

Community Resources

2011

Petaluma
HealthCenter



www.phealthcenter.org

Northern California Patient and Community Resources IF YOU HAVE AN EMERGENCY, PLEASE DIAL 911.

- **Nationwide Resources** | www.211.org
- **Napa County** | www.napahelp.info
- **Marin County** | www.marin.org
Marin County Department of Health and Human Services
www.co.marin.ca.us/depts/HH/Main/resourceguide/HHServiceDirectory2011.pdf
- **Sonoma County** |
-Healdsburg, Windsor, Santa Rosa | Alliance Medical Center Resource Guide (Eng/Sp)
www.alliancemed.org/index.php/education-and-resources
-Petaluma, Rohnert Park, Cotati, & Santa Rosa | our guide
- **Yolo County** | First Five's list of useful numbers,
www.first5yolo.org/resources/yolo_resources.html
- **Sacramento** | www.onefatherslove.com
- **Mendocino, Lake, & Humboldt Counties** |
www.redwoodcoastrc.org/files/ResourceHandbook_Aug_10.pdf
- **San Francisco** | 2009 Resource Guide compiled by San Francisco Helps!:
www.sanfranciscohelps.com
- **Alameda County/East Bay (Berkeley, Oakland, Richmond, Emeryville)** |
www.acphd.org/AXBVCZ/Admin/Publications/ResourceGuide_single_page.pdf



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County and Citizen Services

Birth, Death, & Marriage Certificates, Sonoma County Clerk-Record-Assessor's Office | 565-3800 & 565-3700 (24 hour information line), 2300 County Center Dr, Suite B177, Santa Rosa, www.sonomacounty.org
Apply for documents online (additional fees apply) or in-person. Birth Certificate: \$19.00, Death Certificate: \$14.00, Marriage Certificate: \$16.00; Mon-Fri, 8 AM-5 PM.

Medi-Cal & CMSP Sonoma County Office | 1-877-699-6868, 2550 Paulin Drive, Santa Rosa to apply in person) & 520 Mendocino Avenue, Santa Rosa (for forms and general information), www.sonomacounty.org
Pays medical, dental, emergency services and medicines for low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs. Apply at the office in Santa Rosa or call to begin the application process. Eligibility is determined by income. Please note that several official documents are required for the application.

CalWin Benefits / www.benefitscalwin.org, www.sonomacounty.org
Check out Benefits CalWIN(BCW)! BCW will allow you to apply for Medi-Cal and/or CalFresh (formerly called the Food Stamp Program) online and from the privacy of your own home. BCW is available 24/7.

CalFresh Food Stamps | 565-2715 & 1-800-331-2278, 2550 Paulin Drive, Santa Rosa
www.dss.cahwnet.gov/foodstamps/
Supplements an eligible household's food budget. Acts as a safety net for low income households including those who work for low wages, work part-time, are unemployed, elderly or disabled. Apply for services at the Santa Rosa office or call. Please note that several official documents are required for the application.

General Assistance for Sonoma County Residents | 565-2715, 2550 Paulin Drive, Santa Rosa
www.sonomacounty.org
Provides assistance with shelter, food and employment services for individuals who are disabled or unemployed and not supported financially by friends, family or any private or public assistance program. Apply for services at the Santa Rosa office. Please note that several official documents are required for the application.

Department of Motor Vehicles (DMV) / 1-800-777-0133, 715 J Southpoint Blvd, Petaluma
www.apps.dmv.ca.gov
Mon, Tu, Th, Fri: 8 AM-5 PM, Wed: 9 AM-5 PM; Other Sonoma County & surrounding locations include Santa Rosa, Novato, Napa, & Vallejo. Driver's license and ID Card Processing, vehicle registration, and safe driving programs for teens.

Social Security Administration & Disability Office | 1-800-772-1213 & 1-877-870-6384, 2099 Range Avenue, Building A, Santa Rosa, www.socialsecurity.gov
Appointments available from 7am-7pm. Services include retirement benefits for those age 62 and over, disability benefits for persons unable to work, spouses, widows, children's benefit, Medicare for persons age 65 or over, & requests for new or duplicate social security cards. Claims may be filed online.

Dental

For Everyone

Petaluma Health Center Dental Clinic | 559-7550, 1179 North McDowell Blvd, Petaluma
Accepts Medi-Cal. For Petaluma Health Center patients only.

UCSF Dental School-Parnassus Clinic | 415-476-1891, 707 Parnassus Ave, San Francisco
Pay as you go. No payment plan unless the procedure is extensive. Root canals (non-repeated tooth) between \$341-551, initial screening with Medi-Cal is free/X-ray \$40, without Medi-Cal, screening \$11, X-Rays \$88.

Cotati Family Dental | 664-1200, 421 E Cotati Ave # A, Cotati
Pediatric dental services, ages 5-17 yrs old, accepts Healthy Families, Delta-Dental, Medi-Cal.

Chau, Norman, DDS | 544-4818, 2921 Cleveland Ave, Santa Rosa
Accepts Medi-Cal. For children between the ages of 15-20. Cleanings for pregnant women.

Nguyen, Randy, DDS | 527-8700, 3850 Montgomery Drive, Santa Rosa
Accepts Medi-Cal & CMSP; speaks Vietnamese

Santa Rosa Junior College Dental Clinic | 522-2844, Santa Rosa Junior College, 1501 Mendocino Ave, Santa Rosa
Offers cleaning and some X-Rays (at an additional cost), referrals for more serious conditions.

Western Dental Center | 1-800-466-5555, 1240 Farmers Lane, Santa Rosa
Dental services for kids and adults. Medi-Cal and CMSP for age 21 and over covers infection/extraction only, Medi-Cal covers most procedures if under age 21. Payment plans are available

Mobile Dental Clinic St. Joseph's Health System | 547-4649
Basic, preventive, restorative and emergency dental for all ages, call for information.

St. Joseph's Dental Clinic St Joseph's Health System | 547-2221, 751 Lombardi Court, Santa Rosa
Accepts Medi-Cal, Healthy Families, sliding scale option, basic, preventive, emergency and comprehensive dental care to kids, 0-16 yrs. Emergency care to adults are on first come first serve basis – arrive at 7:00 AM.

NACo Dental Discount Program | 1-877-354-6226, www.nacodentalprogram.com
This program provides you with discounted prices on a wide range of dental care services. Visit the website or call to sign up and to locate a participating provider. Please note that this is not an insurance plan.

Specialty Care

Please ask for referrals to the following centers from the above sources if you suspect your condition is serious. Please discuss the pricing options ahead of time.

University of the Pacific at Dugoni Dentistry School | 415-929-6400, 2155 Webster St, San Francisco
\$29 for first appointment, \$80 X-rays, these specialty services are low-cost with payment plans.

PDI Surgery Center (PediDental) | 838-6560, 1380 19th Hole Drive, Windsor, CA
Accepts Medi-Cal, Healthy families. No Payment plans. Dental surgeries requiring anesthesia for children 18 months-18 years on a case-by-case basis and for adults with developmental disabilities. Referrals can be made by a dentist AND a primary care provider.

Disability Services

Council on Aging | 1-800-675-0143

Group dedicated to seniors' needs. Programs and services include: care management, Meals on Wheels, legal Assistance, transportation programs, peer support, lawyer referrals, etc. Care management and information services are free.

Catholic Worker Critical Needs | 575-8343, 465 A St, Santa Rosa

*Free services to keep housing for at-risk families with children, disabled and frail elderly.
Sign up Tuesdays and Thursdays at 10 AM.*

Disability Services and Legal Center | 528-2745, 521 Mendocino Ave, Santa Rosa

To receive services, you must attend an orientation (Mondays at 1:30). Serving adults and children with any type of disability. Assists in benefits counseling, housing search, home access modification, assistive technology, social security appeals, transitions from institution to home, deaf services, advocacy.

Meals on Wheels: Petaluma People's Services | 765-8484

Delivers hot meals to seniors ages 60 and older, call in advance.

Sonoma County Division of Economic Assistance | 1-877-699-6868

Provides assistance to obtain food, shelter, medical and dental care, and other supportive services for low-income families with children, those disabled or unemployed, and children in foster homes.

Sonoma County JobLink | 565-5620, 2245 Challenger Way, Suite 104, Santa Rosa

Free training, employment and community service opportunities for all workers, including mature workers (age 65+). Includes a variety of programs allowing workers to acquire new job skills and to connect to employers. Income eligibility required. Attend an orientation about using JobLink at their location: 8:00 AM and 1:30 (Monday-Friday, but no Wednesday).

California Department of Rehabilitation | 576-2233, 50 D Street, Room 425, Santa Rosa

Assists individuals with disabilities to find and maintain employment, provides job training and vocational services.

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Road, Santa Rosa

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

Canine Companions for Independence | 577-1700, 2965 Dutton Ave, Santa Rosa

Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

Becoming Independent | 527-5904, 1425 Corporate Center Parkway, Santa Rosa

Various programs for adults with developmental disabilities, including senior programs.

Disability Services Continued

United Cerebral Palsy of North Bay | 766-9990, 3835 Cypress Drive, Suite 103, Petaluma
Enhances the quality of life of people with cerebral palsy and other disabilities, their families, and their communities.

California Council of the Blind | 1-800-221-6359
Advocacy, self-help, support and services for the blind and visually impaired.

Medical Equipment

Easter Seals of Northern California | 584-1443, 5440 State Farm Drive, Rohnert Park
Equipment loan (walkers, wheelchairs, commodes, shower benches, canes), \$10/month but can be lowered.

Home CARES Equipment Recycler | 332-0754, 695-0861 or 763-2172, 3820 Bodega Ave, Petaluma
Must call for appointment to pick up or drop off any equipment, loans or donates walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads and accepts donations of above equipment.

Shield Healthcare | 1-800-675-8840
Home delivery of medical supplies for incontinence, enteral nutrition, ostomy, urological disorders, & diabetes. Accepts Medi-Cal, Medicare and private insurance. Programs provide equipment, products and services which enhance the ability of people with visual impairments.

Transportation

Petaluma Paratransit | 765-8493, 765-8488 (Spanish)
Americans with Disabilities Act door-to-door shared ride transportation. Must apply, register & qualify before using this service, please call. Please call for reservation (at least one day in advance). Rides are available Mon-Fri from 6:20 AM – 6:15 PM, Saturday 7:20 AM – 5:45 PM.

Sonoma County Paratransit | 585-7516, 585-9817, www.sctransit.com/RidingSCT/Paratransit.aspx
Door-to-door service for people with disabilities. Must be registered as ADA eligible before using the service. To apply call and ask to have the application mailed to you.

Whistlestop Transportation | 415-456-9062, www.whistlestop.org/transportation
Whistlestop's drivers partner with Paratransit-qualifying individuals. Please file a Paratransit application first. Whistlestop organizes with Petaluma Paratransit to transport persons who, because of a physical or mental condition, are unable to ride public fixed-route transportation such as the local and regional public bus system.

Domestic Violence Help & Support

For Everyone

YWCA Therapy Program | 546-1234 (hotline) or 546-9922 (office), Santa Rosa
Call for information on counseling, support group counseling, and family counseling.

Social Advocates for Youth (SAY) | 544-3299, 3440 Airway Drive, Santa Rosa
Programs in crisis intervention, individual & family counseling, prevention, and youth diversion.

Petaluma People's Services Center- Counseling | 765-8488 ask for Kira Kayler
Short and long-term counseling for individuals, couples, families and children.

Sonoma County Adult Protective Services | 1-800-667-0404
24-hour support for allegations of suspected incidents of elder and dependent adult abuse, neglect or exploitation.

Child Protective Services & Child Welfare Services | 565-4304 or 1-800-870-7064
Responds to allegations of abuse and neglect. Intervenes in child abuse and neglect situations and provides services to families in which children are at risk.

Legal Aid Society of Sonoma County | 542-1290, 1105 North Dutton Avenue, Suite B, Santa Rosa
www.legalaidsc.org
Legal Aid assists with a range of crisis legal needs (LSRP), including family violence issues (SAFE: domestic violence and civil harassment restraining orders), child abuse and neglect issues (CAPP: protective guardianships for children) and low-income housing issues (HOME: eviction and habitability complaints).

Bay Area Legal Aid Napa & Marin County Offices | 320-6348 or 510-663-4755
BayLegal gives legal advice on the following areas related to domestic violence: spousal and child abuse, temporary restraining orders, divorce proceedings, & custody agreements. Please call for more information.

Men Evolving Non-violently (MEN) | 528-2636
Support for men in danger of abusing someone and wanting to reduce abusive behavior.

National Dating Abuse Helpline | 1-866-331-9474, www.loveisrespect.org
Counseling for domestic violence. One-on-one support for teens & young adults managed by the national domestic violence hotline.

National Domestic Violence Hotline | 1-800-799-7233, www.thehotline.org
Advocates provide counseling, crisis intervention, safety planning, information and referral services.

Verity - United Against Sexual Assault Hotline | 545-7273, 835 Piner Road, Suite D, Santa Rosa
www.ourverity.org
Strives to eliminate all forms of violence, with a special focus on sexual assault and abuse.

Emergency Helplines

Sonoma County Adult Protective Services | 1-800-667-0404

24-hour support for allegations of suspected incidents of elder and dependent adult abuse, neglect or exploitation.

Adult Children of Alcoholics (ACA) | 763-2581, 504 Baker St, Petaluma, www.aca.org

Help with the recovery process for individuals who faced difficulties in their childhood and adult lives due to alcohol & substance abuse. Weekly meetings, every Wednesday from 7:30 - 9 PM.

Alcoholics Anonymous (AA) | 544-1300, Spanish 623-6702. www.sonomacountyaa.org/aa-meetings/

Free support during recovery from alcohol abuse, 12 step program, check the website to find the daily AA meetings in Sonoma County.

California Youth Crisis Line | 1-800-843-5200

Crisis counseling, information & referrals for youth and families.

California Smokers Help Line | 1-800-662-8887, www.californiasmokershelpline.org

Offers a guide and plan for quitting, links to local resources, and telephone counseling.

Child Protective Services & Child Welfare Services | 565-4304 or 1-800-870-7064

Responds to allegations of abuse and neglect, intervenes in child abuse and neglect situations and provides services to families in which children are at risk.

Emergency Psychiatric Health Hotline | 1-800-746-8181

Exhale | 1-866-439-4253 *An after-abortion counseling helpline, Mon-Fri 5-10 PM, Sat – Sun 12-10 PM*

Gamblers Anonymous (GA) | 664-1532 *Provides support for compulsive gamblers.*

HIV/AIDS Nightline | 1-800-273-2437, daily 5 PM – 5 AM, www.hivnightline.org

Provides emotional support for HIV-infected individuals.

Marijuana Anonymous | 1-800-766-6779

Helps people recover from marijuana addiction by using the 12 Steps of Recovery.

Men Evolving Non-violently (MEN) | 528-2636

Support for men in danger of abusing someone and wanting to reduce abusive behavior.

Narcotics Anonymous | 324-4062 (24 hour hotline), www.sonomacountyna.org/meetings.html

Free 12-step program support during recovery from drug abuse. See website or call for times and locations.

National Runaway Hotline | 1-800-786-2929

Support for runaways. Youth and family members can call 24 hours a day to work through problems and find local help from social service agencies and organizations, Home Free Program gives free bus tickets to teens return home.

Emergency Helplines Continued

National Dating Abuse Helpline | 1-866-331-9474, www.loveisrespect.org

Counseling for domestic violence. One-on-one support for teens & adults managed by the national domestic violence hotline.

National Domestic Violence Hotline | 1-800-799-7233, www.thehotline.org

Advocates provide counseling, crisis intervention, safety planning, information and referral services.

Ombudsman Crisis Line | 1-800-231-4024

Report elder or dependent adult abuse in skilled nursing facilities or residential care facilities.

Overeaters Anonymous | 538-9770, www.sonoma.oar2.org See website for location and times.

Talk Line Family Support Center | 415-441-5437

Free, confidential, 24 hour counseling for parents and babysitters with family questions.

Verity - United Against Sexual Assault Hotline | 545-7273, Santa Rosa

Strives to eliminate all forms of violence, with a special focus on sexual assault and abuse.

YWCA Domestic Violence | 546-1234 (hotline) or 546-9922 (office), Santa Rosa

Provides a 24/7 hotline and crisis intervention for persons experiencing domestic violence.

Suicide Hotline | 1-800-273-8255

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Social Advocates for Youth Teen Shelter- Crisis Management | 1-800-544-3299

Provides a respite and support for families in crisis and family reunification services for runaway and homeless youth and families, short term shelter, food, & counseling.

Employment

California Human Development | 523-1155, 3315 Airway Drive, Santa Rosa

Opportunities for those seeking greater self-sufficiency, independence and dignity through education, training, housing and other services, & referral services (bilingual).

Sonoma County JobLink | 565-5620, 2245 Challenger Way Suite 104, Santa Rosa

Free training, employment and community service opportunities for all workers, including mature workers (age 65+). Includes a variety of programs allowing workers to acquire new job skills and to connect to employers.

Income eligibility required. Attend an orientation about using JobLink at their location: 8:00 AM and 1:30 (Monday-Friday, but no Wednesday).

Sonoma Works | 565-5661

This program is designed to help individuals find a job to support themselves & their family and to become an advocate for your own self-sufficiency.

Sonoma County Adult and Youth Development | 793-9030 ext 110 or 793-9030 ext 111

Employment and education services for youth (16-21) living in Rohnert Park & Cotati.

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Road, Santa Rosa

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

Catholic Charities Coach 2 Career | 575-0215, 465 A Street, Santa Rosa, www.srcharities.org

Counselor provides direct employment services to homeless and formerly homeless clients. Job readiness and goal setting. Coordinates services with other educational, vocational training and employment programs.

Youth Employment

Social Advocates for Youth – Youth Employment Center | 544-3299 ext 227

Counseling, job searches, training and skill acquisition, & help finishing school for youth.

Learn to Earn: Youth Employment with the Petaluma People's Services | 776-3778

Educational, work readiness, and job skills for persons 14 - 21 years of age and are low income &/or special education/ study skills student, resident or student of Petaluma or in unincorporated areas.

Exercise & Gyms

Bodyworks Yoga Studio | 769-9933, 490 2nd Street, Petaluma, www.bodyworksyoga.com
*Free community yoga class (donations accepted) Mondays 4-5 PM. Free Meditation class (donations requested)
Tues, Wed, Fri 8-8:30 AM.*

Callinan Sports & Fitness Center | 588-3488, 5405 Snyder Lane, Rohnert Park
www.ci.rohnert-park.ca.us/index.aspx?page=133
*Low membership rates for teens (\$24/month), adults (\$24/month), and seniors (\$14/month).
Print a free, 7-day online pass. No initiation fee.*

Cavanagh Pool - Aqua Therapy and Fitness Classes | 778-4536, 8th and G St, Petaluma
Heated outdoor pool with aquatic exercise classes, regular rate \$5/class or \$50/12 class pass (less if low income).

Petaluma Swim Center | 778-4410, 900 East Washington St, Petaluma
Seasonal heated pool, water therapy and aerobics offered, call for schedule.

City of Petaluma Department of Parks and Recreation | 778-4380; cityofpetaluma.net/parksnrec/index.html
Information about pools, fitness classes, community gardens, sports and more!

Chi Gong | with JT Bymaster, Oak Hill Park, Petaluma
*Low-impact eastern exercise incorporates breathing exercises and fluid bodily movements to improve balance,
strength and flexibility. Thursdays at 9 AM.*

Tai Chi and Chi Gong – NAMI | 1300 North Dutton Ave, Suite A, Santa Rosa
*Low-impact eastern exercises incorporates breathing exercises and fluid bodily movements to improve balance,
strength and flexibility. Thursdays at 9 AM. Mondays 6-7:15 PM with Jacob Newell.*

iWalk, Sonoma County | 565-6680, www.iwalksonoma.org
Find a walking group in your area and get moving today!

Planet Fitness | 585-8900, 6599 Commerce Blvd, Rohnert Park, www.planetfitness.com
Membership as low as \$10.00 per month.

Redwood Club | 778-8788, 719 Southpoint Blvd, Petaluma
Special rates for PHC patient. Pool, water aerobics, gym, classes, free childcare.

24-Hour Fitness | 789-9050, 6 Petaluma Blvd North, Petaluma, www.24hourfitness.com
Variable rates, as low as \$24/month, many classes, full gym, and pool in Santa Rosa.

YMCA | 545-9622, 1111 College Ave, Santa Rosa, www.scfymca.org
Sliding Scale rates, pool, and aqua-aerobics.

21st Century Health Club | 795-0400, 680 East Cotati Avenue, Cotati, www.21stcenturyhealthclub.com
*Special rates for PHC patients. Locations in Cotati and Windsor, 21st Century offers low cost memberships as well
as a wide selection of classes, pool and personal training opportunities. Please visit the website for prices. Childcare
also available.*

Family Planning and Reproductive Health Services

Petaluma Health Center – Teen Clinic | 559-7543, 1179 North McDowell Blvd, Petaluma
Drop-in, Thursdays 5:30-8:00 PM. Free confidential family planning and reproductive health services.

Phoenix Teen Clinic | 484-9866, 201 Washington Street, Petaluma
Drop-in Thursdays 3:30-6:00 PM. Free or low cost confidential family planning and reproductive health services.

Women’s Health Specialists in Santa Rosa | 537-1171, 4415 Sonoma Hwy # D, Santa Rosa
Drop-in Wednesday, Thursday from 9-4, and Friday from 11-4 for free or low cost confidential family planning and reproductive health services, also provides well woman check and breast cancer early detection program.

Planned Parenthood in Santa Rosa | 527-7656, 1140 Sonoma Ave Bldg 3, Santa Rosa
Low cost confidential family planning and reproductive health services, please call for an appointment.

LaLeche League-Women’s Health and Birth Center / 523-8697, 583 Summerfield Rd, Santa Rosa
Information on breastfeeding, support groups, counseling and childbearing. For more information, support and referrals, please call Katherina at 869-9038 or Julia at 664-9757.

HOOKUP | Text “Hookup” to 61827 to get started; then CLINIC + your zip code to find a clinic near you.
Birth control including condoms and emergency contraception, pregnancy testing and counseling, STD testing including HIV.

Financial Help

For Everyone

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

Financial help with small loans and one-time grants to families at risk of losing their homes. Must meet requirements.

Catholic Worker Critical Needs | 575-8343, 465 A St, Santa Rosa

*Free services to keep housing for at-risk families with children, disabled and frail elderly.
Sign up Tuesdays and Thursdays at 10 AM.*

Catholic Charities HPRP | 528-8712, 987 Airway Court, Santa Rosa

Homelessness Prevention and Rapid Re-housing Program: HPRP provides limited, short-term financial assistance (security deposit, rent or utility assistance, moving costs) for those who have lost housing or who are at risk of losing housing.

Jewish Family and Children's Services (JFCS) | 571-8131

Working families with children can apply for low-interest bank loans.

Salvation Army REACH | 542-0998

Free emergency help with utility bills. Must meet requirements.

PG&E Care Program | 1-800-743-5000

Discounted electric and heating bills for income-qualified families.

FamilyWize- United Way of the Wine Country | 528-4485

Receive discounted pricing on prescription drugs, call to receive your free card.

Sonoma County Division of Economic Assistance | 1-877-699-6868

The Economic Assistance Division provides assistance to obtain food, shelter, medical and dental care, and other supportive services for low-income families with children, those disabled or unemployed, and children in foster homes.

Disability Services and Legal Center | 528-2745, 521 Mendocino Ave, Santa Rosa

To receive services, you must attend an orientation (Mondays at 1:30). Serving adults and children with any type of disability, assist in benefits counseling, housing search, home access modification, assistive technology, social security appeals, transitions from institution to home, deaf services, advocacy for systems change.

Seniors

Bridge the Gap Petaluma People's Services | 765-8488

For independent seniors needing help with rent and other payments.

Food Assistance

CalFresh: Emergency Food Assistance | 565-2715

Call to see if you qualify for Emergency Food Assistance & receive food aid within 3 days.

CalFresh Petaluma People's Services | 765-8488 *Call to make an appointment for food assistance.*

Petaluma Kitchen (COTS) | 765-6530, COTS' Mary Isaak Center (MIC), 900 Hopper Street, Petaluma
Free hot meals, 7 days a week.

Breakfast: Daily 7:30-9:00 AM **Lunch:** Mon-Fri 11:30-1 PM, Sat-Sun 11:30-12:30 PM.

Women Infant Children (WIC) | 565-6590, 11 English Street, Petaluma

Call for an appointment to obtain monthly food vouchers for pregnant, nursing mothers and children 0-5.

St. Vincent De Paul Relief Services | 584-1579, 610 Wilson Street, Santa Rosa.

Call 8:30 AM for local food distribution site (first come first serve basis). Daily hot meal at 11:30-12:30 PM, call for clothing needs.

Food Boxes

Redwood Empire Foodbank | 523-7900 ext 18

Call to learn more about program, eligibility, and drop-off sites for free food boxes. Programs for children under 6, all families and seniors over 60, summer lunch programs.

COTS Weekly FoodBox Program | 778-6380

Foodboxes for income-eligible individuals. Must bring documents for eligibility, call for income eligibility.

Salvation Army | 769-0716, 721 South McDowell Blvd, Petaluma

Foodboxes on Wed/Thurs 9-11 AM, EFAP Tues 4-6 PM (based on last name).

Rohnert Park Food Bank 46 Southwest Blvd, Rohnert Park

Receive foodboxes by drop-in only. No calls, Wednesday 4-6 PM.

Weekly Interfaith Food Pantries | 762-4081

Pick up locations: Thurs: 5:30 PM intersection between Baker, Stanley & Western, Tues: 5:30 PM at Lucchesi Park, Saturdays: 10:30 – 12 PM at United Church of Christ, 825 Middlefield Drive, Petaluma.

FISH | 527-5151, 1055 Benton St, Santa Rosa

Free food once/month, must call first (Mon-Fri b/w 10:30-2 PM), pick up on the same day, bring ID.

Seniors

Meals on Wheels: Petaluma People's Services | 765-8484

Delivers hot meals to seniors ages 60 and older, call in advance.

Senior Dining Site/Cafeteria: Petaluma People's Services | 765-8484

Call the Senior Café the day before to reserve a meal, Monday through Friday.

Food

Fresh and Inexpensive Grocery Stores & Markets

The Bounty Farm & Petaluma Bounty | 775-3663, 55 Shasta Ave, Petaluma, www.petalumabounty.org
Check the website for information on work days. Work days include a community potluck lunch and free workshop on sustainable gardening.
Market: Tues & Fri from 3-5:30 PM at 55 Shasta Ave, Petaluma (By Lucky's on Pet Blvd, N)

Petaluma Farmer's Market | www.petalumafarmersmarket.com *Accepts CalFresh food assistance!*
May 22 – Oct 30th Saturdays 2-5 PM (Walnut Park)
June 2 – Sep 1st Wednesdays 4:30-8 PM (2nd Street. at D)

Skippy's Market | 763-2924, 951 Transport Way, Petaluma
Buy organic eggs in bulk: \$3.00 for 30!

iGrow Sonoma | www.igrowsonoma.org *Participate in garden and produce events in Sonoma!*

Petaluma Produce Swap | 623-3219, 4th and C Street, Petaluma, www.swapproduce.com
Seasonally, Saturdays at 1:30 PM, bring your produce to trade with other Petaluma residents.

Green String Farm | 778-7500, 3571 Old Adobe Road, Petaluma, www.greenstringfarm.com
Some of the cheapest fruits, vegetables and meat in town (cheaper than the grocery store). Free Family Fun Day Tours every 3rd Saturday of the month from 2-3 PM. Hours are 10 AM to 6 PM in the spring/summer & 10 AM to 5 PM in the winter.

Tara Firma Farm | 765-1202, 3796 I St, Petaluma
Free tours, every Sunday at 10, 11 AM, 12, 1, 2, 3, 4 PM. Farm store open 7 days a week from 10 AM-5 PM: seasonal fruit, vegetables, meats, yogurt and milk, can also sign up for a weekly or monthly delivery program.

Petaluma Supermarkets Accepting CalFresh Food Assistance |

Trader Joes 169 North McDowell Blvd., Petaluma

Whole Foods 621 East Washington St, Petaluma

Safeway 373 South McDowell Road, Petaluma

Raleys 157 North McDowell Blvd, Petaluma

Health Centers & Insurance

If you think your income qualifies you or your family for Medi-Cal, please try to make an appointment at one of the following health centers. If this appointment date is too late, Certified Application Assistants (CAAs) in Santa Rosa might be able to help you. Please call to make an appointment. Please note that all children in Sonoma County can obtain insurance. ALL individuals in Sonoma County, male and female, may receive family planning assistance free of charge through the Family PACT program.

Sonoma County MediCal & General Assistance Offices | 565-4476 OR 776-7923

Sonoma County Health Centers/Clinics

Petaluma

Petaluma Health Center | 707-559-7500

Rohnert Park

Jewish Community Free Clinic | 707-585-7780

Santa Rosa

Southwest Community Health Center | 707-547-2222

Vista Family Health Center | 707-303-3600

Elsie Allen Health Center (Teen Services) | 707-528-5770

Roseland Children's Health Center (Pediatric Services) | 707-578-2005

Southwest Adult Day Services | 707-573-4522

A Street clinic (Homeless Services) | 707-546-6479

Drop-in for homeless adults & children only. Mon: 8-12 PM, Wed: 8-5 PM

St. Joseph Health System

Dental Clinic | 707-547-2221

Mobile Dental Clinic | 707-547-4649

Mobile Health Clinic | 707-547-4612

Sonoma County Indian Health Project | 707-521-4545

Sonoma

Sonoma Valley Community Health Center | 707-939-6070

West County

Occidental Area Health Center | 707-874-2444

Russian River Health Center | 707-869-2849

Sebastopol Community Health Center | 707-824-9999

Healdsburg

Alliance Medical Center | 707-433-5494

Health Centers & Insurance Continued

Emergency Rooms

Petaluma Valley Hospital | 778-1111, 400 North McDowell Blvd, Petaluma

Santa Rosa Memorial Hospital | 546-3210 or 525-5300, 1165 Montgomery Drive, Santa Rosa

Sutter Medical Center | 576-4000, 3325 Chanate Road, Santa Rosa

Kaiser Hospital & Medical Center | 393-4044, 401 Bicentennial Way, Santa Rosa

Urgent Care

Jewish Community Free Clinic | 585-7780, 6307 Commerce Blvd, Rohnert Park
Free, volunteer-based medical clinic that offers free medical care for anyone.

St. Joseph Urgent Care - Rohnert Park | 585-0672, 1450 Medical Center Dr, Rohnert Park
No appointment necessary, open daily from 8 AM-9 PM.

St. Joseph Urgent Care - Santa Rosa | 543-2000, 925 Corporate Center Dr, Suite A, Santa Rosa
No appointment necessary, open daily from 9 AM-8 PM.

St. Joseph Urgent Care – Windsor | 838-2044, 6580 Hembree Lane, Windsor
No appointment necessary, walk-ins only, open daily from 9 AM-7 PM.

Housing & Rental Assistance

Petaluma People's Services | 765-8488, 765-8493 (housing), 1500A Petaluma Blvd S, Suite A, Petaluma
Rental assistance programs, if eligible, may receive help with a deposit.

Community Action Partnership | 544-6911
A one-time financial assistance program, please call for eligibility.

Salvation Army | 769-0716, 721 South McDowell Blvd, Petaluma
Call Tues or Thurs: 9 -11 AM to ask about the "REACH" Program for PG&E Assistance.

Sonoma County Adult and Youth Development | 793-9030 ext. 110 or 793-9030 ext. 111
One-time help with rent for families living in Rohnert Park & Cotati.

Rebuilding Together | 765-3944
Provides home repair services free of charge to individuals and organizations that need help. Low-income homeowners such as elderly, disabled and/or families with children are eligible. Petaluma residents only may apply and ask for services.

Catholic Charities Housing, Re-Housing, & Foreclosure Counseling | 542-5426
*Providing homebuyer pre-purchase counseling and education, delinquency/default and credit counseling, homebuyer post-purchase education, rental counseling and housing search assistance, homeless/displacement counseling, predatory lending counseling and foreclosure counseling for intervention and loss mitigation.
HUD-Certified.*

Emergency Shelter

Committee on the Shelterless (COTS) | 765-6530, 900 Hopper Street, Petaluma
Housing for homeless family and children, interfaith housing, rental & budgeting training, and transitional housing.

Salvation Army Transitional Housing | 769-0716, 721 South McDowell Blvd, Petaluma
2 yr transitional housing for single or married couples with pregnant women or with children under 17 yrs old.

Social Advocates for Youth Shelter | 546-3432 & 1-800-544-3299, 1243 Ripley St, Santa Rosa
Provides a respite for families in crisis and family reunification services for runaway and homeless youth and families. Short term shelter, food & counseling services offered.

Senior & Disability Housing

Petaluma Ecumenical Properties (PEP Housing) | 762-2336, 951 Petaluma Blvd South, Petaluma
Affordable housing for low-income seniors and people with disabilities.

Bridge the Gap Petaluma People's Services | 765-8488
For independent seniors needing help with rent and other payments.

Housing: Motels

Motels

Petaluma

Dollar Inn 793-9500, 5135 Montero Way
Motel 6 765-0333, 1368 North McDowell Boulevard

Rohnert Park

Budget Inn 584-4448, 6298 Redwood Dr
Good Nite Inn 544-8180, 5040 Redwood Dr
Motel 6 585-8888, 6145 Commerce Blvd

Santa Rosa

Country Inn 546-4711, 2363 Santa Rosa Ave
Extended Stay America 546-4808, 2600 Corby Ave
Gold Coin Motel 542-1382, 2400 Mendocino Ave
Monte Vista 542-5141, 3123 Santa Rosa Ave
Redwood Inn 545-0474, 1670 Santa Rosa Ave
Travelodge 542-3472, 1815 Santa Rosa Ave
Travelodge 544-4141, 635 Healdsburg Ave
Astro Motel 545-8555, 323 Santa Rosa Ave
Economy Inn 545-3523, 502 Santa Rosa Ave

Inexpensive Apartment Complexes

Sonoma County Housing Authority | www.sonoma-county.org/cdc/housingauth.htm

Website lists affordable housing and apartment complexes in Sonoma County. Please visit the website for an Adobe PDF list.

Immigration & Migrant Services

California Human Development Corporation | 521-4721, 3315 Airway Drive, Santa Rosa, www.chdcorp.org
Provides support and information to farmworkers and their families in finding housing, obtaining employment, enhancing job skills, help documenting health needs, youth services (mentorship, employment); representatives are available to help individuals and their apply for citizenship, work permits, and legal status.

Catholic Charities Immigration and Citizenship Services | 578-6000, 987 Airway Court, Santa Rosa
www.srcharities.org or email: info@srcharities.org *Free legal help in obtaining permanent residency, family reunification, citizenship, and immigrant survivors of domestic violence. Refugee resettlement.*

Migrant Education Programs | 526-1272
Education and training programs designed to support the migrants' life. Special emphasis on programs to aid individuals and their families who move often. Special programs and support for migrants and their children, aged 22 and younger, in or out of school. Please call to see if you qualify for services.

Graton Day Labor Center/ Centro Laboral de Graton | 829-1864, 2981 Bowen St, Graton
www.gratondaylabor.org *Non-profit, community based, worker-led center organizing with day laborers and domestic workers for employment, health, justice and education in Graton, California. Self advocacy, leadership development, and community participation. English language classes, weekly health check-ups, computer skills, well-being workshops and first-come-first serve hiring practices.*

Healdsburg Day Labor Center | 433-6652, 405 Grove St, Healdsburg. *Migrant services and hiring site.*

Consulate General of Mexico | 415-354-1700 & 415-699-1885, 532 Folsom St, San Francisco
Monday-Friday, 7:30 AM-1:30 PM. EMERGENCIES- Protection: arrests, deportations, & fatal accidents.

California Rural Legal Assistance, Inc. | 528-9941, 725 Farmers Lane, #10, Bldg. B, Santa Rosa
CRLA offers a variety of services and programs to California's low-income communities. CRLA is nationally recognized as a leader in farmworker and migrant service provision through community outreach, educational training and direct legal service—free of charge.

Alicia Roman, Attorney at Law | 526-4100

Community Health Clinic Ole | 254-1770, 1141 Pear Tree Lane, Suite 100, Napa

La Luz Center | 938-5131, 17560 Greger Street, Sonoma
ESL, computer, cooking & nutrition classes, consular events, food pantry (Fridays), WIC food pantry, vineyard worker services, education, housing aid, and migrant assistance referrals. Mon-Fri, 9AM-4 PM, 4-5PM by appt.

Sonoma County Hispanic Chamber of Commerce | 575-3648, 303 Cleveland Ave, Santa Rosa
www.hcc-sc.org
The Hispanic Chamber of Commerce of Sonoma County promotes the economic growth and development of Hispanic businesses. Provides partnership opportunities through programs and services designed to help members meet their goals and succeed.

Legal Assistance

Sonoma County Victim Assistance Center | 565-8255, 1000 Coddington Center, Santa Rosa

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

Legal Aid Society of Sonoma County | 542-1290, 1105 North Dutton Avenue, Suite B, Santa Rosa

Legal Aid assists with a range of crisis legal needs (LSRP), including family violence issues (SAFE: domestic violence and civil harassment restraining orders), child abuse and neglect issues (CAPP: protective guardianships for children) and low-income housing issues (HOME: eviction and habitability complaints).

Catholic Legal Immigration Network, Inc.'s Board of Immigration Appeals (BIA) Pro Bono Project |

Lawyers find representation for four types of immigrants: (1) asylum-seekers, (2) minors, (3) individuals who received a favorable decision by an Immigration Judge that was subsequently appealed by the government, and (4) individuals with cases where the IJ requested certification of his/her decision from the BIA.

Bay Area Legal Aid Napa & Marin County Offices | 320-6348

BayLegal gives legal advice on the following subject areas: domestic violence, housing, healthcare, public benefits. BayLegal is presently assisting clients from Napa County in the areas of public benefits, including but not limited to Social Security Insurance (SSI), Social Security Disability Insurance (SSDI), CalWORKs and Medi-Cal.

California Rural Legal Assistance, Inc. | 528-9941, 725 Farmers Lane #10, Bldg. B, Santa Rosa

Provides legal services that improves the quality of life for low-income individuals and their rural communities. CRLA clients include individuals with disabilities, immigrant populations, school children, lesbian/gay/bisexual and transgender populations, seniors and individuals with limited English proficiency.

Mental Health and Counseling Services

Psychiatric Emergencies in Sonoma County | 576-8181 & 1-800-746-8181, 3322 Chanate Rd, Santa Rosa

Suicide Prevention | 1-800-784-2433

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

For Everyone

Petaluma People's Services | 765-8488 ask for Kira Kayler

Short and long-term counseling for individuals, couples, families and children.

Social Advocates for Youth (SAY) | 544-3299 ext 210, Santa Rosa

Counseling for families with young children. Must meet requirements.

NAMI Family Support Group | 527-6655, Petaluma Senior Center, 211 Novak Dr, Petaluma

Free, drop-in, and confidential counseling for family members of persons experiencing mental illness on the 1st and 3rd Tues of every month from 6:00-7:30 PM.

NAMI Client Connection | 527-6655, COTS' Mary Isaak Center, 900 Hopper St, Petaluma

Free, drop-in and confidential counseling for those who need social and emotional support on Wednesdays from 6:30-8:00 PM.

Caregivers Express Petaluma People's Services | 765-8488 Senior Day Site, 25 Howard St, Petaluma

Support group for caregivers on 2nd and 4th Tuesday of every month from 1:30-3:00 PM.

Peer Support Advocacy Interlink Self-Help Center | 546-4481

Support with housing, job search, and rehabilitation to stay clean and sober.

Petaluma People's Services Center Girls Circle with Project Success | 765-8488

Counseling and support for high school age girls. Contact: Casa Grande: 778-4690; PHS: 778-4779; San Antonio: 778-4758 to enroll; 8-10 group sessions.

Petaluma People's Services Center Boys Council with Project Success | 765-8488

Counseling and support for high school age boys. Contact Shannon Rogge (778-4779) to enroll or call PPSC main desk. 8-10 group sessions.

For Seniors

Petaluma People's Services | 765-8488

Counseling and case management for seniors.

Optometry & Ophthalmology

Dr. Richard Boyle | 795-7433, 1390 N McDowell Blvd Suite F, Petaluma

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families.

Cash pay. Exam and prescription for glasses (including pictures, dilation): \$150 (an additional \$120 for contacts)

Dr. Jeffery Iwami at Sears Optical | 415-507-2364, 9000 Northgate Mall, San Rafael

Cash pay, full exam with dilation and diabetes screening.

North Bay Optometric Vision Center | 584-7294, 6180 State Farm Drive, Rohnert Park

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families. Call for glasses and pricing, Medi-Cal/CMSP patients must call in the morning to make an afternoon appointment.

Rohnert Park Optometric Center | 584-1233, 987 Golf Course Drive, Rohnert Park

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families Cash pay. Comprehensive exam and prescription for glasses (includes dilation). \$149 (an additional \$49 for contacts).

Costco in Rohnert Park | 588-8656, 5901 Redwood Drive, Rohnert Park

Cash pay, no insurance necessary, accepts VSP, no need to be a Costco member. You can take the prescription anywhere that sells glasses or buy them at Costco if you are a member.

Exam and prescription for eyeglasses: \$59

Exam and prescription for contacts: \$89-129 + \$30 for contact lens training

Dilation: \$20

Walmart in Rohnert Park | 586-3717, 4625 Redwood Drive, Rohnert Park

No exams-- you can only purchase eyeglasses and contacts. Accepts VSP.

Santa Rosa Optometry Center | 542-3404, 1188 Montgomery Drive, Santa Rosa

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families, offers senior discount.

Exam and prescription for eyeglasses: \$135

Exam and prescription for contacts: \$210

Family Optometry Center | 571-2020, 1559 Farmers Lane, Santa Rosa

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families.

Under 21 with Medi-Cal: Exam and eye glasses are covered

Over 21 with Medi-Cal: Eye exam only is covered

If previous Medi-Cal patient, exam and prescription for eyeglasses: \$69

Exam and prescription for contacts: \$130

Wal-Mart in Windsor | 838-0185, 6650 Hembree Lane, Windsor

Cash pay, no insurance necessary.

Exam and prescription for eyeglasses: \$58

Exam and prescription for contacts and eyeglasses: \$114

Parenting/Child Care & Guardianship

California Parenting Institute | 585-6108

Low-cost & free parenting classes & workshops. Please call for more information on specific classes and times.

Petaluma Mother's Group | 484-3117

Free, 1st and 3rd Thursday of every month from 9:30-11:30 AM, childcare is provided.

Petaluma People's Services | 765-8488

Free & low-cost classes on communication skills between parents and children.

Caregivers Express Petaluma People's Services | 765-8488 Senior Day Site at 25 Howard St, Petaluma

Support group for caregivers on 2nd and 4th Tuesday of every month from 1:30-3:00 PM.

Women Infant Children (WIC) | 565-6590

Call for an appointment to receive monthly food vouchers for pregnant, nursing mothers & children up to age 5

Talk Line Family Support Center | 415-441-5437

Free, confidential, 24 hour family counseling for parents and babysitters.

“Our Children:” Radio Program for Parents | 1-877-372-5437, www.childhoodmatters.org

89.1 FM. Live Sundays from 7-8 AM, in English and 8-9 AM in Spanish.

Child Protective Services & Child Welfare Services | 565-4304 or 1-800-870-7064

Responds to allegations of abuse and neglect, intervenes in child abuse and neglect situations and provides services to families in which children are at risk.

Community ChildCare Council of Sonoma County (4Cs) | 544-3077, www.sonoma4cs.org

Families who need financial assistance to pay for child care or preschool must apply for the Sonoma Centralized Eligibility List (CEL) prior for enrollment at 4Cs. Please visit the website, and click “Centers”, to download an application in Spanish or English to enroll in a 4Cs center. The Child Development Centers are open Monday through Friday from 7:00 AM - 5:30 PM and offer a preschool component from 9:00 AM - 12:30 PM daily. Breakfast, lunch and afternoon snack are served throughout the day.

Sunny Hills Services Sonoma Kinship Family Center | 569-0877, 411 King Street, Santa Rosa

The Sonoma Kinship Family Center provides resources and supportive services to caregivers and the children under their care.

Foster and Kinship Care | 535-3752, 1501 Mendocino Ave, Santa Rosa

The program offers training and resources for foster parents, foster/adoptive parents, and caregivers caring for children who have come through Child Protective Services.

Seniors

Non-Medical Counseling & Housing Information

Senior Advocacy Services | 526-4108, 3262 Airway Dr, Santa Rosa

www.senioradvocacyservices.org

Offers free counseling services on seniors' rights, MediCare, & making a decision to move into Assisted Living situations (for this service they ask for a \$50 donation, if possible)-- dedicated to helping seniors with difficult situations and decisions.

Council on Aging | 1-800-675-0143

Group dedicated to seniors' needs. Programs and services include: care management, Meals on Wheels, legal assistance, transportation programs, peer support, lawyer referrals, etc. Care management and information services are free.

Petaluma Ecumenical Properties | 762-2336, 951 Petaluma Blvd South

Affordable housing for low-income seniors and people with disabilities.

Bridge the Gap Petaluma People's Services | 765-8488

For independent seniors needing help with rent and payments

Catholic Charities "I'm Home Alone" & CARES Program | 528-8712 ext. 185

Volunteers call seniors, disabled, and homebound individuals to connect with and support these individuals.

Ombudsman Crisis Line | 1-800-231-4024

Report elder or dependent adult abuse in skilled nursing facilities or residential care facilities.

Food

Senior Dining Site Petaluma People's Services | 765-8484

Call the Senior Café the day before to reserve a meal, M-F.

Seniors Continued

Redwood Empire Food Bank CFSP Program | 523-7900

Persons, aged 60+, can receive a free, 30-lb. box of food per month. Call and sign-up to receive the box and find the nearest pick-up location.

Petaluma Kitchen / 765-6530, 900 Hopper St, Petaluma

*Free hot meals, 7 days a week: **Breakfast:** Daily 7:30-9:00 AM*

***Lunch:** Mon- Fri 11:30-1pm, Sat-Sun 11:30-12:30 PM.*

Meals on Wheels Petaluma People's Services | 765-8484

Delivers hot meals to seniors ages 60 and older, call in advance.

Employment

SonomaWorks & Petaluma People's Services | 765-8488

SonomaWORKS program is designed to help you find a job. Call for eligibility.

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Rd, Santa Rosa

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

California Human Development | 523-1155, 3315 Airway Drive, Santa Rosa

Opportunities for those seeking greater self-sufficiency, independence and dignity through education, training, housing and other services & referral services (bilingual).

Seniors Continued

Sonoma County JobLink | 565-5620, 2245 Challenger Way, Suite 104,
Santa Rosa

Free training, employment and community service opportunities for all workers, including mature workers (age 65+). Includes a variety of programs allowing workers to acquire new job skills and to connect to employers. Income eligibility required. Attend an orientation about using JobLink at their location: 8:00 AM and 1:30 PM (M-F, but no W).

Financial Help

Bridge the Gap Petaluma People's Services | 765-8488

For independent seniors needing help with rent and other payments

Recreation

Petaluma Senior Center | 778-4399, 211 Novak Dr, Petaluma

The Senior Center is a free, drop-in community where seniors socialize, take classes, join clubs, can obtain free or lost-cost meals, and receive information on the needs associated with aging. Classes include painting, exercise groups, Alzheimer's memory techniques, driving courses, etc.

Council on Aging | 1-800-675-0143

Call to find out about Senior Clubs, peer groups, and events in the area

Elder Care Radio Show with Kira Reginato |

Advice for seniors. Weekly radio show: KSRO 1350 AM radio, Fridays, Live 12:30-1:00 PM; KFRC 1550 AM radio Saturdays 8:30 - 9:00 AM.

Shelters and Homeless Support

California Human Development | 523-1155, 3315 Airway Dr, Santa Rosa

For women who suffer from chemical dependency. Opportunities for those seeking greater self-sufficiency, independence and dignity through education, training, housing and other services, bilingual, referral services.

Committee on the Shelterless (COTS) | 765-6530, 900 Hopper St, Petaluma

Housing for homeless family and children, interfaith housing, rental & budgeting training, and transitional housing, case management & counseling.

Salvation Army Transitional Housing | 769-0716, 721 South McDowell Blvd, Petaluma

2 yr transitional housing for single or married couples with pregnant women or with children under 17 yrs.

The Living Room | 579-0138 or drop-in 579-0142, 636 Cherry Street, Santa Rosa

Drop-in center that serves homeless and at risk women and their children by providing breakfast, lunch, toiletries. Open Monday through Friday from 8:30 AM – 1:30 PM.

Homeless Services Center | 525-0226, 600 Morgan St, Santa Rosa

Drop-in for an initial review and guidance to supporting shelters in Sonoma County.

Redwood Gospel Mission | 578-1830

Rescue Mission Men's Shelter | 542-4817

Men only may request housing after dinner, 14-day initial stay and must have ID. Job search residence program follow up.

The Rose Women and Children's Shelter | 573-0490, 101 6th Street, Santa Rosa

Arrive at 5:30 PM, 30 day stay, overnight shelter only, children (boys under 11) welcome.

Sloan House Women's Emergency Shelter | 569-0615 after 4 PM

Day shelter for single homeless women and homeless mothers with small children.

Social Advocates for Youth | 546-3432

Emergency shelter for runaway or homeless teens aged 12-17. Crisis mediation provided on a 24 hour basis for youth and their families. Outreach to homeless youth and drop-in services. Food, clothes, toiletries, transitional housing for 18-24 years old.

Women's Recovery Services | 527-0412

Alcohol and drug treatment facility for women, women with children or pregnant women, onsite children program, capacity of 20 people, 12 step base, 90 day residential minimum, 9 months of outpatient care.

YWCA | 546-1234

Safe house, a confidential emergency residence providing food, clothing, shelter with domestic violence treatment and intervention services, women and children only, 2 month stay.

Shelters and Homeless Support Continued

A Street clinic (Homeless Services) | 546-6479, 465 A St, Santa Rosa

Walk in, first come first serve, open Mon and Thurs 8:30 AM-12 PM, Wednesdays 8:30 AM-12 PM, 1-5PM.

Catholic Charities Coach 2 Career | 575-0215, 465 A St, Santa Rosa, www.srcharities.org

Employment services to homeless and formerly homeless clients. Job readiness and goal setting. Coordinates services with educational, vocational and employment programs.

Volunteer Legal Services Program – Homeless Advocacy Project | 415-575-3130,
1360 Mission St, Suite 201, 2nd Floor, San Francisco

Legal services and supporting social services to individuals and families in San Francisco who are homeless or at imminent risk of homelessness, while prioritizing individuals who have mental health disabilities.

For more information, please call Sonoma County Task Force For The Homeless:

575-4494, 3315 Airway Drive, Santa Rosa or visit the website:

www.sonomacountyhomeless.org/resource_guide.php

Substance Abuse

Sonoma County Alano Club (AA, NA, MA, Al-Anon and Alateen) | 782-0588, 1050 Petaluma Blvd,
A recovery clubhouse that hosts Alcoholic Anonymous (AA) Meetings, Al-Anon and Alateen meeting information/referral, Marijuana Anonymous and Narcotics Anonymous meetings, in Spanish.

Adult Children of Alcoholics (ACA) | 763-2581, www.aca.org, 504 Baker St, Petaluma
Help with the recovery process for individuals who faced difficulties in their childhood and adult lives due to alcohol & substance abuse. Weekly meetings, every Wednesday from 7:30 - 9 PM.

Al-Anon and Alateen | 575-6760, www.ncwsa.org/d05/meetings.html
Meetings for family members & persons affected by alcohol or substance abuse. Visit the website for location and times in your area.

Alcoholics Anonymous (AA) | AA hotline: 544-1300, Spanish AA Hotline: 623-6702
www.sonomacountyaa.org/aa-meetings/
Free support during recovery from alcohol abuse, 12 step program. Visit the website for location and times.

Drug Abuse Alternative Center | 544-3295, 2403 Professional Dr # 101, Santa Rosa
Offers a wide range of treatment programs: Residential, Outpatient, School-based, Methadone, Perinatal and HIV/Hepatitis C. Spanish case management also offered.

Orenda Center | 565-7450, 1430 Neotomas Dr, Santa Rosa
Offers a range of short term and long term treatment programs.

Sonoma County Fellowship of Narcotics Anonymous | 236-0248 & 324-4062 (24-hour hotline)
www.sonomacountyna.org/meetings.html *Please go to website or call hotline for times and locations. Free support during recovery from drug abuse, 12 step program.*

Quit Smoking Center for Well-Being | 575-6043, Petaluma Health Center and in Santa Rosa
Learn to quit smoking with the support of a group and instructor, 7 week class \$125. Please call for sliding scale prices.

Santa Rosa Treatment Program | 576-0818, 1901 Cleveland Ave Suite B, Santa Rosa
Therapy, counseling, substance abuse, drug testing, medical services.

Smoke Free Babies Center for Well-Being | 575-6043 ext 15 please contact Michelle
Free program that offers private appointment with a smoking cessation counselor for mothers who want to quit smoking.

Nicotine Anonymous Groups | *Free, drop in support.*

Tues 12:00 pm Interlink Self Help Center, 1033 4th St, Santa Rosa, David 542-0646

Mon 7:00 pm Church of Christ, 370 Sonoma Mtn Parkway, Petaluma, Terry 664-9335

Women's Recovery Services | 527-0412

Alcohol and drug treatment facility for women, women with children or pregnant women, onsite children program, capacity of 20 people, 12 step base, 90 day residential minimum, 9 months of outpatient care.

Substance Abuse Support Groups & Meetings

Sonoma County Alano Club (AA, NA, MA, Al-Anon and Alateen) | 782-0588

1050 Petaluma Blvd, Petaluma

A recovery clubhouse that hosts Alcoholic Anonymous (AA) Meetings, Al-Anon meeting information/referral, Marijuana Anonymous and Narcotics Anonymous meetings, meetings in Spanish.

Al-Anon and Alateen | 575-6760, www.ncwsa.org/d05/meetings.html

Meetings for family members & persons affected by alcohol or substance abuse. Visit the website for location and times in your area.

Alcoholics Anonymous (AA) | www.sonomacountyaa.org/aa-meetings/

Visit the website for location and times in your area. Free support during recovery from alcohol abuse, 12 step program, AA hotline: 544-1300, Spanish AA Hotline: 623-6702.

Nicotine Anonymous Groups | Free, drop-in support.

Tues 12:00 pm Interlink Self Help Center, 1033 4th St, Santa Rosa: David 542-0646

Mon 7:00 pm Church of Christ, 370 Sonoma Mtn Parkway, Petaluma Terry 664-9335

Quit Smoking Center for Well-Being | 575-6043, Petaluma Health Center and in Santa Rosa.

Learn to quit smoking with the support of a group and instructor, 7 week class \$125. Please call for sliding scale prices.

Narcotics Anonymous Meeting Schedule | www.sonomacountyna.org

Mondays: 7:00pm Petaluma: Shelter from the Storm, [Mary Isaak Center](#), 900 Hopper St.

7:00pm Rohnert Park: Follow Your Dreams, [Rancho Feliz Mobile Home Park](#), 6607 Redwood Dr.

Tuesdays: 2:00pm Cotati: Tuesday Tranquility, [Church of the Oaks](#), 175 Page Street

8:00pm Cotati: Independent Tuesday, [Church of the Oaks](#), 175 Page Street (lg. bldg.)

8:00pm Petaluma: Full Participation, [Lucchesi Park Senior Center](#), 211 Novak St.

Wednesdays: 2:00pm Cotati, Stick It To Ya Wednesday, [Church of the Oaks](#), 175 Page Street

7:30pm Petaluma, Sit Down., [Phoenix Theatre](#), 201 Washington St.

7:30pm Petaluma, NA Zone, [Lucchesi Park Senior Center](#), 211 Novak St.

Thursdays: 6:00pm Petaluma, Men's Meeting, [Alano Club](#), 1050 N. Petaluma Blvd.

8:00pm Rohnert Park, Will to Survive, [Faith Presbyterian Church](#), 190 Arlen Dr.

8:00pm Cotati, Thankful Thursday, [Cotati Community Center](#), 216 E. School Street

9:00pm Cotati, Recovering Basket Cases, [Church of the Oaks](#), 175 Page Street (sm. bldg.)

Fridays: 2:00pm Cotati, Freedom Friday, [Church of the Oaks](#), 175 Page Street

7:00pm Cotati, If You Come At 8 You're Late, [Cotati Community Center](#), 216 E. School Street

8:00pm Petaluma, Candlelight Meeting, [Lucchesi Park Senior Center](#), 211 Novak

12:00am-**midnight** Cotati, Midnight Serenity, [Church of the Oaks](#), 175 Page St.

Saturdays: 2:00pm Rohnert Park It Works, [Vida Nueva](#), 705 Rohnert Park Expy. West

7:00pm Petaluma, Do or Die, [Alano Club](#), 1050 N. Petaluma Blvd.

Sundays: 6:00pm Cotati, Back to Basics, [Church of the Oaks](#), 175 Page St.

8:00pm Petaluma, Recovery is Possible, [Lucchesi Park Senior Center](#), 211 Novak St.

Support Groups

California Human Development | 523-1155, 3315 Airway Dr, Santa Rosa

For women who suffer from chemical dependency, create paths and opportunities for those seeking greater self-sufficiency, independence and dignity through education, training, housing and other services & referral services (bilingual).

Client Connection NAMI | 527-6655, COTS' Mary Isaak Center, 900 Hopper St, Petaluma

Free, drop-in and confidential counseling for those who need social and emotional support on Wednesdays from 6:30-8:00 PM.

Eating Disorder Support Group | 778-7849, 1425 North McDowell Blvd, Petaluma

Free, drop-in group for teens and adults every Saturday from 10-12, family members can join on the 2nd and 4th Saturday every month.

Family Support Group NAMI | 527-6655, Petaluma Senior Center, 211 Novak Dr, Petaluma

Free, drop-in, and confidential counseling for family members of persons experiencing mental illness on the 1st and 3rd Tues of every month from 6:00-7:30 PM.

Hepatitis C Support Group - Center for Well Being | 575-6043, 365B Tesconi Circle, Santa Rosa

Free, drop-in, emotional and educational support for those with Hepatitis C and their loved ones, 2nd Sunday of each month from 4-6 PM.

Hospice of Petaluma | 778-6242, 416 Payran Street, Petaluma

Counseling for hospice, death, grief & end-of-life care.

LaLeche League-Women's Health and Birth Center | 523-8697, 583 Summerfield Rd, Santa Rosa

Information on breastfeeding, support groups, counseling and childbearing. For more information, support and referrals, please call Katherina at 869-9038 or Julia at 664-9757.

Quit Smoking Center for Well-Being | 575-6043, Petaluma Health Center and in Santa Rosa.

Learn to quit smoking with the support of a group and instructor, 7 week class \$125. Please call for sliding scale prices.

Petaluma People's Services Center Girls Circle with Project Success | 765-8488

Contact: Casa Grande: 778-4690; PHS: 778-4779; San Antonio: 778-4758 to enroll; 8-10 group sessions.

Petaluma People's Services Center Boys Council with Project Success | 765-8488

Contact Shannon Rogge (778-4779) to enroll or call PPSC main desk. 8-10 group sessions.

Assistance for Teenagers

- Petaluma Health Center – Teen Clinic** | 559-7500, 1179 North McDowell Blvd, Petaluma
Drop-in, Thursdays 5:30-8:00 PM, free & confidential family planning and reproductive health services.
- Phoenix Teen Clinic** | 484-9866, 201 Washington Street, Petaluma
Drop-in Thursdays 3:30-6:00 PM, free & confidential family planning and reproductive health services.
- Social Advocates for Youth** | 1-800-544-3299
Provides a respite for families in crisis. Family reunification services for runaway and homeless youth and families, short term shelter, food, counseling, provides teen employment, skill training & jobs.
- Learn to Earn: Youth Employment with the Petaluma People’s Services** | 776-3778
Educational, work readiness, and job skills for persons 14 - 21 years of age and are low income &/or special education/ study skills student , resident or student of Petaluma or in unincorporated areas.
- Petaluma People’s Services Center Girls Circle with Project Success** | 765-8488
Counseling and support for high school age girls. Contact: Casa Grande: 778-4690; PHS: 778-4779; San Antonio: 778-4758 to enroll; 8-10 group sessions.
- Petaluma People’s Services Center Boys Council with Project Success** | 765-8488
Counseling and support for high school age boys. Contact Shannon Rogge (778-4779) to enroll or call PPSC main desk. 8-10 group sessions.
- Eating Disorder Support Group** | 778-7849, 1425 North McDowell Blvd, Petaluma
Free, drop-in group for teens and adults every Saturday from 10-12, family members can join on the 2nd and 4th Saturday every month.
- California Youth Crisis Line** | 1-800-843-5200
Crisis counseling, information & referrals for youth and families.
- National Runaway Hotline** | 1-800-786-2929
Youth and family members can call 24 hours a day to work through problems and find local help from social service agencies and organizations. Home Free Program gives free bus tickets to teens return home.
- Al-Anon and Alateen** | 575-6760, www.ncwsa.org/d05/meetings.html
Meetings for family members & persons affected by alcohol or substance abuse. Visit the website for location and times in your area.

Transportation

Petaluma Transit | 778-4460, www.cityofpetaluma.net/pubworks/schedules.html
Monday – Friday: 6:20 AM – 6:15 PM. Saturday 7:20 AM – 5:45 PM
Adults \$1.25, Students \$1, Seniors \$.50, monthly passes available.

Petaluma Paratransit | 765-8493, 765-8488 (Spanish)
Americans with Disabilities Act door-to-door shared ride transportation. Must apply and register before using this service, please call. Please call for reservation (at least one day in advance). Rides are available Mon-Fri from 6:20 AM – 6:15 PM, Saturday 7:20 AM – 5:45 PM.

Sonoma County Transit | 576-7433, www.sctransit.com/SchedulesMaps.aspx
Visit website for a list of times

Sonoma County Paratransit | 585-7516, 585-9817, www.sctransit.com/RidingSCT/Paratransit.aspx
Door-to-door service for people with disabilities. Must be registered as ADA eligible before using the service. To apply call and ask to have the application material mailed to you.

Public Transportation System & Santa Rosa City Bus | 543-3925 or 543-3333, www.ci.santa-rosa.ca.us
Visit website for a list of times. Public transportation system within Santa Rosa.

Longer Distances

Golden Gate Transit | 415-921-5858
Buses from Petaluma to San Francisco on Route 101; youth (5 and under are free, and 6-18 yrs. pay discounted rate), senior, disabled or Medicare cash fare & hourly service. Route 74: Southbound Santa Rosa/Rohnert Park/Petaluma to San Francisco (buses leave Petaluma from 5:00 AM to 7:30 AM); Northbound San Francisco to Petaluma/ Rohnert Park/Santa Rosa (buses leave from 4:00 PM to 6:00 PM, please call first)

Whistlestop Transportation | 415-456-9062, www.whistlestop.org/transportation
Whistlestop organizes with Petaluma Paratransit to transport persons who, because of a physical or mental condition, are unable to ride public fixed-route transportation such as the local and regional public bus system. Whistlestop's drivers partner with Paratransit-qualifying individuals; please file a Paratransit application first.

Marin Access | 415-454-0902, www.marinaccess.org
The Marin Access Mobility Management Center is a one-stop call center coordinating transportation resources for Marin's older adults, persons with disabilities and low income residents. Please contact Petaluma Paratransit about eligibility to benefit from the Marin Access system.

Public Transit Trip Planner | www.511.org
511 is your one-stop phone and web source for up-to-the-minute transportation information. It's FREE and available whenever you need it – 24/7 – from anywhere in the nine-county Bay Area.

Veterans

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Road, Santa Rosa
Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2 week workshop for employment training.

North Bay Veterans Center | 586-3295, 6225 State Farm Drive, Suite 101, Rohnert Park
Free services for eligible veterans. Harassment counseling, referrals, alcohol/drug treatment, employment counseling, guidance & sexual trauma counseling.

VA Outpatient Clinic | 569-2300, 3841 Brickway Blvd, Santa Rosa
Free and low-cost medical services for eligible veterans.

Disability Services and Legal Center | 528-2745, Veterans Advocate: Gabriel Arevalo
521 Mendocino Ave, Santa Rosa
To receive services, you must attend an orientation (Mondays at 1:30). Serving adults and children with any type of disability, assist in benefits counseling, housing search, home access modification, assistive technology, social security appeals, transitions from institution to home, deaf services & advocacy for systems change.