay a parking fee for all parks except for Howarth Park.

Cloverdale River Park
Lake Sonoma
Healdsburg Ridge
Riverfront Regional Park
Foothill Regional Park
Shiloh Ranch Regional Park
Annadel State Park
Colgan Creek Trail
Hunter Creek Trail
Spring Lake Regional Park
Taylor Mountain
Tom Schopflin Fields
Howarth Park
www.sonomahikingtrails.com

38120 McCray Road, Cloverdale
3333 Skaggs Springs Road, Geyserville
Near Simi Winery, on Arabian Way, Healdsburg
7821 Eastside Road, Healdsburg
1351 Arata Lane, Windsor
5750 Faught Road, Windsor
6201 Chanate Drive, Santa Rosa
3600 Stony Point Road, Santa Rosa
On Santa Rosa Ave, across the street from Friedman's Home Improvement, Santa Rosa
393 Violetti Road, Santa Rosa
2880 Cleveland Ave, Santa Rosa
4351 Old Redwood Hwy, Santa Rosa
630 Summerfield Road, Santa Rosa

iWalk

Promotes a healthier Sonoma County by increasing the number of people who walk regularly. Offers free starter kits for individual walkers, walking groups, worksite walking programs and more.

www.iwalksonoma.org
(707) 565-6680

info@iwalksonoma.org

Curves

A fitness and weight-loss facility designed especially for women. Has a practical approach to women's diet and exercise combined with a supportive club environment. Offer "Curves Complete", which includes exercise, diet, and one-on-one coaching all in one place. Accepts major insurance providers and large employers. Provides other programs such as, "Curves Smart", "Curves Circuit" which includes a Zumba class and "Curves Complete".

www.curves.com
(707) 894-4488
(707) 838-8070
(707) 537-9090

115 E. 2nd Street, Cloverdale
9025 Old Redwood Hwy, Suite F, Windsor
740 Montecito Center, Santa Rosa

Anytime Fitness

Full service gym with weight training, cardio equipment, personal training and wellness programs. Unlike many other gyms, able to use the membership at any of their gyms without any extra cost. Open 24 hours, 7 days a week. There is a monthly membership fee. Offer a free no obligation 7 day pass.

www.anytimefitness.com
(707) 484-7004
(707) 535-6444
(707) 578-4900

792 South Cloverdale Blvd, Cloverdale
6422 Old Redwood Hwa, Windsor
490 Larkfield Center, Santa Rosa

Evolve Fitness Studio

Evolve Fitness Studio of Cloverdale offers the chance to try a wide variety of exciting, fun fitness classes, all taught by experienced, enthusiastic, certified instructors.

www.evolvecloverdale.com/index.html

124 S. Cloverdale Blvd., Suite #134 (2nd Floor, above Antiques & Uniques), Cloverdale

Powerhouse Gym

Full service gym with weight training, cardio equipment, personal training and wellness programs. Offers Gym Trial Membership. Have a monthly membership fee. Hours vary by location.

www.powerhousegym.com

(707) 894-0700

(707) 284-4664

110 Sandholm Lane, Cloverdale

515 5th Street, Santa Rosa

Cloverdale Pool

Provides open swim, group or private swimming lessons. Also provides adults only open swim. To register for classes and purchase swim classes, please call or visit them in person. Pool available for rent for private parties; call (707) 545-9622 ext. 226 for more information on how to reserve the pool.

www.scfymca.org/programs/CloverdalePool.shtml

(707) 894-9148

205 W. First Street., Cloverdale

Parkpoint Health Clubs

Full service exercise facility, have the latest equipment available, staff is friendly and knowledgeable. Offer a wide variety of classes some of which include; swimming, lifting, cycling, yoga, kickboxing etc. Also have a cafe, sauna, offer massages, facial services, and classes for children. Call for membership prices. Hours vary by location.

www.parkpointhealthclub.com

(707) 385-2500

(707) 578-1640

195 Foss Creek Circle, Healdsburg

1200 North Dutton Ave, Santa Rosa

Healdsburg High School Track

Open to the public for walking or running.

Across the street from Fitch Mountain Elementary School on University Ave, Healdsburg

Healdsburg Senior Center

Provides residents with services and programs which encourage physical and emotional well-being, support connections with others and enrich lives. Hours: 10am-4pm Monday-Friday

(707) 431-3324

133 Matheson Street, Healdsburg

Healdsburg Parks and Recreation, Adult Fitness

Offers various sport teams and exercise opportunities. Check schedule online for classes, prices and location. Some of the classes offered include but are not limited to;

- Zumba Fitness: Mon. and/or Thurs. 6-7pm, Fee for 6 week session; drop in (\$10), 2X/ week (\$95), 1X/week (\$54)
- Yoga for Stress Relief: Wed. 6-7pm, Fee \$55 for 1 month
- Adult Drop in Futsal: Wed 8-10pm, Fee \$3 drop-in
- Adult Drop in Basketball: Sat. 7:30-9:30am, Fee \$3 drop-in
- Body Awareness and Pain Relief: Thu. 5-6pm, Fee is based on number of weeks; \$45/\$60/\$75
- Gentle Yoga: Wed and/or Fri. 10-11am, Fee 1X/week (\$35) or 2X/week (\$62)

www.healdsburgparksandrec.org

(707) 431-3301

parksandrecreation@ci.healdsburg.ca.us

1557 Healdsburg Ave, Healdsburg

Healdsburg Community Gym

Full service gym with weight training, cardio equipment, personal training, weight loss programs and a variety of group classes. Registration fee and monthly membership fee.

www.gethbgfit.com

(707) 433-9500

1500 Healdsburg Ave, Healdsburg

Healdsburg Yoga Studio

Studio for yoga, beginning, mixed levels and Zen Buddhism in Healdsburg. Sliding scale available depending on case.
www.healdsburgyoga.com/
(707) 431-0993 *432 B Center St, Healdsburg (Above Shelton's Natural Food Market)*

Healdsburg Swim Center

Includes a 25-meter, 8-lane competition pool with a diving board and a small slide and a 2-3 foot deep training pool. The swim center has showers, locker room, a spectator area with plenty of seating in bleachers and on the well-kept lawn area. Vending machines are available in the lobby for drinks and snacks. In the summer, a concession stand is operated offering treats and cool drinks. Check website for operation hours.
www.ci.healdsburg.ca.us/index.aspx?page=105
(707) 431-3301 *360 Monte Vista Ave (on the high school campus), Healdsburg*

Yoga on Center

Studio for yoga, Pilates, and dance in the heart of Healdsburg. Over 20 classes per week in a variety of styles and levels.
www.yogaoncenter.com
(707) 433-6500 *info@yogaoncenter.com* *401 Center St, Healdsburg*

Energy Health Club

Full service gym with weight training, cardio equipment, personal training and group exercise classes. Offer 5 day free trial membership. Have a childcare for children up to 12 years old on-site, for an extra charge. Hours vary by location.
www.energyhealthclubs.com
(707) 837-0400 *8465 Old Redwood Highway, Windsor*

Structure U Personal Training Studio

Full service gym with one-on-One personal training, group sessions, weight loss programs, strength training programs, body carving programs, Saturday morning fitness, and much more. Call for membership prices.
www.structureu.com
(707) 837-5244 *info@structureu.com* *555 David Clayton Lane, Windsor*

Windsor Pool at the Senior Center

Open mid-May-September. Lap swim and water aerobic classes. Seniors aged 55 or older are eligible to use the pool. Persons under the age of 55 may use the pool for Open Swim and Aquatic Fitness Programs once they have submitted prescription from their physician which recommends that water exercise is beneficial to their health. Prescription must be renewed annually. Call for fee price.
www.townofwindsor.com/index.aspx?NID=319
(707) 838-1250 *9231 Foxwood Dr, Windsor*

Hauth's Family Taekwondo

Provides quality instruction in the traditional Korean style of Martial Arts-Taekwondo. Offers free introductory classes. No contracts to sign up. Call for fee prices.
www.familytaekwondo.com
(707) 838-3644 *8465 Old Redwood Hwy, Suite 230, Windsor*

Town of Windsor Parks & Recreation

Offers various sport teams and exercise opportunities. Check schedule online for classes, prices and location. Some of the classes offered include but are not limited to;

- Zumba Fitness: Tue. 6:30-7:30pm, Fee \$49 resident, \$54 non resident
- Pilates: Sat. 10-11am, Fee \$29 resident, \$34 non resident
- Senior Strength Training: Tue./Fri. 9-10am, Fee \$20 resident, \$25 non resident, \$5 drop-in

www.townofwindsor.com/index.aspx?NID=588

(707) 838-1260

9291 Old Redwood Hwy, Bldg. 3000D, Windsor

24 Hour Fitness

Full service gym with weight training, cardio equipment, personal training, group exercise classes, indoor lap pool, basketball courts, sauna and many more services. Also have a children's club available. Offer free trial membership. Gym memberships can be bought online or in person at the gym.

www.24hourfitness.com

(707) 542-9600

3550 Industrial Drive, Santa Rosa

Airport Health Club

Voted as "The Best Health Club" by The Press Democrat 2012 Readers. Full service gym with weight training, cardio equipment, pilates, personal training, aquatics, group exercise classes, yoga, massage, basketball, volleyball, climbing and much more. Call for membership prices.

www.airportclub.com

(707) 528-2582

432 Aviation Blvd, Santa Rosa

Finley Aquatic Complex

The aquatic has showers, locker room, a spectator area with plenty of seating in bleachers and on the well-kept lawn area. A concession stand is operated offering treats and cool drinks. All people entering the facility will be charged an entrance fee, including non swimming supervising adults. Check website for operation hours and fees.

ci.santa-rosa.ca.us/departments/recreationandparks/programs/aquatics/Pages/PublicSwim.aspx

(707) 543-3760

455 Ridgeway Ave, Santa Rosa

LandPaths

Their mission is to foster a love of the land in Sonoma County. Offer public outings at no charge or sliding scale donation, where they visit open spaces, farms and parks-in-development throughout Sonoma County. Work with low-income students to provide these outings and are always looking for volunteers.

www.landpaths.org/

(707) 544-7284

info@landpaths.org

618 4th Street, #217, Santa Rosa

****Northern California Center for Well Being**

Individual services including nutritional counseling/ medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Classes in Diabetes, Heart Disease, Pain Management and Hepatitis C. Classes vary by price, some are covered by Medicare and others have a sliding scale. Call/visit for prices. Some classes available in Spanish.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite B, Santa Rosa

Ridgeway Swim Center

The aquatic has showers, locker room, a spectator area with plenty of seating in bleachers and on the well-kept lawn area. A concession stand is operated offering treats and cool drinks. All people entering the facility will be charged an entrance fee, including non swimming supervising adults. Check website for operation hours and fees.

ci.santa-rosa.ca.us/departments/recreationandparks/programs/aquatics/Pages/PublicSwim.aspx

(707) 543-3421

2060 College Ave, Santa Rosa

Santa Rosa Parks & Recreation

Offers various sport teams and exercise opportunities. Check schedule online for classes, prices and location. Some of the classes offered include but are not limited to;

- Zumba: Mon. 5:30-6:30pm, Fee: \$25 resident, \$35 non resident, \$8 drop-in
- Pilates: Tue. 5:30-6:30pm, Fee: \$37 resident, \$47 non resident
- Cardio Kickboxing: Mon. 6:30-7:30pm, Fee: \$26 resident, \$36 non resident, \$8 drop-in

ci.santa-rosa.ca.us/departments/recreationandparks/Pages/default.aspx

(707) 543-3737

e-reginfo@srcity.org

Locations vary by class

Vertex Climbing Center

Offers beginner and advanced climbing classes, outdoor climbing and guiding, able to host birthday parties, camps, after school programs for kids. Also offer group activities for schools, scouts, nonprofits, yoga classes, weights and cardio training equipment and corporate training programs.

www.climbvertex.com

(707) 573-1608

climbvertex@gmail.com

3358A Coffey Lane, Santa Rosa

YMCA

Full service gym with weights, cardio equipment, group exercise classes and pool. Offers outreach and sponsorship programs for low income individuals/families through an application process. Flexible hours. Call for fees.

www.scfymca.org

(707) 545-9622

info@scfymca.org

1111 College Ave, Santa Rosa

Family Planning, Pregnancy & Reproductive Health Services

****Pregnancy Hotline**

Sonoma County's information line for pregnancy testing and counseling. Speak Spanish.
1-800-427-8982

****Postpartum Support International**

24 hour hotline.
1-800-944-4773

Bay Area Postpartum Depression Stress Line

Lines are open daily from 9:00AM-9:00PM. Leave a message and a trained volunteer will return your call.
1-888-678-2669

****text4baby**

Free text messages each week on your cell phone to help you through your pregnancy and your baby's first year. Texts are timed to your due date or how far along your baby is.

www.text4baby.org

Text *BABY* (English) or *BEBE* (Spanish) to 511411

****FamilyPACT**

State program which provides free access to comprehensive family planning services for eligible low-income California residents. Various providers accept this program. Call to find participating providers.

www.familypact.org

1-800-427-8982

****Alexander Valley Healthcare**

Are a dedicated team of health professionals including physicians, nurse practitioners, dentists, behavioral health, family counselors and psychologists. Primary care doctors, nurses, and support staff are committed to working with you and your family in maintaining optimal health. Offer sliding scale, turns no one away. Individual, family and group counseling available, free assistance with various program enrollment applications.

www.alexandervalleyhealthcare.org

(707) 894-4229

6 Tarman Drive, Cloverdale

****Women Infant Children (WIC)**

Serves pregnant, breastfeeding, and postpartum women, infants and children under the age of five who are low to moderate income (up to 185% of the federal poverty level) and at nutrition risk. WIC is a short term intervention program designed to influence lifetime nutrition and health behaviors.

(707) 431-8234 *Wednesday 10:00am-3:30pm only*

(707) 431-0831

(707) 431-0831 *Tuesday, Thursday and Friday 8:00am-5:00pm*

(707) 565-6590 ext. 3272

(707) 521-4500

(707) 565-6590 or 1-800-816-3663

240 N. Cloverdale Blvd, Cloverdale

1381 University Street., Suite 200, Healdsburg

8465 Old Redwood Hwy, Windsor

2400 County Center Drive, Suite A, Santa Rosa

144 Stony Point Road, Santa Rosa

1450 Guerneville Road, Santa Rosa

****Alliance Medical Center**

Serves everyone from newborns to elderly, offering medical and dental care and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual.

www.alliancemed.org

(707) 433-5494

1381 University Ave, Healdsburg

**** Se habla español**

(707) 687-2498

8465 Old Redwood Hwy, Suite 320, Windsor

****Alliance Medical Center-Teen Health Center**

Free and confidential services such as birth control options, free condoms, pregnancy testing, STI testing and treatment, emergency contraception, mental health counseling, peer education and comprehensive sexual health. Hours: Thursday from 1:00pm-5:00PM at the Healdsburg Community Center.

(707) 431-1170

1557 Healdsburg Ave, Rms 15 & 16, Healdsburg

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as breastfeeding, infant CPR and Safety, newborn care, preparing for childbirth, various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa.

www.kp.org/santarosa

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****La Leche League**

International mother-to-mother helping network and a valuable resource for parenting support. Attending meetings can help a mother to be or a new mother learn about breastfeeding from other nursing mothers. Mothers share their questions, concerns, the benefits and joys of breastfeeding. Babies are welcomed. Annual membership is \$40, pay by check at a meeting or online through PayPal. Meetings: 1st Friday of every month at 10:30AM at the Women's Health and Birth Center.

www.llnocal.org/groups/SantaRosaCA.html

(707) 523-8697

583 Summerfield Road, Santa Rosa

****Maternal Child Health Field Nursing & **Nurse-Family Partnership**

Home visits are provided by a Public Health nurse to low-income pregnant women, and women parenting a child under 5 years of age who have medical and/or social risk factors. Help access services such as prenatal care, alcohol, and other drug treatments. Accepted only through referral. Referrals are accepted from schools, health care providers, and other community agencies. Self-referrals are also accepted.

www.sonoma-county.org/health/services/homevisiting.asp

(707) 565-4440

625 5th Street, Santa Rosa

****Planned Parenthood-Santa Rosa Health Center**

Offers abortion services, birth control, HIV testing and services, LGBT services, men's health care, morning-after pill (emergency contraception), pregnancy testing and services, STD testing, STD treatment and women's health care. Fees for services are based on household income, may qualify for state-funded programs or lower fee scale.

www.plannedparenthood.org/health-center/centerDetails.asp?f=3990&a=90200&v=details

(707) 527-7656

1140 Sonoma Ave, Building 3, Santa Rosa

****Pregnancy Counseling Center of Sonoma County**

Provides accurate, objective information to women and men facing an unplanned pregnancy. Offers counseling classes which focus on the physical and emotional aspects of each option. All services are offered without charge. Services include; pregnancy testing, prenatal medical services, ultrasound imaging, crisis pregnancy counseling, maternity clothing and baby supplies, sexual abuse support and post-abortion counseling.

www.pccsonomacounty.org

(707) 575-9000

info@pccsonomacounty.org

750 Mendocino Ave, Suite 1, Santa Rosa

Santa Rosa Area Playground Co-op

Support group geared towards moms with 0-4yr olds in Sonoma County. Majority of event occur Mon-Fri in the morning in Santa Rosa, Windsor and Rohnert Park. Offers the opportunity for moms and children to build friendships and community through play and other activities. Membership dues are \$6 per year. Enroll online only.

www.meetup.com/The-Santa-Rosa-Area-Playground/

****Santa Rosa Junior College-Student Health Services**

Provides free reproductive services, including birth control, testing, and treatment for sexually transmitted diseases, clinical exams, Paps, and mammography referrals by the Santa Rosa Community Health Centers. Hours: Tuesdays 12:00PM-3:00PM and Fridays 10:00AM-2:30PM.

www.srhealthcenters.org/santa-rosa-junior-college-clinic/
(707) 527-4445

1501 Mendocino Ave, Santa Rosa

****Santa Rosa Community Health Centers**

Serves everyone from newborns to elderly, offering medical and a wide range of specialty services. Staff of experts guide patients through the insurance process, and assist with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual. Offer workshops on various topics; breastfeeding support, childbirth, 2-week baby group, breastfeeding support etc.

www.srhealthcenters.org info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

(707) 578-8777

Roseland Pediatrics

711 Stony Point Road, Suite 17, Santa Rosa

****Santa Rosa Community Health Centers-Elsie Allen Health Center**

Located on the Elsie Allen High School Campus. Serve Teens ages 12-19 throughout Sonoma County. Anyone is welcome, no need to be a student at Elsie Allen. Staff and providers are friendly, caring and bilingual. Most teens are eligible for coverage for reproductive health services through the Family PACT program. All other services are provided on a sliding scale or at no cost.

www.srhealthcenters.org/locations/elsie-allen-health-center/

(707) 583-8777

599 Bellevue Ave, G17, Santa Rosa

****St. Joseph Health System**

Offers free inpatient and outpatient breastfeeding support and education. Free consultations and phone support are available to anyone. High risk OB service is available 24 hours a day, 365 days a year. Offers variety of classes including childbirth preparation, infant CPR, newborn care and breast feeding support.

www.stjosephhealth.org

(707) 522-1544

1165 Montgomery Drive, Santa Rosa

Sonoma County Moms Playground

Support group that fosters socialization and a support system for both moms and children. Get together with moms and their children for play dates, moms night out, advice, support, and just pure fun! Membership dues are \$7 yearly. Enroll online only.

www.meetup.com/Sonoma-County-Moms-Playground/

****Sonoma County Department of Health-Maternal, Child and Adolescent Health Program**

Provides health services for children, teens, and women of reproductive age. The MCAH toll-free line provides information and referrals to local community resources to help families obtain access to care. www.sonoma-county.org/mcah

(707) 565-4494

625 5th Street, Santa Rosa

****Sutter Medical Center of Santa Rosa**

Offers a range of delivery options, including the services of OB/GYNs, family physicians and certified midwives. Also provides various classes on topics such as; childbirth, infant care & breastfeeding, meet & greet with pediatrician as well as a OB hospital tour. Fees vary per class.

www.babies.sutterhealth.org

Hospital Info

(707) 576-4000

3325 Chanate Road, Santa Rosa

Classes Info

(707) 576-4592

simmonmc@sutterhealth.org 2449 Summerfield Road, 2nd Floor Conference Rm, Santa Rosa

****St. Joseph Health-Sweet Success**

Offers a range of classes to eligible women who are diabetic or who have developed diabetes during pregnancy. Classes are available during preconception, pregnancy and postpartum and available by appointment only.

www.stjosephhealth.org/Our-Services/Pregnancy/Perinatal-Services.aspx

(707) 522-1551

500 Doyle Park Drive, Suite G4, Santa Rosa

****Think Pregnancy**

Campaign initiated by the Sonoma County Perinatal Alcohol and Other Drugs Action Team. Provides extensive information on the effects of alcohol, tobacco and other drugs during pregnancy. Provides links to related resources to substance abuse and/or family planning care.

www.thinkpregnancy.org

(707) 565-4553

625 5th Street, Santa Rosa

Women's Health & Birth Center

The Birth Center offers doula services and classes, lactation education for professionals and breastfeeding support for all families, regardless of where their baby was born. Accept Medi-Cal and some private insurances for their various classes.

www.womenshealthandbirthcenter.com

(707) 539-1544

583 Summerfield Road, Santa Rosa

****Women's Health Specialists**

Provides preventive reproductive health care, answer questions about health concerns. Offer "Well Women Health Care", birth control, adoption services, breast cancer detection, pregnancy testing, comprehensive abortion, RU 486: The Abortion Pill, STI Testing, LGBTQI Services, and services for men. All services are offered on a sliding scale, may qualify for free state funded programs. Take Medi-Cal and private insurance.

www.womenshealthspecialists.org/our-services

1-800-714-8151 or (707) 537-1171

3317 Chanate Road, Suite 2C, Santa Rosa

Women's OB/GYN Medical Group

Committed to providing the best and most comprehensive medical care to women of all ages. Provide complete gynecologic and obstetric services. Are affiliated with the Santa Rosa Memorial Hospital & Sutter Medical Center. Private pay and some health insurances accepted.

www.womensob-gyn.com

(707) 579-1102

500 Doyle Park Drive, Suite #103, Santa Rosa

Financial Assistance

Low Income Home Energy Program (LIHEP)

Provides assistance with heating and utilities to those families that have the highest energy costs, the lowest incomes and/or the most need for help in relation to their household income, while taking into account family size. Documents required to apply include current income documents for your household and the most recent utility bill. Additional documentation may be required. Pick up an application during office hours or call the office to request an application.

www.csd.ca.gov/Services/HelpPayingUtilityBills.aspx

1-866-675-6623 or (707) 463-0303

North Coast Energy Services, 966 Mazzoni St., Suite B, Ukiah, CA 95482

Weatherization Energy Conservation and Improvements (WAP)

The California Weatherization provides free energy upgrades to low-income household. Some of the more common types of weatherization include: sealing the holes and cracks around windows, doors and pipes, ensuring proper levels of insulation, fixing or replacing windows, putting an insulated blanket around your water heater and making sure your heating and air conditioning systems are working properly.

www.csd.ca.gov/Services/ResidentialEnergyEfficiencyServices.aspx

1-866-675-6623 or (707) 463-0303

North Coast Energy Services, 966 Mazzoni St., Suite B, Ukiah, CA 95482

Wallace House Community Services

Clean and sober housing and case management for single adults (up to 2 years) while they save money, get jobs and build credit. Also assists with emergency services such as bus vouchers, food and clothing vouchers, courtesy haircuts, backpacks, sleeping bags and more.

www.wallacehouse.org/about_us.html#ourCherry

(707) 894-2727

126 N Main Street, Cloverdale

****California Human Development Corp**

Provides assistance with paying housing rent in Sonoma County to low income individuals. Provides a broad spectrum of human services programs serving farmworkers and other low-income and limited English-speaking populations, public assistance recipients, and those who are disabled, unemployed, homeless, or involved with the criminal justice system.

www.cahumandevlopment.org/

(707) 433-6652

(707) 523-1155

*405 Grove Street, Healdsburg
3315 Airway Drive, Santa Rosa*

North County Community Services

The agency offers rental assistance and funds for security deposit payments through HCA funds and the Season of Sharing Information and referral on Homelessness Issues. They also have money to pay utility bills, such as electric, water, and gas bills. Call between 7-8 pm.

www.sonoma.networkofcare.org/veterans/services/agency.aspx?pid=NorthCountyCommunityServicesNCCS_880_17_0

(707) 433-6161

209 Matheson Street, Healdsburg

Windsor Service Alliance-Emergency Assistance Program

Provides a "one time" cash payment to help with seriously overdue utility bills. If one is in need of assistance, they can call the WSA and a representative will take your information to provide it to the Board of Directors for review.

www.windsorservicealliance.org/Our-Programs.html

(707) 838-6947

9291 Old Redwood Hwy, Windsor

Windsor Service Alliance-Gas Voucher Program

If you are traveling through Windsor and you run out of gas, you can go to the police station and they will give you a gas voucher good for \$25 at the Shell Station on Old Redwood Highway.

www.windsorservicealliance.org/Our-Programs.html

(707) 838-6947

9291 Old Redwood Hwy, Windsor

Windsor Service Alliance-School Backpack Give Out

For the past three years we have provided over 300 backpacks (including school supplies) to local elementary school students in need.

www.windsorservicealliance.org/Our-Programs.html

(707) 838-6947

9291 Old Redwood Hwy, Windsor

****Benefits CalWIN (BCW)**

Provides assistance with shelter, food and employment services for individuals who are disabled or unemployed and not supported financially by friends, family or any private or public assistance program. BCW will allow you to apply for Medi-Cal and/or CalFresh (formerly called the Food Stamp Program) online and from the privacy of your own home. BCW is available 24/7.

www.mybenefitscalwin.org

(707) 565-2715 or 1-877-699-6868

*2550 Paulin Drive, Santa Rosa
520 Mendocino Ave, Santa Rosa*

****Community Action Partnership of Sonoma County-HCA Family Fund**

County wide one-time financial assistance program to prevent homelessness. Maximum grant for rent is \$600 and the maximum grant for deposit is \$1,000. Funding is limited but not guaranteed. Orientations for the funding are offered in English and Spanish at 10:00am on Mondays and 4:00pm on Thursday's. Be sure to arrive 15min before in order to register and be sure to bring current ID. Must be living in Sonoma County for at least 6 months. Other restrictions apply, call for more information.

www.capsonoma.org/District/1254-Untitled.html

(707) 544-6911 ext. 1009

1300 North Dutton Ave, Santa Rosa

Disability Services and Legal Center Housing Program

Helps disabled individuals and family members with housing search, rental deposits or late rent. Orientation Monday 1:30pm. First come, first served.

www.disabilityserviceandlegal.org

(707) 528-2745

521 Mendocino Ave, Santa Rosa

HCA Family Fund - Rent Assistance

A county wide one-time financial assistance program designed to prevent homelessness. The maximum grant for rent is \$600.00. The maximum grant for deposit is \$1,000. Funding is limited and not guaranteed. Orientations for the funding are held at Community Action Partnership of Sonoma County, 1300 North Dutton Avenue, Santa Rosa. Orientations are offered in both English and Spanish on Mondays at 10:00am and Thursdays at 4:00pm. Please arrive 15 minutes before orientation and check in at the front desk with current picture ID.

Documents required with submission of application:

- Current ID (drivers license, ID card) for all household members over 18
- Social Security Cards or Birth Certificate for all household members
- Proof of income
- Rental Agreement
- HCA Rental/Deposit application and various forms which will be received at orientation

Please Note- Funding is not available for:

- An applicant who has been in Sonoma County for less than 6 months
- Room rentals, translational housing, or motel stays
- An applicant on Section 8 who needs rental assistance (deposits only)
- An applicant without income or a realistic plan on paying future rent
- An applicant who has been funded previously (must wait a minimum of 2 years)
- An applicant who returns an incomplete application

(707) 544-6911 ext.1009

jhopkins@capsonoma.org

1300 Dutton Ave, Santa Rosa

Human Services Department- Sonoma County General Assistance-Economic Assistance Division

Provides assistance to obtain food, shelter, medical and dental care, and other supportive services for low-income families with children, those disabled or unemployed, and children in foster homes. Also pays for eligible medical, dental and emergency services and medicines for low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs.

www.sonoma-county.org/human/eco_assistance.htm
(707) 565- 2715 or 1-877-699-6868

*2550 Paulin Drive, Santa Rosa
520 Mendocino Ave, Santa Rosa*

Sonoma Catholic Charity Organization

Helps low income renters with rent and utilities, affordable housing search, foreclosure counseling and consumer credit education. Documentation and appointment required. Eviction prevention assistance may be available. For residents who are now homeless, shelters and case management services can be provided in an effort to find a new home or apartment. Food is offered across the county for seniors, children, and others who are needy. Other assistance is offered for the disabled.

www.srcharities.org
(707) 582-5712

465 A Street, Santa Rosa

Temporary Assistance for Needy Families (TANF)

Cash assistance for families with dependent children. Walk ins available to apply. Monday-Friday 8:30AM-3:00PM

www.acf.hhs.gov/programs/ofa/programs/tanf/about
(707) 565-5500

2227 Capricorn Way #110, Santa Rosa

Food and Clothing Resources

**** Se habla español**

****Cloverdale Food Pantry**

Donated and bulk foods available to those in need once every six weeks. Bread and vegetables available on a weekly basis. Hours: Friday 1:00pm-3:00pm

(707) 894-7896

202 Commercial Street, Cloverdale

****Harvest Pantry**

Must be pregnant or have a child under the age of 5. Must show proof of age for the child. Hours: 12:00-1:00pm every Wednesday.

(707) 523-7900

Citrus Fairgrounds, 1 Citrus Fair Drive, Cloverdale

****Kings Valley Circle-Brown Bag Program**

Must be 60 or older. Must bring proof of income and age. Hours: 9:00am-10:00am every 2nd Thursday of the month.

(707) 523-7900

100 Kings Valley, Cloverdale

****Kings Valley Circle-Commodity Supplemental Food Program (CSFP)**

Must be 60 or older. Must bring proof of income and age. Hours: 9:00am-10:00am every 3rd Thursday of the month.

(707) 523-7900

100 Kings Valley, Cloverdale

****Kings Valley Circle-Diabetes Program**

Provides low-sodium food once per month. Must provide proof of diagnosis of Type 2 Diabetes and be 18 or older.

Hours: 9:00am-10:00am every 3rd Thursday of the month.

(707) 523-7900

100 Kings Valley, Cloverdale

****Redwood Empire Food Bank-Commodity Supplemental Food Program (CSFP)**

Provides food for seniors 60+ yrs old or children under 6. Must provide proof of income and age. Hours: 10:00am-11:30am every 3rd Thursday of the month.

<http://www.stpeterscloverdale.org/>

(707) 523-7900

Citrus Fairgrounds, 1 Citrus Fair Drive, Cloverdale

****Redwood Empire Food Bank-Diabetes Program**

Provides low-sodium food once per month. Must provide proof of diagnosis of Type 2 Diabetes and be 18 or older.

Hours: 10:00am-11:30am every 3rd Thursday of the month.

(707) 523-7900

Citrus Fairgrounds, 1 Citrus Fair Drive, Cloverdale

****Redwood Empire Food Bank-Emergency Food Assistance Program (EFAP)**

Must self-certify 150% of poverty. Must sign their name, state family size, and give address. No ID required. Hours: 10:00am-11:30am every 3rd Thursday of the month.

(707) 523-7900

Citrus Fairgrounds, 1 Citrus Fair Drive, Cloverdale

****St. Peter's Church**

Must register in order to receive a bag of groceries twice a month. Hours: 10:00am-1:00pm every Tuesday and Wednesday.

(707) 894-2535

491 Franklin Street, Cloverdale

Meals on Wheels

**** Se habla español**

Must be a Senior 65+yrs old, or live in senior housing or are the spouse/companion of a 65+ senior who is already receiving "Meals on Wheels". Deliver meals to seniors Monday-Friday and can also deliver weekend meals on Friday. Offer low sodium, low fat, no concentrated sweets, vegetarian, and food for patients receiving dialysis. Based on donations. Each meal is worth \$4.00. A bill will be mailed at the end of the month based on how many meals you received, can pay as much as you can.

(707) 525-0143

All over Sonoma County

****Healdsburg Shared Ministries**

Distributes canned, fresh and frozen food. Hours: 3:00pm-4:30pm every Tuesday, Wednesday, and Friday.

www.healdsburgfoodpantry.org

(707) 433-3663

1505 Healdsburg Ave, Healdsburg

****Healdsburg Shared Ministries-Sunday Dinner**

Free Sunday night dinner to whoever needs it. Hours: Sundays at 4:00pm

www.healdsburgfoodpantry.org

(707) 433-2107

209 Matheson Street, Healdsburg

****St. Paul's Episcopal Church**

Provides food. Hours: 8:30am-10:30am every 1st Thursday of the month.

www.stpauls-healdsburg.org

(707) 433-2107

209 Matheson Street, Healdsburg

Trinity Baptist Church

Provides food. Must be present at 7:00am to receive a number in order to receive food. Please do not arrive any time earlier than 7:00am. Food distribution begins at 8:00am. Hours: 8:00am-9:00am every 2nd, 3rd, and 4th Saturday of the month.

(707) 433-4364

515 Powell Ave, Healdsburg

Trinity Baptist Church-Emergency Food Assistance Program

Must self-certify 150% of poverty. Must sign their name, state family size, and give address. No ID required. Must be present at 7:00am to receive number. Food distribution begins at 9:00am. Hours: 9:00am-10:00am every 1st Saturday of the month.

(707) 433-4364

515 Powell Ave, Healdsburg

Trinity Baptist Church-Senior Program and Child Portion

Distributes food to seniors and children. Must be 60+ or child must be 6yrs or younger and not receiving WIC. Must provide proof of income and age.

(707) 433-4364

515 Powell Ave, Healdsburg

****Women Infant Children (WIC)**

Serves pregnant, breastfeeding, and postpartum women, infants and children under the age of five who are low to moderate income (up to 185% of the federal poverty level) and at nutrition risk. WIC is a short term intervention program designed to influence lifetime nutrition and health behaviors.

(707) 431-8234

Wednesday 10:00am-3:30pm only

240 N. Cloverdale Blvd, Cloverdale

(707) 431-0831

1381 University St., Suite 200, Healdsburg

(707) 431-0831

Tuesday, Thursday and Friday 8:00am-5:00pm

8465 Old Redwood Hwy, Windsor

(707) 565-6590 ext. 3272

2400 County Center Drive, Suite A, Santa Rosa

(707) 521-4500

144 Stony Point Road, Santa Rosa

(707) 565-6590 or 1-800-816-3663

1450 Guerneville Road, Santa Rosa

Windsor Service Alliance

**** Se habla español**

Provides food, have a monetary assistance program, gas voucher program. Food provided only to families and senior residents of Windsor and is limited to twice a month. Monetary assistance program is to reach those in need of monetary assistance with bills, etc. on a one time basis. Gas voucher program is designed to help those who may be stranded and need help with fuel. If cannot go on Friday to pick-up food, you can send a note with a friend along with your card provided at the Windsor Service Alliance. On your first time attending must provide photo ID and proof of Windsor residence. Hours: 2:00pm-2:30pm seniors and people with disabilities, 3:00pm people who have never been every Friday.

(707) 838-6947

8987 Windsor Road (Corner of Windsor River Road & Windsor Road), Windsor

****Our Lady of Guadalupe Catholic Church**

Provides food to Windsor families and individuals. Must provide proof of address. Hours: 8:00am-9:00am every Saturday.

(707) 837-8962

8400 Old Redwood Hwy, Windsor

Windsor Presbyterian Church

Provide food to families and individuals. It is recommended to arrive early. Hours: 9:00am-10:00am every Tuesday.

(707) 838-1566

251 Windsor River Road, Windsor

Windsor Community United Methodist Church

Provides food and farm fresh produce to Windsor families and individuals. Must provide proof of address. Hours: 10:00am-11:00am every Tuesday, farm fresh produce is given out only. 12:30pm-1:30pm on Thursdays non-perishable food given out.

(707) 838-6898

9451 Brooks Road South, Windsor

****Catholic Charities of the diocese of Santa Rosa-Rural Food Project**

Provides food to working poor, seniors awaiting their next Social Security check, farmworkers, homeless children, and the disabled. Call for locations and details.

www.srcharities.org/services/rural-food-project.html

(707) 528-8712 ext. 170

Various locations

CPN-Weekly Pantry-Greater Powerhouse Pantry

Food available to those who need it. Hours: 9:00am-11:00am every Saturday

(707) 528-8051

777 Hearn Ave, Santa Rosa

Christ Church United Lutheran Church-Elisha's Pantry

Food available to those who need it. Hours: 4:00pm-5:30pm every Thursday. Bennett and Rincon Valley residents in zip codes 95404, 95405, and 95409 only.

www.srchristchurch.org/outreach.html

(707) 542-2569

1717 Yulupa Ave, Santa Rosa

****Harvest Christian Center Feed Our Children**

Fruits, vegetables and bread available. Must be able to provide Social Security Number and ID. Walk ins only. Hours: 10:00am-3:00pm every Thursday.

www.sr-hcc.org

(707) 576-0747

3350 Coffey Lane, Suite C, Santa Rosa

****Friends In Service Here (FISH) Food Pantry**

Provides 24-hour emergency supply of food to hungry people, no questions asked. 3-days of groceries, diapers and baby formula available. Hours: 10:30am-2:00pm on Monday-Friday & 10:30am-12:00pm on Saturday.

www.friendsofsonomahelping.org

(707) 527-5151

1055 Benton Street, Santa Rosa

**** Se habla español**

Food Not Bombs-Sunday Dinner

Sunday night dinner. Hours: 5:00pm-7:00pm every Sunday.

www.foodnotbombs.net/california.html

fnbsantarosa@gmail.com

546 Pacific Ave, Santa Rosa

Knox Food Pantry

Must provide first name and last name, family size and zip code where you live. Hours: 3:00pm-4:00pm on Thursday's.

www.knoxchurchatwest3rd.org/ministries/food-pantry/

(707) 544-5468

303 Stony Point Road, Santa Rosa

The Catholic Worker Movement

Emergency food pantry for families with Children. Hours 8:30am-10:30am every Tuesday and Friday. Must sign up at 8:30am and pick-up food at 10:30am.

(707) 575-8342

437 A Street, Santa Rosa

****The Living Room**

Daytime drop-in center for women and children only, providing breakfast, lunch, clothing, toiletries, writing supplies, stamps, bus tickets, phone service, post office box, peer support, referrals for housing, jobs, social services. Hours:

8:30am-1:00pm on Monday-Friday.

www.thelivingroomsc.org

(707) 579-0142

636 Cherry Street, Santa Rosa

Prayer Chapel Mission

Food available to those in need. Hours: 2:00pm-4:00pm every first Wednesday of the month.

(707) 546-6520

1335 S. Wright, Santa Rosa

****Open Closet-Redwood Covenant Church**

Provides U.S.D.A food non-perishable food, fresh bread, and used clothing when available to qualifying individuals and families. Hours: 2nd Saturday of the month, if enough donations have been received, 8:00am-9:30am.

www.redwoodcovenant.org

(707) 528-8463

3175 Sebastopol Road, Santa Rosa

****Redwood Empire Food Bank-Monthly Food Box**

Provides a box food once a month to low-income seniors and children under 6 and not participating in WIC. Must call first for help with a referral to a site near you. Hours: 8am-4pm every Monday-Friday.

www.refb.org

(707) 523-7900

info@refb.org

3320 Industrial Drive, Santa Rosa

Redwood Gospel Mission

Provides meals, limited number of beds, clothing, counseling and alcohol and drug treatment services. Hours: 8:00am-5:00pm on Monday-Friday. 6:30am provide breakfast, 4:00pm sign up for women's shelter, then transported to confidential location. 5:00pm sign up for men's shelter, 7:00pm provide dinner.

(707) 542-4817

101 Sixth Street, Santa Rosa

****Roseland Pediatrics**

Provides food to those who need it. Bring your own bag. Hours: Monday at 9:00am.

(707) 578-2005

711 Stony Point Road, Santa Rosa

Rural Food Project

Distributes food to low-income farm workers, homeless children and disabled individuals. Must live in a rural area and be of low-income. Call for more information

(707) 528-8712

987 Airway Court, Santa Rosa

****Salvation Army Family Services**

Provides emergency food assistance. First time clients can receive food every 90 days up to 4 times. Clients who have received food 4 or more times and want to receive further assistance, will be required to make an appointment to sign up for case management program by calling Captain Vicky Gilden at (707) 535-4243. Clients completing the case management program will be able to receive food assistance once every 6 months. Clients choosing not to participate in the program will no longer be eligible for food assistance. Provides clothing. Must provide a photo ID for all adults and all children residing in the household, and proof of current address. Distribution in various locations. Call for exact distribution locations. Food distribution hours: 10:00am-12:00pm on Monday-Thursday.

www.salvationarmysantarosa.org/programs/family-services/
(707) 542-0998

93 Stony Circle, Door C, Santa Rosa

Seventh Day Adventist Church

Provides a food pantry. Hours: 10:00am-11:30am every Monday and Wednesday. Must be a Santa Rosa resident and must bring ID for every family member.

(707) 578-0954 (*information line only*)

840 Sonoma Ave, Santa Rosa

****Southwest Community Health Center**

Provides food to those who need it. Must bring your own bag. Hours: 8:45am-10:00am every Monday.

(707) 547-2222

701 Lombardi Court, Santa Rosa

****St. Vincent de Paul Dining Room**

Provides free meals served 7 days a week, 365 days per year. Hours: 11:30am-12:30pm every day.

www.svdv-sonoma.org/dining-room/

(707) 528-7580

610 Wilson St., Santa Rosa (Entrance is through the back of the building off 7th St)

Unitarian Universalist Congregation-Saturday Breakfast

Serves breakfast. Hours: 7:00am-8:00am on Monday-Friday.

(707) 568-5381

547 Mendocino Ave, Santa Rosa

****Vista Family Health Center**

Provides free food to those who need it. Must bring own bag.

(707) 303-3600

3569 Round Barn Cir, Santa Rosa

Vertical Call Food Pantry

Free food given out to anyone who needs it. Hours: Saturday's from 9:30am-11:00am.

(707) 575-5956

912 DeTurk Ave, Santa Rosa

****Food For Thought**

Free program for all HIV positive Sonoma County residents to receive weekly groceries, vitamins and dietary supplements, and nutritional counseling. No income requirements. Need proof of residency and letter of diagnosis from primary care physician. Delivery is available.

www.fftfoodbank.org/

(707) 887-1647

Info@FFTFoodbank.org

6550 Railroad Ave, Forestville

Foster Care and Kinship Care

****Alternative Family Services**

A foster, adoption and mental health agency that has been creating safe, permanent connections for foster children and youth. Aids in the process of becoming a foster parent.

www.afs4kids.org

**** Se habla español**

(707) 576-7700

1421 Guerneville Road, Suite 218, Santa Rosa

****The Foster & Kinship Care Education Program**

Offers free support, education, training, and resources to future and current foster parents, foster/adoptive parents, relative caregivers and foster youth. Also for those with children who have experienced abuse, neglect, prenatal exposure to drugs, and loss of family.

www.santarosa.edu/childdev/foster

(707) 535-3752

1501 Mendocino Ave, Santa Rosa

Grandparents Parenting Again

Peer support group for grandparents who are grandchildren's primary caregivers. Support groups, guardianship clinics, counseling, conferences, family gatherings, speakers, and help finding legal and other types of services. Most services are free.

(707) 566-8676

grands@sonic.net

1014 Hopper Ave, Suite 221, Santa Rosa

Redwood Empire Foster Parents Association

Non-profit organization consisting of foster parents, adoptive parents, community members, and Sonoma County social workers. Assist foster parents by offering resources, advocacy and emotional support, provide social and enrichment opportunities, sponsor fundraising projects.

www.refpa.org

contact.refpa@gmail.com

PO Box 1084, Santa Rosa

****Sonoma Kinship Family Center (SKFC)**

Program designed for kinship caregivers; legal guardians, foster parents, or adoptive parents. Offer support groups and guardianship help. Help finding legal, financial, and health services. Provide services throughout Sonoma County.

www.lilliput.org/Kinship-Offices.aspx

(707) 299-1050

2255 Challenger Way, Suite 100, Santa Rosa

Health Centers, Insurance and Low-Cost Health Services

****Alexander Valley Healthcare**

We are a dedicated team of health professionals including physicians, nurse practitioners, dentists, behavioral health, family counselors and psychologists. Our primary care doctors, nurses, and support staff are committed to working with you and your family in maintaining optimal health. Offer sliding scale, turns no one away. Individual, family and group counseling available, free assistance with various program enrollment applications. Also offer smoking cessation services.

www.alexandervalleyhealthcare.org

(707) 894-4229

6 Tarman Drive, Cloverdale

**** Se habla español**

****Alliance Medical Center**

Serves everyone from newborns to the elderly, offering medical and dental care and a wide range of specialty services. Our staff of experts guides our patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal and CPSP. The staff and providers are friendly, caring and bilingual.

www.alliancemed.org

(707) 433-5494

(707) 687-2484

*1381 University Avenue, Healdsburg
65 Old Redwood Highway, Suite 320, Windsor*

****Alliance Medical Center-Teen Health Center**

Free and confidential services such as birth control options, free condoms, pregnancy testing, STI testing and treatment, emergency contraception, mental health counseling, peer education and comprehensive sexual health. Hours: Thursday from 1:00pm-5:00PM at the Healdsburg Community Center.

www.thcalliance.wordpress.com

(707) 431-1170

1557 Healdsburg Ave, Rooms 15 & 16, Healdsburg

****Santa Rosa Community Health Centers**

Serves everyone from newborns to elderly, offering medical and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual. Offer workshops on various topics; breastfeeding support, childbirth, 2-week baby group etc.

www.srhealthcenters.org

(707) 303-3600

(707) 547-2222

(707) 578-8777

(707) 583-8700

info@srhealthcenters.org

Vista Family Health Center

Southwest Community Health Center

Roseland Pediatrics

Brookwood Health Center

3569 Round Barn Circle, Santa Rosa

751 Lombardi Court, Santa Rosa

711 Stony Point Rd, Suite 17, Santa Rosa

983 Sonoma Ave, Santa Rosa

****Santa Rosa Community Health Centers-Elsie Allen Health Center**

Located on the Elsie Allen High School Campus. Serve Teens ages 12-19 throughout Sonoma County. Anyone is welcomed, no need to be a student at Elsie Allen. Staff and providers are friendly, caring and bilingual. Most teens are eligible for coverage for reproductive health services through the Family PACT program. All other services are provided on a sliding scale or at no cost.

www.srhealthcenters.org/locations/elsie-allen-health-center/

(707) 583-8777

599 Bellevue Ave, G17, Santa Rosa

****Santa Rosa Junior College-Student Health Services**

Provides free reproductive services, including birth control, testing, and treatment for sexually transmitted diseases, clinical exams, Paps, and mammography referrals by the Santa Rosa Community Health Centers. Hours: Tuesdays 12:00PM-3:00PM and Fridays 10:00AM-2:30PM.

www.srhealthcenters.org/santa-rosa-junior-college-clinic/

(707) 527-4445

1501 Mendocino Ave, Santa Rosa

St. Joseph Health System

As a faith based organization, St. Joseph Health continues to advocate to ensure the most vulnerable and disadvantaged will have access to basic quality of life issues including food, shelter and adequate health care. This is part of our core values and guides us as a health care delivery organization.

www.stjhs.org/

(707) 546-3210

1165 Montgomery Drive, Santa Rosa

Health Education Classes

****Northern California Center for Wellbeing**

Individual services including nutritional counseling/ medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Classes in Diabetes, Heart Disease, Pain Management and Hepatitis C. Classes vary by price, some are covered by Medicare and others have a sliding scale. Call/visit for prices. Some classes available in Spanish.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite B, Santa Rosa

**** Se habla español**

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

www.kp.org/santarosa

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****Santa Rosa Community Health Centers**

Offers various classes to Santa Rosa Community Health Centers Patients only. Classes offered include; Que Rica Vida, Campeones de la Salud, Super Mama, Super Baby!, Corazones Saludables, Zumba, Una Familia Feliz, Tai Chi, Childbirth, etc etc. Staff and providers are friendly, caring and bilingual.

www.srhealthcenters.org

info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

(707) 578-8777

Roseland Pediatrics

711 Stony Point Road, Suite 17, Santa Rosa

****Sutter Medical Center of Santa Rosa**

Offers a range of delivery options, including the services of OB/GYNs, family physicians and certified midwives. Also provide various classes on topics such as; childbirth, infant care & breastfeeding, meet & greet with pediatrician as well as a OB hospital tour. Fees vary per class.

www.babies.sutterhealth.org

Hospital Info

(707) 576-4000

3325 Chanate Road, Santa Rosa

Classes Info

(707) 576-4592

simmonmc@sutterhealth.org 2449 Summerfield Road, 2nd Floor Conference Rm, Santa Rosa

HIV/AIDS Resources

Hotlines

****California AIDS Hotline**

Provides referrals to AIDS/HIV services throughout the state of California. Hotline volunteers respond to calls covering a range of HIV related issues in English and Spanish. Offers counseling, referrals, risk assessments and peer counseling.

www.aidshotline.org

1-800-367-2437

****HIV/AIDS 24-hour Hotline**

**** Se habla español**

Offers anonymous, confidential HIV/AIDS information in English and Spanish. As well as advice, a person who cares and suicide prevention

1-800-232-4636 or 1-888-232-6348 TTY

HIV/AIDS Nightline

7 days/week; 5pm-5am

1-800-628-9240

Project Inform

Provides up-to-date, life-saving information to help people living with HIV and hep C make the best choices regarding their treatment and care.

www.projectinform.org

1-800-822-7422

273 Ninth St, San Francisco, CA 94103

Free and Anonymous HIV Testing Sites

Drug Abuse Alternatives Center

Provides drop-in confidential or anonymous HIV and Hepatitis C testing at low or no cost every Monday from 12:00pm-5:30pm, and Friday evenings from 5:30pm-8:00pm. Donation of \$15 is requested.

www.daacinfo.org

1-877-888-3222 or (707) 544-3295 ext. 342

2403 Professional Drive, Santa Rosa

****Face to Face**

FREE services to individuals with HIV: including housing assistance, benefits counseling, information, referrals emergency financial assistance, housing search and placement, home health care, transportation to medical appointments and specialized services for women, families and the Latino community. Provide drop-in confidential or anonymous HIV testing at low or no cost Tuesday-Friday from 9:00am-4:30pm.

www.f2f.org

(707) 544-1581

873 Second Street, Santa Rosa

Community Health Centers offer confidential testing at a cost.

****Alexander Valley Healthcare**

We are a dedicated team of health professionals including physicians, nurse practitioners, dentists, behavioral health, family counselors and psychologists. Our primary care doctors, nurses, and support staff are committed to working with you and your family in maintaining optimal health. Offer sliding scale, turns no one away. Individual, family and group counseling available, free assistance with various program enrollment applications.

www.alexandervalleyhealthcare.org

(707) 894-4229

6 Tarman Drive, Cloverdale

****Alliance Medical Center**

Serves everyone from newborns to elderly, offering medical and dental care and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual.

www.alliancedmed.org

(707) 433-5494

(707) 687-2498

1381 University Ave, Healdsburg

8465 Old Redwood Hwy, Suite 320, Windsor

****Alliance Medical Center-Teen Health Center**

**** Se habla español**

Free and confidential services such as birth control options, free condoms, pregnancy testing, STI testing and treatment, emergency contraception, mental health counseling, peer education and comprehensive sexual health. Hours: Thursday from 1:00pm-5:00PM at the Healdsburg Community Center.

www.thcalliance.wordpress.com

(707) 431-1170

1557 Healdsburg Ave, Rms 15 & 16, Healdsburg

****Santa Rosa Community Health Centers**

Serves everyone from newborns to elderly, offering medical and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual. Offer workshops on various topics; breastfeeding support, childbirth, 2-week baby group, breastfeeding support etc.

www.srhealthcenters.org

info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

(707) 578-8777

Roseland Pediatrics

962 Sebastopol Road, Santa Rosa

(707) 583-8700

Brookwood Health Center

983 Sonoma Ave, Santa Rosa

HIV/AIDS Treatment Clinics

AIDS Drug Assistance Program (ADAP)

Provides prescription drug benefits to persons with HIV/AIDS. Persons with HIV/AIDS with Federal Adjusted Gross Incomes of less than \$50,000 annually are eligible.

www.sonoma-county.org/aids

(707) 565-7402

499 Humboldt Street, Suite 104, Santa Rosa

California Children's Services

Provides physical and occupational therapy, financial assistance, case management and access to specialized medical care. Child must be under 21 years of age, family income must meet certain eligibility guidelines and only certain conditions are covered. Child must also be a permanent resident of the county. Referrals to the program can be made by parents, private physicians, speciality clinics, school nurses, hospitals, or other agencies.

www.sonoma-county.org/health/services/ccs.asp

(707) 565-4500

625 5th Street, Santa Rosa

****Face to Face**

FREE services to individuals with HIV: including housing assistance, benefits counseling, information, referrals emergency financial assistance, housing search and placement, home health care, transportation to medical appointments and specialized services for women, families and the Latino community.

www.f2f.org

(707) 544-1581

873 Second Street, Santa Rosa

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

www.kp.org/santarosa

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****Vista Family Health Center**

**** Se habla español**

Offers comprehensive primary care, family planning and reproductive health services such as; birth control, emergency contraception, pregnancy testing, vaginal and bladder infection, vasectomy, STD tests and treatments, infertility services and referrals, permanent sterilization and HIV services. Accept Medi-Cal, Medicare, Gateway/CHDP, FamilyPACT and also have a sliding scale.

www.srhealthcenters.org/locations/vista-family-health-center/

(707) 583-8816 *for newly diagnosed HIV+ patients*

(707) 303-8909 *HIV Clinic*

3569 Round Barn Circle, Santa Rosa

Programs

HIV Support Group

Everyone is welcomed. Every Tuesday from 11am-12:30pm.

(707) 303-8909

3569 Round Barn Circle, Santa Rosa

Men's Peer to Peer HIV Group

Safe place to give and receive support from one HIV+ man to another. Meetings are held every Tuesday from 6:30pm-8:00pm.

www.f2f.org/demo/services/

(707) 544-1581

873 Second Street, Santa Rosa

Project ReConnect

Program that helps individuals living with HIV/AIDS reconnect or stay connected with the community. Project ReConnect addresses social, emotional, educational, and vocational needs of HIV positive individuals to help them explore new possibilities for a hopeful and healthier lifestyle. Program focuses on opportunities for education, employment, and volunteering.

www.healthysonoma.org/index.php?module=promisepractice&controller=index&action=view&pid=3308

(707) 565-6683

490 Mendocino Ave, Suite 202, Santa Rosa

****Food For Thought**

Free program for all HIV positive Sonoma County residents to receive weekly groceries, vitamins and dietary supplements, and nutritional counseling. No income requirements. Need proof of residency and letter of diagnosis from primary care physician. Delivery is available.

www.ffffoodbank.org/

(707) 887-1647

Info@FFTFoodbank.org

6550 Railroad Ave, Forestville

****Sunburst Project**

Keep families together (family preservation) by providing services that strengthen and empower individuals, families, and communities to support youth living with HIV/AIDS reach their highest potential. Call for information on the Santa Rosa office.

www.sunburstprojects.org

(916) 440-0889

admin@sunburstprojects.org

1025 19th St, Suite 1A, Sacramento

Hearing Resources

Millennium Hearing Services Inc

Offer full range of Audiology services and hearing technology. 24 Hour scheduling available. Home visits for non ambulatory patients by special arrangement. Hours: Monday-Thursday 9:00am-5:00pm and Friday 9:00am-1:00pm.

www.millenniumhearing.com/

(707) 433-0705

(707) 542-1154

1260 Healdsburg Ave, Suite 202, Healdsburg

4725 Hoen Ave #B, Santa Rosa

Costco Hearing Aid Centers

Offers free hearing tests, free follow up appointments, free hearing aid cleanings and check-ups, free loss and damage coverage (with no deductible), free warranty periods (warranty varies by model), 10 free hearing aid batteries per hearing aid purchased, a 90-day trial period. Have the latest in premium hearing aid technology and open-fit design.

www.costco.com/hearing-aid-information.html

(707) 578-6379

1900 Santa Rosa Ave, Santa Rosa

Kenwood Hearing Center

Experts on hearing aids. Each consultation is customized for the individuals specific needs. During the first visit and at regular intervals, they do a hearing evaluation to provide a baseline and to determine how your hearing may have changed.

www.goodhearing.com

(707) 544-4433

(707) 538-1000

1421 Guerneville Road, Suite 224, Santa Rosa

52 MISSION Circle, Suite 203, Santa Rosa

Homeless Support and Shelters

Wallace House

Clean and sober housing and case management for single adults (up to 2 years) Also assists with emergency services such as bus vouchers, food and clothing vouchers, courtesy haircuts, backpacks, sleeping bags and more. Also provides overnight temporary or emergency shelter on a first-come first-served basis. Must call first, for overnight stay call between 7:00pm-8:00pm. Single parent families and single women should call between 7:00pm-7:30pm. Single men and couples should call between 7:30pm-8:00pm

www.wallacehouse.org

**** Se habla español**

(707) 894-2727

126 N Main Street, Cloverdale

****Healdsburg District Hospital**

Emergency care. Open 24 hours every day of the year. Offer a wide variety of services. Have the following specialties: Long-term brain injury unit, Women's Health Service, Laboratory, Social Services, Cardiac/Stress Treadmill, Stroke Program, Occupational Medicine, Physical Therapy, Vaccinations, Orthopedics, Intensive Care Unit, Pulmonology, General Surgery, Ophthalmology, Neurology and Respiratory. Translation available 24 hours in 148 languages.

www.healdsburgdistricthospital.org

(707) 431-6300

1375 University Ave, Healdsburg

****St. Paul's Episcopal Church-North County Community services**

Emergency overnight shelter. Women and children receive preference. Information and referrals available. First come first serve basis. Also provides overnight temporary or emergency shelter on a first-come first-served basis. Must call first, for overnight stay call between 7:00pm-8:00pm. Single parent families and single women should call between 7:00pm-7:30pm. Single men and couples should call between 7:30pm-8:00pm

www.stpauls-healdsburg.org/outreach

(707) 433-8161

209 Matheson Street, Healdsburg

****Catholic Charities of the diocese of Santa Rosa-Samuel L. Jones Hall**

The largest adult shelter in Northern California. In addition to food, clothing and warm beds, they also offer counseling, medical referrals, and job counseling/placement while helping people rebuild life skills to move towards independence. Nightingale House is a program for homeless adults recuperating from illness, for Nightingale, patients must receive referral.

www.srcharities.org/services/samuel-jones-hall.html

(707) 525-0226

600 Morgan Street, Santa Rosa

****Catholic Charities of the diocese of Santa Rosa-Homeless Services Center**

Drop in center and initial review and guidance for supporting shelters for adults, single women and families. One on one case management, with targets of improved health, employment and housing. This center provides intake and evaluation for intake and evaluation for entry into Catholic Charities' Nightingale (13 beds) provides showers, laundry, lockers, telephone, mail service, referrals. Drop-in for services are; Monday-Friday 6:00am-11:30am. Shelter intake is Monday-Friday 11:30am-1:00pm. At Brookwood Health Center and Sam Jones Hall shelter.

www.srcharities.org/services/homeless.html

(707) 525-0226

600 Morgan Street, Santa Rosa

****Community Action Partnership of Sonoma County**

Operates women's emergency shelter, transitional and affordable housing. Have programs that are designed to work with homeless individuals and families who are attempting to enter the rental market and offer a one-time financial assistance program designed to prevent homelessness. Rental Assistance for households at immediate risk of becoming homeless. Rents and security deposit can be covered, priority is given to families, seniors and the disabled.

www.capsonoma.org/District/1379-Untitled.hrml

(707) 544-6911

1300 N. Dutton Ave, Santa Rosa

InterFaith Shelter Network Transitional Housing

Transitional housing for single adults and women and children, provide case management, counseling and therapy, supportive services, skill-building, education, drug and alcohol recovery, and other resources. Must fill out application (on website). \$450/month max or check eligibility for Sonoma general assistance..

www.ifsfn.org

(707) 546-7907

3850 Montgomery Drive, Santa Rosa

North Bay Veterans Resource Center

**** Se habla español**

Transitional housing for veterans. Women with children and single males. Petaluma and Santa Rosa. We are proud of our long tradition of helping veterans obtain career training and self sustaining employment opportunities. In addition to career assessment, counseling, and support services, eligible veterans may receive training subsidies.

www.vietvets.org/nbvrc.htm

(707) 578-8387

2455 Bennett Valley Road C-105, Santa Rosa

****Opportunity House**

Shelter for homeless and mentally ill adults ages 18-65, able to stay up to 60 days. Provides temporary housing, meals, clothing, counseling, independent-living skills training, information and referral, advocacy. Must have referral from Sonoma County Mental Health.

(707) 484-5110 or (707) 484-6314 for assistance with referral

(707) 573-6955

634 Pressley Street, Santa Rosa

****Redwood Gospel Mission**

The Rescue Mission: Men's emergency shelter, food, clothing, showers and other services. Beginning as a 14 bed shelter in 1963, the Mission now mobilizes the community to minister to the needy through a variety of homeless services, recovery programs, vocational training, jail ministries, outreach events, and thrift stores.

www.srmision.org/index.php

(707) 573-0490

101 Sixth Street, Santa Rosa

Social Advocates for Youth (SAY)

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

Sonoma County Task Force For The Homeless

Information and referral to other services within Sonoma County M-F 6-11:30am, 1-2pm.

www.sonomacountyhomeless.org

(707) 575-4494

3315 Airway Drive, Santa Rosa

Tamayo House

Provides supportive housing primarily for street and/or homeless youth ages 18-24yrs old, education, and case management for former foster care children and mentally ill.

www.saysc.org/programs/the-mary-and-jose-tamayo-village/

(707) 544-5446

1700 Yulupa Ave, Santa Rosa

The Dr. Coffee House Shelter-Emergency Shelter for Teens

Provides safe, short-term housing, food, clothing, and counseling to runaway and homeless teens. Accommodates multilingual families as well. Hours: 24 hours a day, 7 days a week.

www.saysc.org/programs/the-dr-james-e-coffee-house-emergency-teen-shelter/

(707) 546 3432 or 1-888-729-0012 (24 Hour)

1243 Ripley Street, Santa Rosa

The Living Room

**** Se habla español**

Drop-in center serving homeless and at risk women and their children by providing breakfast, lunch, toiletries, job search skills, education, and health information. M-F 8:30 AM – 1:30 PM.

www.thelivingroomsc.org

(707) 579-0142

Drop in Center

(707) 579-0138

636 Cherry Street, Santa Rosa

YWCA Sonoma County-Safe House

A confidential emergency residence providing food, clothing, shelter with domestic violence treatment and intervention services, group therapy, women and children only. Must be 30 days sober for the alcohol and drug treatment program.

After 2 month max stay at Safe House, offer 2 years of support services.

www.kintera.org/site/c.7pLNLVPpEbLWH/b.7965763/k.BE50/Home.htm

(707) 546-9922

1421 Guerneville Road, Suite #200, Santa Rosa

Hospitals and Urgent Care Centers

****Kaiser Permanente**

Provides health care to the approximately 144,000 Kaiser Permanente members in the Santa Rosa area. Their goal is to provide the highest level of quality and service available. Their physicians, nurses and staff are dedicated, knowledgeable and competent. Offer free or low-cost health education classes to its members and non-members.

www.kp.org/santarosa

(707) 393-4044

24 Hour Advise Nurse

**** Se habla español**

(707) 393-4033 24 Hour Pediatric Advise Nurse
(707) 393-4167 401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****St. Joseph Health Urgent Care**

Treats minor illnesses and major injuries that require prompt attention, such as cold symptoms, fractures and minor cuts requiring stitches. No appointment necessary. Cheaper than emergency room..

www.stjosephhealth.org/About-Us/Facilities/Urgent-Care-Centers.aspx

(707) 838-2044 9:00am-7:00pm 7 Days a week 6580 Hembree Lane Suite 270, Windsor
(707) 543-2000 7:00am-7:00pm 7 Days a week 925 Corporate Center Pkwy Suite A, Santa Rosa

****Healdsburg District Hospital**

Emergency care. Open 24 hours every day of the year. Offer a wide variety of services. Have the following specialties: Long-term brain injury unit, Women's Health Service, Laboratory, Social Services, Cardiac/Stress Treadmill, Stroke Program, Occupational Medicine, Physical Therapy, Vaccinations, Orthopedics, Intensive Care Unit, Pulmonology, General Surgery, Ophthalmology, Neurology and Respiratory. Interpretation is available 24 hours in 148 languages.

www.healdsburgdistricthospital.org

(707) 431-6300 1375 University Ave, Healdsburg

Redwood Regional Medical Group

Multi-specialty private practice dedicated -the first and foremost- to providing the highest quality care to patients. The practice has 40 board-certified physicians.

www.rrmginc.com

(707) 525-4000 121 Sotoyome Street, Santa Rosa

Santa Rosa Convalescent Hospital

Privately owned Skilled Nursing Facility located close to downtown Santa Rosa. Offer ambulatory services for patients who need minimum 24 hour nursing care to end-of-life care options.

www.santarosaconvalescent.com

(707) 528-2100 srch@sonic.net 446 Arrowood Drive, Santa Rosa

Santa Rosa Memorial Hospital

State-of-the-art hospital, 278-acute care hospital providing a wide range of specialty services. Home to the Level II Trauma Center serving the entire Coastal Valleys area. Services include; 24-hour emergency department, medical and surgical services, critical care, family birth center, intensive care nursery, pediatrics, oncology, diabetes and nutrition education.

www.stjosephhealth.org/About-Us/Facilities/Santa-Rosa-Memorial-Hospital.aspx

(707) 546-3210 1165 Montgomery Drive, Santa Rosa

Sutter Medical Center

Community based, not-for-profit hospital serving Sonoma County and neighboring communities. Provide 24-hour emergency care, clinical laboratory and anatomical pathology services, advanced cardiovascular services, diagnostic imaging, newborn and infant care, newborn and infant care, orthopedics, pregnancy and delivery, surgery etc.

www.suttersantarosa.org

(707) 576-4000 3325 Chanate Road, Santa Rosa

Housing

Wallace House, Cherry Creek

Offers transitional housing where clients stay free of charge for up to two years while they save money, find jobs and build a credit history. Provide permanent supportive housing to disabled homeless clients who have physical and/or mental or co-occurring diseases. Operate Cherry Creek Village, low-income housing for individuals and families with incomes less than 30% of the area medium. Primary clients are those who have graduated from Transitional Housing. There is far greater demand than availability.

**** Se habla español**

www.wallacehouse.org/about_us.html#ourCherry
(707) 894-2727

126 N. Main St, Cloverdale

****California Human Development Corp**

Provides assistance with finding housing in Sonoma County to low income individuals. Provide a broad spectrum of human services programs serving farmworkers and other low-income and limited English-speaking populations, public assistance recipients, and those who are disabled, unemployed, homeless, or involved with the criminal justice system.

www.cahumandevlopment.org/

(707) 433-6652

(707) 523-1155

*405 Grove Street, Healdsburg
3315 Airway Drive, Santa Rosa*

Council on Migration

Migrant Education meets on the third Friday of each month from 8:30am-4:00pm. Program assists immigrant parents living in California.

www.stpauls-healdsburg.org/outreach

(707) 433-2107

209 Matheson St, Healdsburg

St. Paul's Episcopal Church-North County Community Services (NCCS)

Offers advice and financial assistance to those in need, particularly in making rental and utility payments. Manages several low-income and transitional housing units in Healdsburg, including Victory Apartments next door to the church. The men's room in the St. Paul's Episcopal Church at night into the Spare Room, offering emergency accommodation to those in special need. This room also has a shower that is available for use during part of most days.

www.stpauls-healdsburg.org/outreach

(707) 433-2107

209 Matheson St, Healdsburg

****Windsor Service Alliance**

Provides a "one-time" cash payment to help pay seriously overdue utility bills. If in need of assistance call the WSA and a representative will take your information to provide it to the Board of Directors for review. Only for Windsor residents.

www.windsorservicealliance.org

(707) 838-6947

8987 Windsor Rd., Windsor

****Burbank Housing**

Manages housing throughout Sonoma County that are available on sliding-scale based on annual income. Build and manage family and senior rental housing and create homeownership opportunities, largely through its mutual self-help program. Collaborate with service organizations to provide supportive housing for people with special needs, including people who are elderly, physically or mentally disabled, farm workers, or homeless. Application available online.

www.burbankhousing.org

(707) 526-9782

bhdc@burbankhousing.org

790 Sonoma Ave, Santa Rosa

****Catholic Charities of the diocese of Santa Rosa**

Counseling services and financial assistance to families who are at imminent risk of losing housing or who have recently lost housing, permanent supportive housing and transitional subsidized housing.

www.srcharities.org

(707) 542-5426

465 A St, Santa Rosa

City of Santa Rosa-Economic Development and Housing

**** Se habla español**

Administers section 8 Housing Choice Voucher Rental Assistance Program, provides rent referrals, affordable housing apartment contacts, emergency assistance referrals and fair housing information. Also administers affordable housing development, rehabilitation loan programs, homeownership program referrals, Housing Allocation Plan contacts, federal and state reports, mobilehome rent control and homeless shelters.

www.ci.santa-rosa.ca.us/departments/economicdev/Pages/default.aspx

(707) 543-3300

City Hall Annex, 90 Santa Rosa Ave, Santa Rosa

****Community Support Network**

Residential programs for adults with mental health disabilities, including a homeless shelter and transitional housing programs. Call for more information.

www.communitysupportnet.org/residential-programs

(707) 575-0979

1410 Guerneville Rd, Suite 14, Santa Rosa

****Community Action Partnership of Sonoma County-HCA Family Fund**

County wide one-time financial assistance program to prevent homelessness. Maximum grant for rent is \$600 and the maximum grant for deposit is \$1,000. Funding is limited but not guaranteed. Orientations for the funding are offered in English and Spanish at 10:00am on Mondays and 4:00pm on Thursday's. Be sure to arrive 15min before in order to register and be sure to bring current ID. Must be living in Sonoma County for at least 6 months. Other restrictions apply, call for more information.

www.capsonoma.org/District/1254-Untitled.html

(707) 544-6911 ext. 1009

1300 North Dutton Ave, Santa Rosa

****Face To Face**

Assists eligible clients in obtaining permanent housing and emergency rental assistance, housing assistance, benefits counseling, information, referrals emergency financial assistance, housing search and placement, home health care, transportation to medical appointments and specialized services for women, families and the Latino community.

www.f2f.org/demo/services/

(707) 544-1581

873 Second Street, Santa Rosa

Social Advocates for Youth (SAY)

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

Social Advocates for Youth (SAY)-The Dr. James E. Coffee Teen Shelter

Open 24 Hours a day, 364 days a year. Provide aid for families in crisis and family reunification services for runaway and homeless youth and their families. Provide short-term, food, counseling, and referrals for youth and their families. Services are available in English and Spanish.

www.saysc.org/programs/the-dr-james-e-coffee-house-emergency-teen-shelter/

1-888-729-0012 24 Hour

1243 Ripley Street, Santa Rosa

****Social Advocates for Youth (SAY)-Tamayo Village**

Affordable housing opportunity for former foster youth and young adults who may be homeless. Offer affordable, safe place to live, case management, job & educational support, counseling referrals and mentoring.

www.saysc.org/programs/the-mary-and-jose-tamayo-village/

(707) 546-3432 or 1-888-729-0012 (24 Hour)

1700 Yulupa Ave, Santa Rosa

****Sonoma County Community Development Commission-Family Self-Sufficiency Program (FSS)**

**** Se habla español**

Section 8 Housing Program designed to assist Sonoma County Housing Authority Clients in becoming independent of public assistance. FSS is a five year program in which very low income families receive rental assistance, along with vital supportive services, designed to assist the family in overcoming barriers to employment, while receiving the training and skills necessary to become gainfully employed.

www.sonoma-county.org/cdc/hafssprogram.htm

(707) 565-7500

1440 Guerneville Rd, Santa Rosa

****Sonoma County Community Development Commission-Section 8 Program**

Provides rental assistance to low-income families and individuals to enable them to rent decent, safe and affordable housing. Low income individuals and/or families are defined as having incomes at or below 50 percent of the area median incomes as established by the Department of Housing and Urban Development. Recipients of the assistance receive a voucher to rent homes in the private market; the voucher covers a portion of the rent.

www.sonoma-county.org/cdc/section8.htm

(707) 565-7500

1440 Guerneville Rd, Santa Rosa

****Sonoma County Community Development Commission-HOME Tenant-Based Rental Assistance (TBA)**

Enables homeless families residing in shelters, survivors of domestic violence, seniors and persons with HIV/AIDS, to receive housing assistance. All participants referred by various emergency shelters, transitional shelters, or non-profit service providers. Only very-low income applicants are eligible and Section 8 regulations are applicable. TBA program is administered similar to HUD Section 8 program.

www.sonoma-county.org/cdc/hatenantbased.htm

(707) 565-7500

1400 Guerneville Rd, Santa Rosa

****Sonoma County Community Development Commission-Shelter Plus Care Programs**

Assists homeless persons with HIV/AIDS and other disabilities in obtaining decent, safe and sanitary housing by providing rental subsidies. Section 8 regulations are applicable.

www.sonoma-county.org/cdc/hashelterpluscare.htm

(707) 565-7500

1400 Guerneville Rd, Santa Rosa

PEP Housing

Non-profit corporation dedicated to providing limited-income seniors access to affordable quality housing with supportive services and advocacy in Santa Rosa and Petaluma. Develops and manages 14 affordable housing properties with 331 apartments accommodating over 350 low-income seniors and growing. There is a waiting list. Application available online and must be completed in order to be placed on the waiting list, if approved.

(707) 762-2336

951 Petaluma Blvd, South Petaluma

Immigration and Migrant Services

****California Human Development Corporation**

BIA accredited representative provides immigration services free of charge. Assist with applying for naturalization/citizenship, adjustment of status, asylum applications, consular processing, Deferred Action for Childhood Arrivals (DACA), employment authorization, family-based petitions, special immigrant juvenile status, T visas, temporary protected status (TPS), U visas, Violence Against Women Act (VAWA) petitions. Also help completing forms and filings with USCIS.

**** Se habla español**

www.cahumandevlopment.org/

(707) 433-6652

(707) 523-1155

*405 Grove Street, Healdsburg
3315 Airway Drive, Santa Rosa*

****Catholic Charities of the diocese of Santa Rosa-Immigration and Citizenship Services**

Provides help with Deferred Action for Childhood Arrivals (DACA) application assistance, prepare and file ISICIS petitions and other documents including; adjustments of status, affidavits of support, consular processing documents, and work authorizations. Also help with application process for U Nonimmigrant Status (for immigrants victims of crime) visas, and filing Violence Against Women Act (WAVA) petitions.

www.srcharities.org/services/immigration-services.html

(707) 578-6000

987 Airway Court, Santa Rosa

****California Human Development-Healdsburg Day Labor Center**

Helps connect homeless, migrant, seasonal farmworkers, and other low-income populations by providing support services such as; resume help, translation, enrolling in food stamps, various classes and workshops.

www.cahumandevlopment.org/community_services_hispanic_services.php

(707) 433-6652

martha.nunez@chdcorp.org

405 Grove Street, Healdsburg

****Migrant Education Program**

Provides a wide variety of social, educational and health services to migrant workers and children of migrant workers, including pre-kindergarten education, support, translation and educational services for parents, and free food for children during summer break.

www.sonoma.networkofcare.org/ph/services/agency.aspx?pid=MigrantEducationProgram_968_11_0

(707) 526-1272 ext. 11

epearson@bcoe.org

5510 Skyline Blvd, Suite 100, Santa Rosa

Legal Assistance

****American Civil Liberties Union (ACLU) of Sonoma County**

Referrals to local agencies for those who feel their civil rights have been violated. If appropriate, the ACLU will get involved in the suit; all services free of charge.

www.aclusonoma.org/

(707) 765-5005

aclu@sonic.net

PO Box 14181, Santa Rosa

**** Se habla español**

****California Rural Legal Assistance, Inc.**

Offers free legal assistance to low income legal residents. Help in housing, labor and employment, education, civil rights, and farming security/public benefits.

www.crla.org
(707) 528-9941

1260 North Dutton Ave, Santa Rosa

Council on Aging-Senior Legal Services

Must be a Sonoma County resident 60 years of age or older, social or financial need receive priority. Senior Legal Services staff includes a part-time attorney and a paralegal. Donation-based legal services at no charge, happily accept donations. Services provided whether or not you are able to make a donation. Also offer a fixed-fee program for those interested in avoiding probate. Their lawyer referral service helps Sonoma County residents 50+ access a lawyer referral from a panel of elder law attorneys who are experienced and interested in working with senior clients. There is an initial half-hour consultation fee of \$40; these are not legal aid attorneys.

www.councilonaging.com/services/legal-services/

(707) 525-0143 ext. 140

Donation-Based Legal Services/Fee-Based Legal Services

(707) 525-1146

Lawyer Referral Service

30 Kawana Springs Road, Santa Rosa

Family Justice Center Sonoma County

Help victims to live free from violence and abuse. Services provided are centered on and around each individual victim. Services available include but are not limited to; assistance with clothing, victim services, survivor groups and/or therapy services, legal advocacy, access to a safe house and transportation assistance.

www.fjcsc.org/services.html

(707) 565-8255

2755 Mendocino Ave, Suite 100, Santa Rosa

Family Law Facilitator/Self Help Center

Help self-represented people with forms and procedures in custody, divorce, support, and credit card debt collection. Services are neutral, do not provide legal advice or attorneys to represent you, and services are not confidential. They have a first come first serve basis, Monday-Thursday from 8:00am-11:30am and Monday afternoons from 1:00pm-3:30pm. Also offer workshops for divorce and for answering credit card debt collection complaints.

www.sonoma.courts.ca.gov/self-help/family-law-facilitator

(707) 521-6545

3055 Cleveland Ave, Santa Rosa

Law Office of the Public Defender

Will defend any individual who is not financially able to employ a lawyer and who is charged with the commission of any contempt or offense triable in the superior or municipal courts. Cases which the Public Defender can handle; criminal cases upon request of by appointment of the court, appeals, cases involving mental health guardianships and conservations, juvenile cases, civil litigations in which the person is being persecuted or unjustly harassed and others.

www.sonomacounty.ca.gov/Departments-Agencies/Public-Defender/

(707) 565-2791

(707) 565-6304

Juvenile Unit

600 Administration Dr., First Floor Rm 111, Santa Rosa

****Legal Aid of Sonoma County**

Provides free legal services to low-income individuals, children, and families. Operates four primary programs through its Crisis Legal Advocacy Center: SAFE (services for domestic violence victims), C.A.P.P. (services for child abuse and neglect victims), HOME (habitability and eviction services), and a Legal Services Referral Program (LSRP). Mainly serve advocacy services in domestic violence, civil harassment, guardianship and evictions.

www.legalaidsc.org

(707) 542-1290

144 South E Street, Santa Rosa

**** Se habla español**

****Restorative Justice**

Restorative Justice is a community-based approach to dealing with crime, the effects of crime and the prevention of crime. Teachers, principals, counselors, school resource officers, youth and parents are called to the restorative conference to address harms and to come up with solutions to prevent future misbehaviors. The restorative process fosters community connections and increases feelings of trust and safety on the school campus. Restorative Justice supports increased student attendance, higher test scores, improved graduation rates, and lower rates of juvenile crime.
www.restorativeresources.org

(707) 542-4244

2934 McBride Lane, Santa Rosa

Sonoma County Bar Association Referral Service

Serve the interests of the community as the legal professionals in Sonoma County. Can help you find the right lawyer, they have more than 60 attorneys who are experienced in 16 major fields of law. There is an initial consultation fee of \$50, under certain circumstances the fee may be waived. After initial consultation fees charged will be at the attorney's normal rate.

www.sonomacountybar.org/?page_id=150

(707) 546-5297 ext. 12

win@sonomacountybar.org

37 Old Courthouse Square, Suite 100, Santa Rosa

Sonoma County Legal Services Foundation

Provides affordable sliding-scale services for residents of Sonoma County who qualify based on income level. Services include family and juvenile law, debt collection, bankruptcy, housing issues, misdemeanor criminal and traffic law, employment, wills, probate, and guardianship.

www.sonoma.edu/ccjs/info/lfsinfo.htm

(707) 546-2924

1212 4th Street #1, Santa Rosa

Sonoma County Public Guardian

Establishes conservatorships to protect vulnerable people, primarily seniors, who can no longer take care of themselves and have nobody else to do so. An individual becomes a Public Guardian Conservatee because they are referred, usually by a hospital, Adult Protective Services, a physician, the probate court, or another interested agency or party.

www.sonoma-county.org/human/faq_public_guardian.htm

(707) 565-5735

3725 Westwind Boulevard, Santa Rosa

LGBTQ Services

Sonoma Boys Night Out

The Information, Event & Community Site For Gay, Bi & Questioning Men in the San Francisco North Bay Area. (Some resources for women as well!)

www.sonomaboysnightout.com

Trevor Project

**** Se habla español**

The Trevor Project serves more than 100,000 LGBTQ young people every year through our programs and resources. Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

- [TrevorChat](#) - A free, confidential secure instant messaging support service
- [TrevorText](#) - A free, confidential text messaging service
- [TrevorSpace](#) - An online community for LGBTQ young people and their friends
- [Ask Trevor](#) - Where people of all ages can ask questions and get answers from trained volunteers
- [Trevor Lifeline](#) - A crisis intervention and suicide prevention phone service available 24/7

www.thetrevorproject.org/

1-866-488-7386

****Face to Face**

FREE services to individuals with HIV: including housing assistance, benefits counseling, information, referrals emergency financial assistance, housing search and placement, home health care, transportation to medical appointments and specialized services for women, families and the Latino community. Provide drop-in confidential or anonymous HIV testing at low or no cost Tuesday-Friday from 9:00am-4:30pm.

www.f2f.org

(707) 544-1581

873 Second Street, Santa Rosa

****Sonoma County Gay/Lesbian Info and Referral**

Leave a message with your phone number and they will call you back with answers to your questions.

(707) 526-0442

Santa Rosa

****Planned Parenthood-Santa Rosa Health Center**

Offer abortion services, birth control, HIV testing and services, LGBT services, men's health care, morning-after pill (emergency contraception), pregnancy testing and services, STD testing, STD treatment and women's health care. Fees for services are based on household income, may qualify for state-funded programs or lower fee scale.

www.plannedparenthood.org/health-center/centerDetails.asp?f=3990&a=90200&v=details

(707) 527-7656

1140 Sonoma Ave, Building 3, Santa Rosa

****Positive Images**

Free individual and group therapy, peer counseling, support and advocacy for gay, lesbian, bisexual, transgender, queer, questioning, and intersexed youth and young adults. Support group for parents of gay, lesbian, bi-sexual or transgender children. "P.I. Center" is the only Queer Youth Center in Sonoma County. It offers a safe space for discussions, hanging out, meetings, lounge/movie room, library: books and videos, latest queer periodicals, Computer/Scanner/Internet/Fax access.

www.posimages.org/

(707) 568-583 or 1-866-PI-LGBTQ

312 Chinn Street, Santa Rosa

****Santa Rosa Community Health Centers**

Serves everyone from newborns to elderly, offering medical and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual. Offer workshops on various topics; breastfeeding support, childbirth, 2-week baby group, breastfeeding support etc.

www.srhealthcenters.org

info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

**** Se habla español**

(707) 578-8777
(707) 583-8700

Roseland Pediatrics
Brookwood Health Center

962 Sebastopol Road, Santa Rosa
983 Sonoma Ave, Santa Rosa

Social Advocates for Youth (SAY)

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

The Center for Spiritual Living

Hosts a Gay Men's Group and a Lesbian Group for social outings and discussion. Non-denominational.

www.cslsr.org/

(707) 546-4543

2075 Occidental Road, Santa Rosa

Unitarian Universalist Congregation-Senior Lesbian Gay Bisexual Transgender Support Group

Creating community for LGBT seniors. Everyone is welcome and there is no charge. Santa Rosa group: 4th Tuesday of the month at 1:30PM.

www.uua.org/lgbtq/witness/

(707) 583-2330

547 Mendocino Ave, Santa Rosa

Verity

Offers services to victims of all forms of sexual assault including; incest, child sexual abuse, date rape, marital rape, same sex rape, sexual harassment, and attempted sexual assault. Walk-in Crisis Counseling: Weekdays 9:00am-5:00pm. Individual therapy and support groups available.

www.ourverity.org/services

(707) 545-7270

info@ourverity.org

835 Piner Road, Suite D, Santa Rosa

V.O.I.C.E.S Sonoma County

Promotes the overall wellness of youth by increasing their access to health-related resources. Wellness services include 1:1 counseling and support, food and nutrition classes, physical and mental health education, and assistance with applications for all health-related services. Support youth to develop a personal plan for success in education, employment and career development, they have access to 1:1 coaching, tutoring, GED preparation, pre-employment skill building, assistance with jobs and internships, and offer an Independent Living Program provides training to help youth develop the skills needed for becoming independent adults. Provide referrals and application assistance to youth who need emergency, transitional, and long-term housing.

www.voicesyouthcenter.org/programs/sonoma

(707) 579-4327

714 Mendocino Ave, Santa Rosa

Mental Health/Wellness, Bereavement and Counseling Services

Psychiatric Emergency Services

Provides services such as Crisis intervention, medication, assessment, and stabilization, supportive care, crisis residential services and referrals to inpatient mental health facilities

1-800-746-8181

****The Center for Social and Environmental Stewardship**

**** Se habla español**

Provides youth, families, and adults with guidance, mentoring, counseling, and community service opportunities designed to develop pro-social and work-ready skills, while achieving their unique positive human potential.

www.cfses.org/

(707) 838-6641

TheCenter@cfses.org

109 South Main Street, Cloverdale
9619 Old Redwood Highway, Windsor
401 College Ave, Santa Rosa

****County of Sonoma Mental Health Crisis Services**

Provides 24 hour emergency mental health evaluation for hospitalization and referral to community resources. Services they offer; crisis intervention, medication, assessment, and stabilization, supportive care, crisis residential services, acute inpatient services, referrals to inpatient mental health facilities

1-800-746-8181 (24 Hour Emergency Crisis Line)

Santa Rosa

****County of Sonoma Mental Health Services for Adult**

Provides services to seriously ill adults age 18 and older throughout Sonoma County. Services are provided by county staff, community health centers, and a network of contracted personnel.

www.sonoma-county.org/health/services/mentalhealthadults.asp

1-800-746-8181 (24 Hour Emergency Crisis Line)

(707) 565-6900 or 1-800-870-8786

Santa Rosa

Angela Center Retreat Facility

Offers counseling for individuals, couples, families, short-term therapy for dealing with the challenges of parenting young children. Also offers spiritual, self-help and meditation classes. Prices are \$75-\$90 per hour, also offer sliding scale.

www.angelacenter.com

(707) 528-8578

535 Angela Drive, Santa Rosa

****California Parenting Institute**

Helps and heals children, educate and support parents, and enhance parent competency. Assesses the needs of each individual, family, and professional and offer them a coordinated menu of prevention, intervention, and advocacy services to the well-being of children and families. Also make referrals and coordinate with other health and social service providers. May be eligible for low-cost or free services. Also accept Medi-Cal for certain child counseling classes.

www.calparents.org

(707) 585-6108

3650 Standish Ave, Santa Rosa

Chrysalis Counseling Services for Women

Quality counseling on a sliding scale for women, men, couples, children, and families. Counsel on self-esteem, relationships, parenting, money issues, grief, disability, codependency, life transitions, abuse, incest, sexuality and body issues. Support groups for women (themes change throughout year).

www.chrysaliscounseling.org

(707) 545-1670 ext. 201

1821 Fourth Street, Santa Rosa

****Community & Family Service Agency**

English and Spanish counseling for individuals, couples, families, and children. Provides court-ordered domestic violence treatment, anger management workshops, and groups for children exposed to violence. Sliding scale available.

www.familyservicesonoma.org

(707) 545-4551

2255 Challenger Way, Suite 106, Santa Rosa

Indian Health Project of Sonoma County

**** Se habla español**

Mental health and clinic social work, marriage counseling, substance abuse treatment and referral; provides services in a manner sensitive to the culture and traditions of local Native American people.

www.scihp.org/
(707) 521-4500

144 Stony Point Road, Santa Rosa

Interlink Self-Help Center

Peer-to-peer Support with housing search, job search, and rehabilitation to stay clean and sober. Provide help to individuals with mental health difficulties. Also provides support with resource groups and peer counselors.

www.interlinkselfhelpcenter.org
(707) 546-4481

1033 4th Street, Santa Rosa

Jewish Family and Children's Services (JFCS)

Mental health services for children, teens, and their families. Individual counseling, play therapy, socialization groups, family therapy, and consultation to parents. Sliding scale. MediCare accepted.

www.jfcs.org
(707) 571-8131

1360 North Dutton Ave, Suite. C, Santa Rosa

****Lifeworks of Sonoma County**

Nonprofit counseling center. Counseling for adults, adolescents, children, couples, and families. Sliding scale available or private insurance.

www.lifeworkssc.org
(707) 568-2300

1200 College Ave, Santa Rosa

****Lomi Psychotherapy Clinic**

Counseling for individuals, families, and children. Spanish spoken. Free crisis counseling offered to impoverished or homeless women, men, and children . Free therapy for children who have witnessed the death of a parent. Counseling for those living with HIV/AIDS and their affected family members. Sliding scale. Also free mindfulness meditation classes Thursdays 7-8:30pm.

www.lomi.org
(707) 579-0465 ext. 227

534 B Street, Santa Rosa

****NAMI Sonoma County**

NAMI Sonoma County is a grassroots, family, client and community member organization, dedicated to improving the lives of people with mental health challenges and the lives of their families and friends. These challenges are known as neurobiological brain disorders or psychiatric disabilities. All services are free. Offer various programs; family support group, basics education, family-to-family education, de familia a familia, parents and teachers as allies, tai chi, client connection support groups, peer-to-peer education, art group and many more.

www.namisonomacounty.org
(707) 527-6655

100 E Street, Suite 214, Santa Rosa

Santa Rosa Junior College-Counseling Department

Offers counseling to enrolled students during academic year; fees are included with health fees paid upon class registration; services on weekly or drop-in basis; group therapy; crisis counseling.

www.santarosa.edu/app/counseling/
(707) 527-4451

1501 Mendocino Ave, Bertolini Student Center, 2nd Floor, Santa Rosa

Social Advocates for Youth (SAY)

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

**** Se habla español**

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

SOS Counseling Services

Offers community based counseling services for individuals, couples, families and youth throughout Sonoma County. Sliding scale based on ability to pay.

www.soscounseling.org

(707) 284-3444

319 South E Street, Santa Rosa

Wellness and Advocacy Center

Client-run drop-in center provides a variety of services for all mental health consumers, including a career center and computer lab, job counseling, workshops and education forums, an art studio, a community garden, a kitchen with cooking classes, and a variety of self-help groups.

wellnessandadvocacy.org

(707) 565-7800

3400 Chanate Road, Santa Rosa

Parenting and Guardianship

****“Childhood Matters” Radio**

Talk show for parents on 89.1 FM. Live Radio Sundays 7-8 am in English, 8-9am in Spanish

www.Childhoodmatters.org

1-877-372-5437

****Crisis line for parents of teens: Boys Town 24 hour hotline**

**** Se habla español**

Teens and parents can call 24 hours and talk to specially trained counselors about suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, social issues, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways and more.

www.boystown.org/hotline

1-800-448-3000

Northern Sonoma County Mothers Club

For mothers in Healdsburg, Santa Rosa, Windsor and Cloverdale. Offers support, education, play groups, events, and the opportunity to meet and socialize with other moms. \$30 annual fee. See website for schedule

dev.nscmothersclub.net/about/

(707) 547-9989

nscmg_web@yahoo.com

PO Box 1366, Windsor

****California Parenting Institute (CPI) Parenting**

Offers classes and workshops in both English and Spanish. Prices range from free to \$60 depending on class.

- Car seat safety program: Car seat classes in English and Spanish. Parents or parents-to-be who attend the class receive a voucher for a low-cost child safety seat, and learn to safely install it into car.
- Support for special needs families: Free
- Support for parents recovering from substance abuse: Free
- Literacy: Provides literacy education resources and practices for low income English language learner families with children 0-5 years of age: Free
- Parenting Apart: English and Spanish programs for parents who are challenged with separation, divorce, and creating blended families (parents learn skills they can use to cope effectively). Kids' Turn offers groups for children affected by divorce. Free

www.calparents.org

(707) 585-6108

3650 Standish Ave., Santa Rosa

****Community Action Partnership of Sonoma County-Padres Unidos**

Free Sixteen week program for Spanish speaking parents of high risk teens. For parents dealing with issue related poor school attendance and performance, alcohol and other drug use, gang involvement, violence and runaways.

www.capsonoma.org

(707)544-6911 ext. 1051

1300 North Dutton Ave, Santa Rosa

****Community Action Partnership of Sonoma County-Pasitos**

Free program for Spanish-speaking parents and their three and four year olds who are not attending preschool. Parents and children meet weekly to share activities that build language, early literacy, fine motor skills, and social ability.

www.capsonoma.org

(707) 544.6911 x 1025

1300 North Dutton Ave, Santa Rosa

****Dads Make a Difference**

Free parenting classes and information on fathers' rights for males 16-24 who are fathers of children born to teen mothers.

www.dadsmakeadifference.org/

(707) 565-4480

625 Fifth Street, Santa Rosa

Human Services County of Sonoma-Family, Youth and Children's Services

Works with individuals and the community to ensure the safe and well-being of children under 18. Staff provides protective and supportive social services. Also respond to situations of abuse and neglect, foster care administration and group home services for children who are victims of abuse.

www.sonoma-county.org/human/family.htm

(707) 565-4300 or (707) 565-4304 (24 Hour)

1202 Appollo Way, Santa Rosa

****Jewish Family and Children's Services-Parents Place**

**** Se habla español**

Parent education classes (positive discipline, handling anger, understanding temperament, and stages of development)
Fee, counseling (medical and other insurances accepted), playgroups, lending library free, post-adoption services free.
www.sonoma.ppsignup.org
(707) 571-2048 *1360 North Dutton Ave., Santa Rosa*

****Kaiser Permanente**

Provide health care to the approximately 144,000 Kaiser Permanente members in the Santa Rosa area. Their goal is to provide the highest level of quality and service available. Their physicians, nurses and staff are dedicated, knowledgeable and competent. Offer free or low-cost health education classes to its members and non-members.
www.kp.org/santarosa
(707) 393-4044 *24 Hour Advise Nurse*
(707) 393-4033 *24 Hour Pediatric Advise Nurse*
(707) 393-4167 *401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa*

****La Leche League**

International mother-to-mother helping network and a valuable resource for parenting support. Attending meetings can help a mother to be or a new mother learn about breastfeeding from other nursing mothers. Mothers share their questions, concerns, the benefits and joys of breastfeeding. Babies are welcomed. Annual membership is \$40, pay by check at a meeting or online through PayPal. Meetings: 1st Friday of every month at 10:30AM at the Women's Health and Birth Center.
www.llnocal.org/groups/SantaRosaCA.html
(707) 523-8697 *583 Summerfield Road, Santa Rosa*

****Lifeworks Family Education Center (FEC)**

In home behavior coaching and training, classes, support groups and school groups, individual, couple and family therapy, program for parents of at risk or gang affiliated teens.
www.lifeworkssc.org
(707) 568-2300 *1200 College Ave., Santa Rosa*

****Maternal Child Health Field Nursing**

Home visits are provided by a Public Health nurse to low-income pregnant women, and women parenting a child under 5 years of age who have medical and/or social risk factors. Help access services such as prenatal care, alcohol, and other drug treatments. Accepted only through referral. Referrals are accepted from schools, health care providers, and other community agencies. Self-referrals are also accepted.
www.sonoma-county.org/health/services/homevisiting.asp
(707) 565-4440 *625 5th Street, Santa Rosa*

****Migrant Education Program**

Work with migrant parents, students and the school providing information to the parents and student regarding progress at school, academic requirements, grading system, graduation requirements, and college information including requirements etc., teaching how to self-advocate, assisting for parent teacher conferences and interpreting. Also have a pre-kinder program "Primer Maestro" to teach parents how to prepare their children for kindergarten. All services free.
www.icarol.info/ResourceView2.aspx?org=2225&agencynum=4718322
(707) 526-1272 ext. 20 *5510 Skylane Blvd., Suite. 100, Santa Rosa*

North Bay Regional Center

Assist persons with disabilities and their families in identifying and developing services and programs within their communities. Services are individualized and must relate to the client's disability, services available; diagnosis and evaluation, individual program planning, prevention services, crisis intervention, family support services (determined on a case-by-case basis), advocacy, consultation with other agencies, program evaluation, community education, community resource development, coordination of services with community providers such as school, health, welfare and recreation resources, and transition planning.
nbrc.net/

**** Se habla español**

(707) 569-2000 or (707) 525-1239 TDD

2531 Mendocino Ave, Santa Rosa

****Southwest Family Resource Center**

Free school based Family Resource Center. SWFRC staff offer case management, parenting classes, family advocacy, information, and referral services to families seeking to build their parenting knowledge and protective factors.

www.capsonoma.org

(707) 579-4816

1300 North Dutton Ave, Santa Rosa

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www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

Parent's Place Center

Offers "everything to do with parenting:" advice, counseling, peer support groups, workshops, etc.

www.parentsplaceonline.org/sonoma

(707) 571-2048

1360 N. Dutton Avenue, Suite C, Santa Rosa

Prescription Assistance

FamilyWize- United Way of the Wine Country

Receive discounted pricing on prescription drugs (an average of up to 30%; usually more), call to receive your free card. The card can be used by anyone without health insurance, during deductible periods or for prescription medicine not covered by health insurance, Medicare and other benefit plans.

www.familywize.org

1-866-810-3784

**** Se habla español**

****Pharmacy Discount Card**

Free discount card. No need to fill out paper work. Save up to 75% on prescriptions. Accepted in over 50, 000 U.S pharmacies.

www.rxreliefcard.com

1-855-567-3412 *Español*

1-855-251-3690

Senior Resources

Medic-Alert

Provides bracelets or necklaces to alert others to medical conditions.

www.medicalert.org

1-800-432-5378 or 1-888-633-4298

Meals on Wheels

**** Se habla español**

Must be a Senior 65+ yrs old, or live in senior housing or are the spouse/companion of a 65+ senior who is already receiving "Meals on Wheels". Deliver meals to seniors Monday-Friday and can also deliver weekend meals on Friday. Offer low sodium, low fat, no concentrated sweets, vegetarian, and food for patients receiving dialysis. Based on donations. Each meal is worth \$4.00. A bill will be mailed at the end of the month based on how many meals you received, can pay as much as you can.

(707) 525-0143

All over Sonoma County

Creative Counseling for Elders and Families

Helps families navigate the transitions and challenges that may arise at any time. Problems that may come with aging, dementia, long-term mental health etc. Help you understand the problems associated with age-based issues and how to address them without conflict or discomfort.

(707) 239-2310 or (707) 762-5433

411 East St, Healdsburg

St. Paul's Episcopal Church-North County Community Services-Council on Aging

Provides activities for self-sufficient seniors such as arts and crafts, music, lunch and games. Hours: 9:30am-1:30pm every Monday, Tuesday and Wednesday. Sliding scale, donation.

www.councilonaging.com

(707) 433-6161

209 Matheson St, Healdsburg

Trinity Baptist Church-Senior Program and Child Portion

Distributes food to seniors and children. Must be 60+ or child must be 6yrs or younger and not receiving WIC. Must provide proof of income and age.

(707) 433-4364

515 Powell Ave, Healdsburg

Windsor Senior Center Aquatics Program

Therapeutic warm water fitness program, May-October; easy access for physically challenged participants

www.ci.windsor.ca.us/index.aspx?NID=321

(707) 838-1250

9291 Old Redwood Highway, Windsor

Windsor Service Alliance

Provides food, have a monetary assistance program, gas voucher program. Food provided only to families and senior residents of Windsor and is limited to twice a month. Monetary assistance program is to reach those in need of monetary assistance with bills, etc. on a one time basis. Gas voucher program is designed to help those who may be stranded and need help with fuel. If cannot go on Friday to pick-up food, you can send a note with a friend along with your card provided at the Windsor Service Alliance. On your first time attending must provide photo ID and proof of Windsor residence. Hours: 2:00pm-2:30pm seniors and people with disabilities, 3:00pm people who have never been every Friday.

(707) 838-6947

8987 Windsor Rd (Corner of Windsor River Rd & Windsor Rd), Windsor

Catholic Charities of the diocese of Santa Rosa-Alzheimer's Respite Resource Center

Day activity program from individuals who suffer dementia, it allows family members to take time off from a full-day time care giving. Offer Sliding scale options. Have a high staff/volunteer to client ratio. Activities include music and art. Also offer information, referrals, and facilitated support groups for caregivers. Licensed by the CA Department of Social Services.

www.srcharities.org

(707) 528-8712 ext. 185

987 Airway Court, Santa Rosa

**** Se habla español**

Catholic Charities of the diocese of Santa Rosa-I'm Home Alone

Volunteers place friendly, personal calls to vulnerable seniors, disabled, and household individuals in Sonoma County.

www.srcharities.org

(707) 528-8712 ext. 185

987 Airway Court, Santa Rosa

Catholic Charities of the diocese of Santa Rosa-CARES

Transportation to help access medical, social, emergency services provided by volunteers for older or disabled people.

www.srcharities.org

(707) 528-8712 ext. 185

987 Airway Court, Santa Rosa

****California Department of Motor Vehicles**

Provides assistance in processing driver's license, ID card, vehicle registration, safe driving for teens, registering to vote, etc. Some services are able to be done online. Scheduling appointments is recommended to have some of these services done. Handicapped parking placards available to those in need. Able to schedule certain appointments online.

www.dmv.ca.gov

1-800-777-0133

2570 Corby Ave, Santa Rosa

Council on Aging-Care Management

Offers a confidential assessment of needs to seniors. Care Managers are able to travel to the home of seniors. Care plan is created; Care Manager can make appropriate referrals to other resources in the community or Council on Aging. No charge for the program, donations accepted.

www.councilonaging.com/services/care-management/

(707) 525-0143

30 Kawana Springs Road, Santa Rosa

Council on Aging-Family Justice Center

Elder advocate offer case management services for seniors who may be homeless or victims of violence or elder abuse. Focus is to empower seniors to change their circumstances, stabilize their lives, deal with the criminal justice system, and have support and the protection they need. Program is free, but accept donations.

www.councilonaging.com/services/care-management/

(707) 565-8265

30 Kawana Springs Road, Santa Rosa

Council on Aging-Healthy Ideas

Community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health issues and functional limitations. Program includes; screening, case management, referrals to appropriate professionals.

www.councilonaging.com/services/care-management/

(707) 525-0143 ext. 125

30 Kawana Springs Road, Santa Rosa

Council on Aging-Senior Care Coordinator

Offers long-term, intensive care management, the program provides senior advocacy-based care management by experienced staff. Provide an individualized care plan. There is a fee for this program.

www.councilonaging.com/services/care-management/

(707) 525-0143

30 Kawana Springs Road, Santa Rosa

Council on Aging-Senior Legal Services

Must be a Sonoma County resident 60 years of age or older, those with social or financial need receive priority. Senior Legal Services staff includes a part-time attorney and a paralegal. Have donation-based legal services at no charge, happily accept donations. Legal services provided whether or not you are able to make a donation. Also offer a fixed-fee program for those interested in avoiding probate. Their lawyer referral service helps Sonoma County residents 50+ access a lawyer referral from a panel of elder law attorneys who are experienced and interested in working with senior clients. There is an initial half-hour consultation fee of \$40; these are not legal aid attorneys.

www.councilonaging.com/services/legal-services/

**** Se habla español**

(707) 525-0143 ext. 140
(707) 525-1146

*Donation-Based Legal Services/Fee-Based Legal Services
Lawyer Referral Service 30 Kawana Springs Road, Santa Rosa*

Council on Aging-Senior Peer Support

Volunteer program that is designed for seniors who are suffering from various mental health issues. 12-24 weeks of assistance is provided to each client. Volunteers are trained and supervised by a licensed Marriage and Family Therapist and a clinical Social Worker.

www.councilonaging.com/services/care-management/

(707) 525-0143 ext. 125

30 Kawana Springs Road, Santa Rosa

Council on Aging-Senior Social Clubs

Offers isolated seniors an opportunity to gather for meals, exercise, entertainment and companionship. Also provides a respite for caregivers. Offer an additional site that offers care specifically for Alzheimer's patients.

www.councilonaging.com/services/care-management/

(707) 525-0143 ext. 103

30 Kawana Springs Road, Santa Rosa

In-Home Supportive Services

Provides in-home care to low-income elderly and disabled individuals in order to remain safely and independently in their homes.

www.sonoma-county.org/human/ihss.htm

(707) 565-5900

3725 Westwind Blvd, Suite 101, Santa Rosa

Jewish Family and Children's Services (JFCS)

Mental health services for children, teens, and their families. Individual counseling, play therapy, socialization groups, family therapy, and consultation to parents. Sliding scale. MediCare accepted.

www.jfcs.org

(707) 571-8131

1360 North Dutton Ave, Suite. C, Santa Rosa

Northern California Alzheimer's Association

Offers a 24 hour helpline, support groups, education programs, and various other services. Contact them for more information.

www.alz.org/norcal/

(707) 573-121 or 1-800-272-3900 (24 Hour)

Santa Rosa

Older Adult Services

Mental health services for those over 60 years; offers crisis interventions, short-term treatment, and evaluation and referral services. Also provide case management services with consultation to family. Senior Resource Guide on website as well.

www.sonoma-county.org/human/adult_aging.htm

(707) 565-4857

3725 Westwind Blvd, Santa Rosa

Ombudsman Program

Investigates and prevents inadequate care in residential care, assisted living facilities and nursing homes. All concerns and grievances are taken seriously. Ombudsman Program staff and state certified Ombudsman volunteers are authorized by federal and state law to visit nursing homes, residential care and assisted living facilities to ensure that residents' rights are protected and that they are treated with dignity and are receiving quality care.

www.ltombudsman.org

(707) 526-4108 or 1-800-231-4024 (24 Hour)

Santa Rosa

**** Se habla español**

Santa Rosa Junior College-Older Adults

Free classes for seniors in our community to participate in lifelong learning; topics include exercise/stress reduction, arts & crafts, writing, music, current events, and more; classes held throughout the county. Check website for more information on the classes, under "Older Adults".

www.santarosa.edu/schedules/schedule_of_classes/

(707) 527-4533

Santa Rosa, Sebastopol, Petaluma

****Senior Advocacy Services**

Free education on seniors' rights, elder abuse. Provides counseling for decisions about moving into assisted living or long term care. Education on MediCare benefits and available supplements through health insurance advocacy program (HICAP).

www.senioradvocacyservices.org

(707) 526-4108 ext. 106

christinar@senioradvocacyservices.org

3262 Airway Drive, Santa Rosa

****Social Security Administration and Disability Office**

Helps individuals file for a social security number, social security card, replace a social security card or name change. Help individuals age 62 and over receive their retirement benefits, individuals who are unable to work receive disability benefits. spouses, widows and children receive benefits, if eligible. Also help apply for Medicare for individuals who are 65 and older. Claims can be filed online.

www.ssa.gov

1-877-870-6384 or 1-800-772-1213

2099 Range Ave, Building A, Santa Rosa

Sonoma County Area Agency on Aging

Interactive site with a complete guide to resources for seniors in Sonoma County.

www.socoaaa.org

(707) 565-5950 or 1-800-510-2020

3725 Westwind Blvd, Suite 101 Santa Rosa

Sonoma County Public Guardian

Establishes conservatorships to protect vulnerable people, primarily seniors, who can no longer take care of themselves and have nobody else to do so. An individual becomes a Public Guardian Conservatee because they are referred, usually by a hospital, Adult Protective Services, a physician, the probate court, or another interested agency or party.

www.sonoma-county.org/human/faq_public_guardian.htm

(707) 565-5735

3725 Westwind Bld, Santa Rosa

Southwest Adult Day Services

Nursing care, rehabilitative therapies, social services, recreational and social activities, nutrition and dietary counseling, to help delay premature placement in nursing facilities and enhance the quality of life for seniors. Medi-Cal and sliding scale.

www.swhealthcenter.org/locations/southwest-adult-day-services/

(707) 573-4522

684 Benicia Drive, Santa Rosa

St. Joseph Health Medical House Calls

Provides primary medical care house calls to eligible seniors who have limited access to care due to impaired mobility, cognitive impairment with a medical condition, limited financial resources, lack of health insurance or under-insured.

www.stjosephhealth.org

(707) 547-4684

1165 Montgomery Drive, Santa Rosa

Unitarian Universalist Congregation-Senior Lesbian Gay Bisexual Transgender Support Group

**** Se habla español**

Creating community for LGBT seniors. Everyone is welcome and there is no charge. Santa Rosa group: 4th Tuesday of the month at 1:30PM.

www.uua.org/lgbtq/witness

(707) 583-2330

547 Mendocino Ave, Santa Rosa

Veteran Services of Sonoma County

Offer information and assistance to veterans and their families. They are a county agency dedicated to serving veterans and their families. Have knowledge about the huge array of programs, benefits and services that are available today.

www.scvets.org

(707) 565-5960

3725 Westwind Blvd, Suite 100, Santa Rosa

YMCA

Full service gym with weights, cardio equipment, group exercise classes and pool. Offers outreach and sponsorship programs for low income individuals/families through an application process. Flexible hours. Call for fees.

www.scfymca.org

(707) 545-9622

info@scfymca.org

1111 College Ave, Santa Rosa

Smoking and Tobacco Cessation

The EX Plan

The EX Plan is a free online quit smoking program. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic. The EX Plan helps you see quitting not as one big war, but as a number of little battles you can actually win. And the secret to winning these battles is re-learning your life without cigarettes.

**** Se habla español**

www.becomeanex.org/#

QuitNet

QuitNet is the world's largest and most comprehensive online quit-smoking service. Offer all the tools and support you need to quit. Offer games to distract from cravings, like defeat the Nicodemon. Take a tour of the website and join today!

www.quitnet.com/qnhomepage.aspx

American Lung Association

The American Lung Association works to save lives by improving the lung health and prevent lung disease through Education, Advocacy and Research. Provide detailed and accurate answers to various questions about; Lung Cancer, Asthma, Allergies, Emphysema, Smoking Cessation, Environmental Health, etc.

www.lung.org/about-us/lung-helpline.html

1-800-586-4872

****California Smokers' Helplines**

Get free help to quit smoking or chewing tobacco by phone. Free quit kits, a referral list of other programs, and free one-on-one counseling over the phone. Chinese, Korean, Spanish, and Vietnamese spoken. Website in English and Spanish. In a research study, people who received our counseling were twice as likely to stay quit than those who tried to quit on their own.

www.californiasmokershelpline.org

1-800-NO-BUTTS (66-28887)

1-800-456-6386 (Spanish)

1-800-844-CHEW (2439) (Chewing tobacco)

1-800-933-4833 (Hearing Impaired)

The MIQS Project

The Medi-Cal Incentives to Quit Smoking (MIQS) project provides Medi-Cal members with incentives to help them quit smoking or other tobacco use. Incentives for calling the helpline include: Obtaining a free 4-week supply of patches, a \$20 gift card that can be used at major retailers in California (Wal-Mart, Target, Safeway, Ralphs). To be eligible for the gift card you must have a Medi-Cal ID card number, request the gift card when you call, and complete a the first counseling session to help you quit.

www.californiasmokershelpline.org/CountyListings.aspx

1-800-NO-BUTTS (66-28887)

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

www.kp.org/santarosa

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****Northern California Center for Well Being-Smoke-Free Babies**

Free individual counseling (in Spanish and English) for pregnant women or new moms who want to quit smoking and provide a smoke free environment for their new baby. Home visits. Individual and group support, no fee.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite. B, Santa Rosa

****Northern California Center for Well Being-Smoking cessation classes**

**** Se habla español**

In Spanish and English eight 2- hour sessions. Based on the American Lung Association's Freedom From Smoking® program. \$125 Sliding scale based on income.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite. B, Santa Rosa

Substance Abuse

****Alcoholics Anonymous (AA)**

24-hour hotline and referrals 12 steps programs towards recovery; free meetings (some in Spanish) at many locations throughout Sonoma County.

www.sonomacountyaa.org

(707) 544-1300

**** Se habla español**

(707) 829-1272

En Español

Various Places

****Al-Anon/Alateen**

Volunteer group who holds regular support groups for families and friends who have been affected by someone's drinking. Have meetings in Spanish. Also special groups for teens whose have an alcoholic family or friend.

www.ncwsa.org/d05

(707) 322-2301 24 Hour

(707) 342-2792 24 Hour

(707) 694-6198 24 Hour

(707) 823-7840 24 Hour

(707) 865-2979 24 Hour

(707) 763-0183 *En Español*

Various Places

****California Human Development Corporation (CHDC)-Athena House at Stonehouse Inn**

Comprehensive residential treatment program for women who suffer from chemical dependency. Program has been in operation for over three decades. Will provide individualized treatment for women up to six months followed by 26-week aftercare program with competitive cost. Room, board and treatment services are \$1,500/month.

www.cahumandevlopment.org/court_diversion_services_athena_house.php

(707) 526-3150

3555 Sonoma Hwy, Santa Rosa

****California Human Development Corporation (CHDC)-Orenda Outpatient Program**

Helps those who suffer from drug or alcohol related problems learn to live a healthy, sober lifestyle. Services provided include; intake and assessment, treatment planning, individual counseling, ancillary service, referrals, educational and counseling groups. Accept walk-ins for a screening on Tuesday or Thursday from 9:00am-12:00pm. Cost is based on sliding scale and Medi-Cal accepted. Must provide income and identification.

www.cahumandevlopment.org/outpatient_treatment_services.php

(707) 523-2242

1015 Center Drive, Suite A, Santa Rosa

****California Human Development Corporation (CHDC)-Campobello**

Provides primary treatment, education, ongoing support and family services for individuals seeking a more rewarding, chemically free lifestyle. A 28-day residential treatment program for adults; Detox, day treatment, weekly outpatient services; private programs and education also available. Tailored to individual, social setting, aftercare. Private insurance only.

www.campobello.org

(707) 579-4066 or 1-800-805-1833

3250 Guernville Road, Santa Rosa

County of Sonoma-Syringe Access and Safe Sharps Disposal

Registered pharmacies may sell new, sterile hypodermic needles and syringes to individuals (adults, 18 years or older) without a prescription. A person can purchase a 10-pack of new, sterile syringes. A FREE sharps container is available at the time of purchase.

www.sonoma-county.org/health/prev/syringe_access.htm

(707) 565-6568

1055 W. College Ave, Santa Rosa

Drug Abuse Alternatives Center-Adult Services

Outpatient and residential treatment for alcohol and drug abuse, methadone maintenance and detoxification program, needle exchange service, a drug court program, supervised Sober Living House. Also offer Health Services; including HIV and Hepatitis C education, testing, and counseling.

www.daacinfo.org

(707) 544-3295 or 1-877-888-3222

2380 Professional Drive, Santa Rosa

Drug Abuse Alternatives Center-Teens and Parents

Outpatient programs and services for adolescents with alcohol and other drug problems, Juvenile Probation Program for non-violent adolescents involved in the criminal justice system. Health Services; including HIV and Hepatitis C education, testing, and counseling.

www.daacinfo.org

(707) 544-3295 or 1-877-888-3222

2380 Professional Drive, Santa Rosa

Drug Abuse Alternatives Center-Pregnant and Parenting Women

Perinatal Day Treatment for pregnant and/or parenting women with problems of chemical dependency, Transitional Living Center which provides safe and drug-free housing for pregnant and/or parenting women and their children for up to nine months. Health Services, including HIV and Hepatitis C education, testing and counseling. Payment assistance and full-scope Medi-Cal accepted.

www.daacinfo.org

(707) 544-3295 or 1-877-888-3222

2380 Professional Drive, Santa Rosa

Lytton Springs Salvation Army Rehabilitation Center

Drug and alcohol residential rehabilitation program for men with substance abuse. Minimum six month commitment. no cost but cannot be receiving any type of income. Services include: counseling, many types of classes, work therapy, and re-entry services after first six-months.

www.lytton.satruck.org/rehabilitation-program

(707) 433-3334

200 Lytton Springs Road, Healdsburg

****Narcotics Anonymous**

Meetings and activities for recovering addicts and their families. They can tell you more about NA, connect you with a member, give you meeting list over the phone. Check online for meeting times and date or call; days and times can change over time.

www.sonomacountyna.org/meetings.html

(707) 324-4062 *24 Hour*

Tuesday and Friday at 7:30pm

Sunday at 7:00pm

Thursday at 7:00pm

Saturday and Sunday at 8:00pm

Tuesday at 8:00pm

208 Commercial Street, Cloverdale

208 Commercial Street, Cloverdale

1110 University Ave, Healdsburg

133 Matheson Street, Healdsburg

9161 Starr Road, Windsor

Indian Health Project of Sonoma County

Substance abuse treatment and referrals; services are provided in a manner sensitive to the culture and traditions of local Native Americans.

www.scihp.org/bh/bh.htm

(707) 521-4545

144 Stony Point Road in Santa Rosa

R House

Programs for teens 13-18 with drug and alcohol issues. Residential program: 9-12 months group therapy, one-to-one counseling, family therapy and outdoor activities. Teen Relapse Prevention Program: groups and other counseling services free Monday through Friday from 9:00 am to 6:00 pm. Family Coaches: work with the family in their home, and two alternative High Schools (Rincon and Abraxis)

www.rhouseinc.org

(707) 526-4223

1207 Cleveland Avenue, Santa Rosa

Redwood Gospel Mission-Manna Home

It is a 10 month residential recovery program that provides services for adult women at no cost to her or her family. They are a faith-based program and the program is centered on Biblical values, which they believe include the 12 Steps. Women who want to seek services do not have to be Christian, only open to their teachings.

www.srmission.org/find.html

(707) 576-1471

2032 Dennis Lane, Santa Rosa

Redwood Gospel Mission-New Life Program

Offers a 10-15 month residential recovery program for men. For more information download an application or contact Redwood Gospel Mission for more information.

www.srmission.org/find.html

(707) 542-4817

Santa Rosa

Santa Rosa Treatment Program

Provides adult and adolescent services outpatient substance abuse, anger management, addiction education, and narcotic replacement therapy.

www.srtp.net

(707) 576-0818

1901 Cleveland Ave., Suite. B. Santa Rosa

**** St. Joseph Behavioral Health Services**

Individual, group and family therapy, addiction and mental illness education, behavior modification, goal setting, coping techniques, relapse prevention strategies, 12-step programs and other treatment methods.

www.stjosephhealth.org/Our-Services/Mental-Health.aspx

(707) 547-5450

1165 Montgomery Drive, Santa Rosa

Women's Recovery Services

Residential recovery program for women, 90-day minimum stay; children may accompany their mothers; also receive education and training to move on to productive ways of living. 9 months aftercare support. Help access transitional housing. Sliding scale and funding available.

www.womensrecoveryervices.org

(707) 527-0412

Santa Rosa

Transportation

Mendocino Transit Authority

Daily bus service between Point Arena, Mendocino, Ukiah and Santa Rosa. Does not run on Sundays or city observed holidays. Wheel chair accessible. Fares, must provide exact change only; Adults \$1.50, Seniors and Students may ride for a reduced fare, Children under 2 Free, Youth (18 and younger) Summer Pass valid for June, July, and August \$40.00, Multi-ride pass \$15.00.

www.mendocinotransit.org/

1-800-696-4682

241 Plant Road, Ukiah
190E. Spruce Street, Fort Bragg

****Bell's Ambulance**

Emergency and non-emergency medical transportation in Healdsburg and Windsor. Wheelchair and gurney accessible. Private insurance, Workers Comp and Medi-cal accepted.

www.bellsambulance.com

(707) 433-1114

438 Powell Ave, Healdsburg

Healdsburg Transit-Fixed Route Service

Bus stops at 28 scheduled locations around Healdsburg, serving all the major shopping areas, Healdsburg District Hospital, Alliance Medical Center, schools, senior residential complexes and communities. Does not run on Sundays or city observed holidays. Wheelchair accessible. Fares, must provide exact change only: Adults \$1.50, Seniors \$0.75, Students \$1.00, Children under 5 Free, Disabled \$0.75, Deviation Service \$1.75

www.ci.healdsburg.ca.us/index.aspx?page=195

(707) 431-3324

Healdsburg

Healdsburg Transit-Route Deviation Service for Eligible Riders

For eligible seniors 60+ and disabled individuals under the age of 60years, Healdsburg Transit offers a door-to-door deviation service. Eligibility determined by application. Applications are available and processed at the Healdsburg Senior Center. Deviation service available by appointment only; must be made a minimum of a day in advance by calling Monday-Friday from 10:00am-4:00pm. Appointments are scheduled up to 2 weeks in advance.

www.ci.healdsburg.ca.us/index.aspx?page=195

(707) 431-3324

Healdsburg

All American Medical Transportation

Non-emergency transportation services, including; ambulatory sedan service, wheelchair van service, gurney transport and basic life support ambulance transport services for those needing medical staff and professional care during transportation.

www.aamedtrans.com

(707) 552-1193 or 1-888-343-7200

Santa Rosa

Amcare

Non-Emergency Medi-Cal Transportation for people in a wheelchair or gurney. Located in Santa Rosa but will travel anywhere within Sonoma County.

(707) 578-1144

Santa Rosa

****American Cancer Society-Sonoma County**

Offers transportation with volunteers who drive patients from treatment-related medical appointments. Includes assistance with transportation costs; and assistance with out of town lodging.

www.cancer.org

(707) 545-6720

1451 Guerneville Road, Santa Rosa

Becoming Independent

Aids people with disabilities live meaningful and productive lives in Sonoma County. Provide adult activities, independent living support services and advocate for people with disabilities. Some of the programs they offer are; personal enrichment, employment services, community living supports and transportation services. Personal enrichment include art and music programs, computer and media labs, gardening, classes, physical fitness, and community outings.

www.becomingindependent.org

(707) 431-1345

tthompson@becomingindependent.org

625 Center Street, Healdsburg

(707) 524-6600

info@becomingindependent.org

1425 Corporate Center Parkway, Santa Rosa

Catholic Charities of the diocese of Santa Rosa-CARES

Transportation to help access medical, social, emergency services provided by volunteers for older or disabled people.

www.srcharities.org/services/cares.html

(707) 528-8712 ext. 185

987 Airway Court, Santa Rosa

Jewish Family and Children's Services (JFCS) Rides Transport Service

Provides seniors and people with disabilities transportation to medical and dental appointments, the grocery store, the pharmacy, and other critical errands. Annual registration fee and ride fee on sliding scale based on income.

www.jfcs.org/services/JFCS-RIDES-transportation-services

(707) 303-1502

1360 North Dutton Ave, Santa Rosa

Santa Rosa City Bus

Bus stops at 17 scheduled locations around Santa Rosa; wheel chair accessible, low-floor buses, can accommodate up to 2 bikes on the bike rack. CityBus does not run on Holidays. Fares, must provide exact change only: Adult \$1.50, Half Fare: \$.75 (65+ years old, or valid Medicare Card, or valid DMV ID Card or Placard, or Valid Regional Transit Discount Card), Youth (5-18yrs old) \$1.25. Also offer a 24-Hour CityBus Day Pass, unlimited rides on the Santa Rosa CityBus for 24-hours; Adults \$4.00, \$2.00 Half Fare Day Pass, \$3.00 for the Youth Fare Day Pass (Valid for Youth 5-18 years of age).

www.srcity.org/departments/transit/citybus/Pages/default.aspx

(707) 543-3925 or TTY: (707) 543-3926

100 Santa Rosa Ave, Rm 6, Santa Rosa

Sonoma County-ADA Paratransit

Door-to-door service for people with disabilities. Must be registered as ADA eligible before using the service. To apply call and ask to have the application mailed to you. Please call a day in advance. Rides available Monday-Friday from 5:00am-11:00pm, Saturday-Sunday from 7:00am-9:00pm. Service parts of Cloverdale, Windsor, Santa Rosa, Sebastopol, Sonoma Valley and many more. City to city transportation. Fare: 1st Zone Tickets \$2.50 each, Additional Zone Tickets \$1.15 each.

www.sctransit.com/paratransit/

(707) 576-7433 or 1-800-345-7433 or (707) 585-9817 TTY

355 W. Robles Ave, Santa Rosa

Sonoma County-Transit

Bus routes throughout Sonoma County. Call or go online for services, fares and transfer information, bicycles are allowed on major routes. Wheel chair accessible. Discount fares available for students and seniors.

www.sctransit.com

(707) 576-7433 or 1-800-345-7433 or (707) 585-9817 TTY

355 W. Robles Ave, Santa Rosa

Volunteer Wheels

Provides low-fare door-to-door rides to seniors and disabled residents of Sonoma County seven days a week to medical appointments, senior centers, shopping, visits to loved ones, or any location in Sonoma County. Must contact Sonoma County ADA Paratransit to set-up service.

www.volunteernow.org/public-services/volunteer-wheels.aspx

(707) 573-3399

153 Stony Circle, Suite 100, Santa Rosa

Vision Resources

Optometrist

William F. Hoyer, OD

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

**** Se habla español**

www.williamhoyerod.com/
(707) 894-3936

112 W. First Street, Cloverdale

James E. Hunt, MD

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.jameshuntmd.com/
(707) 838-3400

8465 Old Redwood Highway, Suite 615, Windsor

Dr. John W. Walker

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.doctorjohnwalker.com/
(707) 836-0306

info@doctorjohnwalker.com

9071 Conde Lane, Windsor

Wal-Mart Vision Center

Offers comprehensive eye exams, complete contact lens services including all specialty lens products, and frame styling to complement your lifestyle. Accepts private insurance and self pay.

www.walmart.com/cp/Walmart-Vision-Centers/1078944
(707) 838-0185

6650 Hembree Lane, Windsor

****John J. Tracy, OD**

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.drjtracy.com/
(707) 542-8883

2655 Cleveland Ave, Santa Rosa

Empire Eye Doctors Medical Group Inc.,

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.empireeyedocs.com/
(707) 575-3800

720 Fourth Street, Santa Rosa

Eye Care Institute

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.see-eci.com/
(707) 578-5757

Optical

(707) 546-9800

1017 Second Street, Santa Rosa

Family Optometry Center of Santa Rosa

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.familyoptometrycenter.com/HomePage.html
(707) 571-2020

info@familyoptometrycenter.com

1559 Farmers Lane, Santa Rosa

Dr. Hollis L. Stavn

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.eye-spy.net/

(707) 527-9137

hlstvn@sonic.net

2305 Mendocino Ave, Suite B, Santa Rosa

JC Penney Optical

Offers comprehensive eye exams, complete contact lens services including all specialty lens products, and frame styling to complement your lifestyle. Accepts private insurance and self pay.

www.jcpenneyoptical.com/about/

(707) 575-5061

800 Coddington Sonoma County, Santa Rosa

Dr. Les A. Shipley and Associates

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.drlesshipley.com/

(707) 525-9920

1430 Guerneville Road, Santa Rosa

LensCrafters

Offers comprehensive eye exams, complete contact lens services including all specialty lens products, and frame styling to complement your lifestyle. Accepts private insurance and self pay.

www.lenscrafters.com/

(707) 544-0924

2033 Santa Rosa Plaza, Santa Rosa

Sears Optical

Offers comprehensive eye exams, complete contact lens services including all specialty lens products, and frame styling to complement your lifestyle. Accepts private insurance and self pay.

www.searsoptical.com/en/so-us

(707) 570-0990

100 Santa Rosa Plaza, Santa Rosa

Michael C. Shulkin

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, complete contact lens services including all specialty lens products, co-management for laser and cataract surgeries and frame styling to complement your lifestyle. Accepts private insurance, self pay, participate in VSP, Medi-Care, and Medi-Cal.

www.secure.yourlens.com/drmichaelshulkin/

(707) 542-3404

1188 Montgomery Drive, Santa Rosa

Ophthalmologist

North Bay Eye Associates

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, co-management for laser and cataract surgeries. Accepts Blue Cross and Blue Shield, self pay, participate in VSP, and Medi-Care.

www.northbayeye.com/santa-rosa

(707) 433-9475

(707) 544-3375

1310 Prentice Drive, Suite F, Santa Rosa

380 Tesconi Court, Santa Rosa

**** Se habla español**

Brien A. Seeley, MD

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, co-management for laser and cataract surgeries. Accepts private insurance and self pay.

www.sutterhealth.org/dr-brien-a-seeley8781.html

(707) 544-2720

4739 Hoen Ave, Santa Rosa

****Denise L. Kayser, MD**

Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, co-management for laser and cataract surgeries. Accepts private insurance and self pay. Knows some basic Spanish.

www.sutterhealth.org/dr-denise-l-kayser.html

(707) 575-5353

3536 Mendocino Ave, Suite 380, Santa Rosa

Laservue Eye Center Medical

Offers state-of-the-art Blade-free Wavefront LASIK technology. Offers comprehensive eye exams, diagnosis and treatments of ocular disease and injury, co-management for laser and cataract surgeries. Accepts private insurance and self pay.

www.laservue.com/

(707) 522-6200 or 1-800-527-3745

3540 Mendocino Ave, Suite 200, Santa Rosa

Veterans

Vet2Vet

Veterans peer crisis line. Helps returning service men and women navigate the VA mental health system.

www.veteranscall.us

1-878-838-2838

Bucklew Programs

Offers education to family members and caregivers of adults with mental illness and serves as a liaison with Sonoma County Mental Health and other community based organizations and services. Offers a free family Resource Clinic which is offered every Tuesday from 3:00pm-4:30pm. Systems of service can include but not limited to the following: Sonoma County, Mental Health, Jail System, Human Services, Health system and Legal system of Support and Service. Referrals can include but not limited to Mental Health of Services, Consumer Self Help Centers, Human Services, Employment Services, Homeless Resources, Community Health Centers, Youth, Veteran and Senior Services.

www.bucklew.org
(707) 571-5581

144 South E Street, Suite 200, Santa Rosa

County of Sonoma- Assessors Office-Disabled Veterans Exemptions

Allows veterans who are disabled, or who are blind in both eyes, or have lost the use of two or more limbs, or his/her surviving spouse to exempt \$100000 of the value of a home from taxation each year. If total household income is less than \$44907, they can exempt \$150000. For the \$100000 only requires filling out the application once, for the \$150000 exemption must apply every year.

www.sonoma-county.org/Assessor/veteran.htm
(707) 565-1888 or 1-800-244-1034

585 Fiscal Drive, Suite 104F, Santa Rosa

Disability Services and Legal Center

Assists adults and children with any disability in benefits counseling, housing search, home access modification, assistive technology, social security appeals, transition from institution to home, deaf services, and advocacy. To receive services, must attend an orientation, Mondays at 1:30pm.

www.disabilityserviceandlegal.org
(707) 528-2745

521 Mendocino Ave, Santa Rosa

NAMI Sonoma County – Housing for Veterans

Rooms for rent in two houses located in Petaluma. Offers congregate living; shared housing. No medical cannabis or illicit drugs at the house. Must be a single adult. Rent includes garbage, water, PG & E. Properties are mostly furnished. Veterans with depression, anxiety, PTSD, or any other emotional need are welcome.

(707) 527-6655 info@namisonomacounty.org

1300 N. Dutton Ave., Suite A, Santa Rosa

North Bay Veterans Resource Center

Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2-week workshop for employment training. Hours: Monday-Friday 8:00am–4:00pm.

www.vietvets.org/nbvrc.htm
(707) 578-8387

2455 Bennett Valley Road, Suite C-105, Santa Rosa

Sonoma County “Vet Connect”

Non profit veteran assistance program run by veterans for veterans at no-cost. Offer assistance with; VA Medical Benefits, VA Claims, legal issues, housing and employment. If you are a family member concerned about the emotional or physical health of a veteran, you are welcome to attend. See website for meeting times and locations in the area.

www.vet-connect.org
(707) 755-1417

VETS@vet-connect.org

PO Box 14474, Santa Rosa

Veterans Justice Outreach-San Francisco Medical Center Extension

Services for Veterans involved with law enforcement, courts, and criminal justice system. Seeks to arrange treatment instead of jail time when possible. Have social work services, health care services, mental health services and additional service available in some locations: Showers & laundry, free telephone access mailbox service. Help in obtaining VA benefits.

www.sanfrancisco.va.gov/cboc/santarosa.asp
(707) 326-4726

3841 Brickway Blvd, Santa Rosa

**** Se habla español**

Veteran Services of Sonoma County

Offers information and assistance to veterans and their families. They are a county agency dedicated to serving veterans and their families. Have knowledge about the huge array of programs, benefits and services that are available today.

www.scvets.org

(707) 565-5960

3725 Westwind Blvd, Suite 100, Santa Rosa

Vietnam Veterans of CA

Offers information and assistance to veterans and their families.

(707) 578-2785

2455 Bennet Valley Road, Santa Rosa

Weight Loss

Sonoma Diet

Online program focuses on boosting vitality and heart health while losing weight; emphasizes value of Mediterranean diet; free analysis online and \$5/week fee includes meal planner, recipes, shopping lists, local support networking and online dietitian consultations.

www.sonomadiet.com

Food Addicts in Recovery Anonymous

Food Addicts is an International fellowship of men and women who have experienced difficulties in life as a result of the way they eat. The program of recovery is based on the twelve steps and twelve traditions of Alcoholics Anonymous. There are no dues or fees and newcomers are welcome. There is a current list of meetings online.

www.foodaddicts.org:30am

<i>Monday and Friday at 9:00am</i>	<i>(707) 292-8891</i>	<i>3300 Sonoma Ave, Santa Rosa</i>
<i>Tuesday at 6:30pm</i>	<i>(707) 779-9829</i>	<i>429 Terrace Blvd, Healdsburg</i>
<i>Wednesday at 8:00am</i>	<i>(707) 887-7315 or (707) 953-1242</i>	<i>251 Windsor River Road, Windsor</i>
<i>Thursday at 9:00am</i>	<i>(707) 324-9758 or (707) 332-1807</i>	<i>1647 Guerneville Road, Santa Rosa</i>
<i>Saturday at 9:00am</i>	<i>(707) 568-7561 or (707) 588-9197</i>	<i>2150 Giffen Ave, Santa Rosa</i>
<i>Sunday at 6:30pm</i>	<i>(707) 568-7561 or (707) 579-0830</i>	<i>401 Bicentennial Way, H1 & H2, Santa Rosa</i>

Jenny Craig

Offers free start-up consultations. Program designed to help you lose weight with the help wof a personal consultant. The program prepares your meals, snacks, and desserts. Monthly service fee of around \$85.

www.jennycraig.com

(707) 573-1500

1401 Guerneville Road #300, Santa Rosa

****Kaiser Permanente**

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park.

www.kp.org/santarosa

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa

****Northern California Center for Well Being**

Individual services including nutritional counseling/ medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Classes in Diabetes, Heart Disease, Pain Management and Hepatitis C. Classes vary by price, some are covered by Medicare and others have a sliding scale. Call/visit for prices. Some classes available in Spanish.

www.norcalwellbeing.org

(707) 575-6043

365 Tesconi Circle, Suite B, Santa Rosa

Sonoma County Intergroup of Overeaters Anonymous

Support group for those who want to stop eating compulsively. You do not have to register to attend any OA meeting. Some meetings are open, some are closed and some are only bi-monthly. Call before attending any meeting.

www.sonoma.oar2.org

<i>Monday/Tuesday*/Wednesday/Friday* at 9:00am</i>	<i>(707) 290-2539</i>	<i>4930 Newanga Ave, Hummon Hall, Santa Rosa</i>
<i>Monday at 7:00pm</i>	<i>(707) 543-0988</i>	<i>1717 Yulupa Ave, Rm 8, Santa Rosa</i>
<i>Tuesday at 9:00am</i>	<i>(707) 548-8911</i>	<i>1717 Yulupa Ave, Rm 8, Santa Rosa</i>
<i>Wednesday at 9:00am*</i>	<i>(707) 327-7750</i>	<i>Howarth Park, Summerfield Road, Santa Rosa</i>
<i>Thursday at 7:00am*</i>	<i>(707) 290-2539</i>	<i>4930 Newanga Ave, Hummon Hall, Santa Rosa</i>
<i>Thursday at 12:15pm</i>	<i>(707) 542-8566</i>	<i>1650 West 3rd Street, Santa Rosa</i>
<i>Thursday at 7:30pm</i>	<i>(707) 360-5877</i>	<i>4930 Newanga Ave, Hummon Hall, Santa Rosa</i>
<i>Friday at 9:00am</i>	<i>(707) 548-8911</i>	<i>1717 Yulupa Ave, Rm 8, Santa Rosa</i>
<i>Friday at 6:30pm</i>	<i>(707) 688-2789</i>	<i>4539 Occidental Rd, Rm 3, Santa Rosa</i>
<i>Saturday at 9:00am</i>	<i>(707) 327-7750</i>	<i>Howarth Park, Summerfield Rd, Upper Parking Lot, Santa Rosa</i>
<i>Saturday at 7:00pm*</i>	<i>(707) 548-8911</i>	<i>4539 Occidental Road, Rm 3, Santa Rosa</i>
<i>Saturday at 7:00pm</i>	<i>(707) 887-1882</i>	<i>4539 Occidental Road, Rm 3, Santa Rosa</i>
<i>Sunday at 7:30pm*</i>	<i>(707) 543-0988</i>	<i>3950 Doubles Drive, Santa Rosa</i>

* = Closed Meeting; restricted to those who desire to stop eating compulsively (OA members and others who think they have a problem with food)

Take Off Pounds Sensibly (TOPS)

Support group offering encouragement, accountability and involvement for everyone. They can help you reach your weight-loss goal by providing you with the tools, information, support and accountability you need to be successful. Have weekly meetings where you get weighed before the meeting. Offer both face-to-face and online classes. First visit is free, yearly membership is \$28, and nominal local chapter dues of about \$5 per month.

www.tops.org

<i>Tuesday at 8:30am/10:00am</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>515 Powell Ave, Fellowship Rm, Healdsburg</i>
<i>Monday at 6:30/7:00pm</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>10285 Starr Road, Library, Windsor</i>
<i>Thursday at 5:30/6:00pm</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>3665 Hardies Lane, Library, Santa Rosa</i>
<i>Tuesday at 9:00am/9:30am</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>433 Fulton Road, Small Clubhouse, Santa Rosa</i>
<i>Thursday at 9:00/10:00am</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>4325 Mayette Ave, Rm 2 & 3, Santa Rosa</i>
<i>Thursday at 5:30/6:30pm</i>	<i>(707) 253-8363 or (619) 820-0601</i>	<i>2185 Occidental Road, Main Rm, Santa Rosa</i>

Day Time/Time = Weight Time/Meeting Time

Young Adults

California Youth Crisis Line

Crisis counseling, information & referrals for youth and families.

www.youthcrisisline.org

1-800-843-5200

Child Protective Services

(707) 565-4304

HIV Night-Line (5am-5pm 7days/week)

1-800-273-2437

YMCA Domestic Violence Hotline

(707) 546-1234

National Runaway Hotline

Youth and family members can call 24 hours a day to work through problems and find local help from social service agencies and organizations. Home Free Program gives free bus tickets to teens return home.

www.1800runaway.org

1-800-786-2929

****Alexander Valley Healthcare**

We are a dedicated team of health professionals including physicians, nurse practitioners, dentists, behavioral health, family counselors and psychologists. Our primary care doctors, nurses, and support staff are committed to working with you and your family in maintaining optimal health. Offer sliding scale, turns no one away. Individual, family and group counseling available, free assistance with various program enrollment applications. Also offer smoking cessation services.

www.alexandervalleyhealthcare.org

(707) 894-4229

6 Tarman Drive, Cloverdale

****The Center for Social and Environmental Stewardship**

Provides youth, families, and adults with guidance, mentoring, counseling, and community service opportunities designed to develop pro-social and work-ready skills, while achieving their unique positive human potential.

www.cfses.org/

(707) 838-6641

TheCenter@cfses.org

*109 South Main St, Cloverdale
9619 Old Redwood Highway, Windsor
401 College Ave, Santa Rosa*

****Alliance Medical Center**

Serve everyone from newborns to the elderly, offering medical and dental care and a wide range of specialty services. Our staff of experts guides our patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal and CPSP. The staff and providers are friendly, caring and bilingual.

www.alliancemed.org

(707) 433-5494

(707) 687-2484

*1381 University Avenue, Healdsburg
65 Old Redwood Hwy, Suite 320, Windsor*

****Alliance Medical Center-Teen Health Center**

Free and confidential services such as birth control options, free condoms, pregnancy testing, STI testing and treatment, emergency contraception, mental health counseling, peer education and comprehensive sexual health. Hours: Thursday from 1:00pm-5:00PM at the Healdsburg Community Center.

(707) 431-1170

1557 Healdsburg Ave, Rms 15 & 16, Healdsburg

Chops Teen Club

The only club in Santa Rosa just for teens. Classes and activities for 7th to 12th graders living in, or going to school in Santa Rosa: Art Club, recording engineering, web and graphic design, barista training, open mic nights and live music, rock climbing, recreational sports and many more activities. Membership is \$1 per year.

www.chopsonline.com

(707) 284-2467

509 Adams Sreet., (Railroad Square), Santa Rosa

Community Action Partnership-Youth-Build

Provides mentoring, educational and vocational training and skill development to at-risk and low-income youth ages 16-24; youth learn important job skills while building affordable housing locally.

www.caponoma.org/District/Department/5-Vocational/1188-YouthBuild.html

(707) 578-2034

1300 North Dutton Ave, Santa Rosa

Community Action Partnership- Youth Connections Program

Based at the South Park Youth Center. Provides young adults, 16-24, with the opportunity to complete their high school diploma in an alternative setting. Also provide occupational training and work readiness certifications through Sonoma Office of Education.

www.caponoma.org/District/1374-Untitled.html

(707) 578-2034

1300 North Dutton Ave, Santa Rosa

County of Sonoma-Teen Parent Connection

Program for pregnant/parenting teenagers age 18 or younger. Social workers provide long-term comprehensive case management services helping clients to maximize their educational potential and advance self-sufficiency. TPC has been shown to decrease preterm births and repeat births, and to increase immunization and graduation rates.

www.sonoma-county.org/health/ph/homevisiting/tpc.htm

(707) 565-4440

625 5th Street, Santa Rosa

Drug Abuse Alternatives Center-Free to Be

Offers schools and community groups a range of educational peer-taught components for ages to 10-18. Through teen panels, curricula, and campus clubs we empower teens with the knowledge, tools, motivation and support they need to navigate through a very challenging youth culture. They build healthy relationships, making well throughout decisions, and setting goals for the future.

www.free-to-be.net

(707) 526-3819

1180 4th Street, Suite B, Santa Rosa

Drug Abuse Alternatives Center-Positive Images

Free counseling services for gay, lesbian, bisexual, transgender and questioning youth ages 12 to 25; drop-in Monday-Friday 1:00pm-5:00p.m. Confidential support groups Thursday nights from 7:00pm-9:00pm at Santa Rosa High Multi Purpose Room (1235 Mendocino Avenue, Santa Rosa).

www.posimages.org

(707) 568-5830

312 Chinn Street, Santa Rosa

Drug Abuse Alternatives Center-Teens and Parents

Outpatient programs and services for adolescents with alcohol and other drug problems, Juvenile Probation Program for non-violent adolescents involved in the criminal justice system. Health Services; including HIV and Hepatitis C education, testing, and counseling.

www.daacinfo.org

(707) 544-3295 or 1-877-888-3222

2380 Professional Drive, Santa Rosa

LandPaths

Their mission is to foster a love of the land in Sonoma County. Offer public outings at no charge or sliding scale donation, where they visit open spaces, farms and parks-in-development throughout Sonoma County. Work with low-income students to provide these outings and are always looking for volunteers.

www.landpaths.org/

(707) 544-7284

info@landpaths.org

618 4th Street, #217, Santa Rosa

****Santa Rosa Community Health Centers**

**** Se habla español**

Serves everyone from newborns to elderly, offering medical and a wide range of specialty services. Staff of experts guides the patients through the insurance process, and assists with applications for state and federal programs such as Medi-Cal. Staff and providers are friendly, caring and bilingual. Offer workshops on various topics; breastfeeding support, childbirth, 2-week baby group, breastfeeding support etc.

www.srhealthcenters.org

info@srhealthcenters.org

(707) 303-3600

Vista Family Health Center

3569 Round Barn Circle, Santa Rosa

(707) 547-2222

Southwest Community Health Center

751 Lombardi Court, Santa Rosa

****Santa Rosa Community Health Centers-Elsie Allen Health Center**

Located on the Elsie Allen High School Campus. Serve Teens ages 12-19 throughout Sonoma County. Anyone is welcomed, no need to be a student at Elsie Allen. Staff and providers are friendly, caring and bilingual. Most teens are eligible for coverage for reproductive health services through the Family PACT program. All other services are provided on a sliding scale or at no cost.

www.srhealthcenters.org/locations/elsie-allen-health-center/

(707) 583-8777

599 Bellevue Ave, G17, Santa Rosa

****Santa Rosa Community Health Centers-Roseland Pediatrics Teen Clinic**

Free and confidential services such as birth control options, free condoms, pregnancy testing, STI testing and treatment, emergency contraception, mental health counseling, and comprehensive sexual health. Hours: Friday from 2:00pm-5:00PM at.

(707) 578-2005

711 Stony Point Road, Suite 17, Santa Rosa

****Santa Rosa Junior College-Student Health Services**

Provides free reproductive services, including birth control, testing, and treatment for sexually transmitted diseases, clinical exams, Paps, and mammography referrals by the Santa Rosa Community Health Centers. Hours: Tuesdays 12:00PM-3:00PM and Fridays 10:00AM-2:30PM.

www.srhealthcenters.org/santa-rosa-junior-college-clinic/

(707) 527-4445

1501 Mendocino Ave, Santa Rosa

Social Advocates for Youth (SAY)

SAY collaborates closely with local communities and schools to address and help meet the needs of young people and their families. Services include: A crisis line for adolescents and parents; a shelter for runaway and homeless youth that focuses on family reunification; individual, family, and group counseling; school-based drug and alcohol prevention and education; youth employment services; family advocacy; mentoring; and a supportive housing program for young adults out of foster care.

www.socialadvocatesforyouth.org

(707) 544-3299 or 1-888-729-0012 (24 Hour)

3440 Airway Drive, Suite E, Santa Rosa

Verity

Offers services to victims of all forms of sexual assault including; incest, child sexual abuse, date rape, marital rape, same sex rape, sexual harassment, and attempted sexual assault. Walk-in Crisis Counseling: Weekdays 9:00am-5:00pm. Individual therapy and support groups available.

www.ourverity.org/services

(707) 545-7270

info@ourverity.org

835 Piner Road, Suite D, Santa Rosa

V.O.I.C.E.S

Promotes the overall wellness of youth by increasing their access to health-related resources. Wellness services include 1:1 counseling and support, food and nutrition classes, physical and mental health education, and assistance with applications for all health-related services. Support youth to develop a personal plan for success in education, employment and career development, they have access to 1:1 coaching, tutoring, GED preparation, pre-employment skill building, assistance with jobs and internships, and offer an Independent Living Program provides training to help

**** Se habla español**

youth develop the skills needed for becoming independent adults. Provide referrals and application assistance to youth who need emergency, transitional, and long-term housing.

www.voicesyouthcenter.org/programs/sonoma
(707) 579-4327

714 Mendocino Ave, Santa Rosa