

**Petaluma
HealthCenter**



www.phealthcenter.org

Community Resources

Recursos de la Comunidad

2012

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
www.alliancedmed.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/AXBYCZ/Admin/Publications/ResourceGuide_single_page.pdf



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County and Citizen Services

Medi-Cal & CMSP Sonoma County Office | 1-877-699-6868, 2550 Paulin Drive, Santa Rosa

www.sonomacounty.org

Pays medical, dental & emergency services for eligible low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs. Apply here at Petaluma Health Center or in Santa Rosa. Please note that several official documents are required for the application.

CalFresh Food Stamps | 565-2715 & 1-800-331-2278, 2550 Paulin Drive, Santa Rosa

www.sonomacounty.org

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 Petaluma Health Center or in Santa Rosa. Please note that several official documents are required to apply.

CalWin Benefits / www.benefitscalwin.org, www.sonomacounty.org

Check out Benefits CalWIN (BCW) and you can apply online for Medi-Cal and/or CalFresh Food Stamps.

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, 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.

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 7 AM – 7 PM. Services include retirement benefits for those age 62 and over, disability benefits for persons unable to work, spouses, widows, children, Medicare for persons age 65 or over. Claims may be filed online.

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.

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.sonoma-county.org

Apply for documents online (additional fees apply) or in-person. Birth Certificate: \$21.00, Death Certificate: \$16.00, Marriage Certificate: \$16.00; Mon-Fri, 8 AM-4:30 PM.

Dental

Petaluma Health Center Dental Clinic | 559-7550, www.phealthcenter.org, 1179 North McDowell Blvd, Petaluma,

Accepts Medi-Cal for patients under 21. For over 21, Medi-Cal only pays for emergency visits and extractions. CMSP will cover most procedures except deep cleanings For Petaluma Health Center patients only.

DentaQuest: CMSP/Path2Health Dentist Directory | 1-800-516-2551

Please call for a list of dentists who take CMSP insurance.

St. Joseph's Dental Clinic | 547-2221, www.stjosephhealth.org, 751 Lombardi Court, Santa Rosa

Provides comprehensive dental care to kids, 0-16 yrs. Accepts Medi-Cal, Healthy Families, sliding scale option. Emergency care to adults are on first come first serve basis – arrive at 7AM. Services available M-F, 7AM– 4 PM.

Santa Rosa Junior College Dental Clinic | 522-2844, www.online.santarosa.edu,

Santa Rosa Junior College – Race Health Sciences Building, 1501 Mendocino Ave, Santa Rosa
Offers cleaning and some X-Rays (at an additional cost), referrals for more serious conditions.

NACo Dental Discount Program | 1-877-354-6226, www.nacodentalprogram.com

A membership 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 and includes medical fees. PHC dental clinic is not in-network for any insurance programs.

Cotati Family Dental | 664-1200, 421 E Cotati Ave, Cotati,

Pediatric dental services, ages 6-17 yrs old, accepts Delta-Dental, Healthy Families and 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, 526 College Avenue, Santa Rosa

Accepts Medi-Cal & CMSP; speaks Vietnamese.

UCSF Dental School-Parnassus Clinic | 415-476-1891, www.dentistry.ucsf.edu, 707 Parnassus Ave, San Francisco

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. Also offer Pediatric Dentistry.

University of the Pacific at Dugoni Dentistry School | 415-929-6501, www.dental.pacific.edu 2155 Webster St, San Francisco

\$30 for first appointment, \$82 X-rays, these specialty services are low-cost with payment plans.

Western Dental Center | 542-5200, 1240 Farmers Lane, Santa Rosa, www.westerndental.com

Dental services for kids and adults, Delta-Dental Healthy Families, 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. Some patients may be eligible for Child Orthodontic plans under Medi-Cal.

Disability Services

State Disability Insurance | 1-800-480-3287, 606 Healdsburg Avenue, Santa Rosa

www.edd.ca.gov/Disability/DI_How_to_File_a_Claim.htm

State disability applies to short-term (6 months to 1 yr.) disability needs; for long term disability claims, please file with Federal Social Security disability. To file for State Disability Insurance please call. Visit the state's website for a step-by-step guide to filing for disability or to have claim forms sent to your address.

Federal Social Security Disability / 1-800-772-1213, Building A, 2099 Range Ave., Santa Rosa

www.socialsecurity.gov/applyfordisability

Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death. Apply online.

Federal Supplemental Security Income (SSI) | 1-800-772-1213, www.socialsecurity.gov/pgm/ssi.htm

SSI pays benefits to disabled adults and [children](#) who have limited income and resources.

Disability Services and Legal Center | 528-2745, 521 Mendocino Ave, Santa Rosa, www.cri-dove.org

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. SCENT-FREE: no perfumes, colognes or any artificial scents or you will be refused service.

In-Home Supportive Services | 565-5900, 3725 Westwind Blvd, Suite 101, Santa Rosa

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

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

Council on Aging | 1-800-675-0143, 30 Kawana Spring Rd, Santa Rosa, www.councilonaging.com

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

Buckelew Programs | 415-457-6964, www.buckelew.org

Buckelew Programs works to provide homes, jobs and health to people with a mental illness and/or substance use disorder.

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Road, Suite C-105, Santa Rosa

www.vietnamveteransofcalifornia.org

Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2-week workshop for employment training. M-F: 8 AM – 4 PM.

Meals on Wheels: Petaluma People's Services | 765-8484, Petaluma, www.petalumapeople.org

Delivers hot meals to seniors ages 60+, call in advance. If eligible, meals are delivered to your residence.

Disability Services (continued)

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

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

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, 2237 Capricorn Way, Santa Rosa, www.socojoblink.org

Free training, employment and community service opportunities for all workers. Includes a variety of programs allowing workers to acquire new job skills and to connect to employers. Open to all. Partial scholarships for vocational training are available for qualified individuals. Attend an orientation about using JobLink at their location (English: Monday - Friday at 1:30 or Spanish: Thursday at 10 AM).

California Council of the Blind | 1-800-221-6359, www.ccbnet.org

Advocacy, self-help, support and services for the blind and visually impaired.

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

www.rehab.cahwnet.gov

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

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

www.becomingindependent.org

Various programs such as employment services, work services, art programs and seniors programs for adults with developmental disabilities.

Medical Equipment

Easter Seals of Northern California | 584-1443, 5440 State Farm Drive, Rohnert Park

www.noca.eastersales.com

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

www.homecares.org

Must call for appointment to pick up or drop off any equipment, loans or donated walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads. Accepts donations of above equipment.

Shield Healthcare | 1-800-675-8840, www.shieldhealthcare.com

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.

Canine Companions for Independence | 577-1700, 2965 Dutton Ave, Santa Rosa, www.cci.org

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

Disability Services (continued)

Transportation

Petaluma Paratransit | 765-8493, 765-8488 (Spanish), www.cityofpetaluma.net/pubworks/paratransit.html
Americans with Disabilities Act door-to-door shared ride transportation in Petaluma. 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 – 6:45 PM, Saturday 7:20 AM – 5:45 PM.

Sonoma County Paratransit | 585-7516, 585-9817, www.sctransit.com/RidingSCT/Paratransit.aspx
Sonoma County 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

Sonoma County Adult Protective Services | 1-800-667-0404, www.sonoma-county.org

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, www.sonoma-county.org

Responds to allegations of abuse and neglect. Intervenes in child abuse and neglect situations and provides services to families with children at risk.

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.

Social Advocates for Youth (SAY) | 544-3299, 3440 Airway Drive, Santa Rosa, www.saysc.org

Programs in crisis intervention, individual & family counseling, prevention, and youth diversion.

Petaluma People's Services Center- Counseling | 765-8488 ask for Kira Kayler, www.petalumapeople.org

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

YWCA Therapy Program | 546-1234 (hotline) or 546-9922 (office), Santa Rosa, www.ywca.org

Call for information on counseling, support group counseling, and family counseling.

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, including family violence, child abuse and neglect issues, and low-income housing issues such as eviction and habitability complaints. Closed Fridays.

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

Advocates provide counseling, crisis intervention, safety planning, information and referral services. Confidential, 24 hours 7 days a week.

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. Offers a chat service online and via text.

Law Office of Tanya Brannan | 546-0235

Victims of crime in the US may be eligible for a U Visa that would allow them to remain in the US and work legally. Please call for a free consultation to see if you qualify.

Bay Area Legal Aid Napa & Marin County Offices | 320-6348 or 510-663-4755, www.baylegal.org

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, www.sonomacountymen.org

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

Emergency Helplines

Sonoma County Adult Protective Services | 1-800-667-0404, www.sonoma-county.org
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
www.sonoma-county.org

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.

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.

Verity - United Against Sexual Assault Hotline | 545-7273 (hotline), 545-7270 (office), Santa Rosa

www.ourverity.org

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, www.ywca.org

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

Ombudsman Crisis Line | 1-800-231-4024, www.aging.ca.gov

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

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.

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. Recovery process is also for adult children who are recovering from abuse from dysfunctional families. Weekly meetings, every Monday at 7 PM.

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.

Narcotics Anonymous | 324-4062, www.sonomacountyna.org/meetings.html

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

Marijuana Anonymous | 1-800-766-6779, www.marijuana-anonymous.org

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

Emergency Helplines (continued)

Gamblers Anonymous (GA) | 664-1532, www.gamblersanonymous.org
Free support for compulsive gamblers, 12 step program.

Emergency Psychiatric Health Hotline | 1-800-746-8181, www.sonoma-county.org/health/services

Suicide Hotline | 1-800-273-8255, www.suicidepreventionlifeline.org
A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

HIV/AIDS Nightline | 1-800-273-2437, www.hivnightline.org
Provides emotional support for HIV/AIDS-infected individuals, daily 5 PM-5 AM

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

National Runaway Hotline | 1-800-786-2929, www.1800runaway.org
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 to return home.

Social Advocates for Youth Teen Shelter- Crisis Management | 1-800-544-3299, Santa Rosa, www.saysc.org
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.

California Youth Crisis Line | 1-800-843-5200, www.youthcrisisline.org
Crisis counseling, information & referrals for youth and families.

Overeaters Anonymous Sonoma County | 538-9770, www.sonoma.oar2.org
Support for people experiencing difficulties with food. Meeting locations include: Santa Rosa, Cotati, Sebastopol, Petaluma, Montero, Napa, and St. Helena. See website for times at the location that best fits you.

Talk Line Family Support Center | 415-441-5437, www.talklineforparents.org
Free, confidential, 24 hour counseling for parents and babysitters with family questions.

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

Employment

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

www.cahumandevlopment.org

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

Sonoma County JobLink | 565-5620, 2227 Capricorn Way , Santa Rosa , www.socojoblink.org

Free training, employment and community service opportunities for all workers. Includes a variety of programs allowing workers to acquire new job skills and to connect to employers. Open to all with no income criteria. Partial scholarships for vocational trainings are available for qualified individuals. Attend an orientation about using JobLink at their location (English: Monday – Friday at 1:30 PM or Spanish: Thursday at 10 AM).

Sonoma Works | 565-5661, www.sonomaworks.org

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.

North Bay Veterans Resource Center | 578-8387, 2455 Bennett Valley Road, Suite C-105, Santa Rosa

www.vietnamveteransofcalifornia.org

Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2-week workshop for employment training. M-F: 8 AM – 4 PM.

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.

Youth Employment

Sonoma County Adult and Youth Development | 793-9030 ext 5, then ext 110 or 111, www.scayd.org

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

Social Advocates for Youth – Youth Employment Center | 544-3299 ext 227, www.saysc.org

Counseling, job searches, training and skill acquisition, & academic support.

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

www.petalumapeople.org

Educational, work readiness, and job skills for persons 14 - 21 years of age and are low- income. Special education & study skills support for residents or students of Petaluma or in unincorporated areas.

Community Action Partnership – YouthBuild Santa Rosa | 578-2034, 1300 North Dutton Ave, Santa Rosa

www.capsonoma.org

Education, job training and leadership skills for youth 16-24 without a high school diploma.

Exercise & Gyms

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.

Callinan Sports & Fitness Center | 588-3488, 5405 Snyder Lane, Rohnert Park, www.rprec.org
Low membership rates for teens (\$14/month), adults (\$24/month), and seniors (\$14/month). Print a free, 7-day online pass. No initiation fee.

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, www.redwoodclub.com
Special rates for PHC patients. Pool, water aerobics, gym, fitness classes, free childcare.

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

YMCA | 545-9622, 1111 College Ave, Santa Rosa, www.scfymca.org
Rates determined by class, pool, and aqua-aerobics.

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

Cavanagh Pool - Aqua Therapy and Fitness Classes | 778-4536, 8th and G St, Petaluma
Heated outdoor pool with self-guided exercises, and aquatic exercise classes, regular rate \$6/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.

Tai Chi and Chi Gong – NAMI | 1300 North Dutton Ave, Suite A, Santa Rosa, www.namisonomacounty.org
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.

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.

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

Family Planning and Reproductive Health Services

Petaluma Health Center | 559-7500, 1179 North McDowell Blvd, Petaluma, www.phealthcenter.org
Men, women and teens of reproductive age and qualifying income can receive free reproductive health services.

Reproductive Health Clinic at Santa Rosa Junior College - Petaluma Campus | 778-3919, Petaluma
www.santarosa.edu/for_students/student-services/student-health-services
For SRJC students. Please call to schedule an appointment. Free or low cost confidential family planning and reproductive health services. Monday-Thursdays 10 AM – 3 PM.

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

Women's Health Specialists in Santa Rosa | 537-1171, 3317 Chanate Suite 2-C, Santa Rosa
www.womenshealthspecialists.org
Free or low cost confidential family planning and reproductive health services, also provides well woman exam and breast cancer early-detection program. Drop-in Tuesday, Wednesday, Thursday from 9-5, and Friday from 9-7 PM.

Planned Parenthood in Santa Rosa | 527-7656, 1140 Sonoma Ave Bldg 3, Santa Rosa
www.plannedparenthood.org
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
www.llnocal.org/groups/SantaRosaCA.html
Information on breastfeeding, support groups, counseling and childbearing. Meetings are the first Fridays of the month at 10:30 AM. For more information, support and referrals, please call Katherina at 869-9038.

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

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

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

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.

Community Action Partnership of Sonoma County (CAP) | 544-6911, 1300 North Dutton Ave, Santa Rosa

www.capsonoma.org

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

Catholic Charities HPRP | 528-8712, 987 Airway Court, Santa Rosa, www.srcharities.org

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. Monday - Friday 8 AM-5 PM.

Jewish Family and Children's Services (JFCS) | 571-8131, www.jfcs.org/sonoma-county

Working families with children can apply for counseling and therapy. They offer parent workshops, consultations, seniors at home program.

Salvation Army REACH | 542-0998, 93 Stony Circle, Santa Rosa, www.pge.com/reach

Free emergency help with utility bills. Must meet requirements

PG&E CARE Program | 1-800-743-5000, www.pge.com/care

Monthly discounted electric and heating bills for income-qualified families; please apply online or call.

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

Receive discounted pricing on prescription drugs, call to receive your free card. Receive the card at www.unitedwaywinecountry.org family life section. Other services also offered such as free tax returns. To make an appointment dial 211.

Disability Services and Legal Center | 528-2745, 521 Mendocino Ave, Santa Rosa, www.cri-dove.org

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, 1500A Petaluma Blvd South, Petaluma

www.petalumapeople.org

For independent seniors needing help with rent and other payment.

Food Assistance

Petaluma Health Center | 559-7500, 1179 North McDowell Blvd, Petaluma, www.phealthcenter.org
Call to make an appointment to see if you qualify for CalFresh food assistance.

CalFresh: Emergency Food Assistance | 565-2715, www.calfresh.ca.gov
Call to see if you qualify for Emergency Food Assistance & receive food aid within 3 days.

CalFresh Petaluma People's Services | 765-8488, 1500A Petaluma Blvd South, Petaluma
www.petalumapeople.org
Call to make an appointment for food assistance.

Petaluma Kitchen (COTS) | 778-6380, Mary Isaak Center, 900 Hopper Street, Petaluma, www.cots-homeless.org
*Free hot meals everyday. **Breakfast:** Daily 7:30-9 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, www.sonoma-county.org/wic
Call to obtain monthly food vouchers for pregnant, nursing mothers and children 0-5. Free nutrition classes.

St. Vincent De Paul Relief Services | 584-1579, 5671 Redwood Dive, Rohnert Park, www.svdp-sonoma.org
Call 8:30 AM for local food distribution site (first come first serve basis). Daily hot meal from 11:30-12:30 PM, call for clothing needs.

Food Boxes

Redwood Empire Food Bank | 523-7900 ext 18, 3320 Industrial Drive, Santa Rosa, www.refb.org
Call to learn more about program, eligibility, and specific drop-off sites for free food boxes. Programs for families with children under 6, seniors over 60, and summer lunch programs. Snack for kids program (after school). Emergency food assistance program for anyone under poverty level.

COTS Weekly FoodBox Program | 778-6380, 900 Hopper Street, Petaluma, www.cots-homeless.org
Foodboxes for income-eligible Petaluma individuals. Bring documents for eligibility, call for income eligibility.

Salvation Army | 769-0716, 721 South McDowell Blvd, Petaluma, www.salvationarmy.org
Emergency Foodboxes on Wed/Thurs 9-11 AM (free, drop-in), EFAP Monthly food box Tues 4-6 PM (free, drop-in). Serving Petaluma, Cotati and Penngrove.

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, 825 Middlefield Drive, Petaluma
Pick up locations: Thurs: 5:30 PM intersection between Baker, Stanley & Western in Petaluma, Tues: 5:30 PM at Luchessi Community Center Parking Lot, Saturdays: 10:30 – 12 PM at United Church of Christ in Petaluma, open to all.

FISH | 527-5151, 1055 Benton St, Santa Rosa
Free food once/month, must call first (Mon-Fri b/w 10:30-2 PM or Saturday 10 AM -12 PM) to sign up and pick up on the same day, bring ID.

Food Assistance (continued)

Meals on Wheels: *Petaluma People's Services* | 765-8484, 1500A Petaluma Blvd South, Petaluma
www.petalumapeople.org

Delivers hot meals to seniors ages 60 and older, call in advance. If eligible, meals are delivered straight to your residence.

Senior Dining Site/Cafeteria: *Petaluma People's Services* | 765-8484, 25 Howard Street, Petaluma
www.petalumapeople.org

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

Food

Fresh and Inexpensive Grocery Stores & Markets

Skippy's Market | 763-2924, 951 Transport Way, Petaluma

Carries a variety of items in bulk such as cheese, canned items, milk, eggs and dried goods. Buy organic eggs in bulk: \$3.25 for 30!

Petaluma Farmer's Market | Accepts CalFresh food assistance! www.petalumafarmersmarket.com

May 22 – Oct 30th - Saturdays 2-5 PM (Walnut Park)

June 2 – Sep 1st - Wednesdays 4:30-8 PM (2nd Street at D)

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 (By Lucky's on Pet Blvd, N)

Green String Farm | 778-7500, 3571 Old Adobe Road, Petaluma, www.greenstringfarm.com

Some of the most affordable fruits, vegetables and meat in. 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 extension St, Petaluma, www.tarafirmafarms.com

Free tours, every Saturday 10AM - 3PM and 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. Volunteer program offered also.

Petaluma Produce Swap | 4th and C Street, Petaluma, www.swapproduce.com

Seasonally, Saturdays at 1:30 PM, bring your produce to trade with other Petaluma residents.

iGrow Sonoma | www.igrowsonoma.org

Participate in garden and produce events in Sonoma!

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

Costco | 5901 Redwood Drive, Rohnert Park

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

Brookwood Health Center | 707-583-8700

*Walk-in or by appointment, open Mon, Tues, Wed, Friday 8:30-12:30, 1:30-5:30 PM,
Thursday 8:30-12:30 PM.*

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

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

Forestville Teen Clinic | 707-887-0427

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

Concentra – Rohnert Park | 586-4320, 6174 State Farm Drive, Rohnert Park

www.concentra.com

No appointment necessary, Monday through Friday from 8 AM-5 PM.

Jewish Community Free Clinic | 585-7780, 490 City Center drive, Rohnert Park

www.jewishfreeclinic.org

Free, volunteer-based medical clinic that offers free medical care for anyone with no insurance. Tuesday afternoons from 3-6 PM, the clinic offers free immunizations, physicals and acute non urgent visits without an appointment.

St. Joseph Urgent Care - Rohnert Park | 584-0672, 1450 Medical Center Dr, Rohnert Park

www.stjosephhealth.org

No appointment necessary, open daily from 9 AM-7 PM. Open holidays.

St. Joseph Urgent Care - Santa Rosa | 543-2000, 925 Corporate Center parkway, Suite A, Santa Rosa

www.stjosephhealth.org

No appointment necessary, open daily from 7 AM-7 PM.

St. Joseph Urgent Care – Windsor | 838-2044, 6580 Hembree Lane Suite 270, Windsor

www.stjosephhealth.org

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
www.petalumapeople.org

Rental assistance programs, if eligible, may receive help with a deposit. If you anticipate difficulties paying rent, please submit your request early.

Community Action Partnership | 544-6911, 1300 N Dutton, Santa Rosa, www.capsonoma.org

A one-time financial assistance program, please call for eligibility. Other programs include: CalFresh Food Stamps, Head Start family support, transitional housing, and free tax preparation during tax season.

Salvation Army | 769-0716, 721 South McDowell Blvd, Petaluma, www.pge.com/reach

Call Tues or Thurs: 9 -11 AM to ask about the "REACH" Program for PG&E Assistance.

Sonoma County Adult and Youth Development | 588-2285, 7345 Burton Ave, Rohnert Park

www.scayd.org

One-time help with rent for families in Rohnert Park & Cotati. This is a competitive application process with limited funds.

Rebuilding Together | 765-3944, 402 Petaluma Blvd N, Petaluma, www.rtpetaluma.com

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 who are homeowners only may apply and ask for 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.

Burbank Housing Development | 526-9782, 790 Sonoma Ave, Santa Rosa

www.burbankhousing.org

Rentals & home ownership for low income families, people with special needs and seniors. Please visit website and fill out rental program application.

Sonoma County Housing Authority – Section 8 | 1440 Guerneville Road, Santa Rosa

<http://www.sonoma-county.org/cdc/Section8.htm>

The Section 8 Housing program offers vouchers for subsidized housing for low-income individuals. Please visit website for more information. Must apply and be eligible for program. Waiting list.

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 a list.

Senior & Disability Housing

Petaluma Ecumenical Properties (PEP Housing) | 762-2336, 951 Petaluma Blvd South, Petaluma

www.pephousing.org

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

Housing: 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

Immigration & Migrant Services

California Human Development Corporation | 523-1155, 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

Free legal help in obtaining permanent residency, family reunification, citizenship, and immigrant survivors of domestic violence. Refugee resettlement. Counselor available Tues at 4:00 PM.

Migrant Education Programs | 526-1272, 5510 Skylane Boulevard, Santa Rosa

www.bcoe.org/migrant

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. Provides academic and support services/counseling for high school students. Specialized Spanish speaking teachers to teach to migrant students. Please call to see if you qualify.

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. Season of sharing financial assistance applications and CalFresh applications.

Consulate General of Mexico | 415-354-1700 & 415-699-1885, 532 Folsom St, San Francisco

www.sre.gob.mx/sanfrancisco

Monday-Friday, 7:30 AM-1:30 PM. EMERGENCIAS- Protection: arrests, deportations, & fatal accidents.

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

www.crla.org

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. Assistance in legal cases related to housing, employment, education, assistance w/ Medi-Cal & CalFresh. Bankruptcy and foreclosure workshops. Closed Wednesdays.

Law Office of Tanya Brannan | 546-0235

Victims of crime in the US may be eligible for a U Visa that would allow them to remain in the US and work legally. Please call for a free consultation to see if you qualify.

Immigration & Migrant Services (continued)

Alicia Roman, Attorney at Law | 526-4100, *Legal assistance.*

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

Community health center accepting all persons; special experience with migrant and farmworker populations. Bilingual.

La Luz Center | 938-5131, 17560 Greger Street, Sonoma
www.laluzcenter.org

ESL, computer, cooking & nutrition classes, consular events, food pantry (Fridays), WIC food pantry, vineyard worker services, education, housing aid, and migrant assistance referrals self advocacy services. 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.

English Language Classes – Santa Rosa Junior College | 527-4382, Petaluma and Santa Rosa
www.santarosa.edu

Free, call for schedule.

Petaluma Adult School | 778-4633, 200 Douglas St, Petaluma
www.petalumacityschools.org/adult

ESL, Naturalization and computer classes. Visit website or call for schedule and prices.

Legal Assistance

Sonoma County Victim Assistance Center | 565-8255, 2755 Mendocino Ave Suite # 100, Santa Rosa
www.sonoma-county.org/crimecrushers/victimassistancecenter.htm

Services to victims and their families, such as crisis and emergency assistance, employer/creditor intervention, intertribal council, sexual assault and domestic violence case managing, court support/escort, case status, assistance with victim impact statements, criminal justice system orientation, and resource/referral assistance. They can also help with property return, restitution assistance and victim compensations claims. Bilingual.

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, including family violence, child abuse and neglect issues, and low-income housing issues such as eviction and habitability complaints. Closed Fridays.

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

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
www.baylegal.org

BayLegal gives legal advice on the following subject areas: domestic violence, housing, medical, healthcare, and public benefits. BayLegal assists clients in the areas of public benefits such as: Social Security Insurance, Social Security Disability Insurance, CalWORKs, Medi-Cal, MediCare, and housing subsidies. Closed Fridays.

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

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. Assistance in legal cases related to housing, employment, education, assistance w/ Medi-Cal & CalFresh. Bankruptcy and foreclosure workshops. Closed Wednesdays.

For legal assistance/guidance related to *housing*, please see the **Housing** patient handout in this guide.

For legal assistance/guidance related to *immigration*, please see the **Immigration** patient handout in this guide.

For legal assistance/guidance related to *seniors*, please see the **Seniors** patient handout in this guide.

For legal assistance/guidance related to persons with *disabilities*, please see the **Disabilities** patient handout in this guide.

Mental Health and Counseling Services

Psychiatric Emergencies in Sonoma County | 576-8181 & 1-800-746-8181, 3322 Chanate Rd, Santa Rosa
www.sonoma-county.org/health/services

Suicide Prevention | 1-800-784-2433, www.suicidepreventionlifeline.org
A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Hospice of Petaluma | 778-6242, 416 Payran Street, Petaluma
www.caringcommunity.org/hospiceofpetaluma
One-on-one grief Counseling. Grief Support Groups—8 weekly sessions. Separate groups are held for children, teens, and adults. Educational presentations on grief-related subjects. All welcome; bilingual services.

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

Buckelew Programs | 415-457-6964, www.buckelew.org
Buckelew Programs works to provide homes, jobs and health to people with a mental illness and/or substance use disorder.

NAMI Family Support Group | 527-6655, Petaluma Senior Center, 211 Novak Dr, Petaluma
www.namisonomacounty.org
Free, drop-in, and confidential support for family members of persons experiencing mental illness, offered on the 1st and 3rd Tues of every month from 5-6:30 PM.

NAMI Client Connection | 527-6655, 1360 North McDowell, Petaluma, www.namisonomacounty.org
Free, drop-in and confidential counseling for those who need social and emotional support on Mondays from 1:00-2:30 PM.

Caregivers Express Petaluma People's Services | 765-8488, Senior Day Site, 25 Howard St, Petaluma
www.petalumapeople.org
Support group for caregivers offered on 2nd and 4th Tuesday of every month from 1:30-3 PM.

Peer Support Advocacy Interlink Self-Help Center | 546-4481 1033 4th street, Santa Rosa
www.interlinkselfhelpcenter.org
Support with housing search, job search, and rehabilitation to stay clean and sober. Provide help to individuals with mental health difficulties. Also provides support with resource groups and peer counselors.

Social Advocates for Youth (SAY) | 544-3299 ext 210, Santa Rosa, www.saysc.org
Counseling for families with young children. Must meet requirements.

Petaluma People's Services Center Girls Circle with Project Success | 765-8488, www.petalumapeople.org
Counseling and support for high school age girls, call to enroll, 8-10 group sessions.

Petaluma People's Services Center Boys Circle with Project Success | 765-8488, www.petalumapeople.org
Counseling and support for high school age boys, call to enroll, 8-10 group sessions.

Optometry & Ophthalmology

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

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

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

Costco in Rohnert Park | 588-8656, 5901 Redwood Drive, Rohnert Park, www.costco.com

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

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

www.northbayvisioncenter.com

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 (same day apt).

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 \$58 for contacts).

Walmart in Rohnert Park | 586-3717 or 586-1647, 4625 Redwood Drive, Rohnert Park, www.walmart.com

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, PHP, Healthy Families, offers senior discounts.

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

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

Exam and prescription for eyeglasses: \$135

Exam and prescription for contacts: \$210

Family Optometry Center | 571-2020, 1559 Farmers Lane, Santa Rosa, www.familyoptometrycenter.com

Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families, PHP and major PPOs.

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: \$75

New Patients: exam and prescription for eyeglasses: \$84

Wal-Mart in Windsor | 838-0185, 6650 Hembree Lane, Windsor, www.walmart.com

Cash pay, no insurance necessary, accepts Healthy Families (Safeguard, EyeMed), and most private insurances

Exam and prescription for eyeglasses: \$58

Exam and prescription for contacts and eyeglasses: \$114

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

Cash pay, full exam with dilation and diabetes screening.

General Parenting/Child Care & Guardianship

California Parenting Institute | 585-6108, 3650 Standish Ave, Santa Rosa, www.calparents.org
Low-cost parenting classes & workshops. Child therapy and in-home parenting services are available. Please call for more information on specific classes and times.

Child Protective Services & Child Welfare Services | 565-4304 or 1-800-870-7064
1747 Copper Hill Pkwy, Santa Rosa, www.sonoma-county.org
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.

Petaluma People's Services | 765-8488, www.petalumapeople.org
Free & low-cost classes on communication skills between parents and children.

Caregivers Express Petaluma People's Services | 765-8488, Senior Day Site, 25 Howard St, Petaluma
www.petalumapeople.org
Support group for caregivers offered on 2nd and 4th Tuesday of every month from 1:30-3 PM.

Community ChildCare Council of Sonoma County (4Cs) | 544-3077, 131 A Stony Circle, Santa Rosa
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 to enroll in a 4Cs center. The Child Development Centers are open Monday through Friday from 7 AM - 5:30 PM and offer a preschool component from 9 AM - 12:30 PM daily. Breakfast, lunch and afternoon snack are served throughout the day.

Foster and Kinship Care – Santa Rosa Junior College | 535-3752, 1501 Mendocino Ave, Santa Rosa \ www.santarosa.edu/childdev
The program offers training and resources for foster parents, foster/adoptive parents, and caregivers caring for children who have come through Child Protective Services.

Sunny Hills Services Sonoma Kinship Family Center | 569-0877, 411 King Street, Santa Rosa
www.sunnyhillsservices.org
The Sonoma Kinship Family Center provides resources and supportive services to relative caregivers and the children under their care.

Talk Line Family Support Center | 415-441-5437
www.talklineforparents.org
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.

Parenting: Prenatal & Newborn Care

PHC Prenatal Class Series | 559-7500, 1179 North McDowell Blvd, www.phealthcenter.org

New and experienced moms and their partners are welcome to attend. All prenatal classes are free to PHC prenatal patients.

PHC Prenatal Exercise Group: Exercise During Pregnancy | 559-7500, 1179 North McDowell Blvd, www.phealthcenter.org

A one hour exercise class for pregnant women to help build cardiovascular fitness, flexibility, and breathing techniques. 30 minutes of aerobic exercise, followed by 30 minutes of yoga and stretching.

Women Infant Children (WIC) | 565-6590, 11 English St, Petaluma, www.sonoma-county.org/wic

Call for an appointment to receive monthly food vouchers for pregnant, nursing mothers & children 0-5. Nutrition education and food program, no cost, lactation educators, provide money to buy specific nutritious foods for your children. Free nutrition classes.

California Parenting Institute | 585-6108, 3650 Standish Ave, Santa Rosa, www.calparents.org

Low-cost parenting classes & workshops. Child therapy and in-home parenting services are available. Please call for more information on specific classes and times.

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.

Safe Kids- Sonoma County | 525-5300 ext 3264 & 525-5300 ext 3264

www.safekidssonomacounty.org/parents.htm

Free bilingual car seat fitting stations are held monthly at Santa Rosa Memorial Hospital's Ambulatory Surgery Center. We offer low cost car seats to income eligible individuals. Make an appointment.

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 (donations requested), long term care facilities, and HICAP (health insurance advocacy program)-- dedicated to helping seniors with difficult situations and decisions.

Council on Aging | 1-800-675-0143, 30 Kawana Spring Road, Santa Rosa
www.councilonaging.com

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 (PEP Housing) | 762-2336

951 Petaluma Blvd South, Petaluma, www.pephousing.org

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

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

1500A Petaluma Blvd South, Petaluma, www.petalumapeople.org

For independent seniors needing help with rent and other payment.

Catholic Charities CARES Program / 528-8712 ext 185, www.srcharities.org

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

Ombudsman Crisis Line | 1-800-231-4024, www.aging.ca.gov

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

Seniors (continued)

Food

Petaluma Kitchen (COTS) | 778-6380

Mary Isaak Center, 900 Hopper Street, Petaluma, www.cots-homeless.org

*Free hot meals everyday. **Breakfast:** Daily 7:30-9 AM **Lunch:** Mon-Fri 11:30-1 PM, Sat-Sun 11:30-12:30 PM. Provide a food box to eligible individuals-supplemental groceries provided weekly. To apply for this program bring photo id, proof of address and proof of income to Petaluma Kitchen Sun-Thurs 9:30-11:00 AM.*

Redwood Empire Foodbank | 523-7900 ext 18

3320 Industrial Drive, Santa Rosa, www.refb.org

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

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

1500A Petaluma Blvd South, Petaluma, www.petalumapeople.org

Delivers hot meals to seniors ages 60 and older, call in advance. If eligible, meals are delivered straight to your residence.

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

25 Howard Street, Petaluma, www.petalumapeople.org

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

Seniors (continued)

Employment

Sonoma Works | 565-5661, www.sonomaworks.org

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.

North Bay Veterans Resource Center | 578-8387

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

www.vietnamveteransofcalifornia.org

Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2-week workshop for employment training. M-F: 8 AM – 4 PM.

California Human Development Corporation | 523-1155

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.

Sonoma County JobLink | 565-5620

2227 Capricorn Way , Santa Rosa, www.socojoblink.org

Free training, employment and community service opportunities for all workers. Includes a variety of programs allowing workers to acquire new job skills and to connect to employers. Open to all with no income criteria. Partial scholarships for vocational trainings are available for qualified individuals. Attend an orientation about using JobLink at their location (English: Monday – Friday at 1:30 PM or Spanish: Thursday at 10 AM).

Seniors (continued)

Recreation

Petaluma Senior Center | 778-4399, 211 Novak Dr, Petaluma
www.petalumapeople.org

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, 30 Kawana Spring Road, Santa Rosa
www.councilonaging.com

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

Elder Care Radio Show with Kira Reginato | www.livingideasforelders.com

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

Committee on the Shelterless (COTS) | 765-6530, 900 Hopper St, Petaluma, www.cots-homeless.org
Housing for homeless family and children, interfaith housing, rental & budgeting training, and transitional housing, case management & counseling.

Catholic Charities | www.srcharities.org

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

Drop in center and initial review and guidance for supporting shelters for adults, single women and families. Showers, laundry, lockers, telephone, mail service, referrals. Intake is Mon-Fri 1-2 PM. Drop-in Mon-Fri 6 AM -11:30 AM, 1-2 PM.

Family Support Center | 542-5426, 465 A Street, Santa Rosa

Case management, employment training, housing placement, advocacy and childcare. Arrive Mon-Fri 8-5 PM.

Nightingale at Brookwood Health Center | 525-0226

A respite shelter for homeless adults recuperating from illness. Referral from hospital discharge planners.

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

Redwood Gospel Mission | 578-1830, www.srmission.org

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. Intake daily 2-8 PM.

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.

Community Action Partnership | 544-6911, www.capsonoma.org

Sloan House Women's Emergency Shelter | 569-0615 after 4 PM. Voicemail: Mon-Fri 9-4 PM.

Shelter for single homeless women and homeless mothers with small children (no boys over 5).

Social Advocates for Youth | 546-3432. 24 Hr line: 1-800-544-3299, www.saysc.org

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. Walk-ins accepted before 9 PM.

InterFaith Shelter Network Transitional Housing | 546-7907, www.ifsnn.org

Transitional housing for single adults and women and children, provide case management, counseling and therapy. Must fill out application (located on website). \$450/month.

Brookwood Health Center | 583-8700, 983 Sonoma Ave, Santa Rosa, www.srhealthcenters.org

Walk in, first come first serve, open Mon, Tues, Wed, Fri 8:30 AM-12:30 PM, 1:30-5:30 PM, Thursdays 8:30-12:30 PM.

Shelters and Homeless Support (continued)

YWCA | 546-1234, www.ywca.org

Safe house, a confidential emergency residence providing food, clothing, shelter with domestic violence treatment and intervention services, women and children only, 2 month stay. Group therapy is offered. Patients have to be 30 days sober to be eligible for the alcohol and drug treatment program.

Volunteer Legal Services Program – Homeless Advocacy Project | 415-575-3130, www.sfbar.org/volunteer
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**

Substance Abuse

Drop-In Meetings & Groups

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

1050 Petaluma Blvd N, Petaluma, www.sonomacountyalanoclub.com

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

Adult Children of Alcoholics (ACA) | 763-2581, 40 5th 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. Recovery process is also for adult children who are recovering from abuse from dysfunctional families. Weekly meetings, Mondays at 7:00 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.

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.

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

Treatment & Other Programs

Drug Abuse Alternative Center (DAAC) | 544-3295, 2403 Professional Dr # 101, Santa Rosa

www.daacinfo.org

Offers a wide range of treatment programs for chemical dependency: Residential, Outpatient, School-based, Methadone, Perinatal and HIV/Hepatitis C. Spanish case management also offered.

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

www.cahumandevlopment.org/outpatient_treatment_services.php

Outpatient chemical dependency services offered. Please walk-in on Tuesdays and Thursdays from 9-10 AM for an assessment Sliding scale.

Women's Recovery Services | 527-0412, www.womensrecoveryservices.org

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 (continued)

Santa Rosa Treatment Program | 576-0818, 1901 Cleveland Ave Suite B, Santa Rosa, www.srtp.net
6am to 1 pm. Therapy, counseling, substance abuse, drug testing, medical services.

Bucklew Programs | 415-457-6964, www.bucklew.org
Bucklew Programs works to provide homes, jobs and health to people with a mental illness and/or substance use disorder.

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

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

**For more information on additional substance abuse programs, please visit Sonoma County
Department of Health Services website:
<http://www.sonoma-county.org/health/>**

Support Groups for Chronic Conditions

Eating Disorder Support Group | 778-7849, 1425 North McDowell Blvd, Petaluma, www.edrs.net
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.

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

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

Hospice of Petaluma | 778-6242, 416 Payran Street, Petaluma
www.caringcommunity.org/hospiceofpetaluma

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

Ceres Community Project | 545-7273, 835 Piner Road, Suite D, Santa Rosa, www.ceresproject.org
Support groups & meal programs for people living with cancer.

The Sutter Women's Integrative Health & Healing Services | 523-7312
2449 Summerfield Road, Santa Rosa, www.sutterpacific.org/services/IHH_Sonoma.html

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

Women's Cancer Awareness Group | 769-8325, 55 Maria Drive #846, Petaluma, www.wcagroup.net
Cancer support. Please visit the group's website for a comprehensive cancer support resource guide.

Assistance for Teenagers

Petaluma Health Center | 559-7500, 1179 North McDowell Blvd, Petaluma, www.phealthcenter.org
Men, women and teens of reproductive age and qualifying income can receive free reproductive health services.

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

Reproductive Health Clinic at Santa Rosa Junior College - Petaluma Campus | 778-3919, Petaluma
www.santarosa.edu/for_students/student-services/student-health-services
For SRJC students. Please call to schedule an appointment. Free or low cost confidential family planning and reproductive health services. Monday-Thursdays 10 AM – 3 PM.

Social Advocates for Youth | 546-3432. 24 Hr line: 1-800-544-3299, www.saysc.org
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. Walk-ins accepted before 9 PM. Counseling, job searches, training and skill acquisition, & academic support.

Sonoma County Adult and Youth Development | 793-9030 ext 5, then ext 110 or 111, www.scayd.org
Employment and education services for youth (16-21) living in Rohnert Park & Cotati.

Learn to Earn: Youth Employment with the Petaluma People's Services | 776-3778
www.petalumapeople.org
Educational, work readiness, and job skills for persons 14 - 21 years of age and are low- income. Special education & study skills support for residents or students of Petaluma or in unincorporated areas.

Community Action Partnership – YouthBuild Santa Rosa | 578-2034, 1300 North Dutton Ave, Santa Rosa
www.capsonoma.org
Education, job training and leadership skills for youth 16-24 without a high school diploma.

Petaluma People's Services Center Girls Circle with Project Success | 765-8488
www.petalumapeople.org
Counseling and support for high school age girls, call to enroll, 8-10 group sessions.

Petaluma People's Services Center Boys Council with Project Success | 765-8488
www.petalumapeople.org
Counseling and support for high school age boys, call to enroll, 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, www.youthcrisisline.org
Crisis counseling, information & referrals for youth and families.

Assistance for Teenagers (continued)

National Runaway Hotline | 1-800-786-2929, www.1800runaway.org

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.

Volunteer Opportunities

Boys and Girls Club of Marin and Southern Sonoma County | 1-800-786-2929, www.bgccsc.org

The Boys and Girls Club have locations throughout Marin and Sonoma County. Call to find the locations nearest to you and ask about volunteer opportunities! Volunteers are essential for their youth development programs and provide caring, ongoing relationships that enhance the lives of young people and foster strong character. Volunteer in Petaluma: 203 Maria Drive, 769-5322 ext 16 or 17. www.petaluma-marinbgc.org

The Bounty Farm & Petaluma Bounty | 775-3663, 55 Shasta Ave, Petaluma
www.petalumabounty.org

Call the Bounty Farm to learn more about volunteer opportunities.

AmeriCorps - Volunteer | 202-606-5000, www.americorps.gov

AmeriCorps is your chance to put your ideals into action while learning new skills, making new connections, and earning money to pay for college. Visit the website to learn about programs in Northern California and the United States.

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), www.cityofpetaluma.net/pubworks/paratransit.html

Americans with Disabilities Act door-to-door shared ride transportation in Petaluma. 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 – 6:45 PM, Saturday 7:20 AM – 5:45 PM.

Sonoma County Paratransit | 585-7516, 585-9817, www.sctransit.com/RidingSCT/Paratransit.aspx

Sonoma County 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.

Sonoma County Transit | 576-7433, www.sctransit.com/SchedulesMaps.aspx

Visit website for a list of times.

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.

AC Taxi | 776-4888

Petaluma Green Taxi | 769-8294

Longer Distances

Golden Gate Transit | 415-921-5858, www.goldengatetransit.org

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'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.

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, Suite C-105, Santa Rosa
www.vietnamveteransofcalifornia.org

Free services for eligible veterans, employment training, help with transportation, clothing and transitional housing, free 2-week workshop for employment training. M-F: 8 AM – 4 PM.

VetConnect “Veterans Helping Veterans” | 536-1656, www.sonomacountyvetconnect.org

One-stop, no-cost resource for information, assistance and referral regarding veterans’ benefits, VA health care, counseling for veterans and their families, housing and employment counseling and more. If you are a family member concerned about the emotional or physical health of a veteran, you are welcome to attend. Drop-in resource clinic held Tuesdays at VA Clinic (3851 Brickway Blvd, Santa Rosa, 9-12 PM), 4th Thursday of the month at Petaluma Veterans Memorial Building (1094 Petaluma Blvd S, Petaluma from 12-3 PM).

VA Outpatient Clinic | 569-2300, 3841 Brickway Blvd, Santa Rosa

www2.va.gov/directory/guide/facility.asp?ID=938

Free and low-cost medical services for eligible veterans. Veterans need to have been honorably discharged from service. M-F 8-4:30 PM.

North Bay Veterans Center | 586-3295, 6225 State Farm Drive, Suite 101, Rohnert Park

www.vietvets.org/nbvrc.htm

Free services for eligible veterans. Harassment counseling, referrals, alcohol/drug treatment, employment counseling, guidance & sexual trauma counseling.

Disability Services and Legal Center | 528-2745, 521 Mendocino Ave, Santa Rosa, www.cri-dove.org

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. SCENT-FREE: no perfumes, colognes or any artificial scents or you will be refused service.