

**NAMI Sonoma County**

1300 N. Dutton Avenue, Suite A
Santa Rosa, CA 95401
info@namisoco.org
www.namisonomacounty.org

527-6655

***No NAMI Napa, but they have a county sponsored support group for families**

Napa County Mental Health

2261 Elm Street
Napa, CA 94559
www.countyofnapa.org

800- 648-8650**NAMI California**

1010 Hurley Way, Suite 195
Sacramento, CA 95825
www.namicalifornia.org

916-567-0163**NAMI National**

3803 N. Fairfax Drive, Suite 100
Arlington, VA 22203
www.nami.org

800-950-6264**703-524-7600**

NAMI Education: Basics

- NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. The course consists of six classes, each lasting for 2 hours.

NAMI Education: Family to Family

- This is a 12 week series of classes for the families, friends and caregivers of persons with brain disorders (mental illnesses). These classes are small and provide an opportunity for learning and bonding with others. The teachers are family members themselves. The course was written by a family member who is also a mental health professional. The course combines self-care, education, and personal empowerment. Each participant ends the class with the tools to become an advocate. Courses are held periodically, and our office maintains a waiting list.

NAMI Education: Peer to Peer

- Peer-To-Peer is a 10 week series of classes that help clients along the path to recovery. People who attend report a greater understanding of their diagnosis, and a bond with others in the class. The classes are small, and offer a safe place to share and learn. The emphasis is on relapse prevention and psycho-social supports. The ultimate goal is for recovery and self-advocacy. The course was written by a client, and all classes are led by clients.

NAMI In-Service: Parents and Teachers as Allies

- A two-hour in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

NAMI Client Speakers Bureau: In Our Own Voice

- A recovery-education program presented by trained client presenters/facilitators to other clients, families, friends and professionals. It is for anyone who needs to know how people with mental illnesses cope with the realities of their disorder, while recovering and reclaiming productive lives with meaning and dignity. Each presentation is a stand-alone event, and lasts from one to one and one-half hours.

NAMI: Art Class for Clients

- Meets every Tuesday from 2 - 3:30 PM

NAMI: Consumer Connection (Support Group for Clients)

COTs' Mary Isaak Center

900 Hopper Street, Petaluma 94952

- Connection is a peer-based mutual support group for people facing mental health challenges. Led by clients, for clients, it is a drop-in group held throughout the county.
- Meets Thursdays at noon in Santa Rosa
- Meets Wednesdays at 6:30 PM in Petaluma

NAMI: Family Support Groups

- This group meets on a drop-in basis to provide mutual support by trained facilitators who are family members themselves. Family Support groups are held throughout the county.

****All classes and groups meet at the NAMI office, unless otherwise noted. Contact the NAMI Sonoma County Office at 527-6655 for more information on any of these programs.***

Ready References

Emergency Mental Health Services

A Street Clinic	546-6479
• Monday 8:30 AM-12 PM (sign-ins beginning 8:30 AM)	
• Wednesday 8:30 AM-5:30 PM (sign-ins beginning 8:30 AM)	
• Thursday 8:30 AM-5:30 PM (sign-ins beginning 8:30 AM)	
• Closed from 12-1 PM	
Access Team at Chanate (Entry to SCMH)	565-6900
Alexander Valley Regional Medical Center	894-4229
Alliance Medical Center	433-5494
California Youth Crisis Hotline	800-843-5200 / 565-3856
Child Protective Services	800-870-7064 / 565-4304
Community Counseling Center- Rohnert Park	588-9720
Jewish Community Free Clinic	585-7780
• Jewish Family and Children Services	571-8131
• Monday: 9:30 - 11 AM Daytime Family Practice Clinic	
• Monday: 5:30 - 7:30 PM Evening Family Practice Clinic	
• Tuesday: 3:00 - 4:30 PM, The Vaccines for Children Program/Adults welcome as well!	
• Wednesday: 9:00 AM -12:30 PM and 1:00 - 5:30 PM, Acupuncture Clinic	
• Thursday: 5:30 - 7:30 pm, Evening Family Practice Clinic	
• Friday: closed	
Napa County Health & Human Services	253-4279
Petaluma Health Center	773-1097
PES (Psychiatric Emergency Services – 24 Hours)	576-8181
Russian River Health Center	869-2849
Sonoma County Mental Health (SCMH)	565-4850
Sonoma County Indian Health Project, Inc.	521-4500
Sonoma Valley Community Health Center	939-6070
Santa Rosa Community Health Center	547-2222
Suicide Prevention-National Hotline Network	1-800-784- 2433
Center-Emancipation, Drop-in	579-4327
UASA (United Against Sexual Assault)	545-7273 (Crisis Line)
VOICES	579-4327
West County Community Services	604-7264

Client Centers

Chanate Hall (must be client of SCMH)	565-4900
Interlink Self Help Center	546-4481
Russian River Empowerment Center	604-7264
Wellness and Advocacy Center	565-7800

Housing

Gary Pierce (Must be in SCMH system)	565-4943
Coffee House Shelter (SAY-youth only)	800-544-3299 or 546-3432
Committee on the Shelterless (COTS)	765-6530
Community Action Partnership of Sonoma County (CAP)	544-6911
Family Support Center (Catholic Charities)	542-5426
The Living Room	579-0142
Redwood Gospel Mission	573-0490
Section 8 Housing	565-7500
Sloan House	569-0615
Tamayo House (SAY-youth only)	528-7500

Jail/Legal

District Attorney (Confirm charges when calling)	565-2311
Public Defender (Give info/write out description)	565-2791
Friends Outside (Jail/Prison Advocates)	526-7318
Disability Services and Legal Center	528-2745
Hilda Leon (Liaison to jail from SCMH)	565-1410

Police Terms:

- *5150 = 72-hour hold*
- *5250 = additional 14-day hold*
- *Temporary Conservatorship (T-Con) = patient temporarily conserved pending the actual conservatorship hearing, they are no longer on "hold" and therefore have no right to probable cause hearing*
- *Permanent Conservatorship = one year hold for grave disability*

Other

Department of Rehabilitation	576-2233
Hank Hallowell (SCMH Patients' Rights Advocate)	565-4978
Human Services (Gen. Assistance, Food Stamps, Medical & CMSP)	565-2715
Job Link	565-5550
Medi-Cal	565-2715
Quality Improvement (SMCH)	565-4917
Sonoma County Community Intervention Program	565-4811
Sonoma County Task Force for the Homeless	575-4494
Social Security Office (Benefits)	544-4302

Sonoma and Napa Counties: Emergency Hospitals

Healdsburg District Hospital

1375 University Avenue
Healdsburg, CA 95448
(707) 431-6500
(707) 431-6300 E.R

Santa Rosa Memorial Hospital

1165 Montgomery Drive
Santa Rosa, CA 95405
(707) 546-3210
(707) 525-5207 E.R

Kaiser Permanente Santa Rosa

401 Bicentennial Way
Santa Rosa, CA 95403
(707) 571-4000
(707) 571-4800 E.R

Sutter Medical Hospital

3325 Chanate Road
Santa Rosa, CA 95404
(707) 576-4000
(707) 576-4040 E.R

Palm Drive Hospital

501 Petaluma Avenue
Sebastopol, CA 95472
(707) 823-8511
(707) 829-1370 E.R

Queen of the Valley Hospital

1000 Trancas Street
Napa, CA 94558
(707) 257-4064
(707) 527-4038 E.R

Petaluma Valley Hospital

400 N. McDowell Blvd.
Petaluma, CA 94952
(707) 778-1111
(707) 778-2634 E.R

St. Helena Hospital

10 Woodland Road
Saint Helena, CA 94574
(707) 963-3611
(707) 963-6425 E.R

Sonoma Valley Hospital

347 Andrieux Street
Sonoma, CA 95476
(707) 935-5000
(707) 935-5106 E.R.

Sonoma and Napa Counties: Police Departments

Cloverdale Police Department

112 Broad Street
Cloverdale, CA 95425-3398
(707) 894-2150
Chief Keith King

Cotati Police Department

203 West Sierra Avenue
Cotati, CA 94931-4217
(707) 792-4611
Chief Robert Stewart

Healdsburg Police Department

238 Center Street
Healdsburg, CA 95448-4402
(707) 431-3377
Chief Susan Jones

Petaluma Police Department

969 Petaluma Blvd. North
Petaluma, California 94952
(707) 778-4370
Chief Steve Hood

Rohnert Park Police Department

500 City Center Dr
Rohnert Park, CA 94928
(707) 584-2600
Chief Thomas Bullard

Santa Rosa Police Department

965 Sonoma Avenue
Santa Rosa, CA 95404
(707) 543-3600
Chief Ed Flint

Santa Rosa Junior College: Police

1501 Mendocino Avenue
Santa Rosa, CA 95401
(707) 527-1000
Chief Terry L. Stewart

Sonoma County Sheriff Department

2796 Ventura Avenue
Santa Rosa, CA 95403
(707) 565-2511
Sheriff Bill Cogbill

Sebastopol Police Department

6850 Laguna Parkway
Sebastopol, CA 95472-3474
(707) 829-4400
Chief Jeff Weaver

Sonoma Police Department

175 First Street West
Sonoma CA 95476
(707) 996-3602
Chief Paul Day

Windsor Police Department

9291 Old Redwood Highway, Building 300
Windsor, CA 95492
(707) 838-1234
Chief Steve Freitas

American Canyon Police Department

911 Donaldson Way E
American Canyon, CA 94503
(707) 648-0171

Calistoga Police Department

1234 Washington Street
Calistoga, CA 94515
(707) 942-2810
Chief Jonathan Mills

Napa Police Department

1539 1st Street
Napa, CA 94559
(707) 257-9223
Chief Richard Melton

St. Helena Police Department
1480 Main Street
St Helena, CA 94574

(707) 967-2850
Chief Monty Castillo

Classes and Support Groups

Al-Anon/Alateen

PO Box 2412, Santa Rosa 95405

- Various groups meet around the county 7 days a week

575-6760 (24 HR Info Line)

Association of Anorexia Nervosa & Associated Eating Disorders (ANAD) Support Group

1425 N McDowell Blvd, Petaluma 94954

- Contact Joan at sawyerspal@aol.com
- Support group meets the 2nd and 4th Saturdays of the month

778-7849

630-577-1330 (Helpline)

Bipolar Groups: The Santa Rosa Bipolar Support Group

326-5566

3452 Mendocino Avenue, Suite C, Santa Rosa 95403

- Contact Ben Schwartz, MA, MFT to set up an interview
- Three separate groups offered
 - Mondays 10:00 - 11:30 AM
 - Tuesdays 3:00 - 4:30 PM
 - Wednesdays 6:30 - 8:00 PM
- Cost \$35 per session

Bipolar Support Group for Women

829-8373

- Roberta Saunders, PhD, MFT Women's Bipolar Support Group a safe welcoming environment, where women can understand and manage the rollercoaster of being bipolar. the knowledge that they are not alone creates a safe space to connect and share their feelings
- Please call for times and location. \$25/session

Borderline Personality Disorder Group (for family members)

526-3775

Palm Drive Hospital

6800 Palm Avenue, Sebastopol 95472

- Meets on the 3rd Thursday of the month from 6:30 - 8:30 PM
- Contact Diana Benedict

Caregiver Support Group

527-6417

24 Ursuline Road, Suite A, Santa Rosa 95403

- Anne Delmonte/The Loyola Counseling Institute (pro bono)

CHADD Support Group for Adults with ADD/ADHD- Santa Rosa

769-1835

Quaker Meeting Hall

1647 Guerneville Road, Santa Rosa 95403

- Meets the 2nd Wednesday of each month from 7-9 PM

CHADD Support Group for Adults with ADD/ADHD- Petaluma **769-1835**
Elm Lutheran Church
504 Baker Street, Petaluma 94952
• Meets the 2nd Tuesday of each month from 7-9 PM

CHADD of Napa County (Napa County Mental Health Department) **226-8206**
2344 Old Sonoma Road, Building D, Napa 94559
• Sonoma Drop-in Peer Support Group for Adults with ADHD
• Elim Lutheran Church, Petaluma, Contact Molly Bloom at 769-1835

CHADD of Northern California **888-759-9758**
369 Santa Paula, San Leandro 94579

Chanate Hall **565-4900**
3333 Chanate Road, Santa Rosa 95404
• Individual and family conferences, art, dual-diagnosis and support groups.

Coping with Eating Disorders through DBT and Imaginable Practice **484-4082**
• Four Modules, each four weeks: Fridays 2:00-3:30 PM
• \$50 per group (Sliding fee for those who qualify and many insurances accepted, including Medicare.)
• Interview and Assessment required. Contact Irene Ives, PhD via email at Dr.Irenelves@prodigy.net

Coping with Panic and Anxiety Attacks: Support Groups **544-0821 Ext. 2**
132 Leland Street, Santa Rosa 95404: Wednesdays 7-8:30 pm
35 Maria Drive, Petaluma 94954: Thursdays 7-9 pm
• Cognitive behavioral treatment for OCD, depression, panic or anxiety attacks, body dimorphic disorders
• Contact Dr. Doris Sami, LCSW, for more information.

Depression and Bipolar Support Alliance (DBSA) Support Group **578-0424**
Unitarian Church
547 Mendocino Avenue, Santa Rosa 95401
• 1st and 3rd Wednesday of the month, 6:30 - 8:30 PM
• Contact Vivian Sedney for information

DSLC Mental Health Peer Support Group **528-2745 Ext. 312**
(Disabilities Services and Legal Center)
521 Mendocino Avenue, Santa Rosa 95401
• 2nd and 4th Wednesdays of the month, 1 - 3 PM. Contact Melva Freeman
• Open to anyone with any disability who wants to improve their mental health

DSLC Migraine Support Group **528-2745**
(Disabilities Services and Legal Center)

Palm Drive Hospital

501 Petaluma Avenue, Sebastopol 95472

- 4th Wednesday of the month at 5:30 PM

DSLC Tools for Stability Workshop

528-2745 Ext. 312

(Disabilities Services and Legal Center)

521 Mendocino Avenue, Santa Rosa 95401

- 3rd Wednesday of the month, 1 – 3 PM. Contact Melva Freeman
- Topics include mental health vs. mental illness, dealing with depression, communicating with doctors, managing medication, diet, exercise and sleep, and support through sharing life experiences.

DSLC Young Adults with Disabilities Support Group

258-0270

(Disabilities Services and Legal Center)

1040 Main Street, Suite 208, Napa 94558

- Meets the last Monday of every month from 2:00 to 3:30 PM, Contact April Dawson

DSLC Youth Support Group

258-0270

(Disabilities Services and Legal Center)

1040 Main Street, Suite 208, Napa 94558

- Meets the first Tuesday of every month from 4:00 to 6:00 PM, Contact April Dawson

Family Support Group- SCMH

565-4935

2796 Ventura Avenue, Santa Rosa 95403

- Support group for family and loved ones of Sonoma County Mental Health transitional aged youth and adult consumers
- Monthly education and support group to increase understanding of the nature of mental illness and its interaction with substance abuse, facilitate supportive dialogue, and foster confidence in family members' insights, interventions, and coping strategies
- Meets the 2nd Monday of the month from 4:00 to 6:00 PM at 3333 Chanate Road, Santa Rosa
- Facilitated by Sonoma County Mental Health managers, clinicians, and special guests
- Contact Sid McColley via phone or at tmccolle@sonoma-county.org for more information

Friends Outside: Creative Conflict Workshops

526-7318

2796 Ventura Avenue, Santa Rosa 95403

Teaches ways to prevent, reduce, and resolve conflicts with others and within

Interlink Self Help Peer Support Group

546-4481

1033 4th Street, Santa Rosa 95404

- Self help center with variety of services for the mentally ill and homeless including employment assistance among other services.

Napa State Hospital- Family Support Group

253-5454 or 433-9250

2100 Napa-Vallejo Highway, Napa 94558

- Meets the second Saturday of each month, 9:30 – 11:30 AM

- Meets in the Volunteer Center and is led by Bill Schrader

Recovery, Inc. - Support Group **823-5122**

3333 Chanate Road, Santa Rosa 95404

- Self help through will training, meets Fridays, 5:30 – 7:00 PM
- Contact JoAnn.

West County Community Services **604-7264**

Russian River Empowerment Center

16390 Main Street, Suite H, Guerneville 95446

- Drop in self help center for people with serious and persistent mental health challenges
- Tuesday through Friday, 11:00 AM – 5 PM.
- Art, Writing, Support Group, Mind/Body Connection, Stress Management groups and classes

Schizophrenics Anonymous **546-4481**

1033 4th Street, Santa Rosa 95404

- Every Friday from 12 – 1 PM
- Sasha Tuttleman leads the group

Survivors of Suicide (Sutter VNA & Hospice) **542-5045**

1110 N. Dutton Avenue, Santa Rosa 95401

- Meets every Monday from 12 - 1:30 PM.
- Support group for those who have lost loved ones to suicide

Sutter VNA & Hospice – Grief and Bereavement Support **535-5780**

1110 N. Dutton Avenue, Santa Rosa 95401

- Contact Valerie Waidler or Margo Requarth
- Open to the public; individual counseling is also available.
- People in Grief meets every Monday, 6 - 7:30 PM
- Partner Loss meets every Wednesday, 11 AM -12:30 PM or 2nd and 4th Tuesdays, 6:15-7:45 PM
- Visit http://www.suttervnaandhospice.org/support/support_NorthBay.html for more classes

Mental Health Services

24 Hour Psychiatric Emergency Services (PES)	576-8181
Dr. Charles W. Norton Mental Health Center	
3322 Chanate Road, Santa Rosa 95404	
• 24 hour hold for Crisis Stabilization	
• Psychiatric Inpatient Unit at Sutter Medical Center	565-4980
• Patient Care Manager, Randye Royston	565-4975
A Step Up (Community Support Network)	795-4336
420 E. Cotati Avenue, Cotati 94931	
• 8 bed program in Cotati that offers dual diagnosed adults (mental illness with alcohol and/or other drug issues) the opportunity to gain the information, develop the habits and attitudes, and learn and practice the skills necessary to remain stable, clean and sober, and able to sustain self-reliant, interdependent community living.	
• Participants benefit from a highly structured approach that integrates the principles of social rehabilitation, the 12-Step model of recovery, and drug and alcohol counseling. Staff support is available 7 days a week, 24 hours per day. Residents remain in the program 6-9 months.	
• Contact Allison Ball, Program Manager	
Access Team (at Norton)	565-6900
3322 Chanate Road, Santa Rosa 95404	
• Point of entry to Sonoma County Mental Health (SCMH)	
Action Network	887-5413
PO Box 1163, Gualala 95445	
39144 Ocean Drive, Suites 3 & 4, Gualala 95445	En español: 884-5414
• Provides bilingual family support services, after school enrichment programs, and Windows-based computer lab and classes	
Alexander Valley Regional Medical Center	894-4229 (24 HR)
6 Tarman Drive, Cloverdale 95425	
• Individual, family and group counseling available, free assistance with various program enrollment applications, and guidance and information and assistance with obtaining other public benefits.	
Annex (The)	565-4850
3322 Chanate Road, Santa Rosa 95404	
• Offers Consumer, Housing Support and Family Services	
• Community Intervention Program (CIP) and Access Team/Administrative Services.	
Assertive Community Treatment (ACT) - Telecare	568-2800 x 105
327 College Avenue, Santa Rosa 95403	
• Serves people with severe mental illness and helps them transition into and maintain stability in the community.	

Brown Street (Community Support Network) 112 Brown Street, Santa Rosa 95404	568-5204
<ul style="list-style-type: none"> • A 15 bed long term board and care facility for mentally ill female adults. The board and care provides a safe environment that assists with Daily Independent Living Skills. Staff is available 7 days a week, 24 hours per day. • Contact Thai Gallo, Program Manager 	
Buckelew Programs (Erika Klohe) Family Services Coordinator 144 South E Street, Suite 200, Santa Rosa 95404	571-8452 or 591-4617
<ul style="list-style-type: none"> • Offers education to family members and caregivers of adults with mental illness education • Serves as a liaison with Sonoma County Mental Health and other community based organizations and services. • Family Resource Clinic is offered every Tuesday from 3:00 to 4:30 PM. Drop-in and free of charge. • Family Service Coordination offers families of those with mental illness education and referral. The Family Service Coordinator serves as a liaison with Sonoma County Mental Health and other community based organizations and services. Any family member or support person may come to a resource clinic for help with understanding or assistance in accessing services for themselves or their loved one <ul style="list-style-type: none"> ○ Systems of service can include but not limited to the following: Sonoma County Mental Health, Jail System, Human Services, Health system and Legal system ○ Support and service referrals can include but not limited to Mental Health Services, Consumer Self Help Centers, Human Services, Employment Services, Homeless Resources, Community Health Centers, Youth, Veteran and Senior Services. 	
California Parenting Institute 3650 Standish Avenue, Santa Rosa 95407	565-6108
<ul style="list-style-type: none"> • Individual, group and family counseling for children and families with childhood issues including sexual abuse, physical abuse, domestic violence, behavioral disorders, divorce. Victims Assistance and Medi-Cal accepted. Sliding-scale fees (Spanish) 	
Casa Rohnert Park 1033 San Francisco Way, Rohnert Park 94928	586-9480
<ul style="list-style-type: none"> • Residential Psychiatric Program 	
Chanate Hall Youth & Family Mental Health Outpatient Services 3333 Chanate Road, Santa Rosa 95404	565-4810
<ul style="list-style-type: none"> • Services for emotionally disturbed children and adolescents up to 21. 	
Conservator (Sonoma County Public Guardian) 3725 Westwind Blvd, Suite 101, Santa Rosa 95403	565-5733
<ul style="list-style-type: none"> • Sally Leithholm - Conservator 	

Community Intervention Program (at Norton) 3322 Chanate Road, Santa Rosa 95404	565-4811
• Provides integrated, community based bilingual/bi-cultural mental health services for Sonoma County. Erika Klohe has the schedule.	
Community Support Network (CSN) 1430 Guerneville Road, Suite #1, Santa Rosa 95403	575-0979
• Provides a range of services including housing and support to mentally ill and homeless adults by working with families, community agencies, support groups, health care resources and service providers.	
County Medical Services Program (CMSP) 3400 Montgomery Drive, Santa Rosa 95405	800-407-4627 800-390-3510
CMSP Governing Board 1451 River Park Drive, Suite 222, Sacramento 95815	916-649-2631
Crisis Residential 3400 Montgomery Drive, Santa Rosa 95405	526-6902
• Up to thirty days stay with referral from Psychiatric Emergency Services	
• Contact Wendy	
Disability Rights Advocacy (DRA) • Contact Linda Kehoe at the Wellness Center at 565-7800	565-7822
Disability Rights Advocacy-Bay Area Regional 1330 Broadway, Suite 500 Oakland 94612	510-267-1200
E Street House (Community Support Network) 201 South E Street, Santa Rosa 95404	573-6960
• A 7 bed program for mentally ill adults who need assistance with transition from a restrictive medical setting to more independent community living. Independent living skills are taught and practiced in addition to vocational rehabilitation and educational options. Staff is available 7 days a week, 24 hours per day for residents integrating back into the community. Residents may stay up to 18 months.	
• Contact Sharon Aikman, Program Manager	
Mental Health Coalition 2227 Capricorn Way, #211, Santa Rosa 95407	565-8535
Mental Health Crisis Line • Mental health emergencies & homeless help.	800-746-8181
Mental Health Outreach Services 3400 Chanate, Santa Rosa	565-4730

- Medication evaluation, mental health assessment & treatment.
- M-F, 8-5. Call for information

Ombudsman Services, CA Department of Mental Health 3262 Airway Dr # C, Santa Rosa 95403	526-4108 800-896-4042
• Provides help to Medi-Cal clients who need mental health services	
Petaluma Health Center 1301 Southpoint Blvd., Petaluma	559-7500
• Comprehensive medical care. Sliding scale, Medi-Cal, CMSP, Medicare	
Petaluma People Services Center 1500 Petaluma Blvd South, Suite A, Petaluma 94952	765-8488
• Provides a variety of services for caregivers, children, adults and seniors including (but not limited to) counseling for a fee. Also provides child abuse prevention, gang prevention, drug and alcohol counseling information and referral. Fees based on a sliding scale.	
Progress Foundation (Sonoma County) 3400 Montgomery Drive, Santa Rosa 95405	526-6902
• Provide residential and day treatment and alternatives to institutional care for mental health clients.	
Psych Strategies 659 Cherry Street, Santa Rosa 95404	526-8300
• Outpatient psychotherapy with special programs for chemical dependency, pain management, eating disorders. Only private insurance is accepted. (Spanish)	
Sonoma County Indian Health Project: Behavioral Health	521-4545
• Provides mental health services to Native Americans	
Sonoma County Mental Health Services 3322 Chanate Road, Santa Rosa 95404	565-4850
• Director: Art Ewart	
• Medical Director: Dr. Gary Bravo	565-4990
• Quality Improvement: Inpatient: Susan Lavelle, RN	565-5034
Outpatient: Marty Marcus, LCSW	565-4917
• Program Support/Contract Manager: Michael Lucid	565-4878
St. Joseph's Behavioral Health 405 W. College Avenue, Suite F, Santa Rosa 95404	547-5450
• Psych Day Program: clients call in and set up assessment by clinical staff, it is a group therapy model, runs M-F 9:00-3:00PM, clients can go 2-4 days depending on need	
Telecare Sonoma (ACT)	568-2800 x 105

327 College Avenue and 333 College Avenue, Santa Rosa 95401

- Sonoma ACT is an intensive community outreach service targeted towards adult populations 18 years of age and older with serious mental illness. Some of the specialty populations served by this program include individuals who are homeless or those at risk for homelessness as well as individuals with a history of criminal justice involvement.

Transitional Age Youth Program at SCMH (TAY)

565-3542

415 Humboldt Street, Suite B, Santa Rosa 95404

- Social services for adults, ages 18 thru 25 (TAY)
- Entry through Access Team

Wellness and Advocacy Center (Goodwill)

565-7800

3400 Chanate Road, Santa Rosa 95404

- Consumer operated and managed self help center for people with persistent mental health challenges and/or psychiatric disabilities
- Offers art and music classes

West County Community Services

604-7264

Russian River Empowerment Center

16390 Main Street, Guerneville 95446

- A mental health drop-in center with mental health consumer-run program for individuals impacted by mental illness

West County Health Centers

869-2961

Russian River Mental Health Services

16312 3rd Street, P.O. Box 226, Guerneville 95446

- Offers crisis counseling as well as focused short-term therapy for specific behavioral issues.
- Counseling available for depression, anxiety, abuse/trauma issues, domestic violence, panic attacks, HIV/ AIDS issues, relationship problems, gay/ lesbian issues, and life stress management. We are able to work with individuals, couples and/or families.
- Contact Dr. Lisa Allen, Mental Health Services Director

Psychiatrists and Therapists

This list names MD's, Psychologists and Social workers that specialize in mental illnesses/brain disorders. Some doctors have been recommended by other doctors and NAMI SC members. When you reach their answering machine it is best to tell them:

1. Symptoms or diagnosis
2. Age and gender
3. Immediate reason for calling
4. How payment will be made
5. Best day/hour to reach you via telephone

Psychiatrists

Ahart, Susan L. MD 509 7 th Street, Santa Rosa 95401	522-8641
Apostle, Donald MD 722 Spring Street, Santa Rosa 95404 • No Medical or Medicare	527-7267
Barshack, Scott M.D. 111 Liberty Street, Petaluma 94952 • Occasionally will take new patients • Does not take insurance-Private pay	763-3997
Dubin, Alan L. MD 111 Liberty Street, Petaluma 94954	769-1220
Dr. Gramble 1287 Fulton Road, Santa Rosa 95401	543-2410
Erlich, Neil M.D. 171 N. High Street, Sebastopol 95472 • Private pay	829-1118
Evans, J. Williams MD • 181 Andreiux Street, Santa Rosa	996-9235
Fershtman, Carolyn Shoshona, JD, PhD	544-4441 Ext. 305
Freeman, Michael, M.D. • Specializes in treating mood and anxiety disorders particularly Bipolar Disorder and ADHD • Psychologist, psychiatrist, and as a parent with a challenging child	415-378-6678
Fraga, A. PsyD • Psychological Assessment	544-4451
Gardner, R.S. Isaac M.D. 525 College Avenue, Santa Rosa 95401 • Private pay	575-7647
Harrison, Ari M.D. 1221 Farmer's Lane, Suite A, Santa Rosa 95405	565-6900
Hannan, J.E. M.D. 2235 Challenger Way, Santa Rosa 95407	528-7262

Ives, Irene PhD, MFT	544-4451
• Geriatric Mental Health	
Keram, Stevan M.D.	526-8800
444 10 th Street, Santa Rosa 95401	
Kirk, Richard M.D.	938-0400
596 First Street West, Sonoma 95476	
• Private pay, pediatrics psychiatry	
Pierce, Barry M.D.	525-9045
1260 Dutton Avenue, Santa Rosa 95407	
• No Medi-Cal	
Shimm, Stephen J. MD	415-488-9420
435 Petaluma Avenue, Sebastopol 95472	

Child Psychiatrists

Williams, Evan M.D.	996-9235
670 W. Napa Street, Suite A, Sonoma 95476 or 181 Andreux St, Santa Rosa	
• Works with Social Advocates for Youth in Santa Rosa	
Leipsic, John M.D.	542-8979
1421 Guerneville Road, Suite 114, Santa Rosa 95403	
95 Montgomery Drive, Santa Rosa	
Thompson, Gershom M.D.	575-5492
435 Hudson Street, Healdsburg 95448	431-7041

Zucker, Murray M.D.	579-7900
2455 Bennett Valley Road, Santa Rosa 95405	

Therapists

Jones, Dean (MFT)	545-9789	
Peeke, Shirley (Psychologist)	Medicare-Medi-Cal	571-8586
Perry, Kitti (LCSW)	Medicare	527-0610
Sears, Andrew (Psychologist)	Medicare	579-5977
Zur, Ofer (Psychologist)		996-0499

Marcia Katz (LCSW)	Medicare	829-3310
<ul style="list-style-type: none">• Provides psychotherapy services to individuals, families and children		

Counselors

Dr. Robert Benavides, Bilingual Counselor **542-2081**

Ellen Jordan (Sebastopol) 508-5265

Dean Jones (Christian based) 545-9789

Myra Mayesh, MA, MFT **527-9822**
633 Cherry Street, Santa Rosa 95404

Benjamin Schwarce, MFT (specialize in PTSD; has bipolar group) **326-5566**

Jail and Legal Resources

California Rural Legal Assistance- Santa Rosa

528-9941

725 Farmers Lane, Suite 10, Santa Rosa 95405

- Attorney referrals, help with subsidized housing problems, fair housing information and referral, assistance with housing and unlawful detainer legal actions, affirmative impact litigation cases. Priorities for workers' rights, housing, educational rights, environmental health, and welfare rights
- No fee, closed on Wednesdays, call for appointment (SPANISH)

California Indian Legal Services

916-978-0960

3814 Auburn Blvd, Suite 72, Sacramento 95821

800-743-8941

- General legal aid for the Native American community. Income eligible for free services; meet federal poverty guidelines, no criminal matters, dissolution, bankruptcy cases

Conservator (Sonoma County Public Guardian)

525-0143

3725 Westwind Blvd, Suite 101, Santa Rosa 95403

- Sally Leithholm – Conservator

Council on Aging- Senior Legal Services (Lawyer Referral Services)

525-1146

30 Kawana Springs Road, Santa Rosa 95404

- Referral service of selected attorneys addressing senior matters such as Social Security and SSI, Medi-Cal, pensions, housing, consumer issues, wills and powers of attorney for finance and health care, elder abuse, real estate, and consumer fraud
- Walk ins accepted, Sonoma County residents, 60+ in age

Criminal Attorney

526-3913

314 Aviation Blvd, Santa Rosa 95403

- Contact Andy Martinez who is familiar with mental health issues.

District Attorney

565-2311

600 Administration Drive, Santa Rosa 95403

- The DA strives to provide the community with a safe place to live by prosecuting crimes, holding those accused of crimes accountable, providing a level of protection for the innocent, and managing the dignity of victims and their families (Spanish)

FACT/Con Representative

565-7881

2350 Professional Drive, Santa Rosa 95403

- FACT serves as a probation program for those with mental health challenges and possible drug addictions. The Con Representative serves those who commit felonies and are found guilty by reason of insanity. Non-violent crime, volunteer only form of probation.

Family Court Services

521-6800

475 Aviation Blvd, #110, Santa Rosa 95403

- Provides court ordered mediation services to clients involved in a dissolution, legal separation, or other family matters in which child custody and/or visitation are at issue

Family Law Facilitator/Self-Help Center
3055 Cleveland Avenue, Santa Rosa 95403

521-6545

- Offers and individual meeting with an attorney. Provides assistance with filling out court forms, modifications or spousal and child support, support calculations, wage assignments, child visitation, divorce with minor children, health insurance, paternity actions and referrals
- It is located at the courthouse – Room #223J. Call for an appointment, or drop in Monday – Thursday, 8-11:30 AM and Mondays, 1-4:30 PM. It is first come, first serve, and the line forms outside.

Family Services Coordinator- Erika Klohe
144 South E Street, Suite 200, Santa Rosa 95404

571-8452 or 591-4617

Friends Outside (Jail/Prison Advocates)
2777 Ventura Avenue, Santa Rosa 95403
Mailing address: PO Box 3905, Santa Rosa 95402

526-7318

- This is a 501c (3) organization serving children, men and women who have been impacted by incarceration by giving them answers, support and resources to help replace destructive cycles with freeing choices that restore dignity and stability to their lives. It has a peer support group for women only, creative conflict resolution classes. It may not be available at certain times.
- Contact Lana for more information.

Justice Ministry
591 Ellis Court, Sebastopol 95472

823-8847

- Assists low income people with civil/legal matters

Lawyer Referral Service
37 Old Courthouse Square, Suite 100, Santa Rosa 95404

546-5297

- Provides a 30-minute consultation for \$35.

Legal Aid of Sonoma County
1105 N. Dutton Avenue, Ste B, Santa Rosa 95401

542-1290

- Provides legal workshops for families and low income residents. Assistance is available to SonomaWorks participants who have legal barriers to employment
- Eviction/ housing cases, guardianship, landlord/tenant, domestic violence/civil harassment restraining orders
- May be able to refer you to an attorney to assist under its Pro Bono program
- Walk ins accepted, bring proof of income, services offered at no charge
- Register 15 minutes ahead for workshops
- www.exlegalfile.com and www.sonomacountylawlibrary.org/legalaid.htm

JAIL Mental Health- Main Adult Detention Facility (MADF) **565-1400**

2777 Ventura Avenue, Santa Rosa 95403

565-1429

- MADF is an 845-bed medium/maximum security facility located behind the county courthouse. Visiting for the Mental Health and I Modules will take place only during afternoon and evening sessions. Prisoners booked with a last name beginning with A thru L are eligible to receive ½ hour visits Monday, Wednesday, and Friday, and those with a last name beginning with M thru Z are eligible to receive ½ hour visits Tuesday, Thursday, and Saturday. All prisoners can receive visits on Sunday. Sign in for visiting will begin **30 minutes** prior to the afternoon visiting start time and will end **15 minutes** prior to the visiting start time. Sign in begins **45 minutes** prior to the start of the morning and evening visiting start times and ends **25 minutes** prior to the start time. Visits are on a first come-first served basis. **MORNING:** 11:00 a.m. **AFTERNOON:** 1:00 p.m., 1:40 p.m., 2:20 p.m., 3:00 p.m., 3:50 p.m., and 4:25 p.m. **EVENING:** 6:45 p.m., 7:30 p.m., 8:15 p.m., 9:00 p.m., and 9:45 p.m.
- Ask for Mental Health extension; Hilda Leon, Family Liaison. Please do not give out Hilda's number. She will call them.

Parole Department

576-2200

3222 Airway Drive, Suite A, Santa Rosa 95403

- This program is for supervision of people after release from Jail/Prison.

Patients Rights Advocate at County Mental Health – Hank Hallowell **565-4978**

- Information, education and advocacy for those receiving mental health services and their families.

Probation Department

565-2149

600 Administration Drive, Rm. 104J, Santa Rosa 95403

- This program is for supervision of people after release from jail/prison.

Public Defender

565-2791

600 Administration Drive, Rm. 111J, Santa Rosa 95403

- Legal services for defendants with financial difficulties.

Recourse Mediation Services

525-8545

520 Mendocino Avenue, Suite 203, Santa Rosa 95404

- Mediation services, conflict resolution trainings, education programs.

Sonoma County Court Homeless Protocol Project

575-4494

Address?

- For homeless defendants, discharge planning will start at entry to the system, be available at sentencing, and follow up to assure that defendants received appropriate services, including benefits assistance, treatment and/or housing, upon release.
- Contact Georgia Berland, Task Force Executive Officer and Project Facilitator or sctfhmls@pacbell.net

Sonoma County Family Justice Center

303-8400

1421 Guerneville Road, Suite 200, Santa Rosa 95402

- Offers counseling, court support, emergency housing, law enforcement, legal assistance with child custody, immigration and restraining orders, court representation
- Support groups for children
- Open 7 days a week/ 24 hours a day

Sonoma County Legal Aid

542-1290

37 Old Courthouse Square, Suite 100, Santa Rosa 95404

- Legal information and clinics in the areas of eviction, family law, child support and custody for Sonoma County residents with low incomes. All clinics are by appointment only. (Spanish).
- Workshops Open To Anyone.
- *Self Help Access Center: COURTROOM 17, 600 Administration Drive (Sonoma County Court House), Santa Rosa 95403*
 - Assistance in preparing legal papers, information, and resources for low income litigants.
 - Days and Hours: Tuesday, Wednesday and Thursday, 8:30 AM - 12 Noon

Sonoma County Legal Services Foundation

546-2924

1212 Fourth Street, Suite I, Santa Rosa 95404

- Provides legal services and education on many topics, several monthly legal workshops, referrals to child visitation supervisors in court-ordered custody or dependency cases, legal programs for youth in the classroom or the community (SPANISH)
- Domestic violence educators and speakers
- Contact Tony Novak for more information
- *The Modest Means Program: 1212 Fourth Street, Suite I, Santa Rosa 95404*
 - Certified lawyer referral service. Affordable legal help in the areas of family, housing, juvenile, debt collection, employment, bankruptcy, wills and estate planning, DUI's and misdemeanors provided on a sliding scale for persons with fixed or limited incomes. (SPANISH)

Sonoma County Sheriff

565-2511

2796 Ventura Ave #403 Court: 600 Administration Drive, Room 103J, Santa Rosa 95403

- Help with an eviction when a Writ of Possession has been issued by the Court in an Unlawful Detainer Action.

Small Claims Legal Advisory Service- County of Sonoma Empire College 521-6545

3055 Cleveland Avenue, Santa Rosa 95403 **565-6457**

- Provides a free legal adviser service to help you understand the process and procedures of the Small Claims Court and to give you some direction in the preparation and presentation of your case. Offers information, opinions, and advice bases upon education, experience, and facts presented. May provide referrals to other agencies, suggest a lawyer referral service when issues are complex, or refer you to the Law Library or other source
- Will provide information on cases outside of Sonoma County
- NO Translators for non-English speakers available. Must provide their own interpreter for Small Claims services and for their court hearing

- Cannot represent anyone and is not an advocate. Does not prepare documents. Communications are confidential. Advisers have immunity with respect to the advice given.
- 3:30 – 6 PM, Mondays and Wednesdays are walk in only, Tuesdays and Thursdays are phone calls only

**State Department of Mental Health
Forensic Services Branch,
1600 9th Street, Sacramento 95814**

**916-654-3890
800-896-4042**

**Steve Shaw/Disability Services and Legal Center
521 Mendocino Avenue, Santa Rosa 95401
Steve Shaw JD, lawyer willing to help consumers in jail**

528-2745

Counseling Resources

A Street Free Clinic

465 A Street, Santa Rosa 95401

546-6479

- In collaboration with the Sonoma County Department of Health Services, Mental Health Division, the A Street Clinic provides counseling, psychiatric evaluations and case management. Clients seeking services from Sonoma County Mental Health can be referred through the clinic. Limited psychiatric medications are available for patients who do not have any source of funding
- Monday, 9 AM – Noon (sign in begins at 8:30),
- Tuesdays are same day appointments; call Cynthia Meza at **547-2220** between Monday afternoon and Tuesday morning before 10 AM.
- Wednesday, 9:00 AM – 5:30 PM (sign in begins at 8:30 AM) closed from 12-1 PM
- Contact Dr. Michael Kozart (Psychiatrist) at **542-5426**

AI-A-Teen Groups (Alcoholic family situations)

575-6760 Ext. 1

Alcohol/Drug Issues: Alcoholics Anonymous

544-1300

Narcotics Anonymous

575-7837

Co-Dependents Anonymous

575-6760

Angela Center

528-8578

535 Angela Drive, Santa Rosa 95403

- Provides marriage, family, personal, and spiritual counseling for individuals and families using a non-medical approach with sliding scale fees.

CARE-Children's Counseling Center

575-9166

666 7th Street, Santa Rosa 95404

- Offers unsupervised and supervised visits (exchanges), parenting classes and therapy

California Parenting Institute

565-6108

3650 Standish Avenue, Santa Rosa 95407

- Individual, group and family counseling for children and families with childhood issues including sexual abuse, physical abuse, domestic violence, behavioral disorders, and divorce.
- Victims Assistance, Medi-Cal, Sliding-scale fees accepted (Spanish)

Chanate Hall Youth & Family Mental Health Outpatient Services

565-4810

3333 Chanate Rd., Santa Rosa.

- Services for emotionally disturbed children and adolescents up to 21.

Christian Counseling of Santa Rosa

545-9789

2455 Bennett Valley Road, Suite 210 C, Santa Rosa 95404

- Spiritual Bible-based marriage and family counseling
- Individual Psychotherapy for adults, adolescents and children

- Referral to other services that may be more appropriate or helpful
- Pregnancy Counseling Center

Chrysalis Community Counseling Services 1821 4 th Street, Santa Rosa 95404	545-1670
<ul style="list-style-type: none"> • Counseling for women, men, couples, children, and families • Specialties include anger management, life transitions, self-esteem, and relationship issues • Sliding scale fees 	
West County Community Services Community Counseling River Family Service Center: 16390 Main Street, Suite H, Guerneville 95446 Sebastopol Family Service and Admin Center: 477 Petaluma Avenue, Sebastopol 95472	869-0655 Intake Line: 823-1640 Ext. 1024
<ul style="list-style-type: none"> • Includes Counseling and prevention, treatment for a variety of clinical issues, including anxiety, depression, stress, parenting, anger management • Family and couples counseling, hypnotherapy • They also have a bilingual/bicultural registered MFTI to provide counseling services to the Spanish speaking community of West Sonoma County. • Hours: Mondays, 1:30 – 4:30 PM, Wednesdays, 12 – 4 PM, Thursdays, 9 – 5 PM 	
Community Counseling Center 2 Padre Pkwy, Rohnert Park 94928	588-9720
Domestic Violence Counseling (Sheriff's Department) 2796 Ventura Avenue, Santa Rosa 95403	565-7604
<ul style="list-style-type: none"> • Therapists available from the YWCA dealing with domestic violence. Affiliated with the Sheriff's department. 	
Domestic Violence Hotline	546-1234
<ul style="list-style-type: none"> • Group, individual self-esteem building and therapeutic counseling for women and men. Residential program for women. 	
Eating Disorders Counseling Services 1815 4 th Street, Santa Rosa 95404	236-2894
<ul style="list-style-type: none"> • Individual and family counseling, groups sessions also available • Mary C. Fiumara, LCSW with 27 years clinical experience 	
Family Circle (Spanish only) 531 E Street, Santa Rosa 95404	569-7224
<ul style="list-style-type: none"> • Counseling and education for domestic violence 	
Family Education Center of Life Works 1200 College Avenue, Santa Rosa 95404	568-2300 Ext. 16
<ul style="list-style-type: none"> • Contact Michael Tonjum, Executive Director • Adlerian therapy / parent support groups / education / workshops. 	

Family Service Agency (FSA) 545-4551

751 Lombardi Court, Suite C, Santa Rosa 95407

- Individual, family, couples, and child therapy services. Sliding scale fees
- Spanish speaking counseling is available on a limited basis.

Friends Outside (Jail/Prison Advocates) 526-7318

2777 Ventura Avenue, Santa Rosa 95403

- This is a 501c (3) organization serving children, men and women who have been impacted by incarceration by giving them answers, support and resources to help replace destructive cycles with freeing choices that restore dignity and stability to their lives. It has a peer support group for women only, creative conflict resolution classes. It may not be available at certain times.
- Contact Lana

Hope Counseling Services 763-9484

941 B Street, Petaluma 94952

- Provides church related counseling services using licensed professionals
Also provides hypnosis and biofeedback for habit control and pain, on a sliding scale fee basis.

Interlink Self-Help Center 546-4481

1033 4th Street, Santa Rosa 95404

- Support groups, peer counseling, classes, socialization for adults with psychiatric disabilities.

Jewish Family and Children's Services 571-8131

1360 N. Dutton Avenue, Ste C, Santa Rosa 95401

- Non-sectarian counseling for families and individuals of all ages
- Low-interest loans to working poor for cars and housing. (Minimal Spanish)

Life Works 568-2300

1200 College Avenue, Santa Rosa 95404

- Contact Michael Tonjum, Executive Director
- 30 Individual, couple and family counseling, parent education classes and support groups are available.
 - *Choices for Change*: provides prevention education for children and families at risk for substance abuse.
 - *Transitions @ Life Works*: Increases the self-sufficiency and success of young adults with Asperger's Syndrome (an autism related condition) & Nonverbal Learning Disabilities.
 - *Family Education Center*: Provides primary prevention parent education
 - *School-Based Counseling Program*: Serves students, identified as emotionally challenged, and their families
 - *Lifeworks Behavioral Services & Nanny707* : Serves children and their families struggling with severe behavior problems
 - *El Puente (The Bridge)*: Prevention/intervention program offering at-risk and gang-affiliated youth an alternate structure to support a healthy transition to adulthood.

Lomi Counseling Clinic **579-0465 Ext. 227**

534 B Street, Santa Rosa 95401

- Counseling for marriage, family and children. Sliding scale fees (Spanish)

Loyola Counseling Institute **526-1167**

24A Ursuline Road, Santa Rosa 95403

- Sliding scale fees

M.E.N. (Men Evolving Non-Violently) **24 HR Crisis Line: 528-2636**

2345 4th Street, Santa Rosa 95404

- Men's support program to help change violent or abusive behavior

Mental Health Access Team (At Norton) **565-6900**

3322 Chanate Road, Santa Rosa 95404

- Clients with Medi-Cal seeking mental health services, counseling and assessment (Some Spanish speaking)

Mental Health Resource Team **565-6900**

- Serves Medi-Cal patients and those with chronic and serious mental illness.

Milton H. Erikson Institute **526-7720**

1144 Sonoma Avenue, Ste 117, Santa Rosa 95405

- Hypnosis/Drug or Alcohol/HIV/Eating Disorders/Pain/Trauma/Perinatal (Sliding scale).

NAMI Sonoma County **527-6655**

1300 N. Dutton Avenue, Suite A, Santa Rosa 95401

- Offers support, education, and advocacy for families and friends dealing with mental health challenges.

Napa County Health & Human Services **253-4279**

2261 Elm Street, Napa 94559

- Contact Jayne Vanderhurst, Mental Health Director
- Assistant: Luann Pufford

Napa County Health and Human Services Agency **253-4785**

Adult Day Treatment Programs/Mental and Behavioral Health Services

- Provides an intensive 90-day outpatient treatment program for men (age 18 or over) with a dual diagnosis. Offers individualized treatment plans, individual and group counseling, support groups and substance abuse education and a focus on early recovery issues.
- Medi-Cal, Medicare, private insurance, military insurance accepted
- Hours: M – F, 8 AM – 5 PM, walk in or apply by phone (Spanish)

National Domestic Violence Hotline **800-799-7233**

PO Box 161810, Austin, TX 78716

- A 24-hour service that is confidential, anonymous, for anyone affected by Domestic Violence, including family, friends and abusers.

National Hopeline Network

800-784-2433

- Suicide prevention

National Teen Dating Hotline

866-331-9474

PO Box 161810, Austin, TX 78716

- A 24-hour service for teens, that is confidential, anonymous. For any teenager affected by date rape or other dating abuse.

Non-Violent Alternatives (NOVA)

523-9361

421 Humboldt Street, Santa Rosa 95404

- Private counseling/court ordered 52-week course for batterers.

Petaluma People Services Center

765-8488

1500A Petaluma Blvd S, Petaluma 94952

- Provides a variety of services for caregivers, children, adults, and seniors includes counseling, child abuse prevention, gang prevention, drug and alcohol counseling, information and referral. Accepts Medi-Cal and Medicare.

Petaluma Police Department

778-4370

969 Petaluma Blvd North, Petaluma 94952

- Provides advocacy for victims of sexual assault as well as a continuum of services pertaining to sexual assault.

Pregnancy Counseling Center

588-9176

1331 Medical Center Drive, Rohnert Park 94928

- Ongoing counseling to develop life plans, medical clinic, support groups, childbirth and parenting Classes

Psychiatric Emergency Services (PES)

576-8181

- 24-hour psychiatric intervention for emergencies such as suicidal callers (minimal Spanish)

Russian River Counselors

865-1200

19375 Hwy 116, Monte Rio 95462

- Medicare. Sliding scale fees

Russian River Health Center- Mental Health

869-2961

16312 3rd Street, PO Box 226, Guerneville 95446

- Therapy, counseling, prescriptions, accepts Medi-Cal and Medicare.

Santa Rosa Community Health Center

547-2222

751 Lombardi Court, Santa Rosa 95407

- Offers individual counseling, parenting classes, children's group counseling

- Sliding scale fees (Spanish)

Santa Rosa Police Department 965 Sonoma Avenue, Santa Rosa 95404	543-3600
• Provides advocacy for victims of sexual assault as well as a continuum of services pertaining to sexual assault.	
Social Advocates for Youth Crisis 144 Stony Point Road, Santa Rosa 95401	546-3432
• Intervention in family crisis; counseling, reunification, foster care, advocacy.	
Sonoma County Indian Health Project, Inc. 144 Stony Point Road, Santa Rosa 95401	521-4545
• Services include: Behavioral health, medical and dental. Counseling/Medical. (Sliding scale)	
Sonoma County Mental Health 3322 Chanate Road, Santa Rosa 95404	565-6900
• Intake and Referral for adults and children with mental health concerns. • Individual, group and family counseling, and prescriptions for medication. • Accepts medical, and sometimes works with uninsured clients in special cases	
Sonoma County Adult and Youth Development Center 7345 Burton Avenue, Rohnert Park 94928	793-9030
• Provides counseling, homeless prevention services	
St. Joseph Health System- Sonoma County 1165 Montgomery Drive, Santa Rosa 95405	546-3210/525-5300
• Mental health services	
Suicide Prevention – National Hotline Network	800-784-2433
SSU Community Counseling Center (Psychological Services) 1088 Stevenson Hall, 1801 E. Cotati Ave, Rohnert Park 94928	664-2153
• Contact Dr. Lisa Wyatt, Director	
<u>Twelve Step Groups:</u>	
Alcoholics Anonymous http://www.alcoholics-anonymous.org	544-1300
Adult Children of Alcoholics http://www.adultchildren.org/	539-2547
Al-Anon/Alateen http://www.ncwsa.org/d26	575-6760
Co-dependents Anonymous http://www.codependents.org/	523-8370
Emotions Anonymous http://www.emotionsanonymous.org/	651-647-9712

FA (Food Addicts) Anonymous	800-600-6028
<u>www.foodaddictsanonymous.org</u>	
Gamblers Anonymous	800-287-8670
<u>http://www.gamblersanonymous.org/</u>	
Narcotics Anonymous	575-7837
<u>http://www.na.org</u>	
Nicotine Anonymous	528-6213
<u>http://www.nicotine-anonymous.org/</u>	
Overeaters Anonymous	538-9770
<u>http://www.sonomacountyoa.org/index.htm</u>	
Sex Addicts Anonymous	318-1357
<u>http://www.sexaa.org/</u>	
Sonoma County Adult Children of Alcoholics (ACA)	539-2547
<u>http://www.adultchildren.org</u>	
 United Against Sexual Assault (Counselor Line)	545-7273
Information and Voicemail Line:	545-7270
• Rape Crisis Hotline (counseling, crisis hotline for residents of Sonoma County)	
 West County Community Services	869-0618
Russian River Senior Resource Center	
15010 Armstrong Woods Road, Guerneville 95446	
• Case Management - intake, assessments, care planning, and monitoring	
• Information and Assistance - referrals, advocacy, follow-up	
• Family and Caregiver Support - counseling, resources, education and advocacy	
• Council on Aging - Home Delivered Meals, Congregate Dining	
• Support Programs - commodities, transportation, application assistance	
• Contact Diane Spain, T – F, 9 AM – 4 PM	
 YWCA Counseling	565-7600
• Free counseling for adult victims of domestic violence (no children or family therapy available)	
 YWCA Domestic Violence Hotline	546-1234
PO Box 3506, Santa Rosa 95402	

General Resources and Services

A Special Place (YWCA) PO Box 3506, Santa Rosa 95407	523-2337 546-1234 (24 HR Hotline)
• Operates a pre-school, serves at risk youth, SPS clients, and homeless children.	
• Offers children living with violence or neglect a safe setting five days a week	
• Provides support and education for parents to promote their own healing	
A Street Clinic 465 A Street, Santa Rosa 95401 (Dr. Michael Kozart-psychiatrist)	546-6479
• Mondays, 9 AM – Noon (sign in begins at 8:30),	
• Tuesdays, same day appointments call Cynthia Meza (547-2220) between Monday afternoon and Tuesday morning before 10 AM.	
• Wednesdays, 9 AM – 5:30 PM (Sign in begins at 8:30 AM) Closed from 12-1 PM	
• In collaboration with the Sonoma County Department of Health Services, Mental Health Division, the A street Clinic provides counseling, psychiatric evaluations and case management. Clients seeking services from Sonoma County Mental Health can be referred through the clinic. Limited psychiatric medications are available for patients who do not have any source of funding	
A T Network- Alliance for Technology Access 1304 Southpoint Blvd, Suite 240, Petaluma 94954 1234 H Street, Suite 100, Sacramento 95814	800-914-3017 778-3011 TTY 707-778-3015
• Equipment customized for individuals with disabilities, training for people with mobility issues, information and referral.	
Adult Protective Services 3725 Westwind Blvd, Suite 101, Santa Rosa 95403	565-5940
• Contact to report abuse to senior citizens	
Adult Reentry Services (SRJC) 1501 Mendocino Avenue, Santa Rosa 95401	527-4375
• Break in education of approximately 5+ years, provides initial orientations 2x week; academic, career, and personal counseling; referrals	
• Contact Toodie Dodson	
AIDS Drug Assistance Program (County of Sonoma, Dept. of Health)	565-7402
• Provides funding for prescription drugs for eligible persons (with HIV infection, over the age of 18, living in California) who make \$5,000 or less per year, on Medi-Cal, Medicare, or with private insurance.	
AIDS/HIV Nightline P.O. Box 191350, San Francisco 94119	800- 628-9240 415- 984-1902
• Hours: 5 PM – 5 AM	

Alexander Valley Regional Medical Center 6 Tarman Drive, Cloverdale 95425	894-4229
<ul style="list-style-type: none"> AVRMC is a designated Rural Health Center and California State licensed Community Clinic, offering family practice and acute medical care, as well as general dentistry, behavioral health and family counseling (sliding scale fees). A dedicated team of health professionals including physicians, nurse practitioners, dentists, psychologists and other specialists staffs AVRMC. 	
Alliance Medical Center 1381 University Street, Healdsburg 95448	433-5494
<ul style="list-style-type: none"> Provides urgent care with no appointment, family planning services, prenatal care, a pediatrics clinic, school and employment physicals, nutritional counseling, social services advocacy, diabetic and hypertensive care, minor treatment and dental clinic. Offers unsupervised and supervised visits (exchanges), parenting classes and therapy 	
Al-Anon/Alateen PO Box 2412, Santa Rosa 95405 http://www.ncwsa.org/ldc.htm	575-6760
Alta Mira Recovery Programs 125 Bulkley Avenue, Sausalito 94965	866-922-1350
<ul style="list-style-type: none"> Offers treatment programs for 18+ adults for chemical dependency, mental health disorders, eating disorders, trauma 	
Alzheimer's Association (North Bay) 1211 Dutton Avenue, Suite A, Santa Rosa 95401	573-1210
<ul style="list-style-type: none"> Advocates for Alzheimer's and other related dementias, and for their families. Friends & Family Support Group on the 3rd Thursday of every month from, 10 - 11:30 AM 	
Anthony Soto Employment Training (ASET) California Human Development Corporation (CHDC) 1015 Center Drive, #B, Santa Rosa 95403	523-1155
<ul style="list-style-type: none"> Offers two weeks to four months of classroom and hands-on vocational training in an adult working environment in shipping and receiving, truck driving, fork-lift and work environmental communications 	
Azure Acres 2264 Green Hill Road, Sebastopol 95472	823-3385
<ul style="list-style-type: none"> Chemical Dependency Recovery Center Detox, residential and day treatment for men and women—no psychiatric services. 	
Becoming Independent 1425 Corporate Center Parkway, Santa Rosa 95407	524-6600
<ul style="list-style-type: none"> Their mission is to promote community inclusion and participation for people with developmental disabilities. 	

Becoming Independent (Sonoma Valley Campus) 355 W. Napa Street, Sonoma 95476	996-5988
• Contact Lea Ronald, Director of Sonoma Valley, via email, ironald@becomingindependent.org	
Becoming Independent (Healdsburg Campus) 625 Center Street, Healdsburg 95448	431-1345
• Contact April Gray, Director of Services, via email, agray@becomingindependent.org	
Becoming Independent (Napa Campus) 1832 Soscol Avenue, #101, Napa 94559	252-9288
• Contact Scott Wellington, Service Director, CLS, via email, swellington@becomingindependent.org	
Better Business Bureau, Inc 1000 Broadway, Suite 625, Oakland 94607	510-844-2000
• Call the BBB Monday-Friday, 9 AM – 4 PM to report any malpractice in a business. It should be noted that the BBB does not determine guilt or innocence due to a complaint about a business. They simply keep on file all complaints, and if there is an inordinate amount of complaints, that could raise a red flag and be a basis for avoiding such a business.	
Birth Certificates (for people born in Sonoma County) Sonoma County Clerk's Office 2300 County Center Drive, Suite B-177, Santa Rosa 95403	565-2645
• Online application www.vitachek.com • Bring valid picture identification	
CA Children's Services	565-4500
County of Sonoma, Department of Health 625 5 th Street, Santa Rosa 95404	
• Assists to diagnose and treat serious medical conditions and disabilities	
CA Department of Consumer Affairs- Consumer Assistance Office	800-952-5210
• Information and referrals on general consumer issues, auto repairs, Smog issues and complaints	
California Department of Fair Employment and Housing	800-884-1684
• Housing and employment discrimination complaints.	
CA Department of Insurance Consumer Hotline	800-927-4357
CA Department of Motor Vehicles (DMV) 2570 Corby Avenue, Santa Rosa 95407	800-777-0133
• Disabled parking placard	

California Human Development Corporation (CHDC) 3315 Airway Drive, Santa Rosa 95403 405 Grove Street, Healdsburg 95448	523-1155 433-6652
<ul style="list-style-type: none"> • Emergency funds for utility, food, job help, shelters. • Inpatient and outpatient drug treatment. • Provides services to low income and farm worker households (Spanish) • Job placement includes resume development, interviewing skills, job development/placement, and support services pertaining to job retention. Limited work experience services for individuals with employment barriers. • This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program) 	
California Parenting Institute 3650 Standish Avenue, Santa Rosa 95407	565-6108
<ul style="list-style-type: none"> • Individual, group and family counseling for children and families with childhood issues including sexual abuse, physical abuse, domestic violence, behavioral disorders, and divorce • Victims' Assistance and Medi-Cal accepted. • Sliding-scale fees (Spanish) 	
Canine Companions for Independence 2965 Dutton Avenue, Santa Rosa 95402	577-1700 224-3647
<ul style="list-style-type: none"> • Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. 	
Chanate Family Practice Center 3320 Chanate Road, Santa Rosa 95404	303-3600
<ul style="list-style-type: none"> • Full service family practice. Appointment required. (Spanish) • Medi-Cal, CMSP, Medicare, sliding scale. Serves uninsured. 	
Child Protective & Welfare Services (CWS/CPS) 1747 Copperhill Parkway, Santa Rosa 95403	565-4304
<ul style="list-style-type: none"> • Investigates reports of child abuse. Call CWS to make verbal report. • Monday- Friday, 8 AM – 5 PM 	
Children and Family Circle of Sonoma County 1260 N. Dutton Avenue, Suite 110, Santa Rosa 95401	544-4653
<ul style="list-style-type: none"> • Subsidized child care for infants and toddlers of low-income families, especially those at risk of abuse or neglect. 	
Chop's 509 Adam's Street, Santa Rosa 95401	284-CHOPS (2467)
<ul style="list-style-type: none"> • Chop's is a teen club designed by and for teens. Get into the action at chop's, a multi use teen recreation facility with a teen lounge, gym, climbing wall, art studio, nightclub, café and recording studio 	

Community Action Partnership of Sonoma County (CAP) 1300 N. Dutton Avenue, Santa Rosa 95401	544-6911
• Help for low income families. Call for information on variety of services offered.	
Community Child Care Council (4 C's) 396 Tesconi Court, Santa Rosa 95401	544-3077
• Provides support, promotes affordable quality child care for families from a variety of backgrounds. They have eleven Child Development centers for low-income families (Spanish).	
Copper Towers Family Medical Center 100 W 3 rd Street, Cloverdale 95425	894-4229
• Offers mental health services, drop-in clinic, emergency services and an outreach program that helps patients fill out applications for Medi-Cal on a sliding scale fee	
• Accepts Medi-Cal and Medi-Care	
• Mondays, 8 AM – 7 PM, Tuesdays – Saturdays, 8 AM – 5 PM	
Council on Addiction	544-7544
Council on Aging 730 Bennett Valley Road, Santa Rosa, CA 95404	525-0143
• Comprehensive services and legal services for seniors 60 years of age and older (Spanish)	
• Referrals, home delivered meals, legal advisory	
County of Sonoma Department of Health 625 5 th Street, Santa Rosa 95404	565-4401
• Assists to diagnose and treat serious medical conditions and disabilities	
Crestwood Wellness & Recovery Center 3062 Churn Creek Road, Redding 96002	530-221-0976
• Offers a continuum of services to empower and help consumers succeed in their communities.	
Dads Make a Difference	565-4480
County Health-Public Health 625 5 th Street, Santa Rosa 95404	
• Fathers or expectant fathers of children born to teen mothers (males 16-24 years old)	
• Parenting education and vocation opportunities through agency partnerships to promote responsible fatherhood and increase self-sufficiency	
• Services are provided in conjunction with CPI	
• Contact Pauline Richardson	

Dental Care

Alexander Valley Regional Medical Center **894-2094**

6 Tarman Drive, Cloverdale 95425

- Accepts Medi-Cal, Medicare. Sliding scale fees.

Alliance Medical Center- Dental Clinic

433-8161

1381 University St., Healdsburg 95448

- Minor treatment dental clinic

Chanate Family Practice Center

303-3600

3320 Chanate Rd., Santa Rosa

- Full service family practice. Appointment required
- Open M-F. Spanish. Medi-Cal, CMSP, Medicare, sliding scale.
- Serves uninsured

Community Intervention Program (CIP)

565-4811

- M-F Serves individuals with serious mental illness who are also homeless and/or have alcohol and drug problems or are part of an underserved ethnic minority.
- Call for locations to meet with staff.

Cultivando La Salud- Cultivating Health

547-2237

751 Lombardi Court, Santa Rosa 95407

- Mobile dental clinic

Petaluma Health Center

773-1097

1301 Southpoint Blvd, Suite #A, Petaluma 94954

Redwood Empire Dental Society

546-7275

1400 Dutton Avenue, Suite 10, Santa Rosa 95407

- Referral service to dentists taking new patients, accepting Medi-Cal, Denti-Cal, Senior Dental Program

Rohnert Park Dental

584-1000

5755 Redwood Drive, Rohnert Park 94928

- Ages 5 and up, accepts Medi-Cal

Russian River Health Center

869-2849

Smile Care

578-3118

140 Stony Point Road, Suite A, Santa Rosa 95401

- Same day dental appointments only, all ages

Sonoma County Indian Health Project, Inc.

521-4600

144 Stony Point Road, Santa Rosa 95401

- Non Indian patients and Medi-Cal accepted

St. Joseph Dental Clinic

547-2221

751 Lombardi Court, Suite #A, Santa Rosa 95407

- Provides preventive and treatment services for children up to 16 years of age, offers check-ups, cleaning, fillings, sealants, extractions. Accepts Denti-Cal

Western Dental

800-579-3783

1240 Farmers Lane, Santa Rosa 95405

- Accepts Medi-Cal

West County Health Centers

869-2933

Russian River Dental Clinic

16312 3rd Street, PO Box 226, Guerneville 95446

- By appointment only. Accepts Medi-Cal, Healthy Families, sliding scale fees

Department of Health Services

565-6900

- Information and referrals regarding healthcare, pregnancy care and family planning.

Department of Rehabilitation (DOR)

576-2233

50 D Street, Suite 425, Santa Rosa 95404

- Vocational training and job placement services for Californians with disabilities and California employers.

Disability Services and Legal Center (DSLC)

528-2745 Ext. 312

521 Mendocino Avenue, Santa Rosa 95401

- An independent living center serving adults and children with disabilities. Services include a disability law clinic, housing information, housing access modification program, interpreter referral of qualified American Sign Language interpreters, personal assistant (PA) referral and in-home support services.
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program)
- Contact Melva Freeman

Domestic Violence Hotline

546-1234

Drug Abuse Alternatives Center (DAAC)

544-3295

2403 Professional Drive, Santa Rosa 95403

- Services include outpatient treatment, education, and prevention for adults and adolescents with alcohol and/or drug problems.
- Contact Monica Haimowitz, Youth and Family Services Director

Easter Seals Northern California

584-1443

5440 State Farm Drive, Rohnert Park 94928

- Loans rehabilitation equipment. Offers social activities to help with socialization of physically and developmentally disabled.

Elsie Allen High School Health Center 599 Bellevue Avenue, G17, Santa Rosa 95407	528-5770
Experience Works 2245 Challenger Way, #104, Santa Rosa 95407	565-5620
<ul style="list-style-type: none"> • 55+ years old, income requirements • Provides training, employment and community service opportunities for mature workers • Includes programs to help enter the workforce, move into new career areas, or supplement SS income 	
Extended Opportunity Program (SRJC) 1501 Mendocino Avenue, Santa Rosa 95401	527-4383
<ul style="list-style-type: none"> • Provides assistance with admissions, financial aid, forms, orientations, registration, book vouchers, childcare priority, student advocacy, special classes and transfers • Contact Maryanne Michaels 	
Face to Face – Sonoma County AIDS Network 873 2 nd Street, Santa Rosa 95404	544-1581
16350 Third Street, Guerneville 95446	869-7390 (Toll-free)
<ul style="list-style-type: none"> • Services for people who are HIV-positive or AIDS (SPANISH) • Office Open Tuesday-Friday 9 AM – 5 PM 	
Family Planning Clinic 3420 Chanate Road, Santa Rosa 95404	565-4820
<ul style="list-style-type: none"> • Birth control, gynecological exams, Pap, testing for sexually transmitted diseases. 	
Family Practice Center- Sutter Medical Center of Santa Rosa 3320 Chanate Road, Santa Rosa 95404	303-3600
<ul style="list-style-type: none"> • Full service family practice. Medi-Cal and Medicare (Spanish) • Same day appointment services 	
Family Service Agency of Sonoma County (FSA) 751 Lombardi Court, Suite 7, Santa Rosa 95407	545-4551
<ul style="list-style-type: none"> • Certified batterer's program for men and women. • Sliding scale fees (Spanish) 	
Family Support Division (District Attorney) 1755 Copperhill Parkway, Santa Rosa 95403	1-866-901-3212
<ul style="list-style-type: none"> • Child support services 	
General Assistance 2550 Paulin Drive, Santa Rosa.	565-2715
<ul style="list-style-type: none"> • Basic items of need for disabled or unemployed adults not eligible for other cash programs. 	
Giant Steps Therapeutic Equestrian Center	769-8900

7600 Lakeville Hwy, Petaluma 94954

- Equestrian therapy program for mentally or physically disabled children

Goodwill Industries- Redwood Empire

523-0550

651 Yolanda Avenue, Santa Rosa 95404

- Vocational services for people with disabilities
- Job placement includes resume development, interviewing skills, job development/placement, and support services pertaining to job retention. Limited work experience services for individuals with employment barriers.

Healthy Families – CA Managed Risk Medical Insurance

800-880-5305

- Low cost insurance for children and teens.

HCA Funds

565-2108

- Rent or security deposit. Priority to families with children, seniors and disabled.

HIV Hepatitis C Prevention Project (DAAC)

544-3295

2403 Professional Drive, Santa Rosa 95403

- Mondays, 12 - 5:30 PM

Immigration Services (Catholic Charities)

578-6000

987 Airway Court, PO Box 4900, Santa Rosa 95402

- Provides consultations, citizenship applications, Visa petitions, assistance to women facing domestic violence issues, etc., open M,W,TH,FR 9-12 pm, TU 10-12 pm, 1 to 6 pm—free info 4 pm every Tuesday.

In-Home Support Services

565-5900

3725 Westwind Blvd, Suite 101, Santa Rosa 95403

- Provides care and assistance for disabled and those with low income.

Interlink Self Help Center

546-4481

1033 4th Street, Santa Rosa 95404

- Drop in self-help center for people with mental health issues, peer counseling, community resources, recreation, job services.

Jewish Community Free Clinic

585-7780

490 City Center Drive, Rohnert Park 94928

- Monday: 9:30 am – 11 am Daytime Family Practice Clinic
- Monday: 5:30 pm – 7:30 pm Evening Family Practice Clinic
- Tuesday: 3 - 4:30 pm The Vaccines for Children Program/Adults welcome as well!
- Wednesday: 9 AM - 12:30 PM and 1 - 5:30 PM Acupuncture Clinic
- Thursday: 5:30 -7:30 PM Evening Family Practice Clinic
- Friday: closed

Jewish Family and Children's Services

571-8131

1360 N. Dutton Avenue, Suite C, Santa Rosa 95401

- Non-sectarian counseling for families and individuals of all ages
- Low-interest loans to working poor for cars and housing. (Minimal Spanish)
- Medi-Cal, under 18 only, sliding scale fees.

Job Link of Sonoma County **565-5550**

2245 Challenger Way, #104, Santa Rosa 95407

- Career counseling, education, job training, senior citizen employment, youth employment, welfare to work transition services.
- Free workshops for job seekers and career changers including resume writing, job search, interviewing, self assessment and job search
- Computer lab with software for job search, career, and educational planning
- Bilingual resource room with job openings and computer
- Resource Center has reference library, additional computer, telephone banks, fax and copier machines

Kaiser Permanente Medical Center **393-4044**

401 Bicentennial Way, Santa Rosa 95403

- Visit <http://www.kaisersantarosa.org/classes>
- Hospital and medical services primarily for Kaiser members. When calling, tell them you are on a “state sponsored plan” and you need to see a specialist (psychiatrist)
- No fees for members, non-member fee is \$80, prepayment is required to register.
- Smoking Cessation Programs
- Chemical Dependency Services

393-4167 or 566-5277

571-3835

LaCasa De La Amistad **933-0897**

17962 Sonoma Hwy, Boyes Hot Springs 95476

- Vineyard Workers Services, farmworkers or family members. Harvest season, days vary, evening hours.
- Hot meals, English classes, health care, referrals, emergency shelter, food, clothing, sleeping bags and tents.

La Luz Bilingual Center **938-5131**

17560 Greger Street, Boyes Hot Springs 95416

- English language instruction, computer skills training, health and nutritional services, voter and civic education
- Resource information, referrals, personal and family counseling
- Contact Kara Reyes

La Voz (Bilingual newspaper) **525-0898**

575 Ross Street, Santa Rosa 95401

- La Voz is distributed in 5 local counties, and used by all the schools.

Latino Service Providers of Sonoma County **953-8532**

365 Tesconi Circle, Suite B, Santa Rosa 95401

- Contact Wanda Tapia

- Serve and strengthens Hispanic families and children by building healthy communities and reducing disparities within Sonoma County including building capacity for mental health prevention and early intervention services.

Life Pregnancy Services **829-6661**

7765 Healdsburg Ave, #7 Sebastopol, CA 95472- 3355

- Baby needs, maternity clothes

Life Works **568-2300**

1200 College Avenue, Santa Rosa 95404

- Contact Michael Tonjum, Executive Director
- Provides comprehensive services to promote the healthy emotional development of children and families throughout Sonoma County.
- Programs include Family Education, school-based counseling program, Choices for Change (drug & alcohol dependence), Lifeworks Behavioral Services (for severe emotional and behavioral problems), El Puente- The Bridge (gang prevention program), and Transitions (for individuals with Asperger's Syndrome or Nonverbal Learning disability).

Local Domestic Violence Hotline **546-1234**

Lytton Springs Adult Rehab Center **433-3334**

200 Lytton Springs Road, Healdsburg 95448

- 6 month work rehab center/ over 21 years of age. No fee

Manna Home – Redwood Gospel Mission **576-1471**

2032 Dennis Lane,, Santa Rosa 95403

- 12-step, Christian-based residential recovery program for women with no income. No children. No smoking.

Matrix Parent Network and Resource Center **415-475-2119**

94 Galli Drive, Suite C, Novato 94949

- Assists families of children with special needs with special education, IEPS, and assessments
- Contact Chris Allen, Parent Advisor-Sonoma County to make an appointment (Fridays, 1 – 4 PM)
- Meets at Becoming Independent, 1425 Corporate Center Parkway, Santa Rosa

Medi-Cal & County Medical Services Program (CMSP) **565-2715**

2550 Paulin Drive, Santa Rosa 95403

- Medi-Cal pays for medical/dental care, prescriptions, hospitalization, and nursing home care
- Apply Monday-Friday, 8 AM – 2:30 PM, phones are answered Monday-Friday, 10 AM – 3 PM

Medicare **800-633-4227**

Medicare General Written Correspondence, PO Box 39, Lawrence, KS 66044

- Federal health care program for senior citizens and the physically disabled.
- www.medicare.gov and www.sonoma-county.org/human/eco_assistance.htm

Multiple Sclerosis Society, Northern CA Chapter 1700 Owens Street, Ste 190, San Francisco 94158	800-344-4867
• Performs MS research among other pertinent things.	
National Domestic Violence Hotline	800-799-7233
• Therapist available from the YWCA dealing with domestic violence. • Affiliated with the Sheriff's department	
National Teen Dating Hotline PO Box 161810, Austin, TX 78716 www.loveisrespect.com	866-331-9474
• A 24-hour service for teens, that is confidential, anonymous. For any teenager affected by date rape or other dating abuse.	
National 24-hour Hotline	800- 870-7064
New Directions Adolescent Services PO Box 1819, Rohnert Park 94927	585-3700
• Services for special needs teens. • Psychotherapeutic educational day treatment center	
New Life Recovery Program for Men 101 6 th Street, Santa Rosa 95401	542-4817
• 10 to 14 month residential program for men using Christian-centered 12 step principles.	
North Bay Vet Center 6225 State Farm Drive, Ste 101, Rohnert Park 94928	586-3295
• Individual, group and family counseling clinic for veterans of all eras • Sexual Trauma counseling, case management and referrals	
North Bay Veterans Resource Center 2455 Bennett Valley Rd. # 112A, Santa Rosa	578-8387
• Men & women with a history of military service. Employment services. Job search, Resource Room & placement.	
North Bay Bohemian (Newspaper) 512 Mendocino Ave, Santa Rosa 95401	546-8735
• Independent newspaper focused on the North Bay	
North Coast Energy Services	1-800-233-4480
• Low Income Home Energy Assistance Program (LIHEAP). • Offers once a year help with wood, propane, kerosene or financial assistance with PG&E	
North County Community Services (NCCS)	433-6161

209 Matheson Street, Healdsburg, 95448

- Multi-service agency providing services to low income North Sonoma County residents.
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program).

North Bay Regional Center

569-2000

2531 Mendocino Ave, Santa Rosa 95403

- Committed to provide support and services to people with developmental disabilities.

NOVA: Non-Violent Alternatives

523-9361

423 Humboldt Street, Santa Rosa 95404

- 52-week program for men and women with difficulties in relationships. Provides both court ordered and voluntary services.

Orenda Center

565-7450

1430 Neotomas Avenue, Santa Rosa 95405

- Adolescent and adult treatment program, assessment, drug testing, and outpatient programs
- Detox unit is open 24/7

Partnership for Prescription Alliance

888-477-2669

- Alliance made up of pharmaceutical companies, healthcare provider and patient advocacy groups that help get free or discounted medications for those that qualify
- www.pparx.org

Petaluma Health Center

763-7005

1301 Southpoint Blvd, Suite #A, Petaluma 94954

- Comprehensive medical care, including mental health services.

Petaluma People Services Center

765-8488

1500A Petaluma Blvd S, Suite A, Petaluma 94952

- Provides a variety of services for caregivers, children, adults, and seniors includes counseling, child abuse prevention, gang prevention, drug and alcohol counseling, information and referral. Accepts Medi-Cal and Medicare.

Planned Parenthood Golden Gate

800-967-7526

Rohnert Park Health Center

1370 Medical Center Drive, Suite E, Rohnert Park 94928

Point Reyes Medical Clinic

415-663-8666

36th Street, PO Box 910, Point Reyes Station 94956

- Takes Medi-Cal and has payment plans for those without insurance.

Positive Images

568-5830

312 Chinn Street, Santa Rosa 95404

- Organization that provides support and advocacy to gay, lesbian, bisexual, transgender, queer, questioning and intersexed youth and young adults, & educates the greater community.

Prenatal Day Treatment **566-0170**

2403 Professional Drive, Santa Rosa 95403

- Substance abuse treatment for pregnant women.

Prenatal Services **565-4554**

625 Fifth Street, Santa Rosa.

- M-F, 8-5
- Health services for pregnant women with Medi-Cal

Press Democrat **546-2020**

427 Mendocino Avenue, Santa Rosa 95402

- Local newspaper

PRIDE Transit Services **546-4406**

10030 Foothills Blvd, Dept 26, Roseville CA 95747

- Provide transit services to people with disabilities, senior citizens, social service agencies, health care providers, and various organizations and individuals.

Psychiatric Emergency Services **576-8181**

3322 Chanate Rd., Santa Rosa

- 24 hour psychiatric emergency intervention and treatment. Call or walk in.

PsychStrategies, Inc **526-8300**

659 Cherry Street, Santa Rosa, CA 95404

- <http://www.psychstrategies.com/contact.php>

Public Health Clinic **565-4820**

3420 Chanate Road, Santa Rosa 95404

- Provides many health care clinics, education about disease and injury prevention, STI testing, family planning, pregnancy testing, and maternity services. Immunizations and referrals accepted
- Hours: Mondays and Fridays, 8 AM – 5 PM, Tuesdays and Thursdays, 8 AM – 8 PM, walk-ins accepted
- Sliding scale

Recycling Center **586-8247**

3400 Standish Avenue, Santa Rosa 95407

- Monday – Saturday, 7:00 – 3:00 PM
- Will pay for aluminum cans, bottles, paper, cardboard, etc.

Red Cross **577-7600**

5297 Aero Drive, Santa Rosa 95403

- Emergency services for those affected by natural disasters.

Redwood Coastal Medical Services 46900 Ocean Drive, Gualala 95445	884-4005
<ul style="list-style-type: none"> • By appointment • Counseling Services: RCMS Healthcare offers professional counseling services including: <ul style="list-style-type: none"> ○ assessment and referral ○ short term counseling ○ individual, couple and family therapy ○ substance abuse treatment ○ anger management classes ○ smoking cessation classes ○ group therapy for women ○ counseling for adolescents ○ court mandated treatment 	
Redwood Empire Industries/Growth Opportunities 1695 Piner Road, Suite A, Santa Rosa 95403	542-5609
<ul style="list-style-type: none"> • Personalized services, developmental disabilities; seniors serviced must be clients of North Bay Regional Center. • Work and activity programs 	
Renaissance Healing & Learning Center 1040 Moss Lane, Cotati 94931	664-8919
<ul style="list-style-type: none"> • They provide hippotherapy (“treatment with the help of the horse”) to patients with a variety of neurological and orthopedic conditions, including Parkinson’s disease, cerebral palsy, autism, developmental delays, back pain, and other impairments. 	
Riley Street Clinic (County of Sonoma Department of Health) 418 Riley Street, Santa Rosa 95404	565-4820
<ul style="list-style-type: none"> • Treatment for STDs, family planning, pregnancy testing, teen clinic. 	
Rohnert Park Health Center 1370 Medical Center Drive, Suite E, Rohnert Park 94928	
Roseland Children’s Health Center 962 Sebastopol Road, Santa Rosa 95407	578-2005
<ul style="list-style-type: none"> • Comprehensive pediatric services, accepts Medi-Cal, Healthy Families • Also sliding scale, no child turned away • Hours: Mondays and Thursdays, 8 AM- Noon, 1-5 PM, 6-9 PM Tuesdays, Wednesdays, Fridays, 8 AM – Noon, 1- 5 PM 	
River to Coast Children’s Services 16300 1 st Street, Guerneville 954456	869-3613 (If calling from Sonoma Coast) 800-994-3613

- Serves West County Families looking for resources and support for families and child care providers. Help paying for child care for eligible families, Low cost health and safety training, Low cost counseling program for children and their families
- Kinder and Infant gym at the Guerneville Vets Hall, 9:45 a.m. to 12:15 p.m.
- Counseling for low income families in west Sonoma County

Russian River Empowerment Center

604-7264

16229 Third Street, Guerneville

- Consumer driven center for adults with serious and persistent mental illness.
- Tues, Wed, Thurs 9:30 AM- 3:30 PM

Saint Jane and Mary Medical Clinic

591-9667

1580 Sebastopol Road, Santa Rosa 95407

- Same day medical care appointments only, all ages.

Salvation Army

542-0998

93 Stony Circle, Door C, Santa Rosa 95401

- Emergency services, food, clothing, rental assistance, counseling, reach program for assistance with utility bills.
- For Prescription Program, contact Carmen between 1 – 4:00 PM, M-F

San Rafael Men's Hotline

415-924-1070

903 Irwin Street, San Rafael 94901

Santa Rosa City Bus

543-3925

45 Stony Point Road, Santa Rosa 95401

- Bus routes and schedules

Santa Rosa Community Health Center

547-2222

751 Lombardi Court, Santa Rosa 95407

- Offers individual counseling, parenting classes, children's group counseling
- Medical, dental, mental health services, family planning. Sliding scale fees (Spanish)

Santa Rosa Free Clinic

546-6479

465 A Street, Santa Rosa 95401

- Provides free medical and psychiatric treatment as well as mental health case management to the people of Sonoma County. Open Monday and Wednesday at 8:00 AM

Santa Rosa Junior College: Disability Resources

527-4278

Santa Rosa Junior College Career and Employment Center

527-4445

1501 Mendocino Avenue, Santa Rosa 95401

- Offers a variety of on and off campus employment opportunities

Santa Rosa Junior College: Student Health Services/Student Psychological Services

Race Building, Room 4017
1501 Mendocino Avenue, Santa Rosa 95401

Santa Rosa Treatment Program **576-0818**

1901 Cleveland Avenue, Santa Rosa 95401

- Outpatient methadone detoxification and maintenance services (Spanish)

Santa Rosa Veterans Affairs Clinic **877- 487-2838**

3315 Chanate Rd. Ste 1E, Santa Rosa 95404

- M-F 8AM-4:30PM. Appointment required

Services to Deaf/Hearing Impaired – Dept. of Rehabilitation **576-2260**

50 D Street, Suite 425, Santa Rosa 95404 **542-6365 (TTY)**

Season of Sharing **565-2108**

- Critical needs and rent. Priority to families with children, seniors and disabled

Sexually Transmitted Disease Services **565-4820**

3420 Chanate Road, Santa Rosa 95404

- Testing for sexually transmitted diseases

Sonoma County Public Library (Santa Rosa Central) **545-0831**

3rd & E Street, Santa Rosa 95404

Social Advocates for Youth – SAY (Santa Rosa) **546-3432**

3440 Airway Drive, Suite E, Santa Rosa 95403 **Crisis Hotline: 800-544-3299**

- Counseling, assistance finding jobs, workshops, help finishing school, shelter for youth
- Walks in accepted, appointments preferred

Social Advocates for Youth – SAY (Healdsburg) **431-7658**

14 Healdsburg Avenue, Suite C, Healdsburg 95448

Social Advocates for Youth – SAY (Sonoma) **996-7991**

1055 Broadway, Suite D, Sonoma 95476

Social Advocates for Youth – Youth Employment Center **544-3299 Ext. 227**

405 Grove St., Healdsburg

- Bilingual. Job training & referrals.

Social Security Administration **544-4302**

2099 Range Avenue, Santa Rosa 95401

Pick up application form

- “FORM SS-5” or download FORM SS-5 from www.ssa.gov for
- Appointments and information phone_ (707) 544-4302
- Information about retirement benefits, SSI/SSDI and related services.

- For downloadable forms, visit <http://www.ssa.gov>

Sonoma County Adult and Youth Development Center 7345 Burton Avenue, Rohnert Park, CA 94928 PO Box 7078, Cotati, CA 94931	793-9030
<ul style="list-style-type: none"> • Offers resources and referrals in Rohnert Park • <i>This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program).</i> 	
Sonoma Co. Community Services (CHD) 405 Grove Street, Healdsburg 95448	433-6652
<ul style="list-style-type: none"> • Job training & referrals (SPANISH) 	
Sonoma County Human Services Department 3600 Westwind Blvd, Santa Rosa 95403	565-5855
<ul style="list-style-type: none"> • <i>Adult and Aging Services</i> 565-5948 2250 North Point Parkway, Santa Rosa 95407 • <i>Family Youth and Children's Services (Child Protective Services)</i> 565-4304 P.O. Box 1539, Santa Rosa 95402 • <i>Sonoma WORKS (Spanish)</i> 565-5500 2225 Challenger Way #101, Santa Rosa 95407 • These agencies provide emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program). 	
Sonoma County Indian Health Project, Inc. 144 Stony Point Road, Santa Rosa 95401	521-4545
<ul style="list-style-type: none"> • Comprehensive medical care for Native Americans; limited service to others. 	
Sonoma County Mental Health Co-Op 3313 Chanate Road, Santa Rosa 95404	565-4700
<ul style="list-style-type: none"> • Provides assistance with job applications, cover letters, resumes, and interviews • Individual and group support services • Contact Theresa Bruton, Consumer Liaison at 523-0550 	
Sonoma County Office of Education 5340 Skylane Blvd, Santa Rosa 95403	524-2600
Sonoma County Task Force for the Homeless 3315 Airway Drive, Santa Rosa 95403	707-575-4494

- Coalition of public and private service providers, community organizations, religious congregations, businesses, and individuals working to end homelessness in Sonoma County through Advocacy, Resource Development, Community Education, and Collaborative Program Development

Sonoma County Transit **576-7433**

355 West Robles Avenue, Santa Rosa 95407

Sonoma Valley Community Health Center **939-6070**

430 W. Napa Street, Suite F, Sonoma 95476

- Comprehensive medical care including immunizations (Spanish)
- Walk in clinic: Mondays, 1:30 – 3:30 PM and Wednesdays, 10 – 11:30 AM

SonomaWORKS **565-2715**

2550 Paulin Drive, Santa Rosa 95403

- Welfare-to Work program for TANF applicants/recipients
- Employment and training services, cash assistance, childcare, transportation, mental health & substance abuse services
- Mon-Fri, 8 AM- 5 PM

Southwest Community Health Center **547-2222**

751 Lombardi Ct. Suite B, Santa Rosa

- Appointments required. Teen walk-ins accepted
- Offers comprehensive medical care and education.

St. Helena Recovery Program **800-454-4673**

10 Woodland Road, St. Helena 94574

- Center for Behavioral Health

St. Joseph Outpatient Behavioral Health Services **547-5450**

405 West College Avenue, Suite F, Santa Rosa 95401

- Psychiatric assessment services

St. Joseph Mobile Health Clinic **547-4612**

1450 Medical Center Drive, Rohnert Park 95427

- Brings health services to your neighborhood

St. Joseph (Promotores de Salud) – Health Promoters **547-2149**

751 Lombardi Court, Santa Rosa 95407

Suicide Prevention – National Hotline Network **800-784-2433**

Sunburst Projects **588-9477**

2 Padre Parkway, Rohnert Park 94928

- Summer camp for HIV/AIDS infected/affected children teens and families.

Family support services	
Sutter Medical Center	576-4000
3325 Chanate Road, Santa Rosa 95404	
• Medical services. 24-hour emergency.	
Sutter Medical Group of the Redwoods	523-2666
2455 Summerfield Road, Santa Rosa 95405	
• Comprehensive medical care.	
Sutter VNA Hospice – Grief Support	535-5780
1110 N. Dutton Avenue, Santa Rosa 95401	
• Open to the public; individual counseling is also available.	
• Survivors of Suicide meet every Monday, Noon – 1:30 PM.	
• People in Grief meets every Monday, 6-7:30 pm.	
• Partner Loss meets every Wednesday, 11 AM -12:30 PM or 2 nd and 4 th Tuesdays, 6:15 – 7:45 PM	
• http://www.suttervnaandhospice.org/support/support_NorthBay.html for more classes.	
Tamayo House	528-7500
1700 Yulupa Avenue, Santa Rosa 95405	
• Youth 18-24, co-ed, transition and permanent housing. Focus on those coming out of foster care, single room \$400/mo or double room \$250/mo – no children	
Teen Clinic- Sonoma Valley Community Health Center	939-6070
430 West Napa Street, Suite F, Sonoma 95476	
• Mondays, 6 – 9 PM, all services are free and confidential	
• Reproductive options counseling, pregnancy tests and counseling, birth control, STD and HIV testing, emergency contraception	
• Make an appointment or drop in	
Teen Parent Connections	565-4480
625 5 th Street, Santa Rosa 95404	
• Offers services to pregnant teens and teen parents.	
Transgender Health Clinic	303-3600
Project of the Santa Rosa Community Health Center	
Chanate Family Practice Center	
3320 Chanate Road, Santa Rosa 95404	
• Tuesdays, 6 – 9 PM, Make the appointment in your preferred name regardless of your legal name	
• Sliding scale fees and Medi-Cal accepted	
Tsunami Enterprises	463-2546 or 462-6023
PO Box 608, Ukiah 95482	

- Tsunami Enterprises is a non-profit organization that provides Representative Payee and Money Management services; \$35.

Turning Point Residential Treatment **284-2950**

440 Arrowood Drive, Santa Rosa 95407

- Residential program for alcohol and drug rehabilitation. 30 days to 9 months.

United Against Sexual Assault (UASA) **545-7273 (Crisis Line)**

835 Piner Road, Suite D, Santa Rosa 95403

545-7270 (Business)

- Facilitates healing and promotes the prevention of violence by providing counseling, advocacy, intervention, and education for victims of sexual assault.

United Way **528-4483**

730 4th Street, Santa Rosa 95404

- Improves the lives of children, families, and individuals by mobilizing the caring power of our community.

Urgent Care **543-2000**

1287 Fulton Rd., Santa Rosa

- 7 Days, 9 AM-8 PM.

Urgent Care **584-0672**

1450 Medical Center Dr., Rohnert Park

- 7 Days 8 AM- 9 PM.
- Walk-ins for non life threatening medical problems.
- Medi-Cal, CMSP, Medicare, all other insurances

The Wellness and Advocacy Center **565-7800**

3400 Chanate Rd., Santa Rosa.

- Consumer operated & managed program for adults with psychiatric disabilities
- Mon, Tues, Thurs, & Fri. 10 AM-2 PM and Wed. 11 AM-3 PM

Utility Bill Payment Assistance

CARE Program- PG&E **866-743-2273**

- Single family, low income customers who have their own accounts; tenants of sub-metered residential facilities
- Application required; must reapply every two years
- Offers up to 20% discount and exemption for surcharges

Catholic Charities **575-8348**

465 A Street, Santa Rosa 95401

- Client must provide ID; rental agreement, or in case of PG&E assistance, the most recent bill

- Intake: Check in at front desk and ask for Joanne

REACH- The Salvation Army **542-0998**
 93 Stony Circle, #C, Santa Rosa 95401
 • A PG&E sponsored program to assist low-income households experiencing difficulty in paying their energy bills

Low Income Home Energy Assistance Program (LIHEAP) **800-233-4480**
 966 Mazzoni Street, #3B, Ukiah 95482
 • Assist low income households with utility bill assistance every other calendar year
 • Assist with weatherization of homes if needed to help reduce the cost of energy bills
 • Application required

Medical Baseline- PG&E **800-743-5000**
 • Provides additional gas and electricity at the lowest rates to customers with documented medical needs
 • Customers dependence on life-support equipment and those with special heating or cooling needed may be eligible to receive a standard medical baseline quantity of approximately 500 (kwh) of electricity and/or 25 therms of gas per month at the lowest price, in addition to standard baseline quantities

Universal Lifeline- SBC Communications **866-999-6181**
 • Offers discounted telephone service plans and discounted connection services to make basic phone service even more affordable for qualified customers
 • Qualifying customers can save 50% per month on Flat Rate Service or Measured Rate Telephone Service

Weatherization Program- Energy Partners **775-3255**
Atlas Systems
 • Low-income households. Home assessment to provide measures to make home safe and energy efficient to save money on utilities

Energy Partners Programs- PG&E **800-933-9555**
 • Provides qualified low-income customers free energy education and installation of energy efficient measures in order to reduce the customer's gas and electric usage and hardship

Vets Service Office **565-5960**
 3725 Westwind Drive, Suite 101, Santa Rosa 95403
 • Assists veterans to receive their benefits.

Vietnam Veterans of CA **578-2785**
 2455 Bennett Valley Road, Santa Rosa 95404
 • Services for veterans

Volunteer Center of Sonoma County 153 Stony Circle, Suite 100, Santa Rosa 95401	573-3399
• Accepting volunteers for position in non-profit and for profit businesses depending on interest and skills, contacts are Alma and Monica 573-3360	
VOICES 335 College Avenue, Santa Rosa 95409	579-4327
• VOICES is a one stop center where youth can get multiple needs met. It is also a community center where a real sense of family and support exists while youth are facing the harsh reality of being out on their own.	
Welfare League 126 4 th Street, Santa Rosa 95401	542-7480
• Maintains a shop for used clothing and other items which they sell to buy Christmas presents for children and back-to-school clothes.	
West County Health Centers 14045 Mill Street, PO Box 1449, Guerneville 95446	869-5977
• Primary care: newborns to elders, obstetrics and prenatal care, chronic disease management, reproductive health care, immunizations, routine, annual, sports and employment physicals, HIV/AIDS Primary care	
• Accepts most major insurances including Medicare (Medicare Advantage fee for service plans also accepted), Medi-Cal, CMSP, Healthy Families, and sliding scale fees.	
1. Occidental Area Health Center 3802 Main Street, PO Box 100, Occidental 95465	874-2444
• Immunization Clinic, every Monday 5 – 6 PM, all childhood immunizations available, \$5 donation requested \$10 per family. No one will be denied immunizations due to lack of ability to pay. Adult immunizations offered for a fee. Hepatitis A & B, adult tetanus, TB skin test.	
• Monday – Thursday: 9 AM – 8 PM, Friday: 9 AM – 5 PM, Saturday, 9 AM – Noon	
2. Russian River Health Center 16319 3 rd Street, PO Box 226, Guerneville 95446	869-2849
• Comprehensive medical care including mental health services and family practice	
3. Sebastopol Community Health Center 6800 Palm Avenue, Suite C, Sebastopol 95472	824-9999
4. Teen Clinic at CASA 6570 1 st Street, Forestville 95436	887-0427
• Services for people up to age 24. Offers birth control options, free condoms, pregnancy testing, STD testing & treatment, emergency contraception, mental health counseling and peer education.	

West County Community Services	
River Family Service Center	869-0654
16390 Main Street, Suite H, Guerneville 95446	
Sebastopol Family Services and Admin Center	823-1640
555 S Main St, Suite 1, Sebastopol 95472	
<ul style="list-style-type: none"> • Multi-service agency providing human and social services to low income western Sonoma County residents. Employment, food, housing, and counseling assistance • <i>This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program).</i> 	
Willmar Center for Bereaved Children	935-1946
583 First Street West, Sonoma 95476	
<ul style="list-style-type: none"> • Support for children and teens who are grieving the death of a loved one. 	
Willow Creek Treatment Center	576-7218
341 Irwin Lane, Santa Rosa 95401	
<ul style="list-style-type: none"> • Residential program for severely emotionally disturbed children. 	
Women Against Rape (United Against Sexual Assault)	545-7270
835 Piner Road, Suite D, Santa Rosa 95403	
<ul style="list-style-type: none"> • Provides assistance and counseling for women who have been assaulted. 	
Women's Health Resource Center	576-4800
Sutter Medical Center of Santa Rosa – The Breast Care Center	
625 Steele Lane, Santa Rosa 95403	
Women's Health Specialists	537-1171
4415 Sonoma Hwy, Santa Rosa 95409	916-428-4856
<ul style="list-style-type: none"> • Free/Low cost birth control including cervical caps, gynecological services, abortion services, breast cancer early detection program, free self-help and referral info, Sliding scale fees (Spanish) 	
Women's Justice Center	575-3150
PO Box 7510, Santa Rosa 95407	
<ul style="list-style-type: none"> • Advocates for victims of rape, domestic violence and child abuse (Spanish) 	
Women's Recovery Services (Unique Place)	527-0412
PO Box 1356, Santa Rosa 95402	
<ul style="list-style-type: none"> • Residential treatment facility for women with drug/alcohol problems. • May bring children up to 11 years old. • Nicotine-free environment. 	
YWCA of Sonoma County (Domestic Violence Services)	546-9922
1421 Guerneville Road, Suite 200, Santa Rosa 95403	

PO Box 3506, Santa Rosa 95402

- Shelter for women and children. 8 week stay.
- **24-HR YMCA Crisis Hotline: 546-1234**

Housing Resources

Administrative Services Center

528-8712

987 Airway Court, PO Box 4900, Santa Rosa 95402

- Emergency homeless shelter for families with children up to 90 days.
- Assistance finding housing. Intake procedure done every Tuesday from 1 – 3 PM. There is a waiting list. (Spanish)

Athena House

526-3150

1539 Humboldt Street, Santa Rosa 95404

- 15 bed treatment center for women who are referred out of the criminal justice system. There are two beds available for other types of referrals.
- The length of residence varies from six to nine months depending upon funding and individual needs. A six-month aftercare program is provided to graduates at no cost.

Buckelew Programs

571-5581

144 S. E Street, Suite 200, Santa Rosa 95404

- Assistance for those living independently, including finding housing, employment, etc.
- A referral from Sonoma County Mental Health is required to receive services.

Burbank Housing

526-9782

790 Sonoma Avenue, Santa Rosa 95404

- Provides both low-income rental and home ownership housing
- Maintains a list of housing developments with rentals. Each property has a waiting list.

California Franchise Tax Board**800-735-2922**

- Phone has recorded answers. Website: www.ftb.ca.gov/individuals/hra
- 62+ years old, blind, or disabled. Owned and lived in own home, household income of \$44,096 or less. Program allows 1 time yearly payment from the State to qualified individuals based on part of the property taxes assessed and paid on their homes
- *Nonrefundable Renter's Credit*: Personal income tax credit that can be used to offset your California state tax liability.
- *Homeowner Assistance Claims and Renter Assistance Claim*: For persons 62 or older, blind, or disabled. Income limitations apply. Filing dates: July 1 through October 15. You can request claim forms by mail or by phone (phone service available 24 hours-select Homeowner and Renter Assistance when prompted, Spanish available).

Tax Forms Request Unit, Franchise Tax Board
P.O. Box 307, Rancho Cordova, CA 95741-0307
Phone, within U.S.: 800-338-0505 Phone, outside U.S.: 916-845-6600 (not toll-free)
Web Site: www.ftb.ca.gov
Assistance for persons with hearing or speech impairments: voice phone, TTY/TTD
800-822-6268

- *Property Tax Postponement*: For persons 62 or older, blind, or disabled. Income limitations apply. Filing dates: May 15 through December 11. Forms and information available by calling the State Controller's Office at 800-952-5661

CA Human Development Corporation (CHDC)**523-1155**

3315 Airway Drive, Santa Rosa 95403

- Emergency funds for utility, food, job help, shelters
- Inpatient and outpatient drug treatment.

California State Mobile Home Ombudsman**800-952-5275**

- Answers to all California Mobile Home Laws and Ordinances.

CAP So. Co. Transitional Housing**544-6911**

- Shared Housing & Low Cost Apartments for formerly homeless women and families. Case management services.

Catholic Charities Family Support Center**542-5426**

600 Morgan St., Santa Rosa

- Comprehensive services for 28 families for 30-90 days
- Screening required
- All shelters have comprehensive services: Brookwood Shelter, Russell Ave. Shelter, & Samuel L. Jones Hall: intake 1-2 PM

Catholic Worker**575-8342**

437 A Street, Santa Rosa 95401

- Priority is families with children

- Contact Joanne Matson
- Tues. & Fri. sign up at 8:30 and pick up food at 10:30

Cold Weather Shelter-Russian River Area **565-2108**

- Single adults

Committee on the Shelterless (COTS) **765-6530**

1500-B Petaluma Blvd South, Petaluma 94952

- Emergency shelter, shared housing, transitional housing, and support services for families with children, singles with children, adult singles and pregnant women. Max 60 day stay.
- Case management and licensed childcare program. Call for screening & intake. Must call every day to stay active on waiting list.
- Rent Right Program offers a course to help clients create a "Rent Portfolio"

Community Action Partnership of Sonoma County (CAP) **544-6911**

HCA Rental Assistance Fund **Service/Intake: 544-0159**

1300 N. Dutton Avenue, Santa Rosa 95401

- Offers a number of temporary shelter programs and other housing services and advocacy. Shelter for women and children. Rental assistance and security deposit program. (SPANISH)
- Can provide emergency one-time assistance for households in risk of homelessness. Priority for women with children.
- Offers transitional housing, shared housing and low cost apartments for formerly homeless women & families with children, case management services.

Community Support Network (CSN) **575-0979**

1430 Guerneville Road, Suite #1, Santa Rosa 95403

- Emergency shelters, residential and other services for adults with mental illness.
- Transitional Training Program: 4-month program for homeless mentally ill adults. 9 beds. Call 794-8446 for information.

Community Support Network – Transitional Training Program **765-6593**

- 4 months program for homeless mentally ill adults.
- 9 beds.
- Call for information

De Turk House (Community Support Network) **575-0979**

1115 De Turk Avenue, Santa Rosa 95404

- A 9 bed residential program for mentally ill, homeless adults. There is minimal supervision (no overnight or live-in staff). Services focus on helping clients assess their skills and abilities relating to independent living, and to stabilize their housing and financial situations. Clients stay 6-10 months
- Contact Marissa Johnston, Program Director

Department of Economic Development and Housing **543-3300**

90 Santa Rosa Avenue, Santa Rosa 95401

- Housing assistance information and voucher program

Disability Services and Legal Center **528-2745**

521 Mendocino Avenue, Santa Rosa 95401

- Maintains a file with current listings in Sonoma County which DSLC clients are free to browse through without an appointment
- Housing team also has access to crisis resources for qualified individuals facing rental deposits, late rent and other critical family needs.
- Contact Melva Freeman, Independent Living Advocate

Dutton Annex (Community Support Network) **575-0979**

1548 N. Dutton Avenue, Santa Rosa 95401

- 3 bed permanent living environments for people with behavioral health difficulties. These are affordable rental programs in Sonoma County that include support and minimal case management services.
- Contact Marissa Johnston, Program Director

Dutton Permanent (Community Support Network) **575-0979**

- A 5 bed program providing permanent housing for adults with behavioral health difficulties
- Contact Marissa Johnston, Program Director

Face to Face **544-1581**

873 Second Street, Santa Rosa 95404

- Housing assistance for people HIV/AIDS diagnosis. Can help with referrals. Call for appointment

Fair Housing of Sonoma County **579-5033**

1300 N. Dutton Avenue, Santa Rosa 95401 **Service/Intake: 579-4052**

- Provides free housing counseling, information, and referrals for landlords and tenants in the areas of housing discrimination and landlord-tenant relationships, law and practices
- Call for free bilingual tenant-landlord handbook
- Assistance with housing discrimination complaints (Spanish)

Family Support Center (Catholic Charities) **542-5426**

465 A Street, Santa Rosa 95401

- Comprehensive emergency homeless shelter up to 90 days for families with children, pregnant women, elderly, or disabled persons.
- Intake procedure done every Tuesday from 1-3 pm. There is a waiting list (Spanish)
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program).

Four Winds West **415-454-6545**

15 Oak Tree Lane, Fairfax 94930

- Emancipation program for young adults, housing/job training/counseling

Gary Pierce 3322 Chanate Road, Santa Rosa 95404	565-4943
• Housing specialist for Sonoma County Mental Health	
Grand Avenue (Community Support Network) 933 Grand Avenue, Santa Rosa 95404	575-0979
• 5 bed permanent living environments for people with behavioral health difficulties. These are affordable rental programs in Sonoma County that include support and minimal case management services.	
• Contact Marissa Johnston, Program Director	
Habitat for Humanity of Sonoma County 1301 Farmers Lane, Suite 303, Santa Rosa 95405	578-7707
• Assistance available to selected families with low incomes and substandard housing, who will work with volunteers and professionals to build or rehabilitate their homes	
HCA Funds	565-2108
• Rent or security deposit. Priority to families with children, seniors and disabled.	
Homeless Services Center (Catholic Charities) 600 Morgan Street, Santa Rosa 95401	525-0226
• Showers, phones, laundry, mail service, medical referrals and counseling for homeless.	
• Samuel L. Jones Hall is a 120-bed shelter for adults. Clients must register in person.	
Homeless Prevention/Petaluma People Services Center 1500 Petaluma Blvd S, Petaluma 94952	765-8488
• Seniors, rental assistance, counseling	
Homeowner Assistance Program	800-868-4171
Housing Counseling- Catholic Charities	575-0215
465 A Street, Santa Rosa 95401	
• Low income and renting or have a rental agreement	
• Help with rental issues. Appointment required	
Housing Authority of Santa Rosa 90 Santa Rosa Avenue, Santa Rosa 95404	543-3300
• Lists of low income and affordable housing. HUD Section 8 Program for the City of Santa Rosa http://www.ci.santa-rosa.ca.us/hr	
• Rental Assistance: http://www.ci.santa-rosa.ca.us/hr/rentalasst/index.asp	
• Available Units: http://www.ci.santa-rosa.ca.us/hr/rentalasst/referrals.asp	
Housing Authority of Sonoma County Community Development Commission 1440 Guerneville Road, Santa Rosa 95403	565-7500
• Low income individuals and families, persons with disabilities and seniors	

- Lists of low income and affordable housing.
- There is a waiting list
- HUD Section 8 Program for Sonoma County <http://www.Sonoma-County.org/CDC/Section8.htm>

Interfaith Shelter Network, Inc.

546-7907

2500 Vallejo Street, #200, Santa Rosa 95405

- Shelter for senior or disabled men and women (shared housing)
- Clients are clean & sober, have income or general assistance.
- Pick up application from Sonoma County Community Development Commission, (1440 Guerneville Road, Santa Rosa 95403). Then call for appointment. Max. 2-year program.

Living Room (The)

579-0142

636 Cherry Street, Santa Rosa 95401

- Drop in center with services for homeless/at risk women and children only
- Breakfast & lunch, toiletries, writing supplies/stamps, bus tickets, telephone/message/mail service, information and referral, supervised children's area.
- M – F, 8:30 AM – 1:30 PM (SPANISH)

Manna Home

576-1471

2032 Dennis Lane, Santa Rosa 95403

- 10 month residential recovery program for women and children with drug or alcohol problems

Mary Isaak Center

776-4777

900 Hopper Street, Petaluma 94952

- Provides meals, showers, phone/mail service, laundry facilities, lockers, counseling, employment, health care & housing referrals, assistance with chemical dependency.
- Open daily 8 AM - 8 PM, Intake from 2-3 PM, Call daily when on Bed List.

Nightingale Project

525-0226

- Homeless Service Center. Post operative recovery beds for adults. Referral from hospital.

North Bay Veterans Resource Center

578-8387

(A Project of Vietnam Veterans of California)

Transitional Housing

2455 Bennett Valley Road, #B-117, Santa Rosa 95405

- Call for intake and application
- Transitional housing Santa Rosa & Petaluma for homeless single male veterans

North County Community Services

433-6161

209 Matheson Street, Healdsburg 95448

- Overnight shelters in Healdsburg and Cloverdale

North House (Community Support Network)

794-8446

8050 Old Redwood Highway, Cotati 94931

- An 8 bed residential program for mentally ill, homeless adults. There is minimal supervision and services focus on helping clients assess their own skills and abilities relating to independent living stabilization. Clients stay 6-10 months.
- Contact Marissa Johnston, Program Director

Oaks of Hebron

795-5927

6950 Commerce Blvd. Suite 7, Rohnert Park 94928

- Housing and services for people with developmental disabilities
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program).

Opportunity House (Community Support Network)

573-6955

634 Pressley Street, Santa Rosa 95404

- A 10 bed homeless shelter, which provides support services to mentally ill homeless adults. Day and overnight staff are available to help clients secure resources, formulate housing plans, and develop life skills. Clients stay up to 60 days.
- Contact Cathy Carr, Program Manager

Pep Housing

762-2336

951 Petaluma Blvd S, Petaluma 94952

- Provides affordable housing to seniors with a small pension/SS check to live on

Petaluma Area Transitional Housing/Salvation Army

769-0716

- For families transitioning out of shelters. Clean and sober. Up to 2 years.

Petaluma People Services Center

765-8488

1500-A Petaluma Blvd. South, Petaluma 94952

- Assistance with housing discrimination and tenant-landlord issues for residents of Petaluma. (Spanish).
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program)

Red Cross

577-7600 (night)

5297 Aero Drive, Santa Rosa 95403

577-7609 (day)

- Emergency shelter for victims of disaster

Redwood Caregiver Resource Center

800- 834-1636

141 Stony Circle, Suite 200, Santa Rosa 95401

- Provides services to families and caregivers of adults with brain impairments due to injury or disease, as well as to the caregivers of the frail elderly.

Redwood Gospel Mission

542-4817

101 6th St at Wilson, Santa Rosa

- Dinner at 6:00 PM

Men's Emergency Shelter

101 6th Street, Santa Rosa 95401

- 14 day stay for men who are 18+. Photo ID required. Work program for men to achieve full time employment
- After dinner, request housing. 14-day initial stay. Must have ID. Job-search residence program follow up.

Rent-Up Program (Project of Community Action Partnership)

544-6911 Ext. 1011

1300 North Dutton Avenue, Santa Rosa 95401

- Works with homeless individuals and families who are attempting to enter the rental market and need help negotiating with housing providers
- Rent- Up staff are also available to counsel households for up to six month after move-in to help clients maintain and retain their housing
- Contact Guadalupe Silva for more information

Rose Women & Children's Emergency Shelter

573-0490

101 6th Street, Santa Rosa 95401

- Overnight shelter only. Children (boys under 11) welcome.
- Show up at 5:30 PM, 30-day stay,

Salvation Army (Social Services)

769-0716

721 S. McDowell Blvd, Petaluma 94954

- For families transitioning out of shelters. Clean and sober up to 2 years

Santa Rosa Department of Economic Development

543-3324

90 Santa Rosa Avenue, Santa Rosa 95404

- Call to find out when application process begins. Provides rental assistance for very low income people through Section 8 voucher program

Section 8 Housing (City of Santa Rosa Housing Authority)

565-3300

90 Santa Rosa Avenue, Santa Rosa 95404

- Low-income families, disabled and seniors. Waiting list.
- Pick up affordable housing (apartments) list from here also.

Section 8 Housing (Sonoma County Housing Authority)

565-7500

1440 Guerneville Road, Santa Rosa 95403

- Low-income families, disabled and seniors.

Santa Rosa Housing Authority

565-7500

90 Santa Rosa Ave.

Sloan House (Community Action Partnership)

569-0615 (Call after 4 PM)

- 30 day emergency shelter for single homeless women and children

Social Advocates for Youth (SAY)

546-3432

Dr. James E. Coffee House

1243 Ripley Street, Santa Rosa 95401

- Emergency shelter for runaway or homeless youth under 18
- Crisis mediation provided on a 24-hour basis for youth & their families. Outreach to homeless youth and drop-in services. Food, clothes, toiletries.

Sonoma County Adult and Youth Development Center

588-2285

Homeless Prevention Program

7345 Burton Avenue, Rohnert Park 94928

- Homeless prevention services in Rohnert Park and Cotati, emergency rental or deposit assistance. Funds are limited (Spanish)
- Provides one-time assistance to prevent homelessness. Workshop required

Sonoma County Housing Advocacy Group (HAG)

528-6811

- An advocacy group of people concerned about the lack of affordable housing, and the lack of housing and shelters for homeless people, persons with disabilities, farm workers, seniors and others.

Sonoma Overnight Support (SOS)

933-9593 (message)

PO Box 748, Sonoma 94576

- Emergency shelter. Call at 5 PM. Information and referral, counseling, and food.
- Sonoma Valley only.
- Call M – F, 10 AM – Noon for assistance with food

Spare Room

433-6161

Healdsburg

- Overnight temporary or emergency shelter.
- Single parent families and single women call between 7 - 7:30 PM. Single men and couples call between 7:30 PM and 8:00 PM.

Stony Point Commons

543-7087

2643 Stony Point Road, Santa Rosa 95407

- A 16 room supported permanent housing program providing permanent low-income housing to homeless adults with a mental health diagnosis. On site staff provide supportive and case management services to all 16 tenants. All tenants are part of a cooperative household at Stony Point Commons, sharing all common living spaces including kitchen, living room, dining room and patio areas, while having a private room of their own. Weekly house meetings facilitated by the Stony Point Case Manager help tenants to discuss household issues by problem solving as a group. House meetings also provide a forum for educational groups such as Independent Living Skills, Medication Education and Communication Skills. Each tenant rent is based on 1/3 of their adjusted income including all utilities.
- Contact Suzie Nichols, Case Manager

Supported Permanent Housing Community Support Network 575-0979, x14

- Residential programs for adults with mental health disabilities - includes a homeless shelter and transitional housing program.

Tamayo House**528-7500**

1700 Yulupa Avenue, Santa Rosa 95405

- Youth 18-24, co-ed, transition and permanent housing.
- Focus is on those coming out of foster care
- Single room \$400/mo. Double room \$250/mo – no children

Transition House**584-3786**

- Substance abuse intervention program

US Department of Housing and Urban Development**800-347-3739**

- Housing discrimination complaints.

Victory Outreach**541-0978**

929 Roseland Avenue, Santa Rosa 95407

- Christian home for men and women – drug rehabilitation

Vineyard Workers Services Centers**993-0810**

17962 Sonoma Highway, Sonoma, 95476

- Providing housing assistance and services to farm workers in Sonoma Valley (SPANISH)

Wallace House**894-2727**

126 Main Street, Cloverdale 95425

- Overnight shelter and transitional housing
- Call between 5 - 6 PM

West County Community Services**869-0655**

16390 Main Street, Suite H, Guerneville 95446

- Every Monday afternoon at 3 PM, an information session is available to local citizens who need assistance with rental housing. At that time, eligibility requirements are outlined and forms are distributed. We are not able to identify local rental units but may be able to assist with initial deposits or rent.
- Disaster Relief due to floods: WCCS with all County agencies in addition to the Red Cross and Salvation Army, provides limited temporary shelter, food, blankets, and sometimes replacement household items.
- Contact Vicki Halstead or Mary Northey

YWCA of Sonoma County- Emergency Rental and Family**565-5661**

1128 Edwards Avenue, Santa Rosa 95401

- Priority for families and survivors of domestic abuse

YWCA Safe House
Address kept Private

546-1234 (24 HRS)

- Emergency shelter for women & children fleeing domestic violence

Food Resources

Catholic Worker Food Pantry

575-8343

437 A Street, Santa Rosa 95401

- Families with children. Must call first and identification needed for all family members
- Tuesdays and Fridays, sign up at 8:30 AM and pick up food at 10:30 AM.

Christian Life Church

575-5952

920 Bennett Valley Road, Santa Rosa 95404

912 De Turk Avenue, Santa Rosa 95404 (Serves zip code 95404 only)

- Every Sunday at noon

Cloverdale Food Pantry

894-7896

202 Commercial Street, Cloverdale 95425

- Fridays, 1 – 3:30 PM, Walk-ins welcome

COTS Food for Families

778-6380

900 Hopper Street, Petaluma 94952

- Emergency groceries for qualified families and individuals. Call to complete application.

CPN – Weekly Pantry – Knox Food Pantry

544-5468

Knox Presbyterian Church

1650 W. 3rd Street, Santa Rosa 95401

- Serves zip codes 95401-95407

CPN – Weekly Pantry

575-8342

Santa Rosa Catholic Worker

437 A Street, Santa Rosa 95401

- Tuesdays & Fridays: Sign up 8:30 – Pick up 10:30 AM, Serves all zip codes.

CPN - Weekly Pantry

528-8051

Greater Powerhouse Pantry

777 Hearn Avenue, Santa Rosa 95407

- Serves all zip codes

Emergency Food Bank

869-0654

16390 Main Street, Guerneville 95446

- Call or stop by for food box by 12 noon.

Emergency Food Assistance Program (EFAP)

523-7900

(Project of the Redwood Empire Food Bank)

USDA Commodities

Prayer Chapel: 1335 South Wright Road, Santa Rosa 95407

- 1st Wednesday: 2 – 4 PM, Seniors and children, Zip code 95405 only

Santa Rosa Veterans Memorial Building: 1341 Maple Avenue, Santa Rosa 95404

- 1st Friday: 8:30 - 10:30 AM

Indian Health Dining Site: 144 Stony Point Road, Santa Rosa 95401

- 2nd Thursday: 10:30 AM – 12 PM

Rosenburg Apartments: 306 Mendocino Avenue, Santa Rosa 95404

- 2nd Friday: 10 AM – 12 PM, Residents only

Redwood Covenant Church: 3175 Sebastopol Road, Santa Rosa 95407

- 2nd Saturday: 8 – 10 AM, Seniors and children, Zip codes 95401 and 95407 only

Journeys End Mobile Home Park: 3575 Mendocino Avenue, Santa Rosa 95403

- 4th Monday: 9 – 10 AM, Residents only

Silvercrest Apartments: 1050 Third Street, Santa Rosa 95404

- 4th Tuesday: 9 – 10:30 AM, Residents only

Windham Village: 1101 Prospect Avenue, Santa Rosa 95409

- 4th Friday: 10 AM – 12 PM, Residents only

Elisha's Food Pantry

Christ Church United Methodist

542-2569

1717 Yulupa Avenue, Santa Rosa 95405

- Every Thursday, 4 - 5:30 PM. Serves zip codes 95404,95405,95409

Emergency Food Bank

887-2226

16390 Main St., Guerneville 95446

- Call or stop for food box by noon Thurs.

Family Services - Salvation Army

542-0998

93 Stony Circle, Santa Rosa 95401

- Need ID's for all family members
- M – F, 10 AM – 12 Noon

Feed Our Children of Sonoma County

575-1620

Harvest Christian Center

915 Piner Road, Suite H, Santa Rosa 95403

- Located in the back of the building, walk-in's welcome, bring your own bag
- Social Security card and photo ID required for all family members
- Groceries on Thursdays, Times are assigned by last names:
Letters "A-G": 10-11 AM, "H-N": 11:30 AM - 12:30 PM, "O-T": 1-2 PM, "U-Z": 2:30 - 3:30 PM

F.I.S.H. (Friends in Service Here) of Santa Rosa

527-5151

1055 Benton Street, Santa Rosa 95404

P.O. Box 507, Sonoma, CA 95476

996-0111

- Groceries, diapers, baby formula. Must call by noon on day food is needed. Will help every 30 days. Card is issued on first visit
- M-F: 10:30 AM – 2 PM, Saturdays: 10:30 AM – Noon
- This agency provides emergency rental assistance funds to help tenants keep their rental units, or help with first month's rent and/or deposits for moving into a rental unit (HCA Fund Program)

Food Closet (Forestville United Methodist Church) **887-2020**

6550 Covey Road, Forestville 95436

- Groceries available on 2nd and 4th Mondays of the month, 10 - 11 AM

Food Not Bombs **579-1605**

Old Courthouse Square, 3rd Street and Santa Rosa Ave, Santa Rosa

West Washington and Howard St., Petaluma

- Dinner served 5-7 PM in Santa Rosa
- Meals served Monday and Saturday, 10:30 AM – Noon in Petaluma

Food Stamps (County of Sonoma Human Services) **565-2715**

2550 Paulin Drive, Santa Rosa 95403

- Monday- Friday, 8 AM- 5:00 PM
- Low income or disabled

Food For Thought **887-1647**

6550 Railroad Avenue, Forestville 95436

- Offers comprehensive nutritional services to nearly 500 individuals living with disabling HIV/AIDS in Sonoma County
- Includes weekly groceries and fresh produce; vitamins and nutritional supplements; delivery to the homebound; frozen meals for the very ill; nutritional counseling; organic gardening project; cooking and nutrition classes
- Free of charge to any Sonoma County resident diagnosed with HIV, no income requirements, and you don't have to be disabled or have active AIDS to receive our services.
- For more information or to apply for services, contact Rachel Gardner, Client Services Manager
- Tuesday - Saturday. 10 AM – 5 PM

Friends in Sonoma Helping **996-0111**

- Emergency groceries and other services in Sonoma Valley
- Open Monday - Friday, 10 AM – 4 PM

Graton Food Distribution **823-5225**

8760 Bower Street, Graton 95472 (Oak Grove School)

- 3rd Wednesday of each month
- 8:30 AM to 10 AM, walk-in

Greater Powerhouse Food Pantry- Greater Powerhouse Church **528-8051**

777 Hearn Avenue, Santa Rosa 95407

- Walk-ins welcome, Saturdays, 9 - 11 AM

Healdsburg Food Pantry **433-3663**

1505 Healdsburg Avenue, USPO Box 1646, Healdsburg 95448

- Tuesday, Wednesday and Friday, 3 - 4:30 PM
- Healdsburg and Geyserville residents only.

Holiday Events and Meals **565-2108**

209 Matheson Street, Healdsburg, 95448

http://www.sonomacountyhomeless.org/resource_guide.php#meals

- Every Sunday, 4 PM

Inter-Church Food Pantry **823-2483**

500 Robinson Road, Sebastopol 95472

- Open M-W-F, Sat. 10 AM – Noon
- Serves Sebastopol, Graton, Occidental residents.

Living Room (The) **579-0142**

636 Cherry Street, Santa Rosa 95401

- Daytime drop-in center for homeless women and children. Provides breakfast and lunch, toiletries, phone, and mail services. Monday – Friday, 9 AM – 1 PM (Spanish)

Knox Food Pantry- Knox Presbyterian Church **544-5468**

1650 West 3rd Street, Santa Rosa 95401

- Zip codes 95401 and 95407 only, walk- ins welcome
- Thursdays, 4 – 5:30 PM

Meals on Wheels (Council on Aging) **525-0383**

- Meals delivered to seniors, and the homebound due to medical conditions
- Call for locations, days and times in your area. \$3.50 donation requested but not required.

Megan Furth Harvest Pantry **523-7900**

Guerneville Community Church

14520 Armstrong Woods Road, Guerneville 95446

- Designed for low-income families and for children ages 0 to 5 years old only
- Tuesdays 8 – 9 AM, free fruits and vegetables
- Bring child's birth certificate or Medi-Cal card or other proof of child's birth date,

Mission Food Program **865-0834**

St. Andrews Episcopal Mission

20329 Hwy. 116, Monte Rio 95462

- **Dinner and groceries**
- 1st, 3rd, 4th Tuesdays of the month, 5 – 7 PM

Non-Assistance Food Stamps **5652715**

2550 Paulin Drive, Santa Rosa

- M-F 8 am to 5 pm

Occidental Community Church

874-3501

3637 Church Street, Occidental 95472

- Food voucher program. Wednesday – Thursday, 9 AM – 3 PM, Saturday by appointment

Open Closet – Redwood Covenant Church

528-8463

3175 Sebastopol Road, Santa Rosa 95407

- Must Bring ID, walk in's welcome, serves Healdsburg and Geyserville residents only
- One bag of food per family and clothing on the second Saturday of the month 8:30 – 10 AM
- Other Saturdays: fruits & vegetables at 8 AM
- Food: Monday and Wednesday, 10 AM - 12 PM

Petaluma Kitchen

765-6530

301 Payran Street, Petaluma 94952

- Free lunch M – F, 11:30 AM - 1 PM, Saturday and Sunday, 11:30 AM - 12:30 PM
- All are welcome

Prayer Chapel Mission

546-6520

1335 S. Wright Road, Santa Rosa 95407

- Distributes food 1st and 3rd Wednesdays of the month at 1 & 3 PM.
- Can drop food off between 8 AM -1 PM those days in driveway.
- 1st Wednesday of the month. 2 – 4 PM

Redwood Empire Food Bank-A Child's Portion

523-7900

3320 Industrial Drive, Santa Rosa 95403

- Low income, children up to 6 years, no WIC
- Application and interview are required

Redwood Gospel Mission (Hot Meal)

542-4817

101 6th Street, Santa Rosa 95401

- Breakfast: 6:30 AM. Dinner: 6 PM. Chapel service before meals.

River to Coast Children's Services, Emergency Resources Program

869-3613

16300 1st Street, Guerneville 95446

- For low income families residing in west Sonoma County
- M – F, 9 AM to 5 PM, walk-in's ok, emergency
- Food for young children, formula available but please call ahead.

Rohnert Park Food Pantry

318-0376

436 Southwest Blvd, Rohnert Park 94928

- Wednesdays, 4- 6 PM
- Serves Cotati and Penngrove also

Rural Food Project, Lake and Sonoma Counties**528-8712**

987 Airway Court, Santa Rosa 95403

- Distributes food to the working poor, seniors awaiting their next Social Security check, farm workers, homeless children, and the disabled.
- They drive to rural sites in Sonoma and Lake Counties. Monthly distribution sites Graton, Windsor, Boyes Hot Springs, La Luz/Boyes Hot Springs, Fulton, Guerneville, Cloverdale, Sonoma, Occidental, school lunch through education department, Middletown, Kelseyville, remote dwellings where seniors and vineyard workers live.
- Assists homeless shelters and residents in transitional housing in Santa Rosa, managed by Catholic Charities.
- Eligibility requirements are rural low-income individual and family, no fees, Spanish

Russian River Community Pantry**869-3661****Guerneville Community Church**

14520 Armstrong Woods Road, Guerneville 95446

- 2nd and 4th Saturday of the month, 10 AM – 12 Noon.

The Salvation Army- Family Services**542-0998**

93 Stony Circle, Door C, Santa Rosa 95401

- Emergency Food Assistance
- Photo I.D. required for all adults in the home including children. Acceptable I.D. for children is Social Security cards, Birth Certificate, Medical Cards, something with the date of birth. Each account is by household, not by individual. Identification is required for each person on the account every time food is requested.
- Monday – Thursday, 10 AM - 12 PM; Closed on Fridays
- Available one time every 90 days, walk in

Saturday Breakfast at Unitarian Universalist Congregation**568-5381**

547 Mendocino Avenue, Santa Rosa 95404

- Breakfast served 7-8:30 AM

Senior Meal Programs**525-0383**

- Lunch programs in communities. Call for locations, days & times in your area. \$3.50 donation requested but not required.

Seventh Day Adventist Community Service**578-0954**

840 Sonoma Avenue, Santa Rosa 95404

- Groceries, clothing, and diapers
- Monday and Wednesday, 10 AM - 12 PM.
- Must bring Social Security card and Photo ID.

Sonoma Overnight Support (SOS)**933-9593 (message)**

PO Box 748, Sonoma 94576

- Call M – F, 10 AM – Noon for assistance with food

St. Vincent de Paul Relief Services **584-1579 (Referral Line)**

5671 Redwood Drive, Rohnert Park 94927

- Free Dining Room at 610 Wilson Street in Santa Rosa, Lunch is served every day from 11:30 AM - 12:30 PM. Call 528-7580 for info
- Call Referral line before 10 AM for appointment for help with food. Begin taking calls at 8:30 AM. They will refer you to a church in your area
- Emergency food or clothing for families and individuals

Sunday Meal Program **433-2107**

209 Matheson Street, Healdsburg 95448

- Every Sunday at 4 PM
- For Holiday Events & Meals, call 565-2108 or 800-325-9604

Universal Industrial Church: Free Dinners Project **869-2491**

Guerneville Veterans Building

1st and Church Street, Guerneville 95446

- Contact Sean Zales or Zanzara Dancer
- Offers free complete dinners of soup, salad and vegetarian whole grain meals
- 2nd and last Wednesdays of the month, 4:30 - 7 PM

Vertical Call Food Pantry **575-5956**

912 DeTurk Avenue, Santa Rosa 95404

- Sundays 12-12:30 PM, Walk in's welcome

Veterans' Memorial Building **523-7900**

1351 Maple Ave, Santa Rosa 95404

- 1st Thursday of the month, 10 – 11 AM
- 1st Friday, 8:30 – 10 AM
- For June, July, and August 2010: 2nd Friday, 8:30 – 10 AM
- Walk-in's accepted, proof of residence required on first visit

West County Community Services Senior Dining Site **565-6590**

15010 Armstrong Woods Road, Guerneville 95446

- Serves meals to seniors 60+
- Tuesday and Thursday at 12 noon with a requested donation of \$4
- Request to call at least one day prior to make reservations.

West County Community Services Food Program **869-0655**

Guerneville Park & Ride

- Every Tuesday from 11 AM - Noon
- Food is distributed on a first come first served basis in a partnership with the Redwood Empire Food Bank. Food giveaway is intended for individuals and families in West Sonoma county in need of food

West County Community Services Emergency Food Bank **869-0654**

River Family Service Center

16390 Main Street, Guerneville 95446

- Orders are taken on a first come-first serve basis by phone or walk in on Thursdays between 9-11 AM, Can request a box once a month, voicemails are not acceptable, must talk to a receptionist
- Pick up day is Thursday
- Drop in office 9 AM – 12 noon to reserve food box
- Picked up between 2 – 4 PM Thursday (look for the van in the parking lot)
- Individuals may receive emergency food box once every three months
- Let them know if you do not have cooking facilities
- Food must be picked up by the applicant unless other arrangements are made in advance
- If you order a box and fail to pick it up by 4 PM, there is a two month waiting period before you are again eligible
- An annual application and a local ID is required for this service

WIC (Women, Infants, and Children)**565-6590**

1450 Guerneville Road, Santa Rosa 95403

- Monthly food vouchers and nutrition education for low income pregnant women, nursing mothers and children up to age 5. Serves Santa Rosa, Petaluma, Sonoma, Guerneville.
- In Healdsburg & Cloverdale, call **431-0831** for appointment

Windsor Service Alliance**838-6947**

8987 Windsor Road, Windsor 95492

- On a Friday, if it is your first time, come after 3:00 PM. Bring a photo ID and Proof of Residency
- Seniors arrive from 2 - 2:30 PM, families from 2:30 – 4 PM