

Revised: September 21, 2022



# Community Resources



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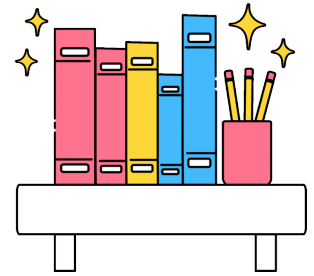
[www.latinoserviceproviders.org](http://www.latinoserviceproviders.org)



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# CRITICAL NEEDS RESOURCES

## HCA Family Fund: Emergency Assistance

The **HCA Family Fund** is a county wide one-time financial assistance program.

*For eligibility and additional information call: (707) 544-6911*



## SonomaWorks: Emergency Assistance

**SonomaWorks** provides temporary help for low-income families with children.

*For eligibility and additional information call: (707) 565-5500*

## Disaster Relief Housing Assistance Fund

The **Disaster Relief Housing Assistance Fund (DRHA)** is able to provide rental, deposit and essential needs assistance to those immediately affected by the wildfires in Sonoma County.

*For eligibility and additional information call:(707) 544-6911*



## Income Tax Assistance

From January 15th-April 15th, **VITA** provides complimentary tax assistance to families in Sonoma County.

**\*\*Assistance dates vary by tax preparer program\*\***

*For eligibility and additional information call: (707) 544-6911  
Ext. 1201*





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## Nurse-Family Partnership

**NFP** is an evidence-based, community health program that helps transform the lives of first-time expectant mothers.

*For eligibility and additional information call: (707) 565-4440*

*OR*

*Text: (844) 637-6667*



## **My Navigator Warm Line**

Free Baby Weight Stations and resources for women and their families during pregnancy, birth, breastfeeding and early parenthood.  
**\*\*Support available 7 days a week\*\***

*For eligibility and additional information call: (707) 902-3031*

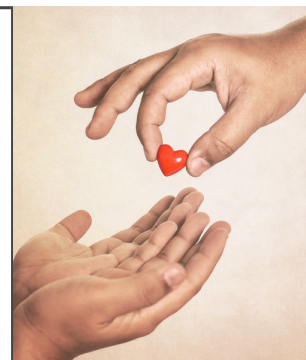
*OR visit:*

**[www.betterbeginningsforbabies.org](http://www.betterbeginningsforbabies.org)**

## Chronical Season of Sharing Fund

Provides short-term housing/ utility assistance to Bay Area Households overcome an unforeseen crisis.

*For eligibility and additional information call: 2-1-1*



## The Salvation Army

Rental assistance, utilities, food, clothing, and unexpected financial hardship aid.

**\*\*Appointments required\*\***

*For eligibility and additional information call: (707) 542-0998*

# COUNTY GENERAL ASSISTANCE

## General Assistance

### **Department of Human Services (Economic Assistance):**

Temporary cash assistance for low-income, unemployed or disabled individuals.

*For eligibility and additional information call: (877) 699-6868*

**Social Security Benefits (SSI and SSDI):** Assists individuals with disabilities with applications for financial assistance. Applications are required for assistance.

*For eligibility and additional information call: 1(877) 870-6384*

**SSDI and SSI Assistance (St. Vincent de Paul Sonoma County/SOAR):** Free help with Social Security Disability Insurance (SSDI) and State supplemental insurance applications.

*For eligibility and additional information call: (707) 584-1579*

**Temporary Assistance for Needy Families (TANF):** Cash and childcare assistance for families with dependent children.

*For eligibility and additional information call: (707) 565-5500*



## Utility Assistance

**North Coast Energy Services:** Home Energy Assistance Program (HEAP) provides a one-time payment per calendar year. Depends on income, household size and funding. Households facing shutoff may receive immediate help.

*For eligibility and additional information call: 1(800) 233-4480*



## Other Assistance Resources

**Healdsburg Day Labor Center:** Helps with rent, utilities and food stamp applications.

*For eligibility and additional information call: (707) 433-6652*



# RENT & UTILITY ASSISTANCE

## General Assistance

### Specific Sonoma County Area

- **Energy Assistance (REACH) from PG&E:** The **REACH** program helps pay for energy during a crisis. REACH provides an energy credit for up to \$300 based on the past due bill (energy credit support is subject to funding availability).

*\*\*Individuals may only attain aid once within a 12-month period and the individual must qualify for the program\*\**

*For eligibility and additional information call: (800) 933-9677*

- **West County Community Services:** Provides one-time help with rent or deposit, utility bill, or other critical needs.

*For eligibility and additional information call: (707) 823-1640 Ext. 115*

### Specific Sonoma Valley Area

- **La Luz Center:** Provides rent, utilities, and emergency assistance

*For eligibility and additional information call: (707) 938-5131*

- **Friends in Sonoma Helping (FISH):** One-time assistance for rent, deposit, or utilities.

*For eligibility and additional information call: (707) 996-0111*

### Specific Windsor Area:

- **Windsor Service Alliance:** Helps with late gas and electric bills.

*\*\*Photo ID and proof of Windsor residency required\*\**

*For eligibility and additional information call: (707) 838-6947*

# EMERGENCY SHELTERS

## Family Centers

**COTS Family Centers** provide coordinated intake for families only. New shelter applicants, please call 1(866) 542-5480

**The Heaven** provides emergency shelter and food for men, women, and families who are Sonoma and Sonoma Valley residents up to a 4 month stay. There is access to showers, laundry facilities, bus passes, food, clothing, classes and case management.

*For eligibility and additional information call: (707) 939-6777*



## **Winter Shelter: Reach for Home (Healdsburg)**

Provides services for shelter, floor mats, bedding provided and shower facilities.

*For eligibility and additional information call: (707) 433-6161*

## **West County Rapid-Re Housing (Guerneville)**

Assists families and individuals in becoming stable housed and financially self-sufficient.

*For eligibility and additional information call: (707) 823-1640*



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## **The Living Room**

Daytime drop-in center in Sonoma County that specifically serves homeless and at-risk women and their children.

*For eligibility and additional information call: (707) 579-0138*



## **SAFE Program**

**SAFE** prevents domestic violence by providing permanent solutions to safety, shelter, and economic issues. We protect victims of violence by keeping batterers away from them and their homes. SAFE legal services also provide victims access to shelter, money for food, necessities, physical and mental health care & transportation.

*For eligibility and additional information call: (707) 595-6295*

## **Women's Community Support Networks**

**The Rose Women's & Children's Shelter:** A Christian shelter for sober women and children.

*For eligibility and additional information call: (707) 573-0490*

**YWCA Domestic Violence Safe House:** Therapeutic 8-week shelter for women and children at risk of violence who cannot remain at home.

*For eligibility and additional information call:  
(707) 546-7115 or call (707) 546-1234 for 24-Hour Line support*

**Sloan House:** For single women and mothers with no more than two small children.  
*\*\*No boys over the age of 5\*\**

*For eligibility and additional information call: (707) 569-0615*



# CONTINUED

## Emergency Services: Catholic Charities

**Cold Weather Response Line (Catholic Charities):** Helps unsheltered individuals seeking relief from extreme weather.

*For eligibility and additional information call: 1(855) 707-4678*

**Homeless Service Center (Catholic Charities):** Shelter intake for single adults. New applicants call 1(866) 542-5480. Provides assistance for motel vouchers, showers, laundry, telephone, mail service, and social service referrals (when available).

*For eligibility and additional information call: (707) 525-0226*



## Community Support Networks

**Opportunity House:** For adults with mental illness seeking services for permanent supportive housing, transitional housing and youth services, recovery and counseling/mental health.

*For eligibility and additional information call: (707) 573-6955*

## The Coffee House Teen Shelter

The Dr. James E. **Coffee House Teen Shelter** is open 24 hours a day, 364 days a year providing respite for families in crisis and family reunification services for a runaway and homeless youth and their families. Other services provided include food, counseling, and referrals for youth and their families.

*For eligibility and additional information call: (707) 206-7494*

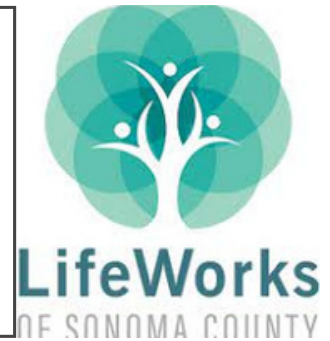


## COUNSELING/ PEER SUPPORT RESOURCES

## LifeWorks of Sonoma County

**LifeWork** serves clients of all ages and tries to meet a wide variety of needs. Programs offered, include: El Puente, Counseling Center, LifeWorks Behavioral Services, School Based Counseling, and Choices for Change.

*For eligibility and additional information call: (707) 568-2300*



## Mental Health Support Lines

**Angela Center:** (707) 528-8578

**La Luz Bilingual Center:** (707) 938-5131

**Jewish Family and Children's Services:** (707) 571-8131

**National Alliance on Mental Health Illnesses of Sonoma County:** (707) 527-6655

***\*\*All organizations listed offer counseling support resources\*\****

## Humanidad Therapy

Free community gatherings to celebrate culture and emotional wellness. In convivencias, community members experience mutual support and learn strategies to face life's challenges. Other services offered include peer groups via zoom/ in-person.

*For eligibility and additional information call: (707) 525-1515*



## Social Advocates for Youth

- Individual & Family Therapy
- Therapeutic Behavioral Services
- Grief Services
- School Mental Health Services

*For eligibility and additional information call: (707) 544-3299*

# MENTAL HEALTH IS A PRIORITY



# WELLNESS RESOURCES

## Domestic Violence Support Lines

### **YWCA Domestic Violence Safe House:**

Phone: (707) 546-7115 or (707) 546-1234, 24 hrs. phone line

**Verity:** Provides counseling for individuals dealing with trauma, sexual assault issues.

Phone: (707) 545-7270

**Side by Side:** Intensive crisis intervention to longer term case management (*eligibility requirements apply*)

Phone: (707) 569-0877



## The Botanical Bus

Bilingual Mobil herb clinic, serving Latinx and Indigenous folx through holistic health and empowerment-based education. Services offered include herbal, massage, acupuncture, and food-based healing.

Visit: [thebotanicalbus.org](http://thebotanicalbus.org) for more information



## **VOICES: Health and Wellness Program**

Promotes and supports the overall wellness of youth by increasing their access to health-related resources (food, nutrition classes and wellness workshops).

*For eligibility and additional information call: (707) 579-4327*

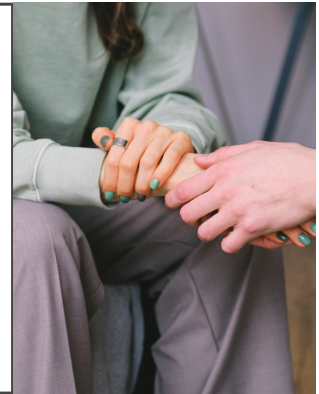
# CRISIS & SUPPORT SERVICES

## 24-Hour Crisis Services

**Disaster Distress:** Regional center offering crisis counselors trained to listen and offer support to people in emotional crisis. For eligibility and additional information call: 1(800) 985-5990

**Teen Line:** 1(310) 855-4673; Text *Teen* to 839863  
yourlifeyourvoice.org

Crisis and referral services, specializing in family reunification of runaways and homeless adolescents ages 11-17.



## SOS Community Counseling

**Santa Rosa Location:** (707) 284-3444

**Cotati Location:** (707) 242-6646

**Petaluma Location:** (707) 773-7760

**Sebastopol Location:** (707) 200-3846

**Larkspur Location:** (415) 254-2851

*\*\*Help lines listed are 24-Hour Crisis Services\*\**

## Health Centers

**Petaluma Health Center:** Offers bilingual behavioral health services through the community clinic that ranges from counseling to substance use to behavior management. For eligibility and additional information call: (707) 559-7500

**Alliance Medical Center (Healdsburg):** Offers bilingual behavioral health services that range from counseling to substance use to behavior management. For eligibility and additional information call: (707) 433-5494

**Santa Rosa Community Health Center:** Offers bilingual behavioral health services that range from counseling to substance use to behavior management.

For eligibility and additional information call: (707) 303-3600



**Petaluma People Services Center:** Range of services for behavioral services. eligibility requirements do apply, client must call to inquire for information  
For eligibility and additional information call: (707) 765-8488

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## Children and Adolescent Services

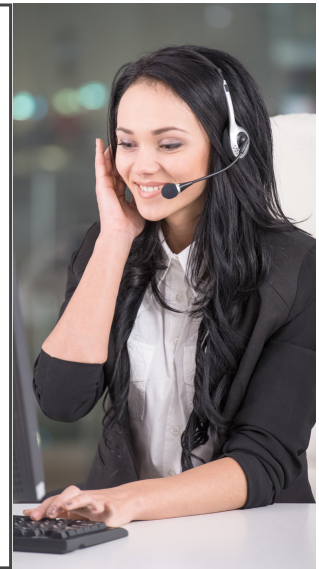
**CPI:** Individual, group, and family counseling for children aged 0-18 and their families. Services address childhood behavior challenges, difficult life transitions, and traumas.

*For eligibility and additional information call: (707) 585-6108*

**Katie Flinn, LCSW:** Private practice, sliding scale, English therapy.

**\*\*Children cannot have had an RCC interview or a CPS case\*\***

*For eligibility and additional information call: (707) 200-7885*



## Other Centers

**Hope Counseling (Christian Counseling):** Provides counseling services and resources. Located at 941 B Street, Petaluma  
*For eligibility and additional information call: (707) 763-9484*

**Russian River Counselors:** Provides counseling services and resources. Located at 19375 Hwy 116, Monte Rio (near Guerneville)  
*For eligibility and additional information call: (707) 865-1200*

**Lomi Clinic:** Provides low cost, sliding scale therapy and meditation group services.  
*For eligibility and additional information call: (707) 579-0465 Ext. 227*

**Project Lifeline:** Provides outpatient mental health services whose mental health has been impacted by COVID-19. Takes a multi-disciplinary approach with psychiatrists, nurse practitioners, mental health professionals, and case managers.  
*For eligibility and additional information call: (707) 919-3462*

**Chrysalis Community Counseling Services:** Provides low cost/ sliding scale therapy and meditation groups. Located at 1821 Fourth Street, Santa Rosa, CA  
*For eligibility and additional information call: (707) 545-1670*

**Southwest Community Center at Lombardi:** Non-urgent care and located in 751 Lombardi Court, Santa Rosa.  
*For eligibility and additional information call: (707) 547-2222*

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## More Centers

**Vista Family Services:** Provides non-urgent care and is located at 3569 Round Barn Circle Santa Rosa, CA

*For eligibility and additional information call: (707) 303-3600*

**Alexander Valley Regional Medical Center:** Range of services for behavioral services. eligibility requirements do apply, client must call to inquire for information.

*For eligibility and additional information call: (707) 894-4229*

## Community Health Centers

**Crisis Stabilization Unit:** 24/7 crisis intervention assessment, medication and up to 23 hours of supportive care for individuals in an acute mental health crisis. Bilingual services for children, youth, adults and their families are available.

*For eligibility and additional information call: (707) 576-8181 or 1(800) 746-8181*

**Brookwood Health Center:** Provides service to those who are homeless or uninsured, allows drop-in services, addresses urgent issues, also a quick point-of-entry into SR Health care system.

*For eligibility and additional information call: (707) 583-8700*

**Sonoma County Department of Behavioral Health:** Provides adult substance use treatment, youth substance use treatment, mental health services, crisis services, self-help centers, suicide prevention

24 Hour Access Line: (707) 565-6900 or 1(800) 870-8786

24-Hour Crisis Line: (707) 876-8181

24-Hour Suicide Prevention: (855) 587-6373

General Line: (707) 565-4850



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## **Men Evolving Nonviolently**

**Men Evolving Nonviolently** provides peer-led groups in Petaluma and Santa Rosa regarding mental health support services.

*For eligibility and additional information call: (707) 528-2636*

## **Family Justice Center**

**The Family Justice Center** assists anyone who is experiencing or has experienced:

- Domestic Violence
- Dating Violence
- Sexual Assault
- Child and/or Elder Abuse
- Elder Financial Abuse
- Stalking

*For eligibility and additional information call: (707) 565-8255*



## **Neglect Services**

**Child Protection Hotline:** Available 24/7 to make the verbal child abuse report: (707) 565-4304 or (800) 870-7064

**California Victims Compensation:** Can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help.

*For eligibility and additional information call: 1 (800) 777-9229*

# FOOD CONNECTIONS & RESOURCES

## FISH of Santa Rosa - Friends in Service Here

Services: Volunteers offer a few days' supply of groceries, and hot meals if available.

Location: 2900 McBride Lane Santa Rosa, CA

*For eligibility and additional information call: (707) 527-5151*



## Redwood Empire Food Bank

Food connections resource center that distributes emergency food and provides CalFresh Assistance.

*For eligibility and additional information call: (707) 523-7903*

## Catholic Charities

Referrals to rural food sites, food pantries, and assistance to apply for CalFresh.

*For eligibility and additional information call: (707) 284-3850  
Ext. 374*



## **Text to get FOOD**

Receive a list of local organizations that provide free groceries or meals using these simple steps:

1. Text the word FOOD to (707) 353-6333
2. Respond by texting the number 1 or 2 for the type of food or day of the week you are seeking food
3. Respond by texting your zip code
4. Get a message with locations in your area that are offering free food

# CONTINUED

## Food for Thought

Weekly food distribution at rural community sites for people unable to reach urban food banks and pantries. Additionally, offers vitamins, nutritional supplements and cooking classes.

*For eligibility and additional information call: (707) 887-1647*



## Cloverdale Food Pantries

**Cloverdale Food Pantry:** Provides food and pantry items to Cloverdale residents.

*For eligibility and additional information call: (707) 396-8303*

## Cotati and Petaluma Food Pantries

**The Salvation Army:** (707) 542-0998

**St. Vincent De Paul Relief Services:** (707) 584-1579 [Emergency food and clothing for homeless and/or needy individuals and families].

**COTS Food Box:** (707) 778-6380 [Emergency groceries for qualified families and individuals, applications required, and verification intakes required].



## Guerneville Food Pantries

**River to Coast Children's Services:** Call (707) 869-3613 or 1(800) 994-3613 for more information. Emergency food, diapers, formula for families with young children in West County. Some over-the-counter medications.

Call ahead for infant formula, pull up diapers, head lice treatments or baby food.

Location: 16300 First St., Guerneville

**Russian River Community Pantry:** (707) 869-2514. 2nd and 4th Saturdays from 10am-12pm. Can only receive food once a month. In November and December only one food distribution is held on the Saturday before the holiday.

Location: Guerneville Community Church



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## Healdsburg Area Resources

**Healdsburg Shared Ministries Food Pantry:** Food distributions done for Healdsburg and Geyserville residents with proof of residency.

*For eligibility and additional information call: (707) 433-3663*

**St. Paul's Episcopal Church:** First Thursday of each month from 8:30am-10am (no requirements needed).

*For eligibility and additional information call: (707) 433-2107*

**Trinity Baptist Church:** 1st Saturday and 3rd Friday of each month from 9am-10am (proof of income required)

*For eligibility and additional information call: (707) 433-4364*



## Occidental Food Pantries

**St. Philip the Apostle Church Rural Food Program:** (707) 874-3812 [2nd Tuesday from 9am-11am in the parish hall. Open to residents from Occidental, Bodega, Duncan Mills, Valley Ford, Freestone, Camp Meeker, Monte Rio, Cazadero and Jenner residents].

*For eligibility and additional information call: (707) 874-3812*



## Windsor Food Pantries

**WIC (Alliance Medical Clinic):** Opened Monday-Friday from 8am-5pm

Location: 1381 University St, Healdsburg.

*For eligibility and additional information call: (707) 431-0831*

**Windsor Service Alliance:** Groceries for seniors Fri 2pm; Families from 2:30pm-4pm. New clients sign up @ 3:30pm. Emergency food available for people unable to come on Fridays. Photo ID and proof of Windsor residency required.

*For eligibility and additional information call: (707) 838-6947*



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## Forestville Area

**Food Closet (Forestville United Methodist Church):** Provides groceries to individuals every 2nd and 4th Mondays.

**\*\*Food distributions arrives at 12 noon\*\***

Location: 6550 Covey Rd., Forestville

*For eligibility and additional information call: (707) 887-2020*



## Sonoma Area

**Friends in Sonoma Helping (FISH):** Provides 3-4 days of groceries once a month three times a year. Also assists with emergency rent and utility payments, new baby layette, household items, rides, home meals and holiday baskets along with financial assistance and transportation support.

*For eligibility and additional information call: (707) 996-0111*

**St. Leo's Catholic Church:** Provides food boxes that are distributed every Tuesday through Friday in a bimonthly basis. Thanksgiving baskets also available, located at - 601 W. Agua Caliente Rd., Sonoma

*For eligibility and additional information call: (707) 996-8422*

**La Luz Center:** Provides free produce on Friday's at 9am. No ID required and located at - Craig Avenue Baptist Church, 18621 Railroad Ave.

*For eligibility and additional information call: (707) 938-5131*



# HOT MEALS

## Santa Rosa Area

**Lighthouse Ministry Homeless Outreach:** Hot meals every Wednesday from 11 am-1pm

Location: Doyle Park - 700 Doyle Park Dr., Santa Rosa

*For eligibility and additional information call: (707) 623-5851*

**St. Vincent de Paul's Free Dining Room:** Hot lunch served from 11:30 am-12:30 pm daily at 610 Wilson St., Santa Rosa

*For eligibility and additional information call: (707) 583-7919*

**The Living Room:** Free breakfast and lunch for individuals at 1207 Cleveland Ave. Santa Rosa

- Monday, Tuesday, Thursday, Friday: 8:00 am-3:00 pm
- Wednesday: 8:00am-1:30pm

*For eligibility and additional information call: (707) 579-0138 or (707) 579-0142*

**Church of the Incarnation Sunday Open Table:** Free Sunday breakfast and Coffee begins at 6:00 am, and hot breakfast at 7:00 am, meals end at 8:00 am  
Location: 550 Mendocino Ave. Santa Rosa

*For eligibility and additional information call: (707) 579-2604*

## Sebastopol Area

**Sebastopol Christian Church:** Hot meals and showers from Monday - Friday between 9am-12pm at 7433 Bodega Ave. Sebastopol  
Frequency: 1st Saturday of each month

*For eligibility and additional information call: (707) 823-8242*

**St. Stephen's Episcopal Church Saturday Table:** Hot lunch every 3rd Saturday of each month from 12pm-1pm at 500 Robinson Rd. Sebastopol

*For eligibility and additional information call: (707) 823-3281*

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## Guerneville and Monte Rio

**Free Dinners Project:** Serves hot meals every 2nd and last Wednesday of the month from 4:30 pm-6:30 pm at the Guerneville Veterans Memorial Hall

*For eligibility and additional information call: (707) 869-2491*

**St. Andrew's Mission Food Program:** Serves Dinner every 1st and 3rd Tuesday between 5 pm-7 pm at St. Andrew's Episcopal Mission - 203 Hwy 116 Monte Rio

*For eligibility and additional information call: (707) 865-0834*

## Petaluma

**Petaluma Kitchen COTS:** Free lunch between 11:30am-1pm seven days a week at 900 Hopper St. Petaluma (Mary Isaak Center)

*For eligibility and additional information call: (707) 778-6380*

## Sonoma Area

**SOS Brown Baggers (Sonoma Overnight Support):** Provides burritos and sandwiches every Wednesday at Sonoma Valley Grange Hall between 11am-1pm

*For eligibility and additional information call: (707) 939-6777 or (707) 933-9593*

**SOS Brown Baggers at La Luz (Sonoma Overnight Support):** Provides free soup and salad on Fridays between 4pm-6pm at 17560 Greger St.

*For eligibility and additional information call: (707) 939-5131*



# LEGAL AID RESOURCES

## Legal Aid of Sonoma County

Assists financially challenged individuals with civil legal issues like: eviction, domestic violence, elder abuse, disaster relief and more.

**Domestic Violence:** (707) 595-6295

**Housing Matters:** (707) 843-4432

**Veteran's Benefits:** (707) 542-1291

**Disaster Relief Call:** (707) 308-2513

**General Questions:** (707) 542-1290



## California Rural Legal Assistance, Inc.

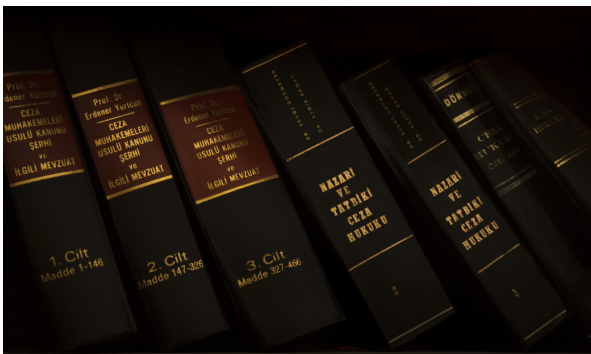
CRLA's client representation focuses on the legal areas of employment and labor, housing, education, rural health, and leadership development.

*For eligibility and additional information call: (707) 528-9941*

## Vital Immigrant Defense Advocacy & Services (VIDAS)

VIDAS offers low-cost services, assistance in family-based visa petitions, VAWA, DACA, adjustment of status, naturalizations, work permit, legal resident card renewals, consular processing and FOIA.

*For eligibility and additional information call: (707) 523-1740*



# IMMIGRATION RESOURCES

## **Catholic Charities: Legal Services**

Provides free legal services including Family-Based Petitions, DACA Renewal Assistance, Citizenship Classes/Neutralization, Green Card Renewals, U-Visa, VAWA, and T-Visa.

*For eligibility and additional information call: (707) 578-6000*



## **Immigration Institute of the Bay Area**

**Immigration Institute of the Bay Area** helps with general immigration assistance (DACA Renewals, Naturalization, Lawful Permanent Residence, Work Authorization Forms, Humanitarian Services and Family Petitions)

For free initial consultations call: (707) 932-7000

For Citizenship Workshops call: (707) 320-0033

## **Sonoma Immigrant Services**

*"Strengthening the community through education and advocacy."*

- *Citizenship Education Program*
- *Legal Consultations and Services*
- *Know Your Rights Workshops*

*For eligibility and additional information call or text: (707) 996-6669*





# OUTPATIENT & SUPPORT SERVICES

## **Face2Face: Sonoma County**

Comprehensive support services to people living with HIV disease in Sonoma County. Other services offered include: HIV Testing, PrEP, Housing Services, Prevention and Education.

*For eligibility and additional information call: (707) 544-1581*



## **General Alcohol and Drug Resources**

**Alcoholics Anonymous:** (707) 544-1300

**Redwood Empire Addictions Program:** (707) 526-2999

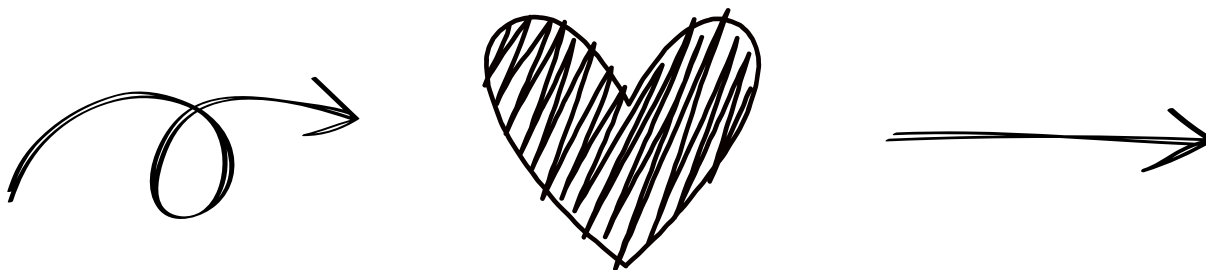
**Santa Rosa Treatment Inc:** (707) 576-0818

**Drug Abuse Alternatives Center (DAAC):** (707) 544-3295

**Alcohol and Drug Abuse Helpline:** 1(800) 729-6686

**Adult Children of Alcoholics:** (707) 763-2582

**Narcotics Anonymous:** (707) 575-7831



EVERYDAY MINDFULNESS CHANGES  
YOUR LIFE BY LIVING IN THE PRESENT

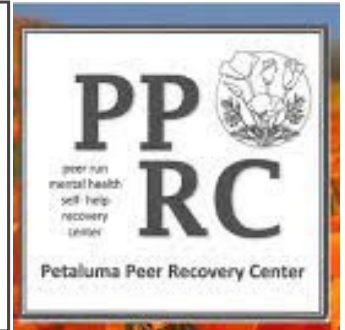


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## **Petaluma Peer Recovery Center**

- One-to-One Peer Support
- Support with Resource Navigation
- Peer Discussions & Open Art, Games and Music Studios
- Monthly Forums & Self-Acceptance/ Well-Being

*For eligibility and additional requirements call: (707) 565-1299*



## **Al-Anon Sonoma County & Napa**

**Al-Anon (friends/family members):** (707) 575-6760

**Al-Anon/Alateen:** (707) 258-3690 (Napa County Specific), 24-hour support lines for people worried about or affected by someone with a drinking problem.

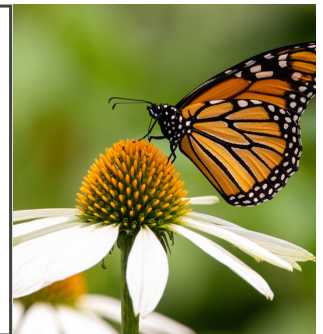


## **Women's Recovery Services**

**WRS** assists women struggling to live free from addiction find support and specialized treatment.

**\*\*Accepts private-pay, insurance, and county-funded clients\*\***

*For eligibility and additional information call: (707) 527-0412*



## **A Step Up: Cotati Area**

Community support network, 6-9 months, 7 bed capacity, adult co-ed, specializing in dual diagnosis. Located at 420 E Cotati Ave, Cotati and required referral from Sonom County Mental Health Division

**\*\*Accepts private-pay, insurance, and county-funded clients\*\***

*For eligibility and additional information call: (707) 795-4336*



# CONTINUED

## **Turning Point (DAAC) Residential Treatment**

**Turning Point (DAAC) Residential Treatment:** Provides co-ed program for clients with primary AOD diagnosis, also dual-diagnosis track. Accepts private-pay, some insurance, county-funded clients, sliding scale, and community funds available. No one turned away for lack of funds.

*For eligibility and additional information call: (707) 284-2950*





# CAREER EXPLORATION & RESUME DEVELOPMENT

## Sonoma County Job Link

Receive support on writing a resume, searching for open job positions, increasing job interview skills, and opportunity to plan a career path with a counselor.

*For eligibility and additional information call: (707) 565-5550*



## CalJobs

Services offered through CalJobs for individuals that are searching for employment: Virtual Job Recruiter, Resume or Curriculum Building. Also offers information on various careers, educational programs, financial aid for students, veterans or seniors.

*For eligibility and additional information call: 1(800) 758-0398*





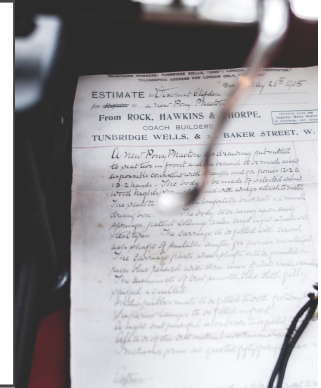
## CONTINUED

### **California Human Development Anthony Soto** **Employment Training**

Assists farm workers and others to secure stable, non-seasonal jobs, along with trainings that include:

- Truck driver class A license
- Shipping, Receiving, and Forklift

*For eligibility and additional information call: (707) 521-4764*



### **Graton**

**Graton Day Labor Center:** Connects day workers with jobs. Health screenings one morning/week for day laborers working through the Labor Center and offers English language classes.

*For eligibility and additional information call: (707) 829-1864*

### **Guerneville**

**Youth Education & Employment Services:** Individualized assistance with applications, resume, cover letter writing, reference list, job search, and other career and educational assessments. Opportunities to participate in ecological crew paid work experience or individual paid internships.

*For eligibility and additional information call: (707) 823-1640*





# EMPLOYMENT & TRAINING

**Catholic Charities Coach 2 Carrer:** Provides a 7-week course for employment counseling, life skills, resume building, and computer job searches.

*For eligibility and additional information call: (707) 542-5426*

**Conservation Corps North Bay:** Free, one-year employment training and educational program for adolescents between 18-24 years old. Participants receive a high school diploma and paid on-the-job training.

***\*\*Applications for the Summer Youth Ecology Corps Required\*\****

*For eligibility and additional information call: (707) 303-3069*

**Goodwill Industries:** Provides support in job placement, resumes, and interviewing skills for individuals with mental health issues.

*For eligibility and additional information call: (707) 523-0550*

**YouthBuild Santa Rosa:** Provides education, job training, and leadership skills for youth 16-24 without a high school diploma.

*For eligibility and additional information call: (707) 578-2034*

**YouthLink Employment and Education SVS:** Provides support with job readiness, resumes and mock interviews. Also assists with apprenticeship programs, staying in school and GED preparation for youth 14-21.

*For eligibility and additional information call: (707) 544-3299 Ext. 239*

# CONTINUED

**SonomaWorks:** Provides welfare to work program

- Employment and Training
- Cash Assistance
- Job Search Skills
- Work experience in non-profit sectors
- Money Management Skills
- Organizational and Training Skills

*For eligibility and additional information call: (707) 565-5500*

## **Guerneville:**

**Youth Education and Employment Services:** Individualized assistance with applications, resumes, and cover letter writing.

- Provides educational assessments
- Work readiness workshops
- Ecological crew paid work experience
- Volunteer opportunities
- Referrals for employment

*For eligibility and additional information call: (707) 823-1640 Ext. 403*

## **Healdsburg:**

**Healdsburg Day Labor Center:** Connects day and field workers with employers and provides support with resumes, translation, individualized education and/ or employment.

*For eligibility and additional information call: (707) 433-6652*

## **Petaluma:**

**Petaluma People Service Center:** Provides school to career activities, individualized education and/or employment.

*For eligibility and additional information call: (707) 765-8488*

## **Sonoma:**

**La Luz Center:** Provides support with computer literacy, ESL classes, GED in Spanish, high school tutoring, mentorship and scholarships.

*For eligibility and additional information call: (707) 938-5131*



# SENIOR SERVICES & RESOURCES

## Senior Advocacy Service

Agencies that advocate for the rights and dignity of those experiencing health and aging challenges.

**Long-Term Care Ombudsman Program:** (707) 526-4108

**Health Insurance Counseling & Advocacy Services:** (800) 434-0222

**Elder Justice Initiative:** (707) 526-4108



## SHARE: Sonoma County

**SHARE** Sonoma County offers a Home Sharing Program to provide affordable housing and to help seniors "age in place." SHARE (Shared Housing and Resource Exchange) facilitates secure home shares for homeowners and renters who are financially stressed, experiencing life transitions, are in need of basic assistance to help them thrive and remain safely at home.

*For eligibility and additional information call: (707) 766-8800*

## Council on Aging

Provides support in: Care management, financial management, estate planning, legal services and referrals, social clubs, peer support, Meals on Wheels, transportation and helper respite for seniors 60+

*For eligibility and additional information call: (707) 525-0143 or (800) 675-0143*



## Experience Works

Provides support in job training, resumes and employment search for seniors 55+, helps seniors to find training positions with nonprofit organizations and government departments.

*For eligibility and additional information call: (707) 565-5550*





## CONTINUED

### **Burbank Housing Development**

Provides rentals for low-income families and single adults, including seniors aged 62+.

*For eligibility and additional information call: (707) 526-9733*



### **Petaluma and Sebastopol Senior Services**

**Petaluma Ecumenical Properties:** (707) 762-2336

- Services for low-income seniors 62+ and with mobility issues

**Petaluma People Services Center:** (707) 765-8488

- Case management, housing, and meals for seniors 60+

**Sebastopol Area Senior Center:** (707) 829-2440

- Social activities, health-related classes and support groups for seniors 55+

### **Guerneville and Sonoma Senior Services**

**Vintage House Senior Center:** (707) 996-0311

- Social activities, support groups and health related classes for seniors 55+

**Russian River Senior Resource Center:** (707) 823-1640  
Ext.404

- Case management, classes and caregiver support for seniors

**West County Community Services Free Senior Counseling:**  
(707) 823-1640 Ext. 380

- Peer counselor focus groups for seniors 55+





## CONTINUED

### Council on Aging Senior Dining Sites

Provides hot lunches for seniors 60+, a \$4 donation is appreciated, but is not required for services. For more information regarding locations, days, and times please call (707) 525-0383.



### Sonoma County Indian Health Project

The **Sonoma County Indian Health Project** provides services for seniors, individuals with disabilities and their spouses. A fee of \$3.50 per senior is welcomed, but not required. To access services, call ahead of time at (707) 521-4545.

### Russian River Senior Resource Center

**Russian River Senior Resource Center** provides hot meal lunch meals for seniors aged 60+ every Wednesday and Friday at 12pm. A \$4 donation is appreciated, but is not required to access lunch services

*For eligibility and additional information call: (707) 869-0618*



### Redwood Empire Food Bank

**Redwood Empire Food Bank** provides a 20–40-pound box of staple food items and fresh produce once a month to seniors 60+ and other eligible community members.

*For eligibility and additional information call: (707) 523-7903*

# INSURANCE RESOURCES



## Countywide and Statewide

**Catholic Charities:** Provides assistance with Covered California applications and enrollment in Medi-Cal for children under 21.

*For eligibility and additional information call: (707) 284-3850*

**Healthy Kids Sonoma County:** Provides support with enrolling community members of all ages in Calfresh (Food Stamps) and affordable health plans.

*For eligibility and additional information call: (707) 565-4471*

**California Kids Healthcare Foundation (Calkids):** Provides support in low-cost medical and dental insurance for children.

*For eligibility and additional information call: 1(818) 755-9700*

**Covered California (California Health Benefit Exchange):** Provides support in attaining affordable health care coverage. Enrollment assistance is also offered at Santa Rosa Community Health Centers.

*For eligibility and additional information call: (916) 445-4171*

**Medi-Cal:** Medi-Cal pays for a range of eligible medical services for low-income individuals, children, and disabled individuals.

To apply via the Phone call: (877) 699-6868

To apply in-person visit: 2550 Paulin Dr. Santa Rosa, CA

# HEALTH CLINICS & CENTERS

## Jewish Community Free Clinic

Free family practice clinic for the uninsured. Treatment for minor health complaints, vaccines, well child exams, work and school physicals, assistance for applying for CalFresh (food stamps), Covered California and other benefits/ services.

*For eligibility and additional information call: (707) 858-7780*



## Santa Rosa Community Health

Primary medical care, HIV services, teen and other specialty clinics, substance abuse and mental health care, family planning, transgender services, acupuncture, podiatry and more.

*\*\*Accepts Medi-Cal, Medicare, Anthem or HealthNet Covered California, FamilyPACT and sliding scale if uninsured\*\**

*For eligibility and additional information call: (707) 303-3600*

## Planned Parenthood

Birth control, pregnancy testing, abortion referrals, emergency contraception, HIV testing, STD testing, treatment and vaccines, LGBT services, and men's health.

*For eligibility and additional information call: (707) 527-7656*



## St. Joseph Urgent Care

Provides services for non-life-threatening medical problems. Accepts Medi-Cal, Medicare and other insurance.

*For eligibility and information call: (707) 543-2000*

OR

*St. Joseph Mobile Health Clinic: (707) 547-4612*



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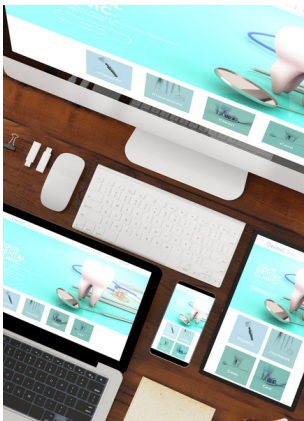
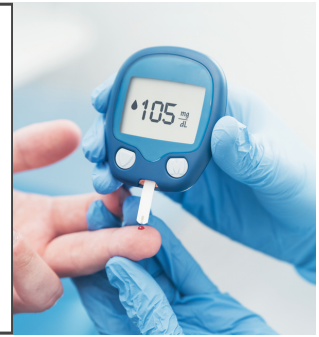


## Cloverdale Clinics

**Alexander Valley Healthcare:** Comprehensive medical, dental, mental health care, Ob/gyn, seniors, teens, children.

**\*\*Sliding scale. Medi-Cal, Medicare, FamilyPACT, Healthy Kids Accepted\*\***

*For eligibility and additional information call: (707) 894-4229*



## Forestville Clinic

**Teen Clinic @ CASA:** Free confidential health care services for teens (up to 24 yrs. old). Birth control, pregnancy and STD testing. Emergency contraception, counseling, peer education.

*For eligibility and additional information call: (707) 887-0427*

## Guerneville Clinics

**HIV Services** offers medical, dental and mental health care, counseling, support groups, case management available too.

*For eligibility and additional information call: (707) 869-5977*

**Russian River Health Center** offers comprehensive medical, mental, HIV/AIDS care and more services to community members.

*For eligibility and additional information call: (707) 869-2849*



## Occidental Clinics

**Immunization Clinic:** For patients of any West County Health Center, TB tests available for all and other immunizations.

**Occidental Area Health Center:** Comprehensive medical and mental health care available.

*For eligibility and additional information call: (707) 874-2444*



# CONTINUED



## Sebastopol Clinics

**Gravenstein Community Health Center:** Medical, mental and HIV/AIDS care. Patients in need of help with transportation to medical appointments or other medically related needs can also request further assistance.

*For eligibility and additional information call: (707) 869-2849*



## **Sonoma Valley Community Health Center**

Comprehensice medical care

**\*\*Accepts medicare, sliding scale options, and serves uninsured patients\*\***

*For eligibility and additional information call: (707) 939-6070*



**HEALTH**  
*Matters*



## More Medical Campuses

**Brookwood Campus:** Serves the homeless, the underserved and the general public. Provides comprehensive medical and mental health care as well as referrals.

**\*\*Appointments are highly recommended as wait times vary according to the number of patients to be seen\*\***

*For eligibility and additional information call: (707) 583-8700*

**Sonoma County Indian Health Project:** Comprehensive medical and mental health care. Provides on-site pharmacy transportation (limited).

*For eligibility and additional information call: (707) 521-4500*

**Alliance Medical Center:** Primary health and mental health care.

*For eligibility and additional information call: (707) 433-5494*

**Petaluma Health Center:** Family practice health care, mental health, family planning, and services for children's health.

*For eligibility and additional information call: (707) 559-7500*

**Women's Health and Specialist:** Provides reproductive health services. Other services covered:

- Birth control
- Pregnancy and STD Testing
- Emergency Contraceptive
- Counseling and Peer Services

**\*\*Sliding scale, Medi-Cal, and private health care are also accepted\*\***

*For eligibility and additional information call: (707) 537-1171 or 1(800) 714-8151  
(Line in Spanish)*

**Santa Rosa Junior College:** Clinic is open to anyone seeking birth control, STD testing, and other reproductive services. Don't have to be a student to use the clinic.

*For eligibility and additional information call: (707) 527-4445*



## Adolescent Medical Campuses

**Elsie Allen Health Campus:** General services for adolescents and teens between the ages of 12-19 years old. Located on the Elsie Allen High School campus, individuals don't have to be a student to use the health center.

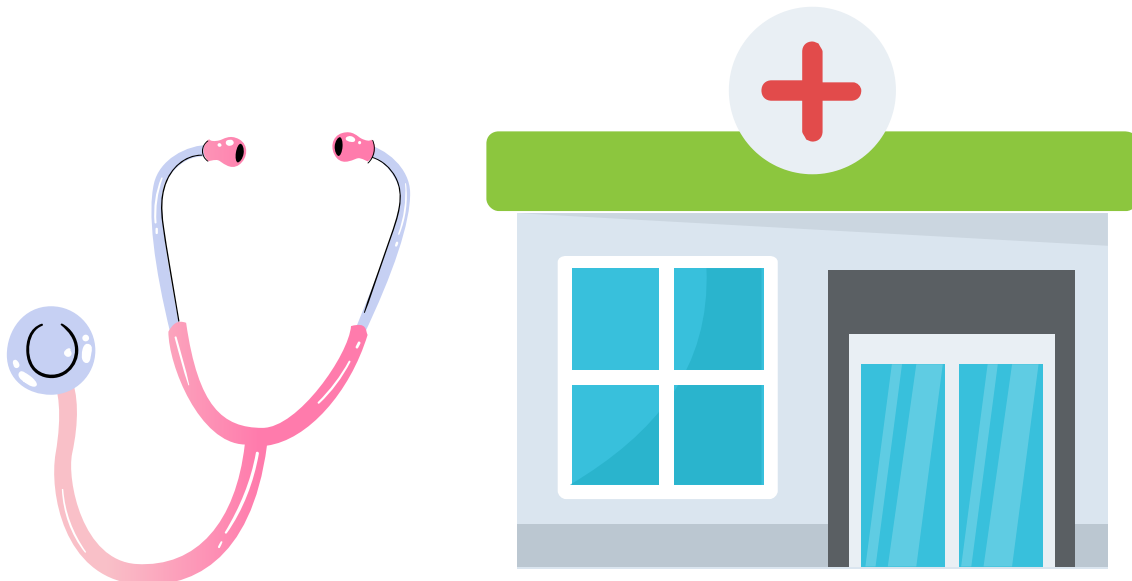
*For eligibility and additional information call: (707) 528-5770*

**Casa Grande High School Health Clinic:** Provides primary care to adolescents attending Casa Grande High School. The clinic is only open during the year, January - June, and August - December.

*For eligibility and additional information call: (707) 559-7900*

**San Antonio High School Health Clinic:** Provides primary care to adolescents throughout Southern Sonoma County and is located on the San Antonio High School Campus, the clinic also provides services to students as well as community members.

*For eligibility and additional information call: (707) 559-7500*



# PET RESOURCES

**Dogwood Animal Rescue Project:** Affordable spay and neuter services for dogs and cats

*For eligibility and additional information call: (707) 799-9957*

**Humane Society of Sonoma County:** Free pet food pantry for dogs and cats, spay and neuter, affordable veterinary care (*by appointment only*).

*For eligibility and additional information call:*

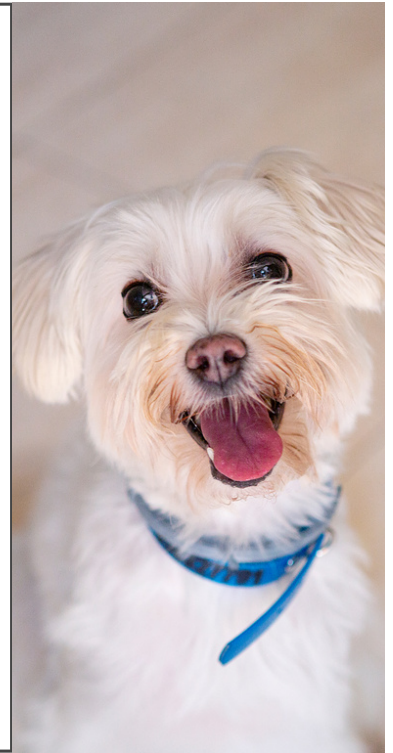
(707) 542-0882 - Santa Rosa

(707) 431-3386 - Healdsburg

**Compassion Without Borders:** Adoption, monthly wellness outreach clinics, and medical care (*appointment only*).

*For eligibility and additional information call: (707) 474-3345*

**To report suspected animal abuse or mistreatment in Sonoma County** please call: (707) 565-7100



## License Resources for Dog Owners

Throughout Sonoma County - a license is required for all dogs aged 4 months and older. Sonoma County Animal Services provides dog licenses for residents in Sonoma County and the City of Santa Rosa.

To inquire about fees for a dog license and for additional dog licensing agencies please visit the **Sonoma County website**.



# COMMUNITY RESOURCES

## Buckelew Program Family Services

**Buckelew Programs Family Services** provides support, navigation, education and advocacy for family members of adults with mental health needs to help access both public and private mental health services.

*For eligibility and additional information call: (707) 571-8452*



## West County Community Services

West County Community Services serves areas across Sonoma County with programs that include:

- Senior Services
- Employment
- Housing
- Youth Programs
- Behavior Health & Crisis Counseling Services
- Rental Assistance

*For eligibility and additional information call: (707) 823-1640*

## La Luz Center

La Luz Center is a hub for information and referrals. Community members are encouraged to call and speak to a representative that will support them with questions and connections to needed services.

*For eligibility and additional information call: (707) 284-2467*





# CONTINUED

## Southwest Family Resource Center

**Southwest Family Resource Center** provides early intervention, and school-based program support along with family services.

*For eligibility and additional information call: (707) 579-4816*



## Action Network

**Action Network** provides parent support and family advocacy services which include counseling and family dynamic assistance to community members.

*For eligibility and additional information call: (707) 884-5413*

## California Human Development

**California Human Development (CHD)** has administrative centers, field offices and outreach bureaus located across Northern California. CHD Provides services and resources for community members in the following areas:

- Farmworker Services and Resources
- Housing Services and Resources
- Community Services and Resources

*For eligibility and additional information call: (707) 523-1155*



# CONTINUED

## Homeless Service Center: Caritas Center

**Catholic Charities: Homeless Service Center in Caritas Village** provides a variety of resources for the local community.

### **Available Drop-In Services**

- Clothing
- Coordinated Entry Access Point
- Informational Resources
- Laundry
- Mail
- No-Fee ID Vouchers
- Showers
- Temporary Address



### **Available Host Services**

- Community Outreach
- Mobile Shower Operations
- Rental Assistance
- Resource Referrals
- Reunification

### **For eligibility and additional information please visit:**

*Homeless Services Center in Caritas Village at: Caritas Center  
at 301 6th Street (Suite 108) Santa Rosa CA, 95401*

### **Hours of Operation:**

*Monday-Wednesday & Friday: 6:00-11:00am, 1:00-5:30pm*

*Thursday: 6:00-11:00am, 1:00-5:30pm (MAIL ONLY)*

*Saturday & Sunday: Closed*



**Caritas Village**  
*Love for all*



# LGBTQ+ RESOURCES

**LGBTQ Connection:** An initiative fueled by youth and other emerging leadership, fosters a healthier, more vibrant diverse and inclusive community. Other resources/opportunities offered through LGBTQ Connections are Youth Leadership Teams, Trainings, Counseling, and Events.

*For eligibility and additional information call: (707) 582-1227*

**Positive Images:** A community center that provides support, direct services, advocacy, and education to Sonoma County's LGBTQIA+ population, with an emphasis on identities and individuals at the margins.

*For eligibility and additional information call: (707) 568-5830*

**GLSEN:** Organization that advocates for leading national education focused on ensuring safe and affirming schools for LGBTQ students.

*For eligibility and additional information call: (212) 727-0135*

**Trans Lifeline:** Provides support to individuals and connects individuals to services around the community.

*For eligibility and additional information call: (877) 565-8860*

**GSA Network:** GSA club is a student-run club that brings together LGBTQI+ and straight students from middle and high school to support each other, provide a safe place to socialize, and create a platform to fight for racial, gender, LGBTQ, and economic justice.

*For eligibility and additional information call: (415) 552-4229*

**The Trevor Project:** The Trevor Project saves young lives through its accredited, free and confidential phone, instant message, and text messaging crisis intervention services. The Trevor Project offers the largest safe social networking community for LGBTQ youth, best practice suicide prevention educational training, resources for youth and adults, and advocacy initiatives.

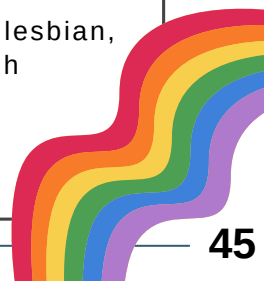
*For eligibility and additional information call: (866) 488-7386*

**National Resource Center on LGBT Aging:** LGBT Aging provides training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults.

*For eligibility and additional information call: (217) 741-2247*

**SAGE: Services and Advocacy for GLBT Elders:** Addresses issues related to lesbian, gay, bisexual and transgender (LGBT) aging. SAGE also works to achieve a high quality of life for LGBT older adults and supports and advocates for rights.

*For eligibility and additional information call: (818) 234-7243*



# CHILDREN'S RESOURCES

## The Community Child Care Council of Sonoma County (4C's)

Offers education, resources, and direct services that aid in their mission of supporting the well-being of every child in our community and improving the quality and availability of Child Care in Sonoma County.

*For eligibility and additional information call: (707) 544-3077*



## First Five Sonoma County

An organization working to maximize the healthy development of all Sonoma-County children from prenatal stage through age five through support, education and advocacy.

*For eligibility and additional information call: (707) 565-6686*

## Early Learning Institute

Provides developmental resources for children and their families.

*For eligibility and additional information call: (707) 591-0170*



## CONTINUED

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

Provides a strong foundation for school readiness by recognizing each child's individual strengths and needs, **CAP** also works with families for developmental resources.

*For eligibility and additional information call: (707) 544-6911*



### **Child Parent Institute**

Provides parent education facilitated supervised visitation, therapeutic and recreational creative arts programming, and a non-public school (New Directions) providing adolescent special education/mental health services.

*For eligibility and additional information call: (707) 284-1500*

### **Chop's Teen Club**

Chop's Teen Club is a modern space opened to all Sonoma County 7th - 12th grade students after school and on weekends. Chop's is a free choice facility where teens can learn about art, college and careers, culinary arts, music, gain experience in leadership and development, play in the sports and recreation area, partake in technology and gaming or join the Cafe and Club 509.

*For eligibility and additional information call: (707) 284-2467*







# LSP RESOURCES

## JOIN LSP'S E-NEWSLETTER

- Sign-up to receive weekly updates through LSP's electronic newsletter
  - To join, simply scan the QR Code



## LSP Monthly Meetings

- Join the LSP Monthly Meetings to learn about resources throughout Sonoma County
  - Frequency: Every third Thursday of the month
- Location: Zoom
- Time: 12pm-1pm
- How to Join: Visit our [Link Tree](#) and register via the Registration or call our office for more information

## Visit our office on Wednesday Evenings

- To receive *free diapers*
- Call our office at (707) 837-9577 for more information
- Need help with additional resources? Call our office from Monday - Friday between 9am-5pm to speak with a member of our team.

**FREE  
DIAPERS!**

*\*While supplies last\**

Available sizes:

1 to 6, Pull-up's M-XL

Each Wednesday from

4 pm- 6 pm at

1015 A Center Drive, Santa Rosa, CA 95403

