



**MENTAL HEALTH  
RESOURCE GUIDE  
FOR  
SONOMA COUNTY**

National Alliance on Mental Illness

**NAMI SONOMA COUNTY  
MENTAL HEALTH RESOURCE GUIDE**

**National Alliance on Mental Illness**

**NAMI Sonoma County**

1717 Yulupa Ave., Santa Rosa, CA 95405

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

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

**527-6655**

**NAMI California**

1010 Hurley Way Suite 195

Sacramento, CA 95825

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

**916-567-0163**

**NAMI National**

Colonial Place Three, Suite 300

Arlington, VA 22201-3042

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

**800-950-6264**

National Alliance on Mental Illness

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**Ready References**

**Emergency Mental Health Services**

PES (Psychiatric Emergency Services)	576-8181
Access Team At Chanate ( Entry to SCMH)	565-6900
Southwest Community Health Center	547-2222
Santa Rosa Free Clinic	546-6479
Jewish Community Free Clinic	585-7780
Russian River Health Center	869-2849
Petaluma Health Center	559-7500
Alexander Valley Regional Medical Center	894-4229

**Client Centers**

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

**Housing**

Gary Pierce (Sonoma County Mental Health)	565-4943
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**Jail/Legal**

District Attorney	565-2311
Public Defender	565-2791
Disabilities Services and Legal Center (formerly CRI)	528-2745

**Other**

Social Security Office (Santa Rosa)	544-4302
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**NAMI SONOMA COUNTY  
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**Consumer Classes and Centers**

- Art Class for Clients** **527-6655**  
NAMI Sonoma County, 1717 Yulupa Ave, Santa Rosa, 95405
- Meets every Tuesday from 2:00 to 3:30 p.m.
- CHADD Support Group for Adults with AD/HD** **769-1835**  
Elm Lutheran Church, 504 Baker Street. Petaluma, CA
- Meets the 2<sup>nd</sup> Tuesday of each month from 7-9 p.m.
- Chanate Hall** **565-4900**  
3333 Chanate Rd. Santa Rosa 95404
- Individual and family conferences, art, dual-diagnosis and support groups.
- Consumer Connection** **527-6655**  
NAMI Sonoma County 1717 Yulupa Ave. Santa Rosa, 95405
- Consumer Support Group which meets every Saturday at 12 noon.
- (DBSA) Depression Bi-polar Support Alliance** **526-5126**  
April Kirkman
- Meets the first and third Wednesday of each month from 6:30 to 8:30 p.m. at NAMI Sonoma County.  
1717 Yulupa Ave. Santa Rosa, 95405
- DSLCL Support Group (Disabilities Services and Legal Center)**  
980 Hopper Ave. Santa Rosa
- 2nd and 4th Wednesday from 1-2:30 p.m. Contact: Melva Freeman 528-2745
- DSLCL Tools for Stability Class**  
980 Hopper Ave. Santa Rosa
- 3<sup>rd</sup> Wednesday from 1-2:30 p.m. Contact: Melva Freeman 528-2745
- Interlink Self Help Center** **546-4481**  
1033 4th St., Santa Rosa 95404, Member Phone: **546-1085**
- Self help center with variety of services for the mentally ill and homeless including employment assistance among other services.
- Peer to Peer** **527-6655**  
NAMI Sonoma County  
1717 Yulupa Ave. Santa Rosa, 95404
- A nine week class for consumers taught by consumers. The classes focus on recovery for persons with serious mental illness who are interested in establishing and maintaining wellness. Call for information on dates and times of classes.

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### **Recovery, Inc.**

Chanate Hall 3333 Chanate Rd. Santa Rosa, 95404

- Self-help through will training. Fridays 5:30 to 7:00 p.m. Call Joanna at 823-5122 for more information.

### **Russian River Empowerment Center**

**604-7264**

16229 Third St. Guerneville 95446

- Drop in self help center for people with serious and persistent mental health challenges.

### **Wellness and Advocacy Center (Goodwill)**

**565-7800**

3400 Chanate Rd. Santa Rosa 95404

- Self help center for people with persistent mental health challenges.

## **Family Member Support Groups and Classes**

### **Anne Delmonte, the Loyola Counseling Institute**

**527-6417**

- Pro-bono Caregiver Support Group. Call Anne for a phone interview

### **Borderline Personality Disorder Group ( for family members)**

**526-3775**

Palm Drive Hospital 6800 Palm Ave. Sebastopol.

- Meets on the 3rd Thursday of the month from 6:30 to 8:30. For information contact Diana Benedict at the above number.

### **Family to Family (educational program)**

**527-6655**

NAMI 1717 Yulupa Ave. Santa Rosa, 95405

- A free 12 week course for family and friends of individuals with serious mental illness. Call for schedule and locations.

### **Family Support Group (Tea and Empathy)**

**527-6655**

NAMI 1717 Yulupa Ave. Santa Rosa, CA 95405

- A support group for family members meeting on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month from 2:00 to 3:30 p.m.

### **Family Support Group**

**527-6655**

**(Please call to confirm time, as schedule may change)**

NAMI 1717 Yulupa Ave. Santa Rosa, CA 95405

- A support group for family members meeting on the every Thursday of the month at 2 p.m

### **Sonoma Support Group**

**996-2930**

283 2<sup>nd</sup> St. East. Sonoma, CA

- For family members, meeting on the 1<sup>st</sup> Thursday of the month from 7:15 to 8:45 p.m. at the office of Sylvia Chloe, MFT

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**Mental Health Services**

- Access Team (at Norton)** **565-6900**  
3322 Chanate Rd. Santa Rosa 95404
- Point of entry to Sonoma County Mental Health (SCMH)
- Assertive Community Treatment (ACT) - Telecare** **568-2800 x 105**  
327 College Ave. Santa Rosa 95403
- Serves people with severe mental illness and helps them transition into and maintain stability in the community.
- 24 hr. Psychiatric Emergency Services (PES)** **576-8181**  
3322 Chanate Rd. Santa Rosa 95404
- 24hr. hold for crisis stabilization
- Alexander Valley Regional Medical Center** **894-4229**  
6 Tarman Dr. Cloverdale 95425
- Individual, family and group counseling available, free assistance with various program enrollment applications, and guidance and information and assistance with obtaining other public benefits.
- Alliance Medical Center** **431-8234**  
1381 University St. Healdsburg 95448
- Provides urgent care with no appointment, family planning services, prenatal care, a pediatrics clinic, school and employment physicals, nutritional counseling, social services advocacy, diabetic and hypertensive care, minor treatment and dental clinic.
- Alzheimer's Association** **573-1210**  
1211 N. Dutton Ave. Suite A, Santa Rosa 95401
- Advocates for Alzheimer's and other related dementias, and for their families.
- Ananda Institute** **544-4441**  
401 South A St. Santa Rosa 95401
- Counseling services offered on a sliding scale. Family trauma, research and treatment program, direct referrals from physicians, disability resource coordinators, or health care plan coordinators.
- Angela Center** **528-8578**  
535 Angela Dr. Santa Rosa 95403
- Angela Center provides counseling for individuals and families using a non-medical approach with sliding scale fees.

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- The Annex** **565-4850**  
3322 Chanate Rd. Santa Rosa 95404
- Community Intervention Program (CIP) and Access Team/Administrative services.
- California Parenting Institute** **575-9166**  
3650 Standish Ave. Santa Rosa 95407
- For parents whose children, ages 2-18, have experienced physical, sexual, or emotional abuse, neglect, exposure to domestic violence or parental substance abuse. Also works with children who have challenging behaviors such as ADHD and defiant behavior.
- Caregiver Support Group** **527-6417**  
24 Ursuline Rd. Ste. A Santa Rosa 95403
- Anne Delmonte/The Loyola Counseling Institute (pro bono)
- Conservator (Sonoma County Public Guardian)** **565-5733**  
3725 Westwind Blvd. Ste. 101 Santa Rosa,
- Sally Leithholm - Conservator
- Community Intervention Program (at Norton)** **565-4811**  
3322 Chanate Rd. Santa Rosa, CA 95404
- Provides integrated, community based bi-lingual/bi-cultural mental health services for Sonoma county.
- Crisis Residential** **526-6902**  
3400 Montgomery Dr. Santa Rosa 95405
- Up to thirty days stay with referral from Psychiatric Emergency Services.
- Drug Abuse Alternatives Center (DAAC)** **542-3295**  
2403 Professional Dr. Santa Rosa, CA 95403
- Services include outpatient treatment for adults and adolescents.
- (DBSA) Depression Bi-polar Support Alliance** **526-5126**  
Call April Kirkman for locations and times.
- Meets the first and third Wednesday of each month.
- Family Service Agency** **545-4551**  
751 Lombardi Ct. Santa Rosa 95407
- Individual, couple and family counseling available. For a fee based on a sliding scale.  
Spanish speaking counseling is available on a limited basis.

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**Life Works**

**762-8835**

1200 College Ave. Santa Rosa 95405

- Individual, couple and family counseling, parent education classes and support groups are available.

**Hope Counseling Services**

**763-9484**

941 B Street Petaluma 94952

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

**Petaluma People Services Center**

**765-8488**

1500 Petaluma Blvd South, Ste A, Petaluma CA 94952

- Provides a variety of services for caregivers, children, adults and seniors including (but not limited to) counseling for a fee. Also provides child abuse prevention, gang prevention, drug and alcohol counseling information and referral. Fees based on a sliding scale.

**Petaluma Police Dept.**

**778-4533**

969 Petaluma Blvd. N Petaluma 94952

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

**Psych Strategies**

**303-2243**

330 N. Dutton St., Ste. 100 Santa Rosa, CA 95401

- Outpatient psychotherapy with special programs for chemical dependency, pain management, eating disorders. Only private insurance is accepted. (Spanish)  
[www.psi.ms](http://www.psi.ms)

**Santa Rosa Police Dept.**

**543-3600**

965 Sonoma Ave Santa Rosa 95404

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

**Telecare Sonoma**

**568-2800 x 105**

327 College Ave. Santa Rosa 95403

- Serves people with severe mental illness and helps them transition into and maintain stability in the community.

**Transitional Age Youth Program at SCMH**

**565-3542**

415 Humboldt St. Suite B Santa Rosa 95404

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

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**UASA (United Against Sexual Assault)**  
**835 Piner Rd. Suite D Santa Rosa, 95403**  
**(Business)**

**545-7273 (Crisis Line)**  
**545-7270**

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

**West County Community Services**  
16390 Main St. Guerneville 95446

**887-2226**

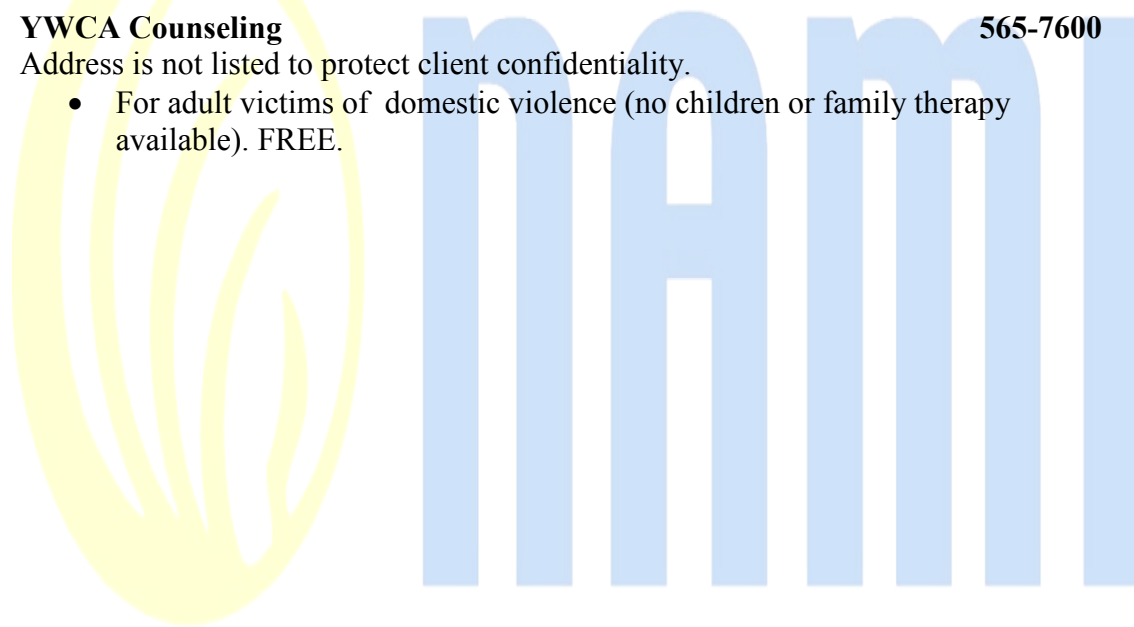
- Provides counseling and support groups for individuals and groups.

**YWCA Counseling**

**565-7600**

Address is not listed to protect client confidentiality.

- For adult victims of domestic violence (no children or family therapy available). FREE.



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## Jail-Legal

- (FACT) Con Rep.** **565-7881**  
2350 Professional Dr. Santa Rosa, CA 95403
- FACT serves as a probation program for those with mental health challenges and possible drug addictions. Con Rep serves those who commit felonies and are found guilty by reason of insanity.
- Conservator (Sonoma County Public Guardian)** **565-5733**  
3725 Westwind Blvd. Ste. 101 Santa Rosa
- Sally Leithholm - Conservator
- Council on Aging (Lawyer Referral Services)** **525-1146**  
30 Kawana Springs Rd. Santa Rosa 95404
- Referral service of selected attorneys addressing senior issues.
- District Attorney** **565-2311**  
Spanish speaking services: **565-2049**  
600 Administration Dr. Santa Rosa 95403
- The DA strives to provide the community with a safe place to live by prosecuting crimes, holding those accused of crimes accountable, providing a level of protection for the innocent, and managing the dignity of victims and their families.
- Family Law Facilitator/Self-Help Center** **521-6545**  
600 Administration Dr., Santa Rosa, CA 95403
- Provides assistance with family law issues such as divorce and custody. It is located at the courthouse; Room #223J. You can call in for an appointment, or drop in Mon.-Tues., 8 am to 11:45 am, and 1 pm to 3 pm, and Wed. and Thur., 8 am to 11:45 am. It is first come, first serve, and the line forms outside.
- Friends Outside (Jail/Prison Advocates)** **526-7318**  
2796 Ventura Ave., Santa Rosa Fax: 526-5648  
Mailing address: PO Box 3905, Santa Rosa, CA 95402
- This is a 501 (c) (3) organization serving children, men and women who have been impacted by incarceration by giving them answers, support and resources to help replace destructive cycles with freeing choices that restore dignity and stability to their lives. It has a peer support group for women only, creative conflict resolution classes. It may not be available at certain times. It is important to call Lana for more info.

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- Justice Ministry** **823-8847**  
591 Ellis Ct., Sebastopol, CA 95472
- Assists low income people with civil/legal matters
- Lawyer Referral Service** **546-5297**  
37 Old Courthouse Square, Ste. 100, Santa Rosa, CA 95404
- Provides a 30-minute consultation for \$35.
- Legal Aid of Sonoma County** **542-1290**  
1105 N. Dutton Ave., Ste B, Santa Rosa 95403
- Legal services – family law and eviction defense
- Main Adult Detention Facility (MADF) JAIL** **565-1400**  
2777 Ventura Avenue, Santa Rosa, 95403
- MADF is an 845-bed medium/maximum security facility located behind the county courthouse. Visiting for the Mental Health and I Modules will take place only during afternoon and evening sessions. Prisoners booked with a last name beginning with A thru L are eligible to receive ½ hour visits Monday, Wednesday, and Friday, and those with a last name beginning with M thru Z are eligible to receive ½ hour visits Tuesday, Thursday, and Saturday. All prisoners can receive visits on Sunday. Sign in for visiting will begin **30 minutes** prior to the afternoon visiting start time and will end **15 minutes** prior to the visiting start time. Sign in begins **45 minutes** prior to the start of the morning and evening visiting start times and ends **25 minutes** prior to the start time. Visits are on a first come-first served basis.  
**MORNING:** 11:00 a.m. **AFTERNOON:** 1:00 p.m., 1:40 p.m., 2:20 p.m., 3:00 p.m., 3:50 p.m., and 4:25 p.m. **EVENING:** 6:45 p.m., 7:30 p.m., 8:15 p.m., 9:00 p.m., and 9:45 p.m.
- Parole Department** **576-2200**  
3222 Airway Dr., Ste. A, Santa Rosa, CA 95403
- This program is for supervision of people after release from Jail/Prison.
- Patients Rights Advocate - Hank Hallowell** **565-4978**
- Information, education and advocacy for those receiving mental health services and their families.
- Probation Department** **565-2149**  
600 Administration Dr., Rm. 104J, Santa Rosa, CA 95403
- This program is for supervision of people after release from Jail/Prison.
- Public Defender** **565-2791**  
600 Administration Dr. Rm. 111J Santa Rosa, CA 95403
- Legal services for defendants with financial difficulties.

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**Steve Shaw/Disability Services and Legal Center**

**528-2745 Ext. 213**

(formerly CRI)

980 Hopper Ave. Santa Rosa 95403

- Lawyer willing to help consumers in jail.

**Sonoma County Jail (MADF/Mental Health Unit)**

**565-1410**

2777 Ventura Ave. Santa Rosa 95403

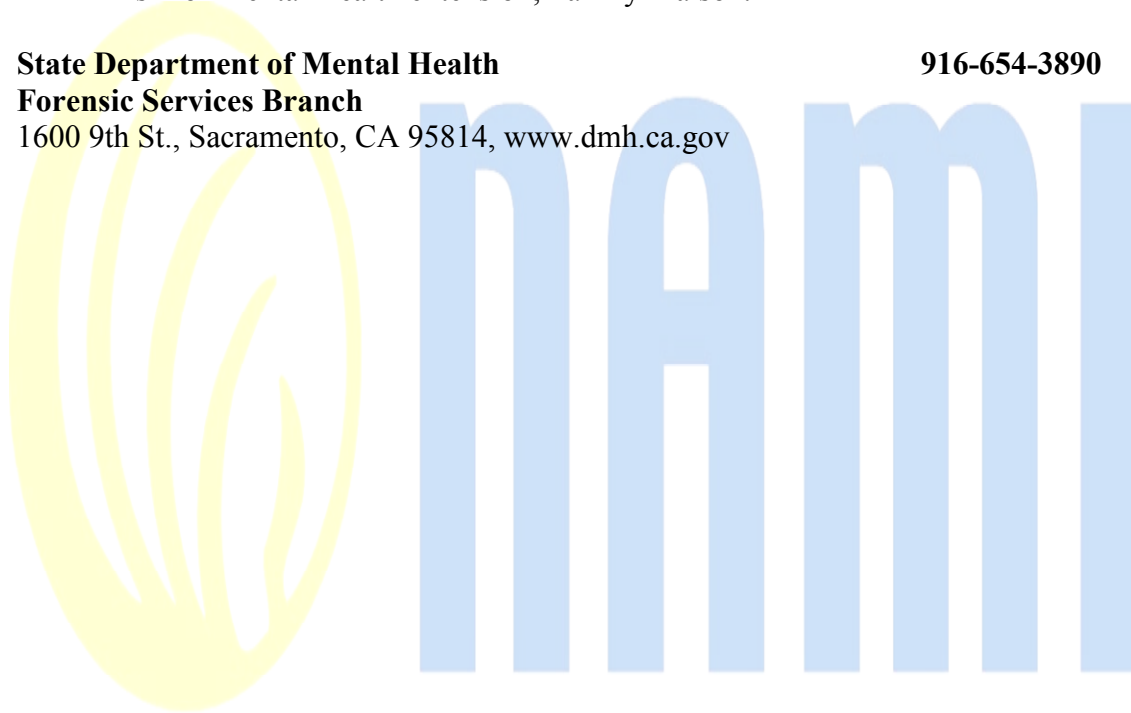
- Ask for Mental Health extension; Family Liaison.

**State Department of Mental Health**

**916-654-3890**

**Forensic Services Branch**

1600 9th St., Sacramento, CA 95814, [www.dmh.ca.gov](http://www.dmh.ca.gov)



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**Counseling Resources**

**Ananda Institute** 544-4441

401 A St., Santa Rosa, CA 95401

- Medicare only. Variety of counseling services offered, including domestic violence and anger management (sliding scale fees).

**Angela Center** 528-8578

535 Angela Dr. Santa Rosa, CA 95403

- Marriage, family, personal, spiritual counseling and workshops (sliding scale fees).

**CA Human Development Corp.** 523-1155

3315 Airway Dr. Santa Rosa, CA 95403

- Group and individual counseling, parenting classes, and referral. Free. (Spanish)

**CARE-Children's Counseling Center** 575-9166

3540 Standish Ave. Santa Rosa, CA 95407

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

**California Parenting Institute**

666 Seventh Street Santa Rosa, CA 95404

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

**Christian Counseling of Santa Rosa** 545-9789

2455 Bennett Valley Rd., Ste., 210 C, Santa Rosa, CA 95404

- Spiritual Counseling-Bible based.

**Chrysalis (Counseling Services for Women)** 545-1670

1821 Fourth St., Santa Rosa, CA 95404

- Counseling for women, men, couples, children, and families. Specialties include: anger management, life transitions, self-esteem, and relationship issues (sliding scale fees).

**Community Counseling – West County Community Services** 829-5715

555 S. Main St., Sebastopol, CA 95472

- Anger management and other types of counseling

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**Disability Services and Legal Center (formerly CRI) 528-2745**

980 Hopper Ave., Santa Rosa, CA 95403

- An independent living center serving adults and children with disabilities.

**Domestic Violence Counseling (Sheriff's Dept.) 565-7604**

2796 Ventura Ave., Santa Rosa, CA 95403

- Therapist available from the YWCA dealing with domestic violence. Affiliated with the Sheriff's department.

**Family Action of Sonoma County 586-3032**

3650 Standish Ave. Santa Rosa 95407

- Their mission is to improve the lives of children and their families through advocacy, research, community education, and policy change.

**Family Circle**

531 E. ST. Santa Rosa, 95404

**569-7224**

- Counseling and education. Program for domestic violence. Spanish only.

**Family Education Center of Life Works**

**568-2300**

1200 College Ave. Santa Rosa, 95404

- Adlerian therapy / parent support groups / education / workshops.

**Family Service Agency (FSA)**

**545-4551**

751 Lombardi Court, Ste. C, Santa Rosa, CA 95407

Fax: 545-4590

- Individual, family, couples, and child therapy services. Sliding scale. (Spanish)

**Family Services Coordinator (Buckelew)**

**571-8452**

Erika Klohe (Cell phone 591-4617)

144 South E St. Ste. 200 Santa Rosa, 95404

**Friends Outside (Jail/Prison Advocates)**

**526-7318**

2796 Ventura Ave., Santa Rosa, CA 95403

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

**Interlink Self-Help Center**

**546-4481**

1033 4<sup>th</sup> St. Santa Rosa, CA 95404

Fax: 546-4515

Member Phone: 546-1085

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

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- Jewish Family and Children's Services** **571-8131**  
1360 N. Dutton Ave, Ste C, Santa Rosa, CA 95401
- Non-sectarian counseling for families and individuals of all ages. Low-interest loans to working poor for cars and housing. (Minimal Spanish)
- Lomi Counseling Clinic** **579-0465**  
534 B St., Santa Rosa, CA 95401
- Counseling for marriage, family and children. Spanish spoken (sliding scale fees).
- Loyola Counseling Institute** **526-1167**  
24A Ursuline Rd., Santa Rosa, CA 95403
- (Sliding scale fees).
- Mental Health Access Team (At Norton)** **565-6900**  
3322 Chanate Road, SR, CA 95404
- Clients with MediCal seeking mental health services, counseling and assessment (Some Spanish speaking).
- Milton H. Erikson Institute** **526-7720**  
1144 Sonoma Ave., Ste 117, Santa Rosa, CA 95405
- Hypnosis/Drug or Alcohol/HIV/Eating Disorders/Pain/Trauma/Perinatal (sliding scale fees).
- NAMI Sonoma County** **527-6655**  
1717 Yulupa Ave., Santa Rosa, CA 95405
- Offers support, education, and advocacy for families and friends dealing with mental health challenges.
- National Domestic Violence Hot Line** **800-799-7233**  
PO Box 161810, Austin, TX 78716  
[www.ndvh.org](http://www.ndvh.org)
- A 24-hour service that is confidential, anonymous, for anyone affected by Domestic Violence, including family, friends and abusers.
- National Teen Dating Hotline** **866-331-9474**  
PO Box 161810, Austin, TX 78716  
[www.loveisrespect.com](http://www.loveisrespect.com)
- A 24-hour service for teens, that is confidential, anonymous. For any teenager affected by date rape, or other dating abuse.

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**National Hopeline Network** **800-784-2433**

- Suicide prevention

**NOVA – Non-Violent Alternatives** **523-9361**

421 Humboldt St. Santa Rosa, 95404

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

**Ombudsman Services, CA Dept. of Mental Health** **800-896-4042**

- Provides help to Medi-Cal clients who need mental health services.

**Orenda Center** **565-7450**

1430 Neotomas Ave. Sana Rosa 95405

- Dual diagnosis program. Orientation on Tues. and Thurs. mornings. Adolescent and adult treatment, assessment, drug testing and outpatient programs.

**Petaluma People Services Center** **765-8482**

1500A Petaluma Blvd. S. Petaluma 94952

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

**Psychiatric Emergency Services (PES)** **576-8181**

- 24-hour psychiatric intervention for emergencies such as suicidal callers (some Spanish speaking).

**Russian River Counselors** **865-1200**

19375 River Rd., P.O. Box 519, Monte Rio, CA 95462

- Medicare. (sliding scale fees).

**Russian River Empowerment Center** **604-7264**

(Project of West County Community Services)

16229 3rd St. Guerneville, CA 95446

- Art, Writing, Support Group, Mind/Body Connection, Stress Management. Peer led.

**Russian River Health Center** **869-2849**  
**Mental Health**

P.O. Box 1449 Guerneville, CA 95446

- Therapy/Counseling/Prescriptions/Accepts Medi-Cal and Medicare.

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- Sonoma County Indian Health Projects** **521-4545**  
144 Stony Point Rd. Santa Rosa, CA 95401
- Services include: Behavioral health, medical and dental. Counseling/Medical. (Sliding scale fees).
- Suicidal Prevention – National Hotline Network** **800-784-2433**
- Survivors of Suicide** **542-5045**  
VNA Home Hospice 1110 N. Dutton Ave. Santa Rosa, CA
- Meets every Monday from noon to 1:30 p.m. It is a support group for those who have lost loved ones to suicide.
- Twelve Step Groups:**
- |  |                     |
|--|---------------------|
| <b>Alcoholics Anonymous</b><br><a href="http://www.alcoholics-anonymous.org">http://www.alcoholics-anonymous.org</a>         | <b>544-1300</b>     |
| <b>Adult Children of Alcoholics</b><br><a href="http://www.adultchildren.org/">http://www.adultchildren.org/</a>             | <b>539-2547</b>     |
| <b>Al-Anon/Alateen</b><br><a href="http://www.ncwsa.org/d26">http://www.ncwsa.org/d26</a>                                    | <b>575-6760</b>     |
| <b>Co-dependents Anonymous</b><br><a href="http://www.codependents.org/">http://www.codependents.org/</a>                    | <b>523-8370</b>     |
| <b>Emotions Anonymous</b><br><a href="http://www.emotionsanonymous.org/">http://www.emotionsanonymous.org/</a>               | <b>651-647-9712</b> |
| <b>FA (Food Addicts) Anonymous</b><br><a href="http://www.foodaddictsanonymous.org">www.foodaddictsanonymous.org</a>         | <b>800-600-6028</b> |
| <b>Gamblers Anonymous</b><br><a href="http://www.gamblersanonymous.org/">http://www.gamblersanonymous.org/</a>               | <b>800-287-8670</b> |
| <b>Narcotics Anonymous</b><br><a href="http://www.na.org">http://www.na.org</a>  | <b>575-7837</b>     |
| <b>Nicotine Anonymous</b><br><a href="http://www.nicotine-anonymous.org/">http://www.nicotine-anonymous.org/</a>             | <b>528-6213</b>     |
| <b>Overeaters Anonymous</b><br><a href="http://www.oa.org/index.htm">http://www.oa.org/index.htm</a>                         | <b>538-9770</b>     |
| <b>Sex Addicts Anonymous</b><br><a href="http://www.sexaa.org/">http://www.sexaa.org/</a>                                    | <b>318-1357</b>     |
| <b>So. Co. Adult Children of Alcoholics (ACA)</b><br><a href="http://www.adultchildren.org">http://www.adultchildren.org</a> | <b>539-2547</b>     |
- United Against Sexual Assault (Counselor Line)** **545-7273**  
Information and Voicemail Line: **545-7270**
- Rape Crisis Hotline (counseling, crisis hotline for residents of Sonoma County).

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**West County Community Services**

**869-0654**

16390 Main St. Guerneville, CA 95446

- Counseling and support groups for individuals and groups

**YWCA Counseling**

**565-7600**

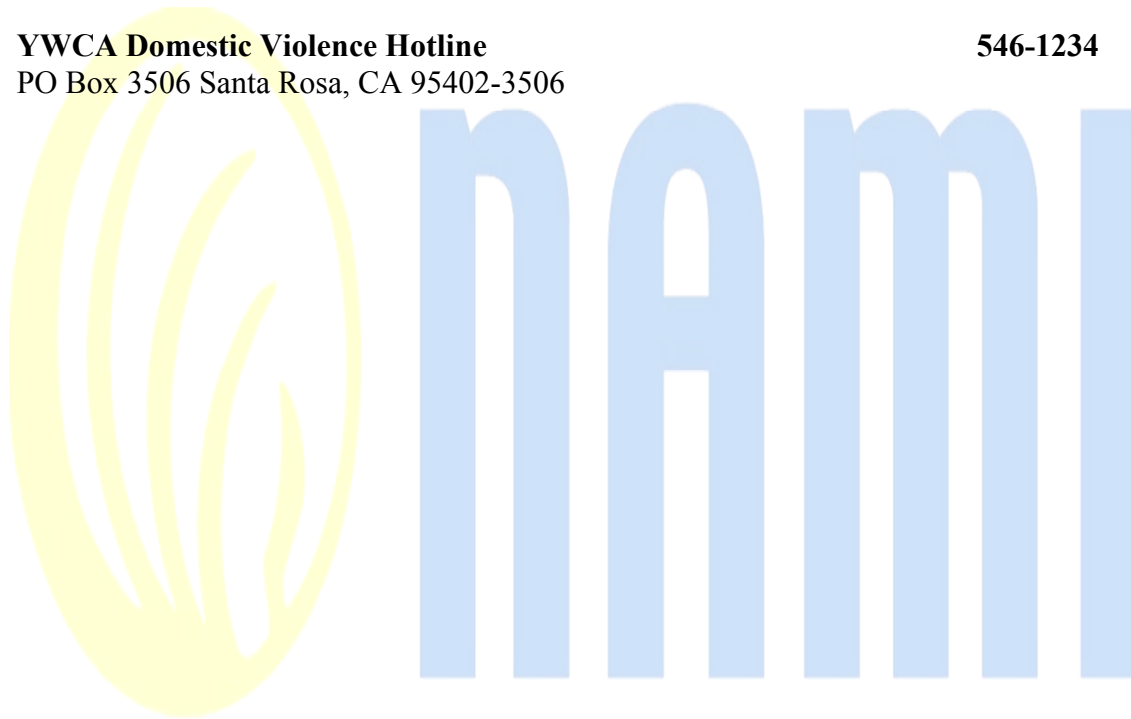
Address cannot be listed to protect client privacy.

- For adult victims of domestic violence (no children or family therapy available) FREE.

**YWCA Domestic Violence Hotline**

**546-1234**

PO Box 3506 Santa Rosa, CA 95402-3506



**National Alliance on Mental Illness**

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**General Resources and Services**

- A Special Place (YWCA)** **523-2337**
- Operates a pre-school, serves at risk youth, SPS clients, and homeless children.
- A Step Up (part of Community Support Network)** **795-4336**  
420 E Cotati Avenue, Cotati, CA 94931
- This is a 12-bed, 6-9 month program for dually diagnosed adults (mental illness with alcohol and/or other drug issues). Gives clients the opportunity to gain the information, develop the habits and attitudes, and learn and practice the skills necessary to remain stable, clean and sober, and able to sustain self-reliant, interdependent community living. It is a highly structured approach integrating the principles of social rehab, the 12-Step model, and drug and alcohol counseling.
- A T Network** **800-390-2699**  
1304 Southpoint Blvd., Suite 240, Petaluma, CA 94954
- Equipment customized for individuals with disabilities, training for people with mobility issues, information and referral.
- Adult Protective Services** **528-5900**  
3725 Westwind Blvd., Ste. 101 Santa Rosa, CA 95403
- Contact to report abuse to senior citizens.
- AIDS Drug Assistance Program** **565-7402**  
(County of Sonoma, Dept. of Health) Fax: 565-7620
- Provides funding for prescription drugs for eligible persons (with HIV infection, over the age of 18, living in California) who make \$5,000 or less per year, on Medi-Cal, Medicare, or with private insurance.
- Alexander Valley Regional Medical Center** **894-4229**  
6 Tarman Dr. Cloverdale, CA 95425
- AVRMC is a designated Rural Health Center and California State licensed Community Clinic, offering family practice and acute medical care, as well as general dentistry, behavioral health and family counseling (sliding scale fees). A dedicated team of health professionals including physicians, nurse practitioners, dentists, psychologists and other specialists staffs AVRMC.
- Alliance Medical and Dental Center** **431-8234**  
1381 University Ave. Healdsburg 95448
- Urgent care; call for appointment.

**NAMI SONOMA COUNTY  
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**Assistance Dogs Institute** **545-3647**

1215 Sebastopol Rd. Santa Rosa 95407

- Trains and provides service dogs for people with mobility issues.

**Azure Acres** **823-3385**

2264 Green Hill Road Sebastopol, CA 95472

- Chemical Dependency Recovery Center Detox, residential and day treatment for men and women—no psychiatric services.

**Becoming Independent** **527-5904**

1425 Corporate Center Parkway, Santa Rosa, CA 95407

- Their mission is to promote community inclusion and participation for people with developmental disabilities.

**Becoming Independent (Sonoma)** **996-5988**

355 W Napa Street, Sonoma, CA 95476

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

**Better Business Bureau, Inc.** **866-411-2221**

1000 Broadway, Suite 625 Oakland, CA 94607

Local: (510) 844-2000

[info@bbbemail.org](mailto:info@bbbemail.org) <http://goldengate.bbb.org>

Open M-F, 9 a.m. - 4 p.m. Call the BBB to report any malpractice in a business. It should be noted that the BBB does not determine guilt or innocence due to a complaint about a business. They simply keep on file all complaints, and if there is an inordinate amount of complaints, that could raise a red flag and be a basis for avoiding such a business.

**CA Children's Services, County of Sonoma** **565-4500**

**Department of Health**

625 5th Street Santa Rosa 95404

- Assists to diagnose and treat serious medical conditions and disabilities

**CA Dept. of Consumer Affairs Consumer Assistance Office** **800/952-5210**

TDD 916/322-1700

- Information and referrals on general consumer issues, auto repairs, Smog issues and complaints

**CA Dept. of Insurance Consumer Hotline** **800/927-4357**

TDD 528-2151/TDD (800) 482-4833

**CA Dept. of Motor Vehicles** **800/777-0133**

2570 Corby Ave. Santa Rosa 95407

- Disabled parking placard

**NAMI SONOMA COUNTY  
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- CA Human Development Corporation (CHDC)** **523-1155**  
3315 Airway Dr. Santa Rosa 95403
- Emergency funds for utility, food, job help, shelters.  
Inpatient and outpatient drug treatment.
- CA Parenting Institute** **585-6108**  
3650 Standish Ave. Santa Rosa 95407
- Parenting programs and support groups for a fee.
- California Rural Legal Assistance** **528-9941**  
725 Farmers Ln. Suite 10 Santa Rosa 95405
- Provides legal assistance to low income persons in civil cases
- Canine Companions for Independence** **577-1700**  
2965 Dutton Ave. Santa Rosa 95402
- Enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.
- Child Welfare Services (CWS/CPS)** **565-4304**  
1747 Copperhill Parkway, Santa Rosa 95403
- Investigates reports of child abuse. Call CWS to make verbal report.
- Children and Family Circle of Sonoma County** **544-4653**  
1260 N. Dutton Ave. STE 110 Santa Rosa 95401
- Subsidized child care for infants and toddlers of low-income families, especially those at risk of abuse or neglect.
- Community Action Partnership** **544-6911**  
1300 N. Dutton Ave. Santa Rosa 95401
- Help for low Income families. Call for Information on variety of services offered.
- Community Child Care Council (4 C's)** **544-3077**  
396 Tesconi Ct. Santa Rosa 95401
- Provides support, promotes affordable quality child care for families from a variety of backgrounds. They have eleven Child Development centers for low-income families (Spanish spoken).
- Community Support Network (CSN)** **by Sonoma County MH referral only**  
1430 Guerneville Road, Ste. #1 Santa Rosa, CA 95403
- Provides a range of services to mentally ill and homeless adults by working with families, community agencies, support groups, health care resources and service providers.

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**Council on Addiction** 544-7544

**Council on Aging** 525-0143

30 Kawana Springs Rd. Santa Rosa 95404

- General info, referrals, home delivered meals, legal advisory

**Crestwood Wellness & Recovery Center** 530/221-0976

3062 Churn Creek Rd. Redding 96002

- Offers a continuum of services to empower and help consumers succeed in their communities.

**Crisis Residential** 526-6902

3400 Montgomery Dr. Santa Rosa 95405

- 30 day stay for those with referral from Psychiatric Emergency Services (PES).

**Dental Care**

- **Alexander Valley Regional Medical Center** 894-2094  
Accepts Medi-Cal, Medicare. Sliding scale.

- **Alliance Dental Clinic** 433-8161

- **Petaluma Health Center** 559-7500

- **Redwood Empire Dental Society** 546-7275  
1400 Dutton Ave. Suite 10, Santa Rosa  
Referral service to dentists taking new patients, accepting Medi-Cal, Denti-Cal, Senior Dental Program.

- **Rohnert Park Dental** 584-1000  
1400 Redwood Dr., Rohnert Park  
Ages 5 and up. Medi-Cal patients. Call for appt.

- **Russian River Health Center** 869-2849  
16318 Third St., Guerneville  
Accepts Medi-Cal. Sliding scale.

- **St Joseph Dental Clinic** 547-2221  
751 Lombardi Ct. #A, Santa Rosa  
Provides preventive and treatment services for children up to 16 years of age.  
Offers check-ups, cleaning, fillings, sealants, extractions. Accepts Denti-Cal.

**NAMI SONOMA COUNTY  
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- **Western Dental** **543-5200**  
1240 Farmers Lane, Santa Rosa  
Call for appointment. Accepts Medi-Cal.

- Department of Rehabilitation (DOR)** **576-2233**  
50 D St., Ste. 425, Santa Rosa, CA 95404
- Vocational training and job placement services for Californians with disabilities and California employers.

- Disability Services and Legal Center (formerly CRI)** **528-2745**  
980 Hopper Ave., Santa Rosa 95403
- Services for people with disabilities (housing, counseling, legal) support services for people with disabilities including: advocacy, housing assistance, living skills, deaf/hearing impaired services, law clinic.

- Domestic Violence Hotline** **546-1234**

- Drug Abuse Alternative Center (DAAC)** **544-3295**  
2403 Professional Dr. Santa Rosa 95403
- Drug and alcohol abuse treatment organization. Out-patient drug program.

- Easter Seals Northern California, Inc.** **584-1443**  
5440 State Farm Dr., Rohnert Park, CA 94928
- Loans rehabilitation equipment. Offers social activities to help with socialization of physically and developmentally disabled.

- Face to Face – HIV & AIDS** **544-1581**  
873 Second St., Santa Rosa 95401
- Services for people with HIV and AIDS

- Friends Outside Creative Conflict Workshops** **526-7318**  
2796 Ventura Ave., Santa Rosa, CA 95403
- Teaches ways to prevent, reduce, and resolve conflicts with others and within.

- Family Planning Clinic** **565-4820**  
3420 Chanate Rd. Santa Rosa, 95404
- Birth control, gynecological exams, Pap, testing for sexually transmitted diseases.

- Family Practice Center** **303-3600**  
3320 Chanate Rd. Santa Rosa 95404
- Full service family practice. Medi-Cal and Medicare.

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**Family Service Agency (FSA) of Sonoma Co. 545-4551**

751 Lombardi Ct. STE 7 Santa Rosa 95407

- Certified batterer's program for men and women.  
Sliding scale fee. (Spanish spoken)

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

465 A St Santa Rosa 95401

- Homeless shelter for families up to 90 days. Assistance finding housing.

**Family Support Division (Dist. Attorney) 1-866-901-3212**

1755 Copperhill Parkway Santa Rosa 95403

- Child support services

**Giant Steps Therapeutic Equestrian Center 769-8900**

775 Baywood Dr. STE 305 Petaluma 94954

- Equestrian therapy program for mentally or physically disabled children

**Goodwill Industries 523-0550**

651 Yolanda Ave., Santa Rosa, CA 95404

- Vocational services for people with disabilities.

**Healthy Families – CA Managed Risk Medical Ins. 800-880-5205**

- Low cost insurance for children and teens.

**HIV Antibody Testing 565-4620**

415 Humboldt St. Santa Rosa 95403

- Free HIV and Hepatitis C testing. Call for appointment.

**HIV Hepatitis C Prevention Project – DAAC 544-3295**

2403 Professional Dr. Santa Rosa 95403

- Mondays, 12 pm to 4 pm, and Thursdays, 2 pm to 5:30 pm

**Human Services 565-2715**

2550 Paulin Dr. Santa Rosa 95403

- General assistance, Medi-Cal, food stamps.

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

2245 Challenger Way #104, Santa Rosa 95407

- Career counseling, education, job training, senior citizen employment, youth employment, welfare to work transition services.

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**Immigration Services (Catholic Charities) 578-6000**

987 Airway Ct., PO Box 4900, Santa Rosa, CA 95402

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

**In-Home Support Services 565-5900**

3725 Westwind Blvd. Suite 101 Santa Rosa, 95403

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

**Interlink Self Help Center 546-4481**

1033 4th St. Santa Rosa 95404 Member Phone: 546-1085

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

**Jewish Community Free Clinic 585-7780**

490 City Center Dr., Rohnert Park, 94928

- Free family practice clinic for those without health insurance or Medi-Cal.

**Jewish Family and Children's Services 571-8131**

1360 N Dutton Ave. STE C Santa Rosa 95401

- Medi-Cal, under 18 only, sliding scale fees.

**Kaiser Permanente Medical Center 393-4044**

401 Bicentennial Way Santa Rosa 95403

- Hospital and medical services primarily for Kaiser members.

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

575 Ross Street, Santa Rosa, CA 95401

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

**Library (Santa Rosa Central) 545-0831**

Third & E Street Santa Rosa 95404

**Life Works 568-2300**

1200 College Ave., Santa Rosa 95404

- Services for children and families.

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

200 Lytton Springs Rd Healdsburg 95448

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

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- Manna Home - Redwood Gospel Mission** **576-1471**  
2032 Dennis Ln. Santa Rosa 95403
- 12-step, Christian-based residential recovery program for women with no income. No children. No smoking.
- Medi-Cal & County Medical Services Program (CMSP)** **565-2715**  
2550 Paulin Dr. Santa Rosa 877-699-6868
- Medi-Cal pays for medical and dental care, prescriptions, hospitalization, and nursing home care.
- Medicare** **800-633-4227**  
Medicare General Written Correspondence, PO Box 39, Lawrence, KS 66044
- Federal health care program for senior citizens and the physically disabled.  
[www.medicare.gov](http://www.medicare.gov)
- Memorial Hospital** **576-3210**  
1165 Montgomery Dr. Santa Rosa, CA 95405
- M.E.N. (Men Evolving Non-Violently)** **528-2636**  
P. O. Box 566 Santa Rosa 95402
- Men's support program to help change violent or abusive behavior.  
24-hour crisis line.
- Mental Health Sanctuary**  
<http://mhsanctuary.com/resources/freemed.thm>
- Free medication for those with low income. E-mail volunteers for questions, etc.
- Multiple Sclerosis Society, Northern CA Chapter** **800-344-4867**  
150 Grand Ave. Oakland 94612
- Does MS research among other pertinent things.
- New Directions Adolescent Services** **585-3700**  
3641 Stony Point Rd., Santa Rosa 95407
- Services for special needs teens. (Psychotherapeutic educational day treatment center.
- New Life Recovery Program for Men** **542-4817**  
101 6th Street Santa Rosa 95401
- A 10 to 14 month residential program for men using Christian centered 12 step principles.

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**North Bay Regional Center** **569-2000**  
2531 Mendocino Ave. Santa Rosa 95403

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

**NOVA: Non-Violent Alternatives** **523-9361**  
421 Humboldt St Santa Rosa 95404

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

**Occidental Area Health Center** **874-2444**  
3802 Main St. Occidental 95465

- Sliding scale, accept Medi-Cal and Medicare. (Spanish spoken).

**One to One Project** **565-7457**  
County of Sonoma, Dept. of Health

- Connects women in recovery with pregnant women or women with young children struggling with chemical addictions.

**Orenda Center** **565-7450**  
1430 Neotomas Ave. Santa Rosa 95405

- Adolescent and adult treatment program, assessment, drug testing, and outpatient programs.

**Prenatal Day Treatment** **544-3295**  
2403 Professional Dr. Santa Rosa, 95403

- Substance abuse treatment for pregnant women.

**Petaluma Health Center** **559-7500**  
1301 Southpoint Blvd. #A Petaluma 94954

- Comprehensive medical care, including mental health services.

**Petaluma People Services Center** **765-8488**  
1500A Petaluma Blvd. S. Petaluma 94952

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

**Planned Parenthood Golden Gate** **800-967-7526**

**Rohnert Park Health Center**  
1370 Medical Center Dr. STE. E Rohnert Park 94928

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**Point Reyes Medical Clinic** **415-663-8666**

36th St. Box 910 Point Reyes Station, CA 94956

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

**Police Department (Santa Rosa)** **528-5222**

965 Sonoma Ave. Santa Rosa, 9540

**Press Democrat** **546-2020**

427 Mendocino Ave. Santa Rosa,

- Local newspaper

**Public Health Clinic** **565-4820**

3420 Chanate Rd. Santa Rosa, 95404

- Provides many health care clinics, educates about disease and injury prevention, and advances health programs and policies.

**Recycling Center** **586-8247**

3400 Standish Ave. Santa Rosa 95407

- Mon.-Sat. 7-3p.m. Will pay for aluminum cans, bottles, paper, cardboard, etc.

**Red Cross** **577-7600**

5297 Aero Dr. Santa Rosa 95403

- Emergency services for those affected by natural disasters.

**Redwood Empire Industries/Growth Opportunities** **571-7637**

1695 Piner Rd. STE A Santa Rosa, CA 95403

- Personalized services, developmental disabilities; seniors serviced must be clients of North Bay Regional Center. Work and activity programs.

**Redwood Gospel Mission – Men** **542-4817**

101 6th Street Santa Rosa 95401

- New Life Program

**Renaissance Healing & Learning Center** **664-8919**

7695 Derby Lane Cotati, CA 94931

They provide hippotherapy ("treatment with the help of the horse") to patients with a variety of neurological and orthopedic conditions, including Parkinson's Disease, cerebral palsy, autism, developmental delays, back pain, and other impairments.

**Riley Street Clinic** **565-4820**

(County of Sonoma Dept. of Health)

418 Riley St. Santa Rosa 95404

- Treatment for STDs, family planning, pregnancy testing, teen clinic.

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**Roseland Children’s Health Center** **578-2005**  
Roseland School 962 Sebastopol Rd. Santa Rosa 95407

- Pediatric Services.

**Russian River Health Center** **869-2849**  
16319 Third St., P.O. Box 1449, Guerneville 95446

- Comprehensive medical care including mental health services and family practice.

**St. Helena Recovery Program** **1-800-454-4673**  
650 Sanitarium Rd. Deer Park 94576

- Center for Behavioral Health

**St. Joseph Behavioral Health** **543-2007**  
1165 Montgomery Dr. Santa Rosa 95405

- Psychiatric Assessment Services.

**St. Joseph Mobile Health Clinic** **524-2477**  
751 Lombardi Court Santa Rosa, CA 95407

- Brings health services to your neighborhood (call for more information).

**St. Joseph (Promotores de Salud) – Health Promoters** **547-2149**  
751 Lombardi Ct. Santa Rosa 95407

**Salvation Army** **542-0998**  
93 Stony Circle, Door C Santa Rosa 95401

- Emergency services, food, clothing, rental assistance, counseling, reach program for assistance with utility bills.

**San Rafael Men’s Hotline** **415-924-1070**  
903 Irwin St. San Rafael 94901

**Santa Rosa Free Clinic** **546-6479**  
465 A St. Santa Rosa 95401

- Provides free medical and psychiatric treatment as well as mental health case management to the people of Sonoma County

**Santa Rosa City Bus** **543-3925**  
45 Stony Point Rd. Santa Rosa 95401

- Bus routes and schedules

**Santa Rosa Treatment Program** **576-0818**  
1901 Cloverdale Ave. Santa Rosa 95401

- Outpatient methadone detoxification and maintenance services (Spanish).

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<b>Services to Deaf/Hearing Impaired – Dept. of Rehabilitation TTY</b> 50 D St. Suite 425 Santa Rosa, 95404	<b>576-2260 542-6365</b>
<b>Sexually Transmitted Disease Services</b> 3420 Chanate Rd. Santa Rosa, 95404 (Public Health) <ul style="list-style-type: none"><li>• Testing for sexually transmitted diseases.</li></ul>	<b>565-4820</b>
<b>Santa Rosa Sheriff’s Office</b> 2796 Ventura Ave. Santa Rosa 95403	<b>565-2511</b>
<b>Smile Care</b> 140 Stony point Rd. STE A Santa Rosa 95401 <ul style="list-style-type: none"><li>• Same day dental appointments only, all ages.</li></ul>	<b>578-3118</b>
<b>Saints Jane and Mary</b> 1580 Sebastopol Rd. Santa Rosa 95407 <ul style="list-style-type: none"><li>• Same day medical care appointments only, all ages.</li></ul>	<b>591-9667</b>
<b>Social Advocates for Youth (SAY)</b> 3440 Airway Dr. Suite E, Santa Rosa, 95403 <ul style="list-style-type: none"><li>• Counseling, jobs, help finishing school, shelter for youth.</li></ul>	<b>544-3299</b>
<b>Social Security Administration</b> 2099 Range Ave. Bldg. A, Santa Rosa 95401 <ul style="list-style-type: none"><li>• Information about retirement benefits, SSI/SSDI and related services.</li></ul>	<b>544-4302</b>
<b>Sonoma County Human Services Dept.</b> 3600 Westwind Blvd. Santa Rosa 95403 <ul style="list-style-type: none"><li>• Assistance to families that receive Sonoma WORKS services. Once in a lifetime financial benefits available.</li></ul>	<b>565-2715</b>
<b>Sonoma County Indian Health Project, Inc.</b> 144 Stony Point Rd., Santa Rosa, CA 95401 <ul style="list-style-type: none"><li>• Comprehensive medical care for Native Americans; limited service to others.</li></ul>	<b>521-4545</b>
<b>Sonoma County Transit</b> <ul style="list-style-type: none"><li>• For bus schedule information from 7:30am to 5:30pm.</li></ul>	<b>576-7433</b>
<b>Sonoma Valley Community Health Center</b> 430 W. Napa St. STE. F, Sonoma 95476 <ul style="list-style-type: none"><li>• Comprehensive medical care.</li></ul>	<b>939-6070</b>

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- Southwest Community Health Center** 547-2222  
751 Lombardi Court, Ste. B Santa Rosa, CA 95407
- Medical, dental, mental health services, family planning. Sliding scale (Spanish/English).
- Sunburst Projects** 588-9477  
2 Padre Parkway, Rohnert Park 94928
- Summer camp for HIV/AIDS infected/affected children teens and families. Family support services.
- Sutter Medical Center** 576-4000  
3325 Chanate Rd. Santa Rosa 95404
- Medical services. 24-hour emergency.
- Sutter Medical Group of the Redwoods** 523-2666  
2455 Summerfield Road Santa Rosa 95405
- Comprehensive medical care.
- Turning Point Residential Treatment** 539-8868  
440 Arrowood Santa Rosa, 95407 284-2950
- Residential program for alcohol and drug rehabilitation. 30 days to 9 months.
- United Against Sexual Assault** 545-7273  
835-D Piner Rd. Santa Rosa 95403
- Counseling for victims of sexual assault.
- United Way** 528-4483  
730 4th St. Santa Rosa 95404
- Improves the lives of children, families, and individuals by mobilizing the caring power of our community.
- Vets Service Office** 565-5900  
3725 Westwind Suite 101 Santa Rosa, 95403
- Assists veterans to receive their benefits.
- Vietnam Veterans of CA** 578-8387  
2455 Bennett Valley Rd. Santa Rosa 95404
- Services for veterans.
- Volunteer Center of Sonoma County** 573-3399  
153 Stony Circle STE 100 Santa Rosa 95401
- Accepting volunteers for position in non-profit and for profit businesses depending on interest and skills.

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- Welfare League** **542-7480**  
126 4th St. Santa Rosa 95401
- Maintains a shop for used clothing and other items which they sell to buy Christmas presents for children and back-to-school clothes.
- West County Community Services** **887-2226**  
16390 Main St. P.O. Box 325 Guerneville 95446
- Children and Adolescents; Children and Family issues.
- Western Dental** **542-5200**  
1240 Farmers Ln. Santa Rosa 95405
- Accepts Medi-Cal.
- Willmar Center for Bereaved Children** **935-1946**  
579 1st St. West Sonoma 95476
- Support for children and teens who are grieving the death of a loved one.
- Willow Creek Treatment Center** **576-7218**  
341 Irwin Ln. Santa Rosa 95401
- Residential program for severely emotionally disturbed children.
- Women Against Rape** **545-7270**  
835 Piner Rd. STE D Santa Rosa 95403
- United Against Sexual Assault. Provides assistance and counseling for women who have been assaulted.
- Women's Health Resource Center (The Breast Care Center)** **576-4800**  
625 Steele Lane Santa Rosa 95403
- Sutter Medical Center of Santa Rosa/A Sutter Health Affiliate.
- Women's Health Specialists** **537-1171**  
4415 Sonoma Hwy. Santa Rosa 95409
- Free/Low cost birth control including cervical caps, gynecological services, abortion services, breast cancer early detection program, free self-help and referral information. Sliding scale. (Spanish)
- Women's Recovery Services (Unique Place)** **527-0412**  
P. O. Box 1356 Santa Rosa 95402
- Residential treatment facility for women with drug/alcohol problems. May bring children up to 11 years old. Nicotine-free environment.
- YWCA of Sonoma County (Domestic Violence Services)** **546-9922**  
1421 Guerneville Rd. STE 200 Santa Rosa 95403
- Shelter for women and children. 8 week stay.

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**Housing Resources**

- Bucklew Programs** **571-5581**  
144 S. “E” St., Ste. 200, Santa Rosa 95404
- Programs and services for living independently, including finding housing, employment, etc. A referral from Sonoma County Mental Health is required to receive services.
- Burbank Housing** **526-9782**  
790 Sonoma Ave. Santa Rosa 95404
- Provides both low-income rental and home ownership housing. Each property has a waiting list.
- CA Human Develop. Corp. (CHDC)** **523-1155**  
3315 Airway Dr., Santa Rosa 95403
- Emergency shelter. Disability services – housing – court assistance – recovery from alcohol and drug dependency.
- Committee on the Shelterless (COTS)** **765-6530**  
1500-B Petaluma Blvd. S. Petaluma 94952
- Temporary shelter for families with children, singles with children, adult singles or pregnant women. Up to 60 day stay.
- (CAP) Community Action Partnership of Sonoma County** **544-6911**  
1300 N. Dutton Ave. Santa Rosa 95401
- Offer a number of temporary shelter programs and other housing services and advocacy. Shelter for women and children. Rental assistance and security deposit program.
- Community Support Network (CSN)** **575-0979**  
1430 Guerneville Rd. STE 1 Santa Rosa 95403
- Emergency shelters, residential and other services for adults with Mental illness.
- Dept. of Economic Development and Housing** **543-3300**  
90 Santa Rosa Ave. Santa Rosa 95401
- Housing assistance information and voucher program.
- Disability Services and Legal Center (Formerly CRI)** **528-2745**  
980 Hopper Ave. Santa Rosa 95403
- Melva Freeman, Independent Living Advocate

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- Family Support Center (Catholic Charities)** **542-5426**  
465 A St. Santa Rosa 95401
- Emergency homeless shelter for families with children. Intake procedure done every Tuesday from 1-3 pm. There is a waiting list. (English/Spanish)
- Gary Pierce** **565-4943**
- Housing specialist for Sonoma County Mental Health
- Homeless Service Center (Catholic Charities)** **525-0226**  
600 Morgan St., Santa Rosa 95401
- Showers, phones, laundry, mail service, and counseling for homeless.
- HCA Family Fund (West County Community Services)** **869-0654**  
16390 Main St. Guerneville, 95446
- Housing assistance.
- Homeless Prevention/Petaluma Peoples Services Center** **765-8488**  
1500 Petaluma Blvd S. Petaluma 94952
- Seniors, rental assistance, counseling.
- Homeless Services Center - Brookwood Shelter** **525-0226**
- Services include: Showers, laundry, phone, mail, lockers and message board for Homeless only. Transitional housing program for men.
- Interfaith Shelter Network, Inc.** **516-8017**  
1440 Guerneville Rd., Santa Rosa
- Pick up allocation here. Shelter for senior or disabled men and women (shared housing). Other services available.
- The Living Room** **579-0142**  
636 Cherry St. Santa Rosa 95401
- Drop in center with services for homeless/at risk women and children.
- Manna Home** **576-1471**  
2032 Dennis Ln. Santa Rosa, 95403
- 10 month residential recovery program for women and children with drug or alcohol problems
- Mary Isaak Center** **776-4777**  
900 Hopper St. Petaluma 94952
- Homeless shelter for adults.

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**North County Community Services** **433-6161**  
209 Matheson Healdsburg 95448

- Overnight shelters in Healdsburg and Cloverdale

**Opportunity House** **573-6955**  
634 Pressley St. Santa Rosa 95404

- Homeless Shelter program for people with mental illness. 60-day limit.

**Red Cross** (night) **577-7600**  
5297 Aero Dr. Santa Rosa 95403 (day) **577-7609**

- Emergency shelter for victims of disaster.

**Redwood Gospel Mission** **542-4817**  
101 Sixth St. Santa Rosa 95401

- Mens' emergency shelter. **573-0490**  
Women and children's shelter, 30-day stay.

**Salvation Army (Social Services)** **769-0740**  
721 S. Mc Dowell Blvd. Petaluma

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

**Section 8 Housing** **543-3300**

City of Santa Rosa Housing Authority  
90 Santa Rosa Ave. Santa Rosa 95404

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

**Section 8 Housing** **565-7500**

(Sonoma County Housing Authority)  
1440 Guerneville Rd. Santa Rosa 95403

- Low-income families, disabled and seniors.

**Sloan House (Call after 4 pm)** **569-0615**

Address is confidential

- Emergency shelter for women and children (30 days).

**(SAY) Social Advocates for Youth** **546-3432**

1243 Ripley St. Santa Rosa 95401

- Shelter for homeless youth under 18.

**Sonoma County Human Services Dept.** **565-2715**

2550 Paulin Dr. Santa Rosa 95403

- Assistance to families that receive Sonoma WORKS services.

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**Tamayo House**

**528-7500**

1700 Yulupa Ave. Santa Rosa 95405

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

**Transition House**

**584-3786**

- Substance abuse intervention program

**Victory Outreach**

**541-0978**

929 Roseland Ave. Santa Rosa 95407

- Christian home for men and women – drug rehabilitation.

**Wallace House (Call between 5 and 6 pm)**

**894-2727**

126 Main St. Cloverdale 95425

- Overnight shelter, transitional housing in Cloverdale.



**National Alliance on Mental Illness**

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**Food Resources**

**Christian Life Church**

920 Bennett Valley Rd. Santa Rosa  
812 DeTurk (Serves zip code 95404 only)

- Every Sunday at noon

**Cloverdale Food Pantry**

**894-7896**

- Friday 1-3:00pm.

**COTS Food for Families**

**778-9380**

- Emergency groceries for qualified families and individuals. Call for qualification.

**CPN – Weekly Pantry – Knox Food Pantry**

**544-5468**

Knox Presbyterian  
1650 W. 3rd St. Santa Rosa 95401

- Serves 95401-95407

**CPN – Weekly Pantry**

**575-8342**

Santa Rosa Catholic Worker  
437 A St. Santa Rosa 95401

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

**CPN - weekly Pantry**

**528-8051**

Greater Powerhouse Pantry  
777 Hearn Ave. Santa Rosa 95407

- Serves all zip codes

**Emergency Food Bank**

**869-0654**

16390 Main St. Guerneville.

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

**Elisha’s Food Pantry**

**Christ Church United Methodist**

**542-2569**

1717 Yulupa Ave. Santa Rosa 95405

- Thursday from 4:00 pm until 5:30 pm. Serves 95404-95405-95409

**F.I.S.H. (Friends In Service Here)**

**527-5151**

1055 Benton St. Santa Rosa 95404

- Food, diapers, baby formula. Must call by noon on day food is needed; Sat. by 11. Will help every 30 days. M-F, 10:30-2:00; Sat., 10:30-Noon

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**Food Closet:** **887-1647**  
Forestville United Methodist Church 6550 Covey Rd. Forestville  
• 2<sup>nd</sup> and 4<sup>th</sup> Monday 10-11:00am.

**Food Not Bombs** **579-1605**  
Courthouse Square, 3<sup>rd</sup>& Santa Rosa Ave., Santa Rosa  
• Dinner served 5-7pm on Sunday.  
• West Washington and Howard St., Petaluma  
Meals served Mon. and Sat. 10:30-Noon

**Food Stamps (County of Sonoma Human Services)** **565-2715**  
2550 Paulin Dr. Santa Rosa 95403  
• Low income or disabled.

**Friends in Sonoma Helping** **996-0111**  
• Emergency groceries and other services in Sonoma Valley.

**Free Dinners Project** **869-2491**  
Guerneville Veterans Bldg. – just show up.  
• Soup, salad, whole grain meals. 2nd and last Wed. of month 4:30-7:00pm.

**Harvest Christian Center** **575-1620**  
915 Piner Rd., Ste. H, Santa Rosa 95403  
• Food every Thursday 12-3:30

**Healdsburg Food Pantry** **433-3663**  
1505 Healdsburg Ave.  
• Tues., Wed. & Fri. 3-4:30pm. Healdsburg and Geyserville residents only.

**Holiday Events and Meals** **565-2108**  
**800-325-9604**

**Inter-Church Food Pantry** **823-2483**  
500 Robinson Rd. Sebastopol  
• Open M-W-F, Sat. 10am-Noon Sebastopol, Graton, Occidental residents.

**Non-Assistance Food Stamps** **565-2715**  
**877-699-6868**  
2550 Paulin Dr., Santa Rosa M-F 8am-5pm.

**Occidental Community Church** **874-3501**  
• Food voucher program. Wed.-Thur. 9am-3pm. Sat. by appointment.  
Occidental only.

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**Petaluma Kitchen** **778-6380**

Payran & D, Petaluma

- Free lunch Mon.-Fri. 11:30am-1:00pm. Sat. & Sun. 11:30am-12:30pm.

**Prayer Chapel Mission** **546-6520**

1335 S. Wright Rd. Santa Rosa

- 1<sup>st</sup> Wed. of the month. 2-4pm.

**Rohnert Park Food Pantry** **318-0376**

436 Southwest Blvd. Rohnert Park

- Wed. 4-6pm. Serves Cotati and Penngrove also.

**Redwood Covenant Church** **528-8463**

3175 Sebastopol Rd., Santa Rosa 95407

- Food closet and clothes. 2nd Saturday of the month, 9-11 am

**Redwood Gospel Mission** **542-4817**

101 6<sup>th</sup> St. Santa Rosa

Breakfast: 6:30am. Dinner: 6:00pm. Chapel service before meals.

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

Guerneville Community Church, Guerneville

- 2nd and 4th Sat. 10am-Noon.

**Salvation Army** **542-0998**

93 Stony Circle, Door C Santa Rosa 95401

- Food, M-F, 10-12. ID needed.

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

547 Mendocino Ave. Santa Rosa

- Breakfast served 7-8:30am.

**Senior Meals Program** **525-0383**

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

**Seventh Day Adventist** **578-0954**

840 Sonoma Ave. Santa Rosa 95404

- Food. Monday and Wednesday, 10-12. Must Bring ID.

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

- M-F 10am-Noon.

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**St. Vincent de Paul** **584-1579**  
5671 Redwood Dr. Rohnert Park 94929  

- Call for directions to get food.

**St. Vincent de Paul** **528-7580**  
610 Wilson St. Santa Rosa 95401  

- Free lunch. Every day 11:30-12:30

**The Living Room** **579-0142**  
636 Cherry St. Santa Rosa 95401  

- Daytime drop-in center for homeless women and children. Provides breakfast and lunch. Provides toiletries, phone, and mail services. Mon.-Fri. 9am-1pm (English/Spanish).

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

- Meals delivered to seniors, and the homebound due to medical conditions.

**Veterans Memorial Building** **565-7176**  
1351 Maple Ave. Santa Rosa 95404  

- Food. 1st Friday of every mo. 8:30-11:00 am (Bring ID)

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

- Food and nutrition education for pregnant women, new moms, infants, and kids under 5. Call for appointment.

**WIC** **431-0831**  

- Healdsburg and Cloverdale. Call for appointment.

**Windsor Service Alliance** **838-6947**  
8987 Windsor Rd., Windsor  

- Groceries Friday: 2-4pm.

National Alliance on Mental Illness