

Community Resources

2013

Recursos de la Comunidad

Petaluma
HealthCenter



The Center Of Good Health

Patient and Community Resources in Northern California

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/HHSServiceDirectory2011.pdf
- **Sonoma County** |
Healdsburg, Windsor, Santa Rosa | Alliance Medical Center Resource Guide
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

Sonoma County Economic Assistance | http://www.sonoma-county.org/human/eco_assistance.htm

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

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

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.

General Assistance for Sonoma County Residents | 565-2715, 2550 Paulin Drive, Santa Rosa

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.

SonomaWorks | 565-5500, 2227 Capricorn Way Suite 100, Santa Rosa

Provides employment assistance, training and benefits to families applying for or receiving cash assistance.

CalWin Benefits / www.benefitscalwin.org

Learn about and apply online for Medi-Cal, CalFresh, or cash assistance.

Social Security Administration & Disability Office | 1-800-772-1213 & 1-877-870-6384,

www.socialsecurity.gov, 2099 Range Avenue, Building A, Santa Rosa

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. Appointments available from 7am –7pm.

Department of Motor Vehicles (DMV) /1-800-777-0133, www.apps.dmv.ca.gov, 715 J Southpoint Blvd, Petaluma

Driver's license and ID Card Processing, vehicle registration, and safe driving programs for teens. Mon, Tu, Th, Fri: 8 AM-5 PM, Wed: 9 AM-5 PM; Other surrounding locations include Santa Rosa, Novato, Napa, & Vallejo.

Birth, Death, & Marriage Certificates, Sonoma County Clerk-Record-Assessor's Office | 565-3800 &

565-3700 (24-hour information line), www.sonoma-county.org, 2300 County Center Dr, Suite B177, Santa Rosa

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 N 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. Pediatric Dentistry.

University of the Pacific 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, www.westerndental.com, 1240 Farmers Lane, Santa Rosa
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, www.edd.ca.gov/Disability/DI_How_to_File_a_Claim.htm

606 Healdsburg Avenue, Santa Rosa

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, www.socialsecurity.gov/applyfordisability

Building A, 2099 Range Ave., Santa Rosa

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. Provides cash for basic needs.

Disability Services and Legal Center | 528-2745, <http://disabilityserviceandlegal.org/>

521 Mendocino Ave, Santa Rosa

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

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.

CA Department of Rehabilitation | 576-2233, www.rehab.cahwnet.gov, 50 D Street Room 425, Santa Rosa

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

In-Home Supportive Services | 565-5900, www.sonoma-county.org/human/ihss.htm

3725 Westwind Blvd, Suite 101, Santa Rosa

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

Becoming Independent | 527-5904, www.becomingindependent.org

1425 Corporate Center Parkway, Santa Rosa

Programs for adults with developmental disabilities include continuing adult education, employment services, work services, community living supports, family resource and advocacy, and transportation. Runs a Family Resource and Advocacy Center in Santa Rosa to help people of all ages with developmental disabilities, and their families, connect with the right resources and programs.

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

Provides homes, jobs and wellness support to people with a mental illness and/or substance use disorder.

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

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

Disability Services (continued)

Petaluma People's Services | 765-8484, www.petalumapeople.org, Petaluma
Arranges Meals on Wheels deliveries of hot meals to seniors ages 60+ and people with disabilities unable to make their own meals. Call in advance. If eligible, meals are delivered to your residence. Petaluma People also provides para-transit transportation to seniors and the disabled. Please call office to arrange transportation.

Sonoma County JobLink | 565-5620, www.joblinksonomacounty.com/, 2227 Capricorn Way, Santa Rosa
Free training, employment and community service opportunities for all workers. Attend an orientation about using JobLink at their location (English: Monday - Friday at 1:30 or Spanish: Thursday at 10 AM).

United Cerebral Palsy of North Bay | 766-9990, www.ucpnb.org, 3835 Cypress Drive, Suite 103, Petaluma
Provides education, employment, and recreational programs for people with Cerebral Palsy and their families.

Medical Equipment

Easter Seals of Northern California | 584-1443, www.noca.easterseals.com, 5440 State Farm Dr, Rohnert Park
Equipment loan (walkers, wheelchairs, commodes, shower benches, canes), \$10/month but can be lowered. Offer a range of services from early intervention therapy for children to a social recreation program for adults.

ReCARES Equipment Recycler | 415-388-1898, 415-388-2622 (Mac), or 510 251-2273, www.homecares.org
3100 Kerner Blvd, San Rafael
Pick up or drop off any equipment, loans or donated walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads on Wednesdays 11am-2pm. Other times in different locations.

HomeCares –Petaluma | 364-0305 (Dan), 3820 Bodega Ave.
Open Thursday 11-3, or by appointment. Recycled, and donated equipment

Shield Healthcare | 1-800-765-8775, www.shieldhealthcare.com
Home delivery of medical supplies for incontinence, enteral nutrition, ostomy, urological disorders, diabetes, and wound care. Discrete delivery. Accepts Medi-Cal, Medicare and private insurance.

Canine Companions for Independence | 577-1700, 1-800-572-BARK, TTY: 707-577-1756 www.cci.org
2965 Dutton Ave, Santa Rosa
Provides highly trained assistance dogs free of charge and ongoing support to ensure quality partnerships. Must meet eligibility requirements. Be prepared for a long waiting period and comprehensive training.

Transportation

Petaluma Paratransit | 765-8493, 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 for reservation (at least one day in advance, up to 7 days in the future). Rides are available Mon-Fri from 6:20 AM – 6:45 PM, Saturday 7:20 AM – 5:45 PM. Fare \$2.50.

Sonoma County Paratransit | 585-7516, TDD 707-585-9817 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. Rides available Mon-Fri from 5:00AM - 11:00PM, Sat-Sun from 7:00AM-9:00PM.

Domestic Violence Help & Support

Verity - United Against Sexual Assault Hotline | 24/7 Hotline 545-7273; Office 545-7270, www.ourverity.org,
835 Piner Road, Suite D, Santa Rosa

Provides counseling and crisis intervention to survivors of assault and abuse, as well as prevention education.

Social Advocates for Youth (SAY) | 24/7 Line 888-729-0012; Office 544-3299, www.saysc.org,
3440 Airway Drive, Santa Rosa

Crisis intervention for teens, counseling for youth and families, programs in prevention and employment for youth.

YWCA Therapy Program | 24/7 Line 546-1234; Office 546-9922, Santa Rosa, www.ywca.org/sonomacounty
Call for information on counseling, support group counseling, and family counseling.

National Domestic Violence Hotline | 24/7 Line 1-800-799-7233, www.thehotline.org

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

National Dating Abuse Helpline | 24/7 Line 1-866-331-9474, or text “loveis” to 77054, 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.

Sonoma County Adult Protective Services | 24/7 Line 1-800-667-0404; Office 565-5940,
www.sonoma-county.org/human/adult_aging.htm

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

Child Protective Services & Child Welfare Services | 24/7 Line 565-4304 or 1-800-870-7064,
www.sonoma-county.org/human/family.htm

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

Petaluma People’s Services Center- Counseling | 765-8488 ask for Kira Kayler, www.petalumapeople.org,
1500-A Petaluma Blvd. South, Petaluma

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

Men Evolving Non-Violently (M.E.N.) | 24/7 Line 528-2636, www.sonomacountymen.org

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

Legal Aid Society of Sonoma County | 542-1290, www.legalaidsc.org, 1105 N. Dutton Ave, Suite B, Santa Rosa
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.

Law Office of Tanya Brannan | 546-0235, 719 Orchard St, Santa Rosa

Victims of crime in the US may be eligible for a US 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 & SF/Marin Offices | 320-6348 , 415-354-6360, 800-551-5554, 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.

Emergency Helplines

Child and Elder Abuse Helplines

Sonoma County Adult Protective Services | 1-800-667-0404, www.sonoma-county.org/human/adult_aging.htm
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/human/family.htm

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.

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.

Domestic Violence Helplines

National Dating Abuse Helpline | 1-866-331-9474, 1-866-331-8453 (TTY), text “loveis” to 77054, or chat at 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, 1-800-787-3224 (TTY), www.thehotline.org

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

Verity - United Against Sexual Assault Hotline | Hotline 545-7273; Office 545-7270, www.ourverity.org

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

YWCA Domestic Violence | Hotline 546-1234; Office 546-9922, www.ywca.org/sonomacounty

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

Men Evolving Non-Violently (M.E.N.) | 528-2636, www.sonomacountymen.org

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

Addiction Helplines

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.

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.

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.

Gamblers Anonymous (GA) | Northern CA Hotline 800-287-8670, www.gamblersanonymous.org

Free support for compulsive gamblers, 12 step program.

(Emergency Hotlines, Continued)

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 | 1-800-628-9240, www.sfsuicide.org/our-programs/hiv-nightlines

Provides emotional support for people whose lives are affected by HIV/AIDS, daily 5 PM-5 AM.

Youth Helplines

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 | 1-888-729-0012, 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.

Exhale | 1-866-439-4253, www.exhaleprovoice.org

An after-abortion counseling helpline, Mon-Fri 5-10 PM, Sat – Sun 12-10 PM.

Employment

Sonoma County JobLink | 565-5620, www.joblinksonomacounty.com, 2227 Capricorn Way, Santa Rosa
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
Helps families find jobs to support themselves and to become an advocate for their own self-sufficiency.

North Bay Veterans Resource Center | 578-8387, <http://www.vietvets.org/nbvrc.htm>
2455 Bennett Valley Road, Suite C-105, Santa Rosa
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.

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

Local Job Boards

Craigslist: <http://sfbay.craigslist.org/nby/jjj/>
Sonoma County Jobs: <http://sonomacountyjobs.net/>
Local Help Wanted: <http://sonomacounty.localhelpwanted.net/>
Regional Help Wanted: <http://regionalhelpwanted.com/home/28.htm?SN=28>
Sonoma County Gov: <http://agency.governmentjobs.com/sonoma/default.cfm>

Youth Employment

V.O.I.C.E.S | 579-4327, 714 Mendocino Ave, Santa Rosa www.voicesyouthcenter.org/programs/sonoma
Resource center serving youth. Please visit to complete high school exams, acquire a GED & learn about developing a career path. Also assists in providing employment, housing and food services.

Sonoma County Adult and Youth Development | 793-9030 ext 5, then ext 111, www.scayd.org
Employment and education services for youth (16-24) living in Rohnert Park & Cotati.

YouthLink Employment Center - Social Advocates for Youth | 544-3299 ext 227, www.sayssc.org
Counseling, job search & placement assistance, training and skill acquisition, GED & academic support. Sunflower Community Garden offers jobs and volunteer opportunities in gardening and nutrition education.

Learn to Earn: Youth Employment - 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.

Youth Connections - Community Action Partnership | 578-2034, www.capsonoma.org,
1300 North Dutton Ave, Santa Rosa
Education, job training and leadership skills for youth 16-22 without a high school diploma. Occupational training and work readiness certifications through Sonoma Office of Education.

Exercise & Gyms

Petaluma Health Center | 559-7500, www.phealthcenter.org/phc-community-fitness-program, 1179 North McDowell Blvd, Petaluma

Low-cost fitness classes are open to everyone in the community, with reduced rates for PHC patients. Current classes include Yoga and Zumba, and look out for new classes soon! See website or call for prices, questions.

Callinan Sports & Fitness Center | 588-3488, www.rprec.org, 5405 Snyder Lane, Rohnert Park,
Low membership rates for teens (\$14/month), adults (\$24/month), and seniors (\$14/month). Includes free access to Rohnert Park's public swimming pools. Print a free, 7-day pass online to try it out! No initiation fee.

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

Energy Health Clubs | 795-0400, www.energyhealthclubs.com, 680 East Cotati Avenue, Cotati
Locations in Cotati and Windsor, Energy Health offers memberships as well as a wide selection of classes and personal training opportunities. Please visit the website for prices. Childcare also available.

Redwood Club | 778-8788, www.theredwoodclubpetaluma.com, 719 Southpoint Blvd, Petaluma
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 \$30/month, fitness classes, full gym. Pools at Santa Rosa and Rohnert Park locations.

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 \$5/class (\$7/Aqua Zumba 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 incorporate breathing exercises and fluid bodily movements to improve balance, strength and flexibility. Mondays 6-7:15 PM with Jacob Newell.

Bodyworks Yoga Studio | 769-9933, www.bodyworksyoga.com, 490 2nd Street, Petaluma
Free community yoga class (donations accepted) Mondays 4-5:15 PM. Free Meditation class (donations requested) Tues & 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, www.phealthcenter.org, 1179 North McDowell Blvd, Petaluma
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
www.santarosa.edu/for_students/student-services/student-health-services, Petaluma
For SRJC students. Please call to schedule an appointment. Free or low cost confidential family planning and reproductive health services. Tuesday 12pm-3pm.

Phoenix Teen Clinic | 484-9866, www.thephoenixtheater.com, 201 Washington Street, Petaluma
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, www.womenshealthspecialists.org
3317 Chanate Rd Suite 2-C, Santa Rosa
Free or low cost confidential family planning and reproductive health services, also provides well woman exam and breast cancer early-detection program. Drop-in Monday-Friday 9am-4pm.

Planned Parenthood in Santa Rosa | 527-7656, www.plannedparenthood.org,
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, www.llnocal.org/groups/SantaRosaCA.html,
583 Summerfield Rd, Santa Rosa
Information on breastfeeding, support groups, counseling and childbearing, by mothers, for mothers. Meetings are the first Fridays of the month at 10:30 AM at the Women's Health and Birth Center.

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

Financial Help

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.

*Please see the **County and Citizen Services** page for a full list of programs and specific contacts.*

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

Financial help with small loans and one-time grants to families at risk of losing their homes, up to \$600, help with housing security deposits up to \$1000 . Must attend an orientation Mon 10am, Thurs 4pm, bring photo ID.

Season of Sharing - Sonoma County Human Services | 565-2108, <http://www.seasonofsharing.org/>

Help with one time critical needs for seniors, disabled, and family with dependent children. Assistance in the form of grants paid directly to the supplier of services, such as a landlord or medical equipment provider, or food bank.

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

Free emergency help with utility bills. Must meet requirements. Mon-Thurs 1pm-3pm, walk-in only.

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

Monthly discounted electric and heating bills for income-qualified families, seniors, or people with disabilities. FERA program for households with more than 3 persons, higher income eligibility. Please call or apply online.

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

Financial assistance to the Jewish community. Amount determined on an individual basis based on need.

FamilyWize- United Way of the Wine Country | 1-866-810-3784, www.familywize.org

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

Disability Services and Legal Center | 528-2745, www.cri-dove.org, 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, and advocacy for systems change.

Food

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.

Petaluma Health Center | 559-7500, 1179 North McDowell Blvd, Petaluma, www.phealthcenter.org

Call to make an appointment with our CAA to see if you qualify and get help applying.

Petaluma People's Services | 765-8488, www.petalumapeople.org, 1500A Petaluma Blvd South

Call to make an appointment for food assistance.

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

Call to make an appointment for an enrollment screening. Provides nutrition information and classes, and monthly food vouchers. For pregnant, nursing mothers, and children 0-5. Income-based eligibility.

Meals Assistance

Petaluma Kitchen (COTS) | 778-6380, www.cots-homeless.org, Mary Isaak Center, 900 Hopper Street, Petaluma

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

Petaluma People's Services / 765-8484, www.petalumapeople.org

Meals on Wheels / 1500A Petaluma Blvd South, Petaluma

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

Senior Dining Site/Cafeteria / 25 Howard Street, Petaluma

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

Ceres Community Project | 829-5833, www.ceresproject.org, 7351 Bodega Ave, Sebastopol

Support individuals dealing with serious life-threatening illness with free, delivered, nutrient-rich prepared meals, nutrition education, and a community of caring.

Food Boxes

St. Vincent De Paul Relief Services | 584-1579, www.svdps-sonoma.org, 5671 Redwood Drive, Rohnert Park

Call 8:30 AM for local food distribution site (first come first serve basis).

Free, drop-in, Daily hot meal from 11:30-12:30 PM. 610 Wilson St, Santa Rosa

Redwood Empire Food Bank | 523-7900 ext 18, www.refb.org, 3320 Industrial Drive, Santa Rosa

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, www.cots-homeless.org, 900 Hopper Street, Petaluma

Foodboxes for income-eligible Petaluma individuals. Bring documents for eligibility, call for income eligibility.

Salvation Army | 769-0716, www.salvationarmy.org, 721 South McDowell Blvd, Petaluma

Emergency food boxes on Wed/Thurs 9-11 AM (free, drop-in), ESAP Monthly food box Tues 3:30-5:30 PM (register in person on day of first pick up). Serving Petaluma, Cotati and Penngrove.

Weekly Interfaith Food Pantries | 762-4081,

Pick up Thurs: 5:30 PM Elim Lutheran Church 220 Stanley St, or Tues: 5:30 PM at Luchessi Community Center Parking Lot, Saturdays: 10:30 – 12 PM at United Church of Christ 825 Middlefield Drive, Petaluma. Open to all.

FISH | 527-5151, www.friendsinsonomahelping.org, 1055 Benton St, Santa Rosa

Free food once/month, must call (Mon-Fri 10:30-2 PM or Sat 10:30 -12 PM) to sign up. Pick up same day, bring ID.

(Food, Continued)

Fresh and Inexpensive Grocery Stores & Markets

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

Carries items in bulk such as cheese, canned items, milk, eggs and dried goods. Organic eggs in bulk: \$3.25 for 30!

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

Farm Stand: Fridays 4pm-7pm. Check the website for information on work days. Work days include a community potluck lunch and free workshop on sustainable gardening.

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

Farm stand: Daily, 10 AM-6 PM in the spring/summer & 10 AM-5 PM in the winter. Some of the most affordable fruits, vegetables and meat in the area. Free Family Fun Day Tours every 3rd Saturday of the month at 12 PM.

Tara Firma Farm | 765-1202, 3796 I extension St, Petaluma, www.tarafirmafarms.com

Farm store open 7 days a week from 10 AM-5 PM. Free tours, every Saturday & Sunday at 10am, 12pm, and 2pm. Sign up for a weekly or monthly delivery program. Volunteer program.

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

Farmers Markets Accepting CalFresh Food Assistance

Petaluma | Luchessi Park, Tuesdays 10-1:30pm, Year-Round

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

2nd St & D St, Wednesdays 4:30-8 PM, June 2 – Sep 1st

Sebastopol | Sebastopol Plaza, 10-1:30 PM, Year-Round

Santa Rosa | Wells Fargo Center for the Arts Wed 8:30-12:00pm, Sat 8:30-1:00pm, Year-Round

Health Centers and Insurance

Insurance

Petaluma Health Center | 559-7500, www.phealthcenter.org, 1179 N McDowell Blvd, Petaluma
*Our Certified Application Assistants (CAAs) here at the Petaluma Health Center can help you determine if you are eligible for Medi-Cal or other insurance programs and help you apply. Please call to make an appointment. Please note that **all children** in Sonoma County are eligible to obtain insurance.*

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

Sonoma County Health Centers and Clinics

Petaluma	Petaluma Health Center	707-559-7500
Rohnert Park	Jewish Community Free Clinic	707-585-7780
	St. Joseph Mobile Health Clinic	707-547-4612
Santa Rosa	Southwest Community Health Center	707-547-2222
	Vista Family Health Center	707-303-3600
	Brookwood Health Center	707-583-8700
	Elsie Allen Health Center (Teen Services)	707-583-8777
	Roseland Children’s Health Center (Pediatric Services)	707-578-2005
	Southwest Adult Day Services	707-573-4522
	St. Joseph Health System	707-546-3210
Sonoma	St. Joseph Dental Clinic	707-547-2221
	Sonoma County Indian Health Project	707-521-4545
	Sonoma Valley Community Health Center	707-939-6070
	West County	Occidental Area Health Center
West County	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

Emergency Rooms

Petaluma Valley Hospital	778-1111	400 North McDowell Blvd, Petaluma
Santa Rosa Memorial Hospital	546-3210	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

(No Appointment Necessary, Non-Emergency)

St. Joseph Urgent Care

Rohnert Park	Daily 9am-7pm	584-0672	1450 Medical Center Dr
Santa Rosa	Daily 7am-7pm	543-2000	925 Corporate Center Pkwy, Suite A
Windsor	Daily 9am-7pm	838-2044	6580 Hembree Lane Suite 270
Concentra, Rohnert Park	M-F 9am-7pm	586-4320	6174 State Farm Drive, Rohnert Park
Jewish Community Free Clinic	Tues 3pm-6pm	585-7780	490 City Center Dr, Rohnert Park

Volunteer-based medical clinic that offers free medical care for anyone without insurance. Tuesday from 3-6pm, the clinic offers free immunizations, physicals and acute non-urgent visits without an appointment.

Prescription Assistance

FamilyWize- United Way of the Wine Country | 1-866-810-3784, www.familywize.org

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

Homeless Support and Shelters

Committee on the Shelterless (COTS) | 765-6530, www.cots-homeless.org, 900 Hopper St, Petaluma
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.

Drop-in for services is Mon-Fri 6 AM -11:30 AM. Shelter intake is Mon-Fri 11:30-1 PM.

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

Case management, employment training, housing placement, advocacy and childcare. Mon-Fri 9-5 PM.

Nightingale at Brookwood Health Center | 525-0226

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

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

Rescue Mission Men's Shelter | 542-4817, or email Chris as ckeyes@smission.org

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, or email Sandra at skates@smission.org

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. Voicemail: Mon-Fri 9-4 PM.

Shelter for single homeless women and homeless mothers with small children (no boys over 5). Up to 180 days, reevaluation every 30 days. Call for pre-client application and for instructions to get on waitlist. Offers case management, support groups, health education, and career coaching. Run by Community Action Partnership.

Social Advocates for Youth | 546-3432, or 24/7 Hotline 1-888-729-0012, 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.ifsn.org

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

YWCA | 546-1234, www.ywca.org

Safe House, a confidential emergency residence providing food, clothing, shelter with domestic violence treatment and intervention services, group therapy, women and children only. Must be 30 days sober for the alcohol and drug treatment program. After 2 month max stay at Safe House, offer 2 years of support services.

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

Comprehensive primary care and mental health. Medi-Cal, sliding scale. Walk in and appt, M-F 8:30-12:30, M,T,W,F 1:30-5:30. Call for current walk-in hours.

(Homeless Support and Shelters, Continued)

The Living Room | 579-0138 or drop-in 579-0142, www.thelivingroomsc.org, 636 Cherry Street, Santa Rosa, *Drop-in center serving homeless and at risk women and their children by providing breakfast, lunch, toiletries, job search skills, education, and health information. M-F 8:30 AM – 1:30 PM.*

Volunteer Legal Services Program – Homeless Advocacy Project | 415-575-3130, Toll Free 1-800-405-4427 http://www.sfbar.org/volunteer/homeless_article.aspx, 1360 Mission St, Suite 201, 2nd Floor, San Francisco *Legal and supporting services to individuals and families who are homeless or at imminent risk of homelessness, prioritizing individuals who have mental health disabilities. Please call to check eligibility.*

**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**

Housing and Rental Assistance

Housing Assistance

Burbank Housing Development | 526-9782, www.burbankhousing.org, 790 Sonoma Ave, Santa Rosa
Rentals & home ownership for low income families, people with special needs and seniors. Please visit website and fill out rental program pre-application and submit to resident manager at Burbank properties to get on waiting list.

Sonoma County Housing Authority – Section 8 | <http://www.sonoma-county.org/cdc/Section8.htm>
1440 Guerneville Road, Santa Rosa

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 | http://www.sonoma-county.org/cdc/pdf/cdaffhou/affordable_apartments.pdf
Maintains an inventory of affordable housing and apartment complexes in Sonoma County. Please visit the website.

California Human Development | 523-1155, www.cahumandevlopment.org, 3315 Airway Drive, Santa Rosa
Provides support and information to farmworkers and their families in finding housing.

Rent and Utility Assistance

Petaluma People’s Services - Homelessness Prevention and Fair Housing | 765-8488, 765-8493 (housing),
<http://www.petalumapeople.org/housing.htm>, 1500A Petaluma Blvd S, Suite A, Petaluma
One-time grant to help with rent or deposit. If you anticipate difficulties paying rent, please submit your request early. Also offers education and assistance relating to rental housing such as eviction, 3-day Notice to Vacate, rent increases, unpaid rent, repairs, reasonable accommodations, damages, deposits, privacy, discrimination or lease and rental agreement questions.

Community Action Partnership | 544-6911, www.capsonoma.org, 1300 N Dutton, Santa Rosa
*Financial help with small loans and one-time grants to families at risk of losing their homes, up to \$600, help with housing security deposits up to \$1000 . Must attend an orientation Mon 10am, Thurs 4pm, bring photo ID.
Other programs include: CalFresh Food Stamps, Head Start family support, transitional housing for families and women, 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.

Rebuilding Together | 765-3944, www.rtpetaluma.com, 402 Petaluma Blvd N, Petaluma
Provides home repair services free of charge to home-owning individuals and organizations. Low-income Petaluma homeowners such as elderly, disabled and/or families with children are eligible.

Senior & Disability Housing

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

Housing: Motels

Petaluma

America's Best Value Inn & Suites	795-9000	5135 Montero Way
Motel 6	765-0333	1368 North McDowell Boulevard
Best Western Petaluma Inn	763-0994	200 South McDowell Boulevard

Rohnert Park

Budget Inn	584-4448	6298 Redwood Dr
Rodeway Inn	584-1600	6288 Redwood Dr
Good Nite Inn	584-8180	5040 Redwood Dr
Motel 6	585-8888	6145 Commerce Blvd
Best Western Inn	584-7435	6500 Redwood Drive

Santa Rosa

Country Inn	888-5945	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
Motel 6 Santa Rosa North	528-2761	3145 Cleveland Ave
Motel 6 Santa Rosa South	546-1500	2760 Cleveland Ave
Palms Inn	568-1011	3345 Santa Rosa Ave
Vagabond Inn	542-5544	2632 Cleveland Ave
North Bay Inn	545-1377	1875 Mendocino Ave
America's Best Value Inn & Suites	575-4600	866 Hopper St

Immigration and Migrant Services

Immigration Assistance

California Human Development | 523-1155, www.cahumandevlopment.org, 3315 Airway Drive, Santa Rosa
Assists people in obtaining legal status, work permits, renewing green cards, completing affidavits of support and help people immigrate family members to the U.S. Costs for services are low to help clients access quality immigration assistance. Also provides support and information to farmworkers and their families in finding housing, obtaining employment, enhancing job skills, help documenting health needs, youth services.

Catholic Charities - Immigration and Citizenship Services | 578-6000, www.srcharities.org,

987 Airway Court, Santa Rosa

Free legal help in determining eligibility for naturalization, assisting with citizenship or permanent residency, including individual counseling, group events, and citizenship preparation classes. Can assist with family reunification, refugee resettlement, and services for immigrant survivors of domestic violence.

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.

Alicia Roman, Attorney at Law | 526-4100, 719 Orchard St, Santa Rosa. Legal assistance.

Migrant Services

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

Free farmworker and migrant services, community outreach, educational training and direct legal service. Assistance in legal cases related to housing, employment, education, assistance w/ Medi-Cal & CalFresh. Bankruptcy and foreclosure workshops. Closed Wednesdays.

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

Provides affordable health care to all, with focus on migrant and farmworker populations. Bilingual.

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

English language classes, computer skills training, cooking and nutrition classes, consular events, food pantry (Fridays), WIC food pantry, vineyard worker services, education, housing aid, migrant assistance referrals, community organizing, leadership and self advocacy training. Mon-Fri, 9AM-4 PM, 4-5PM by appt.

Migrant Education Programs | 526-1272, www.bcoe.org/migrant, 5510 Skylane Boulevard, Santa Rosa

Provides supplementary educational and support services to eligible students ages 3-21 from migrant families. Provides academic and support services/counseling for high school students. Please call to see if you qualify.

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

Petaluma Adult School | 778-4633, www.petalumaadultschool.org, 200 Douglas St, Petaluma

ESL, Naturalization, parenting classes, and computer classes. Please check online or call for schedule and prices.

Consulate General of Mexico | 415-354-1700, www.sre.gob.mx/sanfrancisco, 532 Folsom St, San Francisco

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

(Immigration & Migrant Services, Continued)

Migrant Labor Centers

Graton Day Labor Center | 829-1864, www.gratondaylabor.org, 2981 Bowen St, Graton

Non-profit, community based, worker-led center organizing with day laborers and domestic workers for employment, health, justice and education. Self advocacy, leadership development, and community participation. English language classes, health check-ups, computer skills, well-being workshops and first-come-first serve hiring.

Healdsburg Day Labor Center | 433-6652, 405 Grove St, Healdsburg.

Migrant services and hiring site. Season of sharing financial assistance applications and Calfresh applications.

Sonoma County Hispanic Chamber of Commerce | 575-3648, www.hcc-sc.org, 303 Cleveland Ave, Santa Rosa

The Hispanic Chamber of Commerce of Sonoma County promotes the economic growth and development of Hispanic businesses. Provides partnership opportunities to help members succeed.

Legal Assistance

Family Justice Center Sonoma County - Victim Assistance Center | 565-8255, www.fjcsc.org,

2755 Mendocino Ave Suite # 100, Santa Rosa

Services to victims and their families, such as crisis and emergency assistance, employer/creditor intervention, intertribal council, council on aging, 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. Help with property return, restitution assistance and victim compensations claims. Bilingual.

Legal Aid Society of Sonoma County | 542-1290, www.legalaidsc.org, 1105 N Dutton Avenue Suite B, Santa Rosa

Legal Aid assists with a range of crisis legal needs, including family violence, child abuse and neglect issues, guardianship, restraining orders and low-income housing issues such as eviction and habitability complaints. Please bring proof of income. Closed Wednesday afternoon and Fridays.

Catholic Legal Immigration Network- Board of Immigration Appeals Pro Bono Project | 756-5537

<http://cliniclegal.org/programs/center-immigrant-rights/bia-pro-bono-project/0811/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 | Marin: 415-354-6360, Napa: 320-6348, www.baylegal.org

BayLegal gives legal advice on 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. Call the Legal Advice Line to apply for assistance. The Line is open Mon and Thurs 9:30am-3:00pm; Tues and Wed from 9:30am to 1:00pm.

California Rural Legal Assistance, Inc. | 528-9941, www.crla.org, 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. Assistance in legal cases related to housing, employment, education, assistance w/ Medi-Cal & CalFresh. Bankruptcy and foreclosure workshops. Closed Wednesdays.

California Human Development | 523-2242, www.cahumandevlopment.org/court_diversion_services_cj.php

Criminal diversion programs for most misdemeanor offenders, designed to address criminal involvement and encourage personal growth; six-month drug diversion; six-month life skills education program for convicted offenders; transitional services to individuals returning to their communities from jail or prison; on-site drug testing; gambling addiction education; Internship opportunity

LGBTQ Services and Support

Petaluma Health Center | 559-7500, www.phealthcenter.org, 1179 N McDowell Blvd, Petaluma
LGBTQ-welcoming and affirming medical care. Peer-led LGBTQ support group Mondays at 5:30-6:30pm.

Support Centers

Positive Images | 707-568-5830 <http://www.posimages.org/> 312 Chinn Street, Santa Rosa
Provides support and advocacy to Sonoma County's LGBTQI youth, adults, and parents, with drop-in support groups, aid to local GSA groups, and education to the greater community. Call or see website for full list of groups.

Spectrum LGBT Center | 415-472-1945 <http://www.spectrumlgbtcenter.org/> 30 N San Pedro Rd #160, San Rafael
Monthly youth support group, monthly PFLAG group, social events for all ages, forums and discussions, counseling, training, and wider resource guides for LGBT families.

V.O.I.C.E.S | 579-4327, www.voicesyouthcenter.org/programs/sonoma, 714 Mendocino Ave, Santa Rosa
Resource center serving youth. Hosts LGBTQ youth groups twice monthly. See Young adult section for more.

Napa LGBTQ Project | <http://www.napalgbtqproject.org/>
Hosts community forums, organizes an LGBT events calendar in Napa, has an online resource guide.

The Center SF | 415-865-5664, <http://www.sfcenter.org/index.php>, 1800 Market St, San Francisco
Hosts arts, culture and social activities; programs on health and wellness; economic development; community and policy initiatives; and events for children, youth and families. Transgender empowerment programs.

The Center for Spiritual Living | 707-546-4543, <http://www.cslsr.org/>, 2075 Occidental Road, Santa Rosa
Hosts a Gay Men's Group and a Lesbian Group for social outings and discussion. Non-denominational.

LGBTQ Health

Face to Face | (707) 544-1581, www.f2f.org, 873 Second Street, Santa Rosa
Rapid HIV testing, care services and health education. Free services if financially eligible. Tues-Fri - 9am-5pm.

Vista Family Health Center | 707-303-3600 <http://srhealthcenters.org> 3569 Round Barn Circle, Santa Rosa
Comprehensive HIV care and supportive services to people living with HIV/AIDS in Sonoma County. Medi-Cal, Medicare, CMSP, Healthy Families, FamilyPACT, Gateway/CHDP, and offer low-cost fees if you are uninsured.

Alliance Health Project | 415-476-3902 <http://ucsf-ahp.org/> 1930 Market Street, San Francisco
HIV testing and treatment with LGBTQ culturally sensitive counseling and education. Helps people in the LGBTQ community face the emotional, psychological and social challenges of living with HIV disease.

Center of Excellence | 415-597-8198 <http://www.transhealth.ucsf.edu/> 50 Beale Street, Suite 1300, San Francisco
Comprehensive, and affirming healthcare services and education for trans and gender-variant communities.

GLMA: Gay and Lesbian Medical Association | www.glma.org
Directory of LGBTQ-friendly physicians. Programming and education on LGBTQ-specific health needs.

Gaylesta Mental Health Database | www.gaylesta.org/
Online database to find LGBTQ friendly therapists near you.

Mental Health and Counseling Services

Psychiatric Emergencies in Sonoma County | Hotline: 1-800-746-8181, Info & Referrals: 565-6900, www.sonoma-county.org/health/services, 3322 Chanate Rd, Santa Rosa

Suicide Prevention | 1-800-784-2433, 1-800-273-8255, or online help at www.imalive.org
Free, 24-hour hotlines available to anyone in suicide crisis or emotional distress.

Petaluma Health Center | 559-7545, 559-7500 (main), www.phealthcenter.org/services-programs/mental-health, 1179 N McDowell Blvd, Petaluma

Mental health services by referral only, including counseling, mental wellness groups, and psychiatric care. PHC Mental Health accepts public insurance and sliding scale, but not private insurance.

Hospice of Petaluma | 778-6242, www.caringcommunity.org/hospiceofpetaluma, 416 Payran Street, Petaluma
Offers one-on-one counseling, as well as support groups. Specialize in issues surrounding grief, hospice, terminal illness, and end of life care. Separate groups are held for children, teens, and adults. Educational presentations on grief-related subjects. All welcome; bilingual services.

Petaluma People Services Center | 765-8488, www.petalumapeople.org, 1500A Petaluma Blvd South, Petaluma
Short and long-term counseling for individuals, couples, families, children and seniors. Accepts most insurance, also has sliding scale option for those without insurance coverage. Call for more information or to begin intake.

Caregivers Express at PPSC's Senior Day Site, 25 Howard St, Petaluma
Support group for caregivers offered on 2nd and 4th Tuesday of every month from 5:30-7 PM.

Girls Circle *Counseling and support for high-school age girls, 8-10 group sessions, call for more info.*
Interactive Journaling *Counseling and support for high-school age boys, call for more information.*

Buckelew Programs | 415-457-6964, www.buckelew.org, 144 South E Street, Santa Rosa
Provide homes, jobs and health to people with a mental illness and/or substance use disorder.

NAMI Sonoma County | 527-6655, www.namisonomacounty.org, 1300 N. Dutton Ave, Suite A, Santa Rosa
NAMI offers a range of mental health support services throughout Sonoma County, including some classes and groups in the Petaluma area. Call their number or check out the website for more information and a full calendar of events and groups. Call for assistance in finding the right services for you in Sonoma County.

NAMI Family Support Group held at Petaluma Senior Center, 211 Novak Dr, Petaluma
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 held at 1360 North McDowell, Petaluma
Free, drop-in and confidential counseling for those who need social and emotional support on Mondays from 1:00-2:30 PM.

Petaluma Peer Recovery Project | 241-5926 or 364-6342, www.sites.google.com/site/petalumapeerrecoveryprojectcom, 1360 N McDowell Blvd, Petaluma
Offers peer support and education by, and for, the mental health consumer community of Petaluma. Call, look online, or email PPRP@att.net for current classes or more information. Open M,W,Th 10am-4pm, closed holidays.

(Mental Health and Counseling, Continued)

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

Social Advocates for Youth (SAY) | Hotline 888-729-0012, Office 544-3299 x210, www.saysc.org
Counseling for children and young adults (age 5-25) with MediCal insurance. Santa Rosa & Sonoma offices. Call for more info.

SOS Community Counseling – Petaluma Branch | 773-7760, 284-3444 (main office, Santa Rosa),
www.soscounseling.org, 405 East D Street, Suite 108, Petaluma
Low cost mental health counseling, private pay only (no insurance), sliding scale fee structure. No one is turned away due to inability to pay. Also has locations in Santa Rosa, Cotati, Sebastopol, and San Rafael.

Optometry

Dr. Richard Boyle | 795-7433, www.richardboyleod.com, 1390 N McDowell Blvd Suite F, Petaluma
Accepts VSP, Medicare, CMSP, Medi-Cal, Healthy Families. Cash pay. Call for current pricing.

Dr. Jeffery Iwami at Sears Optical | 570-0990, 100 Santa Rosa Plaza, Santa Rosa
Cash pay, full exam with dilation and diabetes screening. Good choice if you don't have vision insurance.

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
Call for current pricing.

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

North Bay Optometric Vision Center | 584-7294, www.northbayvisioncenter.com,
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 (same day apt).

Walmart in Rohnert Park | 586-1647 or 586-3717, 4625 Redwood Drive, Rohnert Park
No exams-- you can only purchase eyeglasses and contacts. Accepts VSP.

Walmart in Windsor | 838-0185, 6650 Hembree Lane, Windsor
Cash pay, no insurance necessary, accepts Healthy Families (Safeguard, EyeMed), and most private insurances.
Call for current pricing.

Dr. Michael Dinh at 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. Call for current pricing.

Petaluma Eye Care | 707-763-2020, www.petalumaeyecare.com, 129 Keller Street, Petaluma
Accepts VSP, Medicare, MediCal, most private insurances. Call for current pricing.

Parenting, Child Care & Guardianship

Child Protective Services & Child Welfare Services | 565-4304 24 (hotline) or 1-800-870-7064 or 565-4300 (8:00 am-5:00 pm Mon-Fri), www.sonoma-county.org/human/family.htm, 1747 Copper Hill Pkwy, Santa Rosa
Call hotline to report abuse and neglect. Intervenes in child abuse and neglect situations and provides services to families in which children are at risk.

Parenting Classes

Petaluma Health Center | 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. Lessons cover Childbirth Prep: Labor and Delivery, Breastfeeding and Newborn Care, Nutrition for Healthy Mom & Baby, Prenatal Fitness & Fetal Development, What to Expect Postpartum. PHC also offers a one hour exercise class for pregnant women to help build cardiovascular fitness, flexibility, and breathing techniques.

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.

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

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

Petaluma People's Services | 765-8488, <http://www.petalumapeople.org/counseling.htm>

Free & low-cost classes on communication skills between parents and children, relationship difficulties, parenting anger, behavior problems, school problems, adolescent issues, anxiety and panic, depression, stress, divorce, physical abuse, drug and alcohol abuse, grief and loss, aging, domestic violence, sexual abuse, life transitions. We accept insurance and MediCal (for children and teens), CPS Referrals, Victim Assistance, and provide EAP service.

Foster and Kinship Care – Santa Rosa Junior College | 535-3752, www.santarosa.edu/childdev

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.

Child Care Support

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

Call to make an appointment for an enrollment screening. Provides nutrition information and classes, lactation educators, and monthly food vouchers. For pregnant, nursing mothers, and children 0-5. Income-based eligibility.

Safe Kids- Sonoma County | 525-5300 x 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.

Community ChildCare Council (4Cs) | 544-3077, www.sonoma4cs.org, 131 A Stony Circle, Santa Rosa

Accessible and affordable quality child care. Please visit the website, and click "Centers" to download an application. 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. Centers are open M-F from 7 AM - 5:30 PM and offer preschool from 9 AM - 12:30 PM daily. Breakfast, lunch and afternoon snack are served throughout the day.

(Parenting, Continued)

Sunny Hills Services Sonoma Kinship Family Center | 569-0877, www.sunnyhillsservices.org/sonoma-kinship-family-center.html 411 King Street, Santa Rosa

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.

Seniors

Non-Medical Counseling

Sonoma County Area Agency on Aging | www.aging.ca.gov, www.socoaaa.org

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

Ombudsman Crisis Line | 24 Hour: 1-800-231-4024, or office: 526-4108

Report elder or dependent adult abuse.

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, eat free or lost-cost meals, and get information on the needs associated with aging. Classes include painting, exercise groups, Alzheimer's memory techniques, driving courses, etc. Offers case management home visits for independent seniors needing help with rent and other payments.

Senior Advocacy Services | 526-4108, www.senioradvocacyservices.org

3262 Airway Dr, Santa Rosa

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

Council on Aging | 1-800-675-0143, www.councilonaging.com

30 Kawana Spring Road, Santa Rosa

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.

Medical, Nursing, and In-Home Support

St. Joseph Medical House Calls | 547-4684, www.stjosephhealth.com

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

Southwest Adult Day Services | 707-573-4522 <http://swhealthcenter.org/locations/southwest-adult-day-services/> 684 Benicia Drive, Santa Rosa

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

(Seniors, Continued)

In-Home Supportive Services | 565-5900, www.sonoma-county.org/human/ihss.htm,
3725 Westwind Blvd, Suite 101, Santa Rosa

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

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

Volunteers call and help seniors, disabled, and homebound individuals to connect with and support these individuals. Call to enroll in program. Santa Rosa only.

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. Call for a free phone consultation (707) 762-5433 (LIFE).

Medical Equipment

Easter Seals of Northern California |584-1443, www.noca.easterseals.com, 5440 State Farm Dr, Rohnert Park

Equipment loan (walkers, wheelchairs, commodes, shower benches, canes), \$10/month but can be lowered. Offer services from early intervention therapy for children to a social recreation program for adults.

ReCARES Equipment Recycler |415-388-8198, or 510 251-2273, www.homecares.org,
3100 Kerner Blvd, San Rafael

Loans for donated walkers, wheelchairs, commodes, shower benches, canes, braces, bed pads on Wednesdays 11am-2pm. Other times in different locations.

Shield Healthcare | 1-800-765-8775, www.shieldhealthcare.com

Home delivery of medical supplies for incontinence, enteral nutrition, ostomy, urological disorders, diabetes, and wound care. Discrete delivery. Accepts Medi-Cal, Medicare and private insurance.

Food

Meals on Wheels: Petaluma People's Services / 765-8488

1500A Petaluma Blvd South, Petaluma

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

(Seniors, Continued)

Senior Dining Site/Cafeteria / 765-8484, 25 Howard Street, Petaluma
Call the Senior Café the day before to reserve a meal.

Petaluma Kitchen and Food Box (COTS) | 778-6380, www.cots-homeless.org

Mary Isaak Center, 900 Hopper Street, Petaluma

*Kitchen provides free hot meals everyday. **Breakfast:** Daily 7:30-9 AM **Lunch:** Mon-Fri 11:30-1 PM, Sat-Sun 11:30-12:30 PM. Food Box Program for 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, www.refb.org,

3320 Industrial Drive, Santa Rosa

Call between 8:00am and 4:30pm 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.

Housing

Petaluma Ecumenical Properties (PEP Housing) | 762-2336, www.pephousing.org,

951 Petaluma Blvd South, Petaluma

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

Employment

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 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).

Substance Abuse

Drop-In Meetings & Groups

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

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

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) | 40 Fifth St, Petaluma, www.adultchildren.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; every other Thursday at 7 PM. Use website for up-to-date meeting schedule and find private contact information to speak with a group ambassador.

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 or call 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 | 24-Hr. Line 324-4062,

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 | <http://nica-norcal.org/meetings.html>

Free support through recovery from nicotine addiction, 12 step program. Local meeting Mondays at 7:00 pm at Church of Christ, 370 Sonoma Mountain Pkwy, Petaluma. See website for confidential local contact info.

Treatment & Other Programs

Petaluma Health Center | 559-7500, www.phealthcenter.org, 1179 N McDowell Blvd, Petaluma

Smoking Cessation group. Evaluation and referral for substance abuse.

Drug Abuse Alternative Center (DAAC) | 544-3295 or 1-877-888-3222, www.daacinfo.org,

2403 Professional Dr # 101, Santa Rosa

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 Orenda Program | 523-2242,

www.cahumandevlopment.org/outpatient_treatment_services.php, 1015 Center Dr Suite A, Rohnert Park

Outpatient chemical dependency services offered. Please walk-in on Tuesdays and Thursdays from 9-12 AM for an assessment. Medi-Cal accepted, also have sliding scale option.

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 women. 12 step base, 120 day residential program, 9 months of outpatient care.

(Substance Abuse, Continued)

Santa Rosa Treatment Program | 576-0818, www.srtp.net, 1901 Cleveland Ave Suite B, Santa Rosa,
*Office open M-F 6am to 2 pm. Dispensing hours M-F 6-10am & Sat/Sun/holidays 7-10am. Therapy, counseling,
substance abuse, drug testing, medical services.*

Buckelew Programs | 415-457-6964, www.buckelew.org, 144 South E Street, Santa Rosa
Provide homes, jobs and health to people with a mental illness and/or substance use disorder.

NorCal Center for Well-Being Smoking Cessation | 575-6043, www.norcalwellbeing.org,
365B Tesconi Circle, Santa Rosa
Smoking cessation support with a group and instructor, 7 week class. \$125, please call for sliding scale prices.

**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

Petaluma Health Center | 559-7500, www.phealthcenter.org, 1179 North McDowell Blvd, Petaluma
Free LGBTQ support group on Mondays at 5:30. New groups to be added soon, call for current offerings.

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.

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, Monte Rio, and Napa. See website for times at the location that best fits you.

Hospice of Petaluma | 778-6242, www.caringcommunity.org/hospiceofpetaluma, 416 Payran St, Petaluma
Offers one-on-one counseling, as well as support groups. Specialize in issues surrounding grief, hospice, terminal illness, and end of life care. Separate groups are held for children, teens, and adults. Educational presentations on grief-related subjects. All welcome; bilingual services.

Ceres Community Project | 545-7273, www.ceresproject.org, 835 Piner Road, Suite D, Santa Rosa
Cancer and chronic disease resource guide on website. Meal programs for those in crisis from life-threatening illness such as cancer.

The Sutter Women's Integrative Health & Healing Services | 523-7312,
www.sutterpacific.org/services/IHH_Sonoma.html, 2449 Summerfield Road, Santa Rosa
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, www.wcagroup.net, 55 Maria Drive #846, Petaluma
Cancer support. Please visit the group's website for a comprehensive cancer support resource guide.

Adult Children of Alcoholics (ACA) | 40 Fifth St, Petaluma, www.adultchildren.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; every other Thursday at 7 PM. Use website for up-to-date meeting schedule and find private contact information to speak with a group ambassador.

Petaluma Peer Recovery Project | 241-5926 or 364-6342,
www.sites.google.com/site/petalumapeerrecoveryprojectcom, 1360 N McDowell Blvd, Petaluma
Offers peer support and education by, and for, the mental health consumer community of Petaluma. Call, check online, or email PPRP@att.net for current classes or more information. Open M,W,Th 10am-4pm, closed holidays.

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

Transportation

Local Travel

Petaluma Transit | 778-4460, www.cityofpetaluma.net/pubworks/schedules.html
*Monday – Friday: 6:20am – 7:15pm. Saturday 7:20am – 5:45pm. Sunday 8:20am-4:45pm.
Adults \$1.25, Students \$1, Seniors \$.50, monthly passes available.*

Sonoma County Transit | 576-7433, www.sctransit.com/SchedulesMaps.aspx
Visit website for a list of times. Price dependent on zones traveled, passes available. Student and senior discount.

Public Transportation System & Santa Rosa City Bus | 543-3925 or 543-3333, www.ci.santa-rosa.ca.us
Santa Rosa only. Visit website for a list of times. Adults \$1.25, Students \$1, Seniors \$.60, monthly passes available.

A1 Petaluma Taxi | 776-4888
Petaluma Green Taxi | 769-8294

Longer Distance Travel

Golden Gate Transit | 415-921-5858, www.goldengatetransit.org
Buses from Petaluma to San Francisco on Route 101; \$9.75 each way. Discounts for youth (5 and under are free, and 6-18 yrs. pay discounted rate), senior, disabled or Medicare. 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). Full schedule online.

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.

Paratransit

Petaluma Paratransit | 778-4460 x1, 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 between 9am and 5pm 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. Sunday 8:20am-4:30pm. \$2.50 per trip.

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 Monday-Sunday between 9am-5pm and ask to have the application mailed to you. Rides are available Monday through Friday from 5:00am to 11:00pm, Saturday and Sunday from 7:00am to 9:00pm.

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.

Veterans

North Bay Veterans Resource Center | 578-8387, <http://www.vietvets.org/nbvrc.htm>,

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

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.

See website for meeting times and locations in the area.

VA Outpatient Clinic | 569-2300, www2.va.gov/directory/guide/facility.asp?ID=938,

3841 Brickway Blvd, Santa Rosa

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

Free services for eligible war veterans. Readjustment counseling, PTSD, sexual trauma, traumatic brain injury.

Disability Services and Legal Center | 528-2745, <http://disabilityserviceandlegal.org/>

521 Mendocino Ave, Santa Rosa

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

Vet2Vet | 1-878-Vet2Vet (838-2838), www.veteranscall.us

Veterans peer crisis line. Helps returning service men and women navigate the VA mental health system.

Young Adults

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

Phoenix Teen Clinic | 484-9866, www.thephoenixtheater.com/programs, 201 Washington Street, Petaluma
Free or low cost confidential family planning and reproductive health services. Drop-in Thursdays 3:30-6 PM. The Phoenix also opens their doors to teens every day from 3-7 PM, offering a place to hang out.

Reproductive Health Clinic at Santa Rosa Junior College - Petaluma Campus | 778-3919,
www.santarosa.edu/for_students/student-services/student-health-services, Rm 610, Richard Call Building, Petaluma
For SRJC students. Please call to schedule an appointment. Free or low cost confidential family planning and reproductive health services. Tuesdays 10:30 AM – 3 PM.

Social Advocates for Youth | 544-3299. 24 Hr line: 1-888-729-0012, www.saysc.org
Emergency shelter for runaway or homeless teens aged 12-17 (1243 Ripley St, Santa Rosa; call 546-3432). 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 year olds. Counseling, job searches, training and skill acquisition, & academic support.

V.O.I.C.E.S | 579-4327, www.voicesyouthcenter.org/programs/sonoma, 714 Mendocino Ave, Santa Rosa
Resource center serving youth. Please visit to complete high school exams, acquire a GED & learn about developing a career path. Also assists in providing employment, housing, food, and mental health services.

Sonoma County Adult and Youth Development | 793-9030 ext 5, then ext 110 or 111, www.scayd.org
Employment and education services for youth (14-24) living in Rohnert Park & Cotati, as well as any living in the 101 corridor extending from Santa Rosa down to Penngrove.

Learn to Earn: Youth Employment with the Petaluma People Services | 765-8488, www.petalumapeople.org,
1500A Petaluma Blvd South, Petaluma
Educational, work readiness, and job skills for youth, especially those who are 16 - 21 years of age, not in school, and not working. Special education & study skills support for residents or students of Petaluma or in unincorporated areas.

Community Action Partnership – Youth Connections | 544-6911, www.capsonoma.org, 1300 North Dutton Ave,
Santa Rosa
Education, job training and leadership skills for youth 16-24 without a high school diploma.

Petaluma People Services Center Girls Circle with Project Success | 765-8488, www.petalumapeople.org,
1500A Petaluma Blvd South, Petaluma
Counseling and support for high school age girls, call to enroll, 8-10 group sessions.

Petaluma People Services Center Boys Council with Project Success | 765-8488, www.petalumapeople.org,
1500A Petaluma Blvd South, Petaluma
Counseling and support for high school age boys, call to enroll, 8-10 group sessions.

(Assistance for Young Adults (continued))

Eating Disorder Support Group | 778-7849, www.edrs.net/community-workshops, 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.

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 Clubs of Marin and Southern Sonoma Counties | 769-5322 ext 16 or 17,

www.petaluma-marinbgc.org, 203 Maria Drive, Petaluma

The Boys and Girls Club has locations throughout Marin and Sonoma County. Call to find the locations nearest you and to 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. Contact above for clubs in Petaluma & Marin; see bgccsc.org for Central Sonoma County and bgcsonoma.org for the Sonoma Valley.

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

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.

Ceres Community Project | 829-5833, www.ceresproject.org/volunteerTeens, 7351 Bodega Ave, Sebastopol

The Ceres Project delivers healthy, local, organic food to help people who are in crisis due to a life-threatening illness. The meals are prepared entirely by teen chefs who volunteer in the Ceres kitchen in Sebastopol. Check out their website or call to find out more about Ceres and the monthly orientation for new volunteers.

**Please note that many non-profit organizations
in this resource guide offer volunteer opportunities.**