

Community Resources 2015



**West County
Health Centers**

Caring for our Communities

a california *health+* center

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Indicates Service for WCHC Patients

Child Care

Breastfeeding Support



Mother Rising

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 824-3383

652 Petaluma Ave, Suite F, Sebastopol, CA

<http://www.wchealth.org/>

Two free drop-in groups for West County Health Center Patients. Lactation clinic (Friday, 12-1pm) provides free help and advice from a lactation consultant in a group setting. Mothering Workshop offers ongoing educational series and support. Lactation clinic meets every Friday from 12:00-1:00pm followed by the Mothering Workshop from 1:00-2:00pm. English, Spanish. FREE. Call Sarah Hollister, RN, PHN, IBCLC for more information.

Eligibility: none | Last updated: 11/24/2015

Alliance Medical Center, WIC Breastfeeding Support Program

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 431-0831

1831 University Ave, Healdsburg, CA

<http://wic.alliancemed.org/>

Provides breastfeeding support and classes for low-income pregnant or nursing women in WIC. Breast pumps available on loan. Breastfeeding support group in Spanish. Provides checks to buy food. Free for those who meet requirements. English, Spanish. FREE.

Eligibility: none | Last updated: 5/26/15

Santa Rosa Memorial Hospital, Breastfeeding Classes

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 522-1544

1144 Montgomery Dr., Santa Rosa, CA

<http://www.stjoesonoma.org/For-Patients/Events-Calendar.aspx>

Pay-per-class inpatient and outpatient breastfeeding support and education. Free consultations and phone support are available to anyone, no matter where baby was delivered. Spanish spoken. Call or register online for the 2-hour class. \$20 per class. English, Spanish. Cash or other payment method.

Eligibility: none | Last updated: 5/27/15

Santa Rosa Women's Health and Birth Center, Breastfeeding Classes

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://santarosabirthcenter.com/events/calendar-2/>

Offers several breastfeeding classes English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/27/15

Santa Rosa Women's Health and Birth Center, La Leche League

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 523-8697 | (707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://www.llnocal.org>

Free monthly meetings offer information and opportunities to meet other nursing mothers. Babies and children are always welcome. Meets on the first Friday of every month, 10am. Phone counseling is available 24 hours daily.

English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/27/15

Santa Rosa Women's Health and Birth Center, Lactation Clinic

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://santarosabirthcenter.com/events/calendar-2/>

Offers support, help, and answers to questions. Walk-in clinic open every Monday, 10-12. No appointment necessary, but please call Monday morning prior to coming in. Medi-Cal covers cost of class (\$30.00 without Medi-Cal). English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Female only | Last updated: 5/27/15

Sonoma County Department of Health Services, WIC Breastfeeding Support Program

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 565-6590 | 1-800-816-3663

1450 Guerneville Rd., Santa Rosa, CA

<http://www.sonoma-county.org/health/wic/en/index.htm>

Provides breastfeeding support and classes for low-income pregnant or nursing women in WIC. Breast pumps available on loan. Breastfeeding support group in Spanish. Provides checks to buy food. Free for those who meet requirements. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/27/15

Sonoma County Public Health Division Public Health Nurses , Maternal Child Health Field Nursing Program

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 565-4440

Santa Rosa, CA

<http://www.sonoma-county.org/homevisiting>

Public Health Nurses provide home-based services to pregnant women and families with young children. Services include assessment of clients in their homes, health education, parenting instruction, information on breastfeeding, family planning and birthing, nursing diagnosis and advice, nutritional counseling, and referral to health and supportive services. Eligibility: High risk families with infants or toddlers under 5 years, prenatal women. Spanish spoken. English, Spanish. Monday-Friday. FREE.

Eligibility: Female only | Last updated: 5/27/15

Southwest Community Health Center, Breastfeeding Workshops

Child Care: Breastfeeding Support | Sexual and Reproductive Health

(707) 303-3600

751 Lombardi Ct, Santa Rosa, CA

<http://srhealthcenters.org/programs-classes/>

Free breastfeeding workshops. Offers weight check and evaluation to determine whether your baby is getting enough breast milk. Moms, babies, and other family members are welcome. Spanish spoken. Class schedule: Fridays at 9am (bilingual) at Southwest Family Practice Center and Thursdays at 9:30 am (English) and Tuesdays at 6pm (bilingual) at Vista Family Health Center. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/27/15

Sutter Medical Center of Santa Rosa, Breastfeeding Support

Child Care: Breastfeeding Support

(707) 576-4857

3325 Chanate Rd., Santa Rosa, CA

<http://www.babies.sutterhealth.org/>

Offers breastfeeding support and consultation in hospital, by phone, and in person from International Board Certified Lactation Consultants. Breastfeeding workshop Thursdays at 1 pm at Women's Health Resource Center (625 Steele Ln., Santa Rosa). Medi-Cal accepted. Sliding scale. Spanish spoken. English, Spanish. Hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/27/15

Vista Family Health Center, Breastfeeding Workshops

Child Care: Breastfeeding Support

(707) 303-3600

3569 Round Barn Circle, Santa Rosa, CA

<http://srhealthcenters.org/programs-classes/>

Offers free breastfeeding workshops. Offers weight check and evaluation to determine whether your baby is getting enough breast milk. Moms, babies, and other family members are welcome. Spanish spoken. Class schedule: Fridays at 9am (bilingual) at Southwest Family Practice Center and Thursdays at 9:30 am (English) and Tuesdays at 6pm (bilingual) at Vista Family Health Center. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/27/15

Child Care Programs

River to Coast Children's Services (RCCS), Child Care

Child Care: Child Care Programs

(707) 869-3613

16300 First St., Guerneville, CA

<http://www.rccservices.org/>

Offers free referrals to inhome childcare. Assistance in paying for child care for low income parents, or those referred for a child's protective needs. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Early Learning Institute, Preschool

Child Care: Child Care Programs

(707) 591-0170

311 Professional Center Dr., Suite 100, Rohnert Park, CA

http://earlylearninginstitute.com/?page_id=53

Afternoon drop-off preschool for children ages 3-5. Must apply. \$206/month. English, Spanish. Tuesdays and Thursday or Mondays and Wednesdays (1-4pm). Cash or other payment method.

Eligibility: none | Last updated: 5/27/15

Professional Association for Childhood Education Alternative Payment Program (PACEAPP)

Child Care: Child Care Programs

(707) 585-0600 ext. 104

6050 Commerce Blvd., Ste. 106, Rohnert Park, CA

Subsidizes child care for families while they go through SonomaWORKS, the welfare to work program. Non-CalWORKS families may also receive child care vouchers when funds are available. Families must meet requirements. Spanish spoken. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Sonoma County Office of Education (SCOE), Special Education

Child Care: Child Care Programs

(707) 522-3272

8511 Liman Way, Building A(La Fiesta Educational Center), Rohnert Park, CA

<http://www.scoe.org/pub/htdocs/specialed-preschool.html>

Free preschool and programs for children ages 3-5 who require special education services. FREE.

Eligibility: Disability only | Last updated: 5/28/15

Children and Family Circle

Child Care: Child Care Programs

(707) 544-4653

1410 Guerneville Rd. Suite 1, Santa Rosa, CA

www.cfckids.org

Offers free or low-cost childcare and support services to infants and toddlers (3 mos. to 3 yrs.) from low-income families, especially those at high-risk of abuse and neglect. Waiting list. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/27/15

Community Action Partnership, Head Start / Early Head Start

Child Care: Child Care Programs

(707) 535-3386 | (707) 544-6911

1300 North Dutton Ave., Santa Rosa, CA

http://www.capsonoma.org/?page_id=4232

Free preschool for ages 0-5 years for low income families and children with special needs. Call for eligibility guidelines and application. Also located in Healdsburg and Guerneville. English, Spanish. FREE.

Eligibility: none | Last updated: 5/27/15

Community Child Care Council of Sonoma County (4C's), Child Care Referrals

Child Care: Child Care Programs

(707) 544-3077

131-A Stony Circle, Suite 300, Santa Rosa, CA

www.sonoma4cs.org

Offers free child care referrals to centers, consumer education, resources and statistics for child care in Sonoma County, and trusted registration for in-home or license-exempt caregivers. Also operates 13 child development centers and preschools throughout the county and the main office is in Santa Rosa. You can apply for free or low-cost preschool or child care through the CEL. Ask 4Cs for application assistance. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/27/15

Multicultural Child Development

Child Care: Child Care Programs

(707) 544-0104

1650 W. Third St., Santa Rosa, CA

<http://www.multiculturalpreschool.org/>

Free state preschool for low income persons. Must apply in person. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/27/15

Santa Rosa Junior College, Child Care

Child Care: Child Care Programs

(707) 527-4224

<http://www.santarosa.edu/childdev/child-center/>

Subsidized and non-subsidized child care services available to Santa Rosa Junior College students. Open Mon- Fri, for children ages 6 months-5 years. Services have a waiting list. Call for details. Cash or other payment method.

Eligibility: none | Last updated: 5/28/15

Sonoma County Child Care Association

Child Care: Child Care Programs

(707) 237-4911

www.sccca.info

Assists in developing professional growth, education, and support to people working in the child care profession. Also offers parents and others qualified, professional child care referrals.

Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Parenting

Migrant Education Program

Child Care: Parenting | Education: Immigrant and Migrant Education

(707) 526-1272 ext. 20

5510 Skylane Blvd., Ste. 100, Santa Rosa, CA

www.bcoe.org

Works with migrant parents, students and the school providing information to the parents and student regarding progress at school, academic requirements, grading system, graduation requirements, college information including requirements, teaching how to self-advocate, assisting for parent teacher conferences and interpreting. Also have a pre-kinder program "Primer Maestro" to teach parents how to prepare their children for kindergarten. All programs are free. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

County Health-Public Health Division, Childhood Lead Poisoning Prevention Program

Child Care: Parenting | Education

1-800-427-8982

625 5th Street, Santa Rosa, CA

www.sonoma-county.org/health/services/clpp.asp

The program works to keep children safe from lead poisoning by providing information and services to parents, healthcare providers, and the general public. For children found to have harmful levels of lead in their bodies, the program works with the families to identify possible sources of contamination and provides education on ways to reduce the risk of further lead contamination. Information, workshops and special trainings on lead poisoning are provided for health care providers and the general public. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Lifeworks Family Education Center (FEC)

Child Care: Parenting | Mental Health and Counseling

(707) 568-2300

1200 College Ave., Santa Rosa, CA

www.lifeworkssc.org

Non-profit counseling center. Offers in-home behavior coaching and training, classes, support groups and school groups, individual, couple and family therapy, and a program for parents of at-risk or gang affiliated teens. Fee.

English, Spanish. By appointment only. Cash or other payment method.

Eligibility: none | Last updated: 5/28/15

Maternal Child Health Field Nursing Program

Child Care: Parenting | Sexual and Reproductive Health: Breastfeeding Support

(707) 565-4440

625 5th St., Santa Rosa, CA

<http://www.sonoma-county.org/health/services/homevisiting.asp>

Provides free home-based support, education, and help finding services for pregnant and parenting women with young children. Spanish spoken. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Jewish Family and Children's Services, Parents Place

Child Care: Parenting | Sexual and Reproductive Health

(707) 571-2048

1360 N Dutton Ave. Suite C, Santa Rosa, CA

<http://www.parentsplaceonline.org/sonoma>

Parent workshops and consultations (positive discipline, handling anger, understanding temperament, and stages of development), Triple P parenting program, counseling (medical and other insurances accepted), playgroups, lending library free, and free post-adoption services. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

River to Coast Children's Services (RCCS), Parenting Resources

Child Care: Parenting

(707) 869-3613

16300 First St., Guerneville, CA

www.rccservices.org

Offers free or low cost parent workshops, trainings, and safety events held in West County communities. On-site emergency resources program, car safety seat program, kindergym, infantgym, lending library, computer access for parents and providers, seasonal events for children. All free. Family counseling program on a sliding scale.

Helps parents and guardians to find and pay for child care with subsidies. Must meet requirements. Spanish spoken. English, Spanish. Monday-Friday. Sliding Scale .

Eligibility: none | Last updated: 5/28/15

Petaluma Mother's Club, Parent Support Group

Child Care: Parenting

(707) 238-2204

P.O. Box 521, Petaluma, CA

www.petalumamothersclub.org

Parent support group Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Petaluma People Services, Parenting Classes

Child Care: Parenting

(707) 765-8488

1500A Petaluma Blvd South, Petaluma, CA

<http://petalumapeople.org/counseling/>

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.

Accept private insurance and MediCal (for children and teens), CPS Referrals, Victim Assistance, private pay, and provide EAP service. English, Spanish. Monday-Friday. Medi-Cal accepted.

Eligibility: none | Last updated: 5/28/15

Early Learning Institute, Support and Services

Child Care: Parenting

(707) 591-0170

311 Professional Center Dr., Suite 100, Rohnert Park, CA

www.earlylearninginstitute.com

Support and services for very young children and their families. Developmental screenings, home visiting services, early intervention, and consultation to child care providers. Emphasizes services for children with disabilities or special needs. Offer playgroups and classes (see website for schedule). All services are free. Spanish spoken.

English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

California Parenting Institute, Autism Support

Child Care: Parenting

(707) 585-6108

3650 Standish Ave, Santa Rosa, CA

www.calparents.org

Offers direct care, family education, training service providers and local autism awareness. English, Spanish. FREE.

Eligibility: Disability only | Last updated: 5/28/15

California Parenting Institute

Child Care: Parenting

(707) 585-6108

3650 Standish Ave, Santa Rosa, CA

www.calparents.org

Helps and heals children, educate and support parents, and enhances parent competency. Assesses the needs of each individual, family, and professional to offer them a coordinated menu of prevention, intervention, and advocacy services. Also makes referrals and coordinates with other health and social service providers. May be eligible for low-cost or free services. Accepts Medi-Cal for certain child counseling classes. English, Spanish. By appointment only. Medi-Cal accepted.

Eligibility: none | Last updated: 5/28/15

California Parenting Institute, Counseling Services

Child Care: Parenting

(707) 585-6108

3650 Standish Ave, Santa Rosa, CA

www.calparents.org

Offers comprehensive mental health services to children ages 0-18. The individual, group, and family psychotherapy services address a wide range of childhood behavior challenges, difficult life transitions, and traumas. English, Spanish. Monday-Friday. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

California Parenting Institute, Parenting Apart Program

Child Care: Parenting

(707) 585-6108

3650 Standish Ave, Santa Rosa, CA

www.calparents.org

English and Spanish programs for parents who are challenged with separation, divorce, and creating blended families (parents learn skills they can use to cope effectively). Kids' Turn offers groups for children affected by divorce. Free. English, Spanish. Monday-Friday. Sliding Scale .

Eligibility: none | Last updated: 5/28/15

California Parenting Institute, Parenting Classes and Workshops

Child Care: Parenting

(707) 585-6108

3650 Standish Ave, Santa Rosa, CA

www.calparents.org

Huge variety of classes in both English and Spanish. Classes include Guiding your Toddler and Preschooler and Positive Parenting (infants through teenage years). In addition, classes involving infants and toddlers, such as Infant Massage and Bilingual Playgroups, are attended by parents and children together. Prices range from free to \$60, depending on class. Individual or group classes available. Triple P online parenting program also available.

English, Spanish. Monday-Saturday. FREE.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, AVANCE

Child Care: Parenting

(707) 544-6911 ext. 1025

1300 N Dutton Ave., Santa Rosa, CA

www.capsonoma.org

This intensive program teaches participants crucial parenting skills and encourages parents as their child's first teacher to expand their vision for their own and their children's future. Contact Marta Flax Tilling 544-6911 ext 1025 English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, Padres Unidos

Child Care: Parenting

(707) 544-6911

1300 N Dutton Ave., Santa Rosa, CA

http://www.capsonoma.org/?page_id=4259

Sixteen week Spanish language parent training program designed specifically for the parents' strong-willed and out-of-control teenagers. Padres Unidos' utilizes the nationally recognized Parent Project SR® curriculum to teach parents concrete identification, prevention and intervention strategies for the most destructive adolescent behaviors. The program addresses the needs of parents dealing with issues related to poor school attendance and performance, alcohol and other drug use, gang involvement, violence and runaways. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, Pasitos

Child Care: Parenting

(707) 544-6911 ext. 1025

1300 N Dutton Ave., Santa Rosa, CA

www.capsonoma.org

Free program for Spanish-speaking parents and their three and four year olds who are not attending preschool. Parents and children meet weekly to share activities that build language, early literacy, fine motor skills, and social ability. Contact Marta Flax Tilling 544-6911 ext 1025. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, Southwest Family Resource Center

Child Care: Parenting

(707) 579-4816

1300 N Dutton Ave., Santa Rosa, CA

www.capsonoma.org

Free school-based Family Resource Center. Staff offer case management, parenting classes, family advocacy, information, and referral services to families seeking to build their parenting knowledge and protective factors. Contact Carlos del Pozo 579-4816. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Dads Make a Difference

Child Care: Parenting

(707) 565-4480

625 5th Street, Santa Rosa, CA

<http://www.dadsmakeadifference.org/>

Free parenting classes and information on fathers' rights for males 16-24 who are fathers of children born to teen mothers. Spanish spoken. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Safe Kids Sonoma County , Car Passenger Safety

Child Care: Parenting

(800)427-8982

Santa Rosa, CA

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. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/28/15

Santa Rosa Junior College, Foster and Kinship Care

Child Care: Parenting

(707) 535-3752

1501 Mendocino Ave, Santa Rosa, CA

<http://www.santarosa.edu/childdev/foster/>

The program offers training and resources for foster parents, foster/adoptive parents, and caregivers caring for children who have come through Child Protective Services. Also provides resources to former foster children who are students at the junior college. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Sunny Hills Services, Sonoma Kinship Family Center

Child Care: Parenting

(707) 299-3909

2255 Challenger Way, Suite 100, Santa Rosa, CA

<http://www.sunnyhillsservices.org/key-facts-sonoma-kinship-center.html>

Provides resources and supportive services to relative caregivers and the children under their care. FREE.

Eligibility: none | Last updated: 5/28/15

Talk Line Family Support Center

Child Care: Parenting

(415) 441-5437

Website and/or Phone Service Only

www.talklineforparents.org

Provides free, confidential, 24-hour counseling for parents and babysitters with family questions. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Northern Sonoma County Mother's club, Parent Support Group

Child Care: Parenting

<https://www.facebook.com/NSCMC>

Parent support group for Northern Sonoma County, California (Santa Rosa, Windsor, Healdsburg and Cloverdale)

Hours vary. FREE.

Eligibility: Female only | Last updated: 5/28/15

Rohnert Park-Cotati Mothers' Club , Parent Support Group

Child Care: Parenting

(707) 522-8642

www.rpcmc.com

Parent support group Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 5/28/15

Santa Rosa MOPS (Mothers of Preschoolers), Parent Support Group

Child Care: Parenting

(707) 571-0245

<http://www.mops.org/>

Parent support group. Several groups in area - search website for nearest location. Hours vary. FREE.

Eligibility: Female only | Last updated: 5/28/15

Santa Rosa Mother's Club , Parent Support Group

Child Care: Parenting

(707) 525-5902

www.santarosamothersclub.org

Parent support group Hours vary. FREE.

Eligibility: Female only | Last updated: 5/28/15

Sonoma County Mothers of Multiples, Parent Support Group

Child Care: Parenting

1-866 TWIN JOY (894-6569)

Parent support group Hours vary. FREE.

Eligibility: Female only | Last updated: 5/28/15

Pregnancy, Post-Pregnancy, and Infant Care

Pregnancy Counseling Center of Sonoma County

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

(707) 575-9000

750 Mendocino Ave, Suite 1, Santa Rosa, CA

www.pccsonomacounty.org

Free and confidential services for unplanned pregnancy, including pregnancy tests, prenatal care, crisis pregnancy counseling, sexual abuse and recovery support, maternity clothing and baby supplies, and post-abortion recovery support. Do not speak Spanish. English only. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Santa Rosa Women's Health and Birth Center, Classes for Expectant Parents

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

(707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://santarosabirthcenter.com/services/community-education/classes-for-expectant-parents/>

Classes on birth preparation, infant care, breastfeeding preparation, nutrition, and other subjects. Call for more information. English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Female only | Last updated: 5/28/15

Santa Rosa Women's Health and Birth Center, Post-Partum Care

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

(707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://santarosabirthcenter.com/services/post-partum-care/>

Home visits day after returning home and as needed during first week. All first-time moms receive at least 2 home visits during this time period. English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Female only | Last updated: 5/28/15

Santa Rosa Women's Health and Birth Center , Reproductive Healthcare Services

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health | Sexual and Reproductive Health: Birth control options, pregnancy testing, pap smears, and STI testing

(707) 539-1544

583 Summerfield Rd., Santa Rosa, CA

<http://santarosabirthcenter.com/services/pregnancy-care/>

Midwives offer women's reproductive health care services, including birth control, STI testing, pregnancy tests, and annual exams. Pregnancy and obstetric care also offered. Clients can choose between birth center and hospital birth. English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Female only | Last updated: 5/28/15

Sutter Santa Rosa Regional Hospital , "Sweet Success"

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

30 Mark West Springs Road, Santa Rosa, CA

<http://www.suttersantarosa.org/services/wic/diabeticmgmt.html>

Offers multidisciplinary services during preconception, pregnancy and postpartum for women who are diabetic or develop diabetes during pregnancy. Requires referral from provider. English, Spanish. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Bay Area Stress Line, Postpartum Depression Hotlines

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

1-888-678-2669

Website and/or Phone Service Only

Provides information and support for postpartum depression. Leave a message and someone will call you back.

English only. 9am-9pm. FREE.

Eligibility: none | Last updated: 5/28/15

Postpartum Support International, Postpartum Depression Hotline

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

1-800-944-4773

Website and/or Phone Service Only

<http://www.postpartum.net/>

Hotline for postpartum depression English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Text4baby

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

Website and/or Phone Service Only

<https://www.text4baby.org/>

Free messages each week on your cell phone to help you through your pregnancy and your baby's first year. Texts are timed to due date or baby's date of birth. Text BABY to 511411 or BEBE for Spanish. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Think Pregnancy

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

(707) 565-4552

Website and/or Phone Service Only

www.thinkpregnancy.org

Website provides extensive information on the effects of alcohol, tobacco and other drugs on pregnancy. Includes links to local resources related to substance abuse and/or family planning care. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

YWCA, Postpartum Depression Hotlines

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health

(707) 546-1234

Website and/or Phone Service Only

www.ywcasc.org/

Support and referrals for postpartum depression English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Nurse Family Partnership (NFP)

Child Care: Pregnancy, Post-Pregnancy, and Infant Care | Sexual and Reproductive Health | Sexual and Reproductive Health: Breastfeeding Support

(707) 565-4552

<http://www.sonoma-county.org/health/ph/homevisiting/nfp.htm>

Home visiting program where first-time, low-income mothers are visited weekly to monthly by a Public Health Nurse beginning during pregnancy and continuing through the child's second birthday. English, Spanish. Monday-Friday. FREE.

Eligibility: Female only | Last updated: 5/28/15

Teen Parent Connections

Child Care

(707) 565-4440

625 Fifth St., Santa Rosa, CA

<http://www.sonoma-county.org/health/services/homevisiting.asp>

A program for pregnant/parenting teenagers age 18 years or younger. Social workers provide long-term comprehensive case management services helping clients to maximize their educational potential and advance self-sufficiency. Free. Spanish spoken. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Disability Services

Becoming Independent, Employment Services

Disability Services | Employment

(707) 431-1345

625 Center Street, Healdsburg, CA

http://www.becomingindependent.org/programs_employment.html

Offers employment to people with developmental disabilities. Jobs may be both within the Becoming Independent (BI) organizational structure and outside in the business community. Examples of jobs include assembly line tasks and product construction at BI sites, as well as in vineyards, supermarkets, restaurants, landscaping companies, and other jobs. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Becoming Independent, Employment Services

Disability Services | Employment

(707) 524-6600

1425 Corporate Center Parkway, Santa Rosa, CA

http://www.becomingindependent.org/programs_employment.html

Offers employment to people with developmental disabilities. Jobs may be both within the Becoming Independent (BI) organizational structure and outside in the business community. Examples of jobs include assembly line tasks and product construction at BI sites, as well as in vineyards, supermarkets, restaurants, landscaping companies, and other jobs. FREE.

Eligibility: Disability only | Last updated: 6/3/15

California Department of Rehabilitation

Disability Services | Employment

(707) 576-2233 | (707) 542-6365 (TTY)

50 D St., Room 425, Santa Rosa, CA

www.rehab.cahwnet.gov

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

Eligibility: Disability only | Last updated: 6/3/15

Employment Development Department, State Disability Insurance (SDI)

Disability Services | Employment

1-800-480-3287

606 Healdsburg Ave., Santa Rosa, CA

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

California State Disability Insurance (SDI) is a partial wage-replacement insurance plan for California workers. SDI provides affordable, short-term benefits to eligible workers who suffer a loss of wages when they are unable to work due to a non-work-related illness or injury, or due to pregnancy or childbirth. State disability applies to short-term (6-12 months) disability needs (for long term disability claims, file with Federal Social Security disability). Visit the website for a step-by-step guide to filing for disability. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Social Security, Federal Social Security Disability

Disability Services | Employment

(707) 544-4302 | 1-800-772-1213

2099 Range Ave., Building A, Santa Rosa, CA

www.socialsecurity.gov/applyfordisability

Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death. Certain family members of disabled workers also can receive money from Social Security. Apply online. Monday-Friday. FREE.

Eligibility: 18+ | Disability only | Last updated: 6/3/15

Sonoma County JobLink, Disability Employment Services

Disability Services | Employment

(707) 565-5550

2227 Capricorn Way, Santa Rosa, CA

<https://www.joblinksonomacounty.com/gsipub/index.asp?docid=427>

Offers individualized employment and retraining assistance for eligible individuals with a physical or mental impairment through the Department of Rehabilitation Services, as well as employment-related services through Goodwill Industries. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Disability Services and Legal Center, Legal Clinic

Disability Services | Financial and Legal

(707) 528-2745 | 800-528-7703

521 Mendocino Ave, Santa Rosa, CA

<http://www.disabilityserviceandlegal.org/legal.shtml>

"Offers legal assistance for disabled individuals. Staff help individuals with issues surrounding Social Security benefits, discrimination, special education, fair housing, and other legal issues related to disabilities. The program is staffed by California State Bar licensed attorneys, and non-attorney disability rights advocates specializing in disability law. The Legal Clinic orientation is held every Monday at 1:30 PM.

By appointment only. FREE.

"Eligibility: Disability only | Last updated: 6/3/15

Disability Services and Legal Center, Home Access Modifications Program

Disability Services | Housing

(707) 528-2745 ext. 307

Area of Service / Multiple Locations, CA

http://www.disabilityserviceandlegal.org/home_modifications.shtml

Provides free home modifications for qualifying disabled individuals. Examples of modifications include grab bars, hand rails, widened doorways, and ramps. Individuals must meet income and other eligibility requirements. By appointment only. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Disability Services and Legal Center, Housing Search Assistance Program

Disability Services | Housing

(707) 528-2745 | 800-528-7703

521 Mendocino Ave, Santa Rosa, CA

<http://www.disabilityserviceandlegal.org/housing.shtml>

Provide housing search information, training, and referral to people with disabilities seeking accessible and affordable housing. Helps individuals access funding sources such as Season of Sharing and HCA. Attend an orientation at 1:30pm on Mondays to sign up. By appointment only. FREE.

Eligibility: Disability only | Last updated: 6/3/15

In-Home Supportive Services (IHSS)

Disability Services | Medical Care and Resources

(707) 565-5900

3725 Westwind Blvd., Suite 101, Santa Rosa, CA

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

Provides in-home care to low-income elderly and disabled individuals in order to remain safely and independently in their homes. Individuals must be either Medi-Cal eligible or receive SSI to qualify. Monday-Friday, 8am-5pm. FREE.

Eligibility: Seniors | Disability only | Last updated: 6/3/15

Becoming Independent, Personal Enrichment Programs

Disability Services | Mental Health and Counseling: Other Resources

(707) 431-1345

625 Center Street, Healdsburg, CA

http://www.becomingindependent.org/programs_enrichment.html

Offers personal enrichment programs for individuals with development disabilities. Programs in art and music computer and media, gardening, classes, physical fitness, and community outings all provide on-going training, recreation, and social opportunities for folks. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Becoming Independent, Community Living Support

Disability Services | Mental Health and Counseling: Other Resources

(707) 524-6600

1425 Corporate Center Parkway, Santa Rosa, CA

http://www.becomingindependent.org/programs_living-support.html

Provides a customized array of community-based services to individuals and their families including in home support, day and overnight trips, evening classes in a variety of areas, and self advocacy groups. Community Living Supports services are available to anyone who wishes to live in a home of their own and chooses to collaborate with Becoming Independent in achieving those goals. Supports include instruction in home and money management, health and safety, accessing community resources, and other critical life skills. Services are individualized with support hours ranging from weekly to twenty-four hours a day, seven days a week. Assessments are completed prior to starting the program so goals and needs are identified in advance. Serves people in Sonoma County. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Becoming Independent, Personal Enrichment Programs

Disability Services | Mental Health and Counseling: Other Resources

(707) 524-6600

1425 Corporate Center Parkway, Santa Rosa, CA

http://www.becomingindependent.org/programs_enrichment.html

Offers personal enrichment programs for individuals with development disabilities. Programs in art and music computer and media, gardening, classes, physical fitness, and community outings all provide on-going training, recreation, and social opportunities for folks. FREE.

Eligibility: Disability only | Last updated: 6/3/15

California Council of the Blind

Disability Services

1-800-221-6359

Area of Service / Multiple Locations, CA

www.ccbnet.org

Provides advocacy, self-help, support and services for the blind and visually impaired. FREE.

Eligibility: Visually impaired | Last updated: 6/3/15

Social Security, Federal Supplemental Security Income (SSI)

Disability Services

1-800-772-1213 | 1-800-325-0778 (TTY)

www.socialsecurity.gov/pgm/ssi.htm

SSI pays benefits to disabled adults and children who have limited income and resources. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Domestic Violence

Child Protective Services & Child Welfare Services

Domestic Violence | Child Care

(707) 565-4304 | 1-800-870-7064

1202 Apollo Way, Santa Rosa, CA

<http://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. Incidents can be reported by phone 24 hours a day. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: Under 18 | Last updated: 5/28/15

County of Sonoma Human Services Department, Child Welfare Services

Domestic Violence | Child Care

800-870-7064 (Child Abuse Reporting Hotline) | (707) 565-4300

1202 Apollo Way, Santa Rosa, CA

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

Investigates reports of suspected child abuse, neglect, and exploitation and takes appropriate action to protect the child. Provides a 24-hour hotline to report suspected child abuse and neglect. Also provides services to assist parents in establishing a safe and healthy home environment. Considers placement of a child in a foster home or institution only when all other alternatives have been exhausted. Provides selection, placement, and supervision of a child's care if a child needs out-of-home care. Considers permanent alternative placement if circumstances prevent a child's return to the home. Provides protection supervision when a child is a dependent of the court or the family signs a voluntary agreement. May provide ongoing services on a court-ordered or time-limited basis following resolution of a case. English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

Court Appointed Special Advocates of Sonoma County, Child Advocates

Domestic Violence | Child Care

(707) 565-6379

365 CASA Manana Rd #K, Santa Rosa, CA

www.sonomacasa.org

Serves abused and neglected children coming before the Juvenile Court for protection and rehabilitation services. The purpose of the CASA program is to humanize the complex child welfare system for the child victim by providing a trained volunteer who will act as a consistent role model, advocate, and potential life connection.

English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

Purple Berets Advocacy & Education Project

Domestic Violence | Financial and Legal

(707) 887-0262

P.O. Box 14720, Santa Rosa, CA

www.purpleberets.org

Spanish and English advocacy services for victims of domestic violence and sexual assault. Provides lawyers for restraining order hearings and certain other legal matters, and help with criminal justice issues involving violence against women. Advocacy and education services are free. Legal services are on a sliding scale. English, Spanish. Sliding scale.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, Giffen Transitional Housing

Domestic Violence | Housing | Wellness

(707) 521-9338 (Bianca Belmont)

Santa Rosa, CA

<http://capsonoma.org>

One year program for women and children; integrated with support services that are tailored to participant. Focuses on strengths, and staff guide participants to personal successes. Staff trained in providing Trauma Informed Care to ensure safe environment. Monthly rent and security deposit apply. English, Spanish. By appointment only. .

Eligibility: Female only | Last updated: 5/11/15

Men Evolving Non-Violently

Domestic Violence | Mental Health and Counseling

(707) 528-2636

Website and/or Phone Service Only

www.sonomacountymen.org

24 hour crisis hotline for men who feel they could be harmful to their family. Helps men change their violent or abusive behavior. English, Spanish. Always available (24/7). FREE.

Eligibility: Male only | Last updated: 5/28/15

Adult Protective Services

Domestic Violence

(707) 565-5969 | 1-800-667-0404

Area of Service

<http://www.sonoma-county.org/human/aps.htm>

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

Reports can be made by phone or sent by fax. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

YWCA, Community Support Group

Domestic Violence

(707) 546-1234

Area of Service

http://www.kintera.org/site/c.7pLNLVPPeBLWH/b.8109123/k.A64F/Support_Groups.htm

Participants receive support, education and confidence that enable them to break the cycle of violence.

Community support groups are available both for women who have left abusive environments and have their own housing arrangements, and for women who have not left. English, Spanish. FREE.

Eligibility: Female only | Last updated: 5/28/15

Petaluma People Services, Counseling Services

Domestic Violence

(707) 765-8488

Petaluma, CA

www.petalumapeople.org

Provides short and long-term counseling for individuals, couples, families and children who have experienced any type of domestic violence or abuse. Accept Medi-Cal for children, Victim Assistance, Child Welfare, other private insurance and private pay. Services are also provided on a sliding scale for those without insurance. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Council on Aging, Family Justice Center Elder Advocate

Domestic Violence

(707) 565-8265

2755 Mendocino Ave., Suite 100, Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

An Elder Advocate provides case management services for seniors who are victims of violence or elder abuse. The focus is to empower the senior to change their circumstances, stabilize their lives, deal with the criminal justice system and have the support and protection necessary to achieve these goals. FREE.

Eligibility: Seniors | Last updated: 5/28/15

Family Justice Center

Domestic Violence

(707) 565-8255

2755 Mendocino Ave., Suite 100, Santa Rosa, CA

www.fjcsc.org

Offers comprehensive services for victims of domestic violence, sexual assault, and elder abuse. Apply for a restraining order, find shelter, and obtain legal and procedural advice from bilingual caseworkers. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/28/15

Intertribal Council, Victim Services

Domestic Violence

(707) 565-8255 | (916) 973-9581

2755 Mendocino Ave (Family Justice Center), Santa Rosa, CA

<http://www.itccinc.org/victimservices.html>

Offers services and case management for Native Americans who are victims of domestic violence or sexual assault. FREE.

Eligibility: Native American | Last updated: 5/28/15

Social Advocates for Youth, Domestic Violence Services

Domestic Violence

(707) 544-3299 | 888-729-0012

1243 Ripley Street, Santa Rosa, CA

www.saysc.org

Offers crisis intervention and supportive services for youth (under 21) who are victims of domestic violence or abuse. FREE.

Eligibility: Under 21 | Last updated: 5/28/15

YWCA, Adobe Project

Domestic Violence

(707) 546-9922 | (707) 546-1234 (hotline)

Santa Rosa, CA

http://www.kintera.org/site/c.7pLNLVPPpEbLWH/b.8015309/k.80FE/Adobe_Project.htm

A two year supportive services program focused on the healing process for women and children who are victims of domestic violence and abuse. The Adobe Project supports self-sufficiency by continuing to provide counseling, support services, and family advocacy. Services are primarily offered to clients who have participated in YWCA's Safe House program. English, Spanish. FREE.

Eligibility: Children | Last updated: 5/28/15

YWCA, Adobe Project

Domestic Violence

(707) 546-9922 | (707) 546-1234 (hotline)

Santa Rosa, CA

http://www.kintera.org/site/c.7pLNLVPPeBLWH/b.8015309/k.80FE/Adobe_Project.htm

A two year supportive services program focused on the healing process for women and children who are victims of domestic violence and abuse. The Adobe Project supports self-sufficiency by continuing to provide counseling, support services, and family advocacy. Services are primarily offered to clients who have participated in YWCA's Safe House program. English, Spanish. FREE.

Eligibility: Female only | Last updated: 5/28/15

YWCA, Therapy Program

Domestic Violence

(707) 546-9922 | (707) 546-1234 (hotline)

Santa Rosa, CA

http://www.kintera.org/site/c.7pLNLVPPeBLWH/b.8108967/k.A553/Therapy_Services.htm

Offers counseling, support group counseling, and family counseling for women and children who are victims of domestic abuse. English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

Children of the Night

Domestic Violence

1-800-551-1300

Website and/or Phone Service Only

www.childrenofthenight.org

Crisis line for children 11-17 years of age who have been sexually abused or involved in prostitution. English, Spanish. Always available (24/7). FREE.

Eligibility: 11-17 years | Last updated: 5/28/15

Guided to Safety

Domestic Violence

Website and/or Phone Service Only

<http://guidedtosafety.org/>

Online resource guide and information for domestic violence, teen violence, and sexual assault. FREE.

Eligibility: none | Last updated: 5/28/15

Love is Respect, National Dating Abuse Helpline

Domestic Violence

1-866-331-9474

Website and/or Phone Service Only

www.loveisrespect.org

Provides counseling for domestic violence issues. Offers one-on-one support for teens and adults managed by the national domestic violence hotline. English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

National Domestic Violence Hotline

Domestic Violence

1-800-799-7233

Website and/or Phone Service Only

www.thehotline.org

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

Eligibility: none | Last updated: 5/28/15

Ombudsman Crisis Line

Domestic Violence

1-800-231-4024

Website and/or Phone Service Only

<http://www.aging.ca.gov/Programs/#LTCOP>

Report elder or dependent adult abuse in residential care, assisted living facilities, and nursing homes. English, Spanish. Always available (24/7). FREE.

Eligibility: 65+ | Last updated: 5/28/15

Verity, United Against Sexual Assault Hotline

Domestic Violence

(707) 545-7273 (hotline) | (707) 545-7270 (office)

Website and/or Phone Service Only

www.ourverity.org

Hotline with a special focus on sexual assault and abuse. English only. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

YWCA, YWCA Domestic Violence

Domestic Violence

(707) 545-7273 (hotline) | (707) 546-9922 (office)

Website and/or Phone Service Only

www.ywca.org

Provides a 24/7 hotline and crisis intervention for persons experiencing domestic violence. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Education

Immigrant and Migrant Education

Santa Rosa Junior College, English Language Classes

Education: Immigrant and Migrant Education

(707) 527-4382

Area of Service / Multiple Locations, CA

www.santarosa.edu

Offers free non-credit English classes for ESL students. Call or see website for schedule. Offered in multiple SRJC locations in Sonoma County English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 6/3/15

Office of Education, Migrant Education Programs

Education: Immigrant and Migrant Education

(707) 526-1272

5510 Skylane Blvd., Santa Rosa, CA

http://www.bcoe.org/divisions/migrant_ed_rg2/area_offices/santa_rosa_area/

Offers education and training programs designed to support the lives of migrants and their children. Provides academic support and counseling for high school students. English, Spanish. FREE.

Eligibility: none | Last updated: 6/3/15

Youth Education

Community Action Partnership, Youth Connections

Education: Youth Education

(707) 544-4326

1300 North Dutton Ave, Suite A, Santa Rosa, CA

http://www.capsonoma.org/?page_id=4256

Offers education, job training, and leadership skills for out-of-school youth(16-24) without a high school diploma. Participants receive a high school diploma. English, Spanish. Monday-Friday. FREE.

Eligibility: 16 to 24 | Last updated: 6/3/15

V.O.I.C.E.S., GED Prep Program

Education: Youth Education

707-579-4327

714 Mendocino Ave, Santa Rosa

<http://www.voicesyouthcenter.org/programs/sonoma>

Resource center serving youth (16-24 yrs). Offers education services to help youth complete high school exams, acquire a GED, and develop career paths. Also provides employment, housing, food, and mental health services.

Call for an appointment or visit website for drop-in hours.

Eligibility: 16 to 24 | Last updated: 6/3/15

Empire College, GED Prep Program

Education | Education

877-395-8535

3035 Cleveland Ave, Santa Rosa, CA 95403

<http://www.empcol.edu/school-of-business/ged-prep-course>

Offers free GED tutorial classes and voucher to take GED exam. Program customized to individual educational needs – covers Language Arts, Social Studies, Science, and Math. Class can take 3 to 10 weeks to complete. FREE.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Junior College (Santa Rosa and Petaluma Campus), GED Prep Program

Education | Education

707- 527-4834 (Santa Rosa) and 707- 778-3950 (Petaluma)

<http://online.santarosa.edu/presentation/page/?21593>

Offers free open-entry/open-exit Academic Skills Labs on the Santa Rosa Campus, the Petaluma Campus, and various locations throughout the county. These labs offer free learning opportunities to brush-up on academic skills or to prepare for the GED test and other exams such as placement tests, CAHSEE, CHSPE, and CBEST. FREE. Eligibility: none | Last updated: 6/3/15

Petaluma Adult School, Adult School Classes

Education | Education

(707) 778-4633

200 Douglas St, Petaluma, CA

<http://www.petalumaadultschool.org/>

Offers ESL, naturalization, and computer classes. Also has diploma courses for students needing to complete high school credits. Visit website or call for schedule and prices. Many classes are \$20-40. English, Spanish. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/3/15

Employment

Day Labor Centers and Migrant Employment

California Human Development Corporation, Anthony Soto Employment Training

Employment: Day Labor Centers and Migrant Employment | Education

(707) 523-1155

1015 Center Dr., Ste. B, Santa Rosa, CA

http://www.cahumandevlopment.org/farmworker_services_aset.php

Job training and placement programs for farm workers and other disadvantaged workers. Trainings include truck-driving, welding, inventory management and cash register clerk, accounting clerk etc. Also offers skills training in Spanish literacy, English, and Math. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/17/15

Graton Day Labor Center

Employment: Day Labor Centers and Migrant Employment

(707) 829-1864

2981 Bowen St, Graton, Graton, CA

www.gratondaylabor.org

Non-profit, community based, worker-led center organizing with day laborers and domestic workers for employment, health, justice and education. Promotes self-advocacy, leadership development, and community participation. Also offers English language classes, weekly health check-ups, computer training, well-being workshops, and first-come-first serve hiring practices. English, Spanish. FREE.

Eligibility: none | Last updated: 5/5/15

Healdsburg Day Labor Center

Employment: Day Labor Centers and Migrant Employment

(707) 433-6652

405 Grove St, Healdsburg, CA

http://www.cahumandevlopment.org/community_services_hispanic_services.php

Provides a general services for migrants and serves as a hiring site. Also assists with applications for CalFresh and Season of Sharing financial assistance. English, Spanish. FREE.

Eligibility: none | Last updated: 5/5/15

California Human Development Corporation, Farmworker Services

Employment: Day Labor Centers and Migrant Employment

(707) 523-1155

3315 Airway Dr., Santa Rosa, CA

http://www.cahumandevlopment.org/farmworker_services.php

Provides support and information to farmworkers and their families in finding housing, obtaining employment, enhancing job skills, help documenting health needs, as well as provides some youth services. English, Spanish. FREE.

Eligibility: none | Last updated: 5/5/15

General Employment

Goodwill Industries Redwood Empire, Employment Services

Employment: General Employment | Disability Services

(707) 523-0550

651 Yolanda Ave., Santa Rosa, CA

www.gire.org/sep.htm

Subsidized Employment program available to any Sonoma County resident in need of a job with a child under the age of 18, living at or below 200% of the federal poverty level. Matches job seekers with nonprofit, public and for-profit employers. Provides vocational assessment, work experience, job coaching and job search assistance to individuals with disabilities or barriers to employment. English, Spanish. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/18/15

Sonoma County JobLink

Employment: General Employment | Disability Services

(707) 565-5550

2227 Capricorn Way, Santa Rosa, CA

www.socojoblink.org

Provides access to services for job search and career development, labor market information, and a variety of resources and referrals. Offers training and intensive job search activities. Specialized services to youth, seniors, veterans, and the disabled are also provided. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 6/2/15

SonomaWORKS

Employment: General Employment | Transportation | Child Care

(707) 565-5500

2227 Capricorn Way Suite 100, Santa Rosa, CA

www.sonomaworks.org/

Provides employment assistance, training and benefits to families applying for or receiving cash assistance as part of the County's welfare-to-work program. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/18/15

Buckelew Programs, Blue Skies Programs

Employment: General Employment

(707) 481-8669

44 South E Street #200, Santa Rosa, CA

<http://www.buckelew.org/programs/employment.html>

Offers a comprehensive approach to help people get and keep employment by helping with counseling, vocational training, placement and overall job coaching. English only. FREE.

Eligibility: none | Last updated: 3/22/15

Catholic Charities, Coach 2 Career Program

Employment: General Employment

(707) 528-8712

465 A St., Santa Rosa, CA

www.srcharities.org

Offers direct employment services to homeless and formerly homeless clients, including job readiness and goal setting to help with interview and acceptance processes. Coordinates services with other educational, vocational training and employment programs. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/18/15

VetConnect “Veterans Helping Veterans”

Employment: General Employment

(707) 755-1417

Veterans Memorial Building, 1351 Maple Ave, Santa Rosa, CA

<http://www.vet-connect.org/>

One-stop, no-cost resource for information, assistance and referrals regarding veterans’ benefits, VA health care, counseling for veterans and their families, housing and employment counseling and more. Family members concerned about the emotional or physical health of a veteran may also attend. VetConnect is held every Tuesday from 9am-12pm at the Santa Rosa location. Tuesday, 9am-12pm. FREE.

Eligibility: Veteran status only | Last updated: 3/11/15

Show Your Stripes

Employment: General Employment

Website and/or Phone Service Only

<http://www.showyourstripes.org/veterans/>

A resource to help veterans find civilian employment. Website has search engine for "military-friendly" jobs. English only. FREE.

Eligibility: Veteran status only | Last updated: 3/11/15

California Department of Forestry and Fire Protection , Returning Veterans Enlisting Their Skills for CAL FIRE Service (R.V.E.T.S.)

Employment: General Employment

(916) 327-3985

<http://calfire.ca.gov/RVETS/RVETS.php>

Helps connect returning veterans into job opportunities with the Cal Fire program, its also linked to the national guard. English only. Monday-Friday. FREE.

Eligibility: Veteran status only | Last updated: 3/22/15

Youth Employment

Community & Family Service Agency, Adult & Youth Employment Services

Employment: Youth Employment | Disability Services

(707) 823-1640

477 Petaluma Avenue, Sebastopol, CA

<http://www.cfsa-sonoma.org/>

Connects adults and youth with employment services in West Sonoma County. Must be low-income, homeless, foster youth, or disabled. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 6/2/15

Petaluma People Services, YouthLink - Petaluma

Employment: Youth Employment | Education

(707) 765-8488

1500A Petaluma Bl S, Petaluma, CA

<http://petalumapeople.org/employment/youth-link/>

Educational, work readiness, and job skills services for low-income persons 16-21 years of age. Special education and study skills support for residents or students of Petaluma or in unincorporated areas. English, Spanish.

Monday-Friday. FREE.

Eligibility: Under 24 | Last updated: 3/18/15

Social Advocates for Youth, YouthLink - Santa Rosa

Employment: Youth Employment | Education

(707) 538-9421 | (707) 800-3963

Santa Rosa, CA

<http://www.saysc.org/programs/youth-employment-services/>

Offers free, county-wide education and employment services providing educational support, work readiness training, case management, and paid and unpaid work experiences for youth ages 16-24. FREE.

Eligibility: Under 24 | Last updated: 5/5/15

Community & Family Service Agency, YouthLink - West County

Employment: Youth Employment | Education

(707) 823-1640 x121

477 Petaluma Avenue, Sebastopol, CA

<http://www.saysc.org/programs/youth-employment-services/>

Offers free, county-wide education and employment services providing educational support, work readiness training, case management, and paid and unpaid work experiences for youth ages 16-24. This listing is for West County youth. FREE.

Eligibility: Under 24 | Last updated: 5/5/15

The Center for Social and Environmental Stewardship, YouthLink - North County

Employment: Youth Employment | Education

(707) 838-6641 x256

9619 Old Redwood Highway, Windsor, CA

<http://www.saysc.org/programs/youth-employment-services/>

Offers free, county-wide education and employment services providing educational support, work readiness training, case management, and paid and unpaid work experiences for youth ages 16-24. This listing is for North County youth. FREE.

Eligibility: Under 24 | Last updated: 5/5/15

Chop's Teen Club

Employment: Youth Employment | Resource Assistance

(707) 284-CHOPS (2467)

509 Adams Street, Santa Rosa, CA

<http://www.chopsonline.com/>

Chop's is a teen club designed by and for teens. Get into the action at chop's, a multi use teen recreation facility with a teen lounge, gym, climbing wall, art studio, nightclub, work readiness programs, café and recording studio English, Spanish. Monday-Saturday. FREE.

Eligibility: 12 to 18 | Last updated: 4/17/15

Sonoma County Youth Ecology Corps

Employment: Youth Employment

(707) 765-8488 ext 137

Area of Service / Multiple Locations, CA

<http://youthecologycorps.org/>

The Sonoma County Youth Ecology Corps (SCYEC) is a jobs, workforce training and ecosystem education program aimed at employing youth and young adults while teaching them about environmental stewardship. SYEC is for youth ages 16-24. Low income requirements may apply. Jobs are located throughout Sonoma County. Hours vary. FREE.

Eligibility: 16 to 24 | Last updated: 5/5/15

Financial and Legal

General Financial Assistance

Sonoma County Division of Economic Assistance

Financial and Legal: General Financial Assistance | Food | Resource Assistance: Health Insurance

1-877-699-6868

520 Mendocino Avenue or 2550 Paulin Drive, Santa Rosa, CA

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. See County and Citizen Services for individual programs. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/17/15

Community Action Partnership, Individual Development Accounts

Financial and Legal: General Financial Assistance

(707) 535-3311

1300 North Dutton Ave, Santa Rosa, CA

captech.wpengine.com/?page_id=4263

Special savings accounts designed to assist those economically disadvantaged, through matched savings and financial education. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/16/15

Community Action Partnership, Money Smart by FDIC

Financial and Legal: General Financial Assistance

(707) 535-3311

1300 North Dutton Ave, Santa Rosa, CA

captech.wpengine.com/?page_id=4264

The seven-week Personal Money Management Course provides information for youth and adults on managing personal finances. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/16/15

Jewish Family and Children's Services, Financial Programs

Financial and Legal: General Financial Assistance

(707) 571-8131

1360 N Dutton Ave, Suite C, Santa Rosa, CA

www.jfcs.org/sonoma-county

Provides financial assistance in the form of loans and grants to those in need limited funds and must identify as Jewish. Also offers counseling, therapy, parent workshops, consultations, and a seniors at home program. English only. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/17/15

General Legal Resources

Legal Aid Society of Sonoma County, Legal Services

Financial and Legal: General Legal Resources | Employment | Domestic Violence

(707) 542-1290

144 South E St., Suite 100, Santa Rosa, CA

www.legalaidsc.org

Provides legal services to low-income families and children. 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. Bilingual. Open Mon-Thurs. If doing LSRP its on referral base only English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/17/15

Alliance Medical Center, Sheila Miller

Financial and Legal: General Legal Resources

(707) 433-5494

1381 University Ave, Healdsburg, CA

Provides pro-bono legal services but specializes in safety law, therefore anything to do with violence. She will provide referrals if she can't help or the situation isn't her specialty. Hours: Mon & Friday English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/17/15

Catholic Legal Immigration Network, Inc., Board of Immigration Appeals

Financial and Legal: General Legal Resources

(707) 578-6000

987 Airway Court (Catholic Charities), Santa Rosa, CA

<https://cliniclegal.org/programs/advocacy/bia-pro-bono>

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. Informational meetings for Immigration Services. No longer has lawyers but do consultations and if they can't resolve the immigration issue will do referrals to lawyers that work with catholic charities. English, Spanish. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/16/15

Sonoma County Clerk's Office, Birth, Death, & Marriage Certificates

Financial and Legal: General Legal Resources

(707) 565-3800 | (707) 565-3700 (24-hour information line)

2300 County Center Dr., Suite B177, Santa Rosa, CA

<http://www.sonoma-county.org/clerk/>

Apply for documents in-person or online (additional fees apply). Birth Certificate: \$28.00, Death Certificate: \$23.00, Marriage Certificate: \$17.00. Monday-Friday, 8am-5pm. .

Eligibility: none | Last updated: 3/11/15

Sonoma County District Attorney's Office, Victim Assistance Center

Financial and Legal: General Legal Resources

(707) 565-8250

1000 Coddington Center, Suite # 101, Santa Rosa, CA

www.sonoma-county.org/crimecrushers/victimassistancecenter.htm

Provides services to victims of crime, including crisis and emergency assistance, employer/creditor intervention, intertribal council, sexual assault and domestic violence case managing, court support/escort, case status, assistance with victim impact statements, criminal justice system orientation, and resource/referral assistance. Also help with property return, restitution assistance, and victim compensations claims. Bilingual. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/17/15

Legal Resources for Immigrants

Alicia Roman Law Office

Financial and Legal: Legal Resources for Immigrants

(707) 526-4100

719 Orchard St., Santa Rosa, CA

specializes in project finance law English, Spanish. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 5/6/15

California Human Development Corporation , Immigration Assistance

Financial and Legal: Legal Resources for Immigrants

(707) 523-1155

3315 Airway Dr., Santa Rosa, CA

www.californiahumandevlopment.org

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. English, Spanish. FREE.

Eligibility: none | Last updated: 5/5/15

California Rural Legal Assistance, Inc.

Financial and Legal: Legal Resources for Immigrants

(707) 528-9941

1260 N Dutton Ave, Suite 160, Santa Rosa, CA

www.crla.org

Provides free services and programs to low-income communities (both rural and non-rural). Offers bankruptcy and foreclosure workshops, assistance with Medi-Cal and CalFresh, and assistance in legal cases related to housing, employment, and education. Closed Wednesdays English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/16/15

Catholic Charities, Immigration and Citizenship Services

Financial and Legal: Legal Resources for Immigrants

(707) 528-8712 (bilingual) | (707) 578-6000 (main)

987 Airway Court, Santa Rosa, CA

<http://www.srcharities.org/get-help/immigration-services>

Free legal help in obtaining permanent residency, family reunification, refugee resettlement, citizenship, and domestic violence cases. Call to see when Counselor is available. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Hispanic Chamber of Commerce

Financial and Legal: Legal Resources for Immigrants

(707) 575-3648

3033 Cleveland Ave, Suite 306, Santa Rosa, CA

www.hcc-sc.org

Promotes the economic growth and development of Hispanic businesses. Provides partnership opportunities through programs and services designed to help members succeed. FREE.

Eligibility: none | Last updated: 5/5/15

Tanya Brannon Law Office

Financial and Legal: Legal Resources for Immigrants

(707) 546-0235

719 Orchard St., Santa Rosa, CA

Specializes in crime cases and U Visa eligibility. Call for a free consultation. English, Spanish. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/17/15

Legal Resources for Seniors

Council on Aging, Financial Services

Financial and Legal: Legal Resources for Seniors

(707) 525-1143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/legal-services/>

Provides an assortment of financial services tailored to senior needs. The Daily Money Management program provides a counselor who will handle day-to-day finances. Council on Aging can also act a payee, trustee, conservator, power of attorney, or executor for its clients. Fees vary depending on the program.

Eligibility: 50+ | Last updated: 3/18/15

Council on Aging, Lawyer Referral Service

Financial and Legal: Legal Resources for Seniors

(707) 525-1146 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/legal-services/>

Refers Sonoma County residents (50+) to a lawyer from a panel of elder law attorneys who are experienced in working with seniors clients. An initial half-hour consultations is \$40. If the attorney is retained for additional services, the usual fees for that attorney will apply. .

Eligibility: 50+ | Last updated: 3/18/15

Council on Aging, Senior Legal Services

Financial and Legal: Legal Resources for Seniors

(707) 525-0143 ext. 140 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/legal-services/>

Provides donation-based legal services in the following areas: Social Security and SSI; Medicare and Medi-Cal; Fraud, Debt, and other Consumer Problems; Elder Abuse; Estate Planning and Advanced Health Care Directives; Housing; Planning for Long Term Care; Real Estate; and Small Claims. FREE.

Eligibility: Seniors | Last updated: 3/18/15

Council on Aging, Simple Estate Planning Service

Financial and Legal: Legal Resources for Seniors

(707) 525-0143 ext. 140 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/legal-services/>

Offers a fixed-fee program for those interested in avoiding probate. This program provides planning for simple estates of total value under the current estate tax exemption, through the use of a revocable trust and related documents. .

Eligibility: Seniors | Last updated: 3/18/15

Empire College, Community Elder Law Clinic

Financial and Legal: Legal Resources for Seniors

(707) 736-6150 | (707) 544-6766

Silvercrest, 1050 Third St., Santa Rosa, CA

<http://www.empcol.edu/school-of-law/elder-law-clinic>

Free advice on all legal topics, from advocacy to the preparation of legal documents. Thursday, 4:15pm-5:45pm, walk-in. FREE.

Eligibility: none | Last updated: 3/18/15

Prescriptions

Lark Drugs

Financial and Legal: Prescriptions

(707) 869-9055

16251 Main St, Guerneville, CA

<http://www.larkdrugs.com/>

West County Health Center patients receive discounted pricing on prescription drugs.

Eligibility: none | Last updated: 12/15/2015

Forestville Pharmacy

Financial and Legal: Prescriptions

(707) 887-2268

6652 Front St, Forestville, CA

West County Health Center patients receive discounted pricing on prescription drugs.

Eligibility: none | Last updated: 12/15/2015

United Way of Wine County, FamilyWize

Financial and Legal: Prescriptions

1-866-810-3784

418 B Street, Suite 400, Santa Rosa, CA

<http://www.familywize.org>

Receive discounted pricing on prescription drugs (an average of up to 40%). Call to receive a free card. Website shows a pharmacy and medication lookup tool. Also has an app to carry the card on your phone. English, Spanish.

Always available (24/7). FREE.

Eligibility: none | Last updated: 3/17/15

Tax Preparation

United Way of Wine County, Volunteer Income Tax Assistance

Financial and Legal: Tax Preparation | Resource Assistance

2-1-1

Area of Service / Multiple Locations, CA

<http://www.unitedwaywinecountry.org/our-work/our-regions/sonoma-county/>

Free tax preparation for tax payers with household incomes under \$53,000. Trained volunteers will file tax returns for clients. Call 2-1-1 to schedule an appointment at one of over 15 sites in Sonoma County. Also offers CalFresh and health insurance enrollment and other services. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/18/15

AARP, Tax Aide Assistance Program

Financial and Legal: Tax Preparation

(707) 762-6228

Area of Service / Multiple Locations, CA

<http://www.aarp.org>

Volunteer tax assistance for people of low to moderate income from Feb 1 through April 15. By appointment only. FREE.

Eligibility: none | Last updated: 3/18/15

Utilities

Pacific Gas and Electric (PG&E), Medical Baseline Program

Financial and Legal: Utilities | Disability Services

1-800-743-5000

<http://www.pge.com/myhome/customerservice/financialassistance/medicalbaseline>

Residential customers dependent on life-support equipment and/or with special heating and cooling needs due to certain medical conditions may receive approximately 500 kilowatt-hours (kwh) of electricity and/or 25 therms of gas per month English, Spanish. Always available (24/7). FREE.

Eligibility: Disability only | Last updated: 3/17/15

Pacific Gas and Electric (PG&E), CARE Program

Financial and Legal: Utilities

1-866-743-2273

Area of Service / Multiple Locations, CA

<http://www.pge.com/myhome/customerservice/financialassistance/>

Program is available to single-family, low-income customer with their own PG&E accounts. Receive a 20% discount on your PG&E bill each month and an exemption from recent surcharges. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/17/15

Office of Community Services, Low Income Home Energy Assistance Program (LIHEAP)

Financial and Legal: Utilities

(707) 495-4417

1100 Coddington Center Suite 1 , Santa Rosa, CA

Qualify for help with 1 bill throughout the year for low income household based on family household size and income. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/17/15

Salvation Army / PG&E, REACH Program

Financial and Legal: Utilities

1-800-933-9677

93 Stony Circle, Santa Rosa, CA

www.pge.com/reach

Free emergency help with utility bills, one -time energy assistance program for unexpected or unforeseen hardships. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/17/15

Pacific Gas and Electric (PG&E), Energy Savings Assistance Program

Financial and Legal: Utilities

1-800-989-9744

www.pge.com/myhome/customerservice/financialassistance/energypartners/

Offers a free weatherization program. Utility approved contractors work with low-income customers to make their homes more energy efficient. English, Spanish. Always available (24/7). FREE.

Eligibility: must live in house/mobile home/apartment that is at least 5 years old | Last updated: 3/17/15

Social Security Administration & Disability Office

Financial and Legal | Disability Services

(707) 544-4302 | 1-800-772-1213 (national)

2099 Range Ave., Building A, Santa Rosa, CA

www.socialsecurity.gov

Services include retirement benefits for those 62 and over, disability benefits for persons unable to work, spouses, widows, children, Medicare for persons age 65 or over. Appointments available Mon-Fri 9am –3pm (closes at noon on Wed). Claims may be filed online. English, Spanish. Monday-Friday, hours vary. FREE.

Eligibility: Multiple | Last updated: 6/2/15

Sonoma County Economic Assistance, General Assistance for Sonoma County Residents

Financial and Legal | Employment | Disability Services

(707) 565-2715

2550 Paulin Dr., Santa Rosa, CA

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

Provides assistance with shelter, food and employment services for individuals who are disabled, unemployed, and not supported financially by friends, family or any private or public assistance program. Please note that several official documents are required for the application. English, Spanish. Monday-Friday. FREE.

Eligibility: Multiple | Last updated: 6/2/15

Community Alliance for Financial Empowerment, CAFÉ

Financial and Legal

(707) 894-8660

129 N. Cloverdale Blvd. #11, Cloverdale, CA

<http://www.cafecommunity.org/>

Provides help for small business development, personal financial management, income tax preparation FREE.

Eligibility: none | Last updated: 12/15/2015

Food

Farmer's Markets and CSA's

Cloverdale Farmers Market

Food: Farmer's Markets and CSA's

N. Cloverdale Blvd, between 1st Street and E. 2nd Street., Cloverdale, CA

<http://cloverdalefarmersmarket.com/>

Seasonal farmers market (May-August). Accepts EBT. Fridays 5:30-Dusk. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Cotati Farmer's Market

Food: Farmer's Markets and CSA's

16 La Plaza Park, W. Sierra & Old Redwood Highway, Cotati, CA

<http://www.localharvest.org/cotati-farmers-market-M17438>

Seasonal farmer's market (May-December). Accepts EBT. Thursdays 4:30-7:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/4/15

Forestville Farmers Market

Food: Farmer's Markets and CSA's

(707) 766-4597

Russian River Vineyards (5700 Highway 116 N.), Forestville, CA

<http://www.forestvillefarmersmarket.com/>

Seasonal farmers market (June-October). Accepts EBT. Tuesdays 4-7 pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Healdsburg Farmer's Market

Food: Farmer's Markets and CSA's

(707)694-9763

North & Vine Streets, Healdsburg, CA

<http://www.healdsburgfarmersmarket.org/>

Seasonal farmer's market (May-November). Accepts EBT. Wed 3:30-6pm and Sat. 9am-Noon. Cash or other payment method.

Eligibility: none | Last updated: 6/4/15

Petaluma Bounty , Petaluma Bounty

Food: Farmer's Markets and CSA's

(707) 775-3663

1500 Petaluma Blvd. South, Petaluma, CA

<http://www.petalumabounty.org/>

CSA. Offers produce box of fruits and vegetables. Accepts EBT. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

Petaluma Bounty Farmers Market

Food: Farmer's Markets and CSA's

(707) 775-3663

Petaluma Health Center (1179 North McDowell Blvd), Petaluma, CA

Seasonal farmers market. Accepts EBT. Part of market match program (the program matches customers' CalFresh benefits spent at participating markets, dollar-for-dollar, up to a \$10 maximum). Call for information. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Petaluma East-Side Farmers Market , Petaluma East-Side Farmers Market

Food: Farmer's Markets and CSA's

320 N. McDowell Ave. , Petaluma, CA

<https://www.facebook.com/petalumaeastsidefarmersmarket>

Year-round farmers market. Accepts EBT. Tuesdays 10am-1:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Petaluma Farmer's Market

Food: Farmer's Markets and CSA's

Walnut Park, Corner of D Street and Petaluma Boulevard South, Petaluma, CA

Seasonal farmer's market (May-November). Accepts EBT. Wed 4:30-8PM & Sat 2-5:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/4/15

Rohnert Park Farmers Market

Food: Farmer's Markets and CSA's

500 City Center Dr, , Rohnert Park, CA

<http://www.rpcity.org/index.aspx?page=630>

Year-round farmers market on Sundays. Seasonal farmers market on Fridays (June-August). Accepts EBT. Fridays 5-8pm and Sundays 10am-2pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Oakmont Farmers Market

Food: Farmer's Markets and CSA's

(707) 538-7023

Oakmont Drive and White Oak, Santa Rosa, CA

<http://www.sonomauncorked.com/wine-country-food/farmers-markets/santa-rosa-farmers-market-in-oakmont/>

Year-round farmers market. Accepts EBT. Saturdays 9am-12pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Redwood Empire Farmers Market

Food: Farmer's Markets and CSA's

1351 Maple Ave., Santa Rosa, CA

<https://www.facebook.com/pages/Redwood-Empire-Farmers-Market/348890038510913>

Year-round farmers market. Accepts EBT. Wednesday and Saturday 8:30am to 1pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Santa Rosa Certified Market

Food: Farmer's Markets and CSA's

(707) 522-8629

50 Mark West Springs Road, Santa Rosa, CA

<http://thesantarosafarmersmarket.com/>

Year round farmer's market. Accepts EBT. Wed & Sat 8:30am-1pm. Cash or other payment method.

Eligibility: none | Last updated: 6/4/15

Santa Rosa Downtown Market

Food: Farmer's Markets and CSA's

4th and E Street, Santa Rosa, CA

<http://www.wednesdaynightmarket.org/>

Seasonal farmers market (May-September). Accepts EBT. Wednesdays 5-8:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Tierra Farms

Food: Farmer's Markets and CSA's

(707) 544-6141

651 Airport Blvd., Santa Rosa, CA

<http://www.tierravegetables.com/>

Year-round CSA. Offers produce box of fruits and vegetables. Pick up and delivery available. Accepts EBT. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

West End Farmers Market

Food: Farmer's Markets and CSA's

Allen Thomas, Market Manager at 707-477-8422

Donahue St. between 8th and 9th. , Santa Rosa, CA

<http://wefm.co/>

Seasonal farmers market (June-October). Accepts EBT. Thursdays 5-8pm & Sundays 10am-1pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Green Valley

Food: Farmer's Markets and CSA's

(415) 827-2196

13024 Green Valley Road, Sebastopol, CA

<http://greenvalleycsa.com/membership-info/>

Seasonal CSA. Offers produce box from mid-May until the end of November. Accepts CalFresh. Membership fee of \$25 required in addition to payment for each week's box. Pick-up and delivery available to Graton, Occidental, Sebastopol, and Guerneville. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

Laguna Farms

Food: Farmer's Markets and CSA's

(707) 823-0823

1764 Cooper Road, Sebastopol, CA

<http://www.lagunafarm.com/>

Year- round CSA. Offers produce boxes that contain a wide array of "in season" fruits and vegetables. Offers farm pick up, home delivery and drop-site locations. Accepts CalFresh. For each \$20.00 produce box purchased with CalFresh dollars, customers will get \$5.00 credit in farm store. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

Sebastopol Certified Farmers Market

Food: Farmer's Markets and CSA's

(707) 522-9305

Weeks Way & Petaluma St., Sebastopol, CA

<http://www.sebastopolfarmmarket.org/>

Year-round farmers market. Accepts EBT. Sundays 10am-1:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Singing Frogs

Food: Farmer's Markets and CSA's

(707) 829-1389

1301 Ferguson Rd. , Sebastopol, CA

http://www.singingfrogsfarm.com/CSA_Info.html

Year-round CSA. Offers produce box with fruits and vegetables. Accepts CalFresh. 20% discount for CalFresh users. Pick-up or delivery to specific sites in West County available, but CalFresh users must pick-up box from the farm in order to swipe their card. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

Windsor Certified Farmers Market

Food: Farmer's Markets and CSA's

(707) 838-5947

Windsor Town Green, Windsor, CA

<http://windsorfarmersmarket.com/>

Seasonal farmers market. Sundays 10am-1pm (April-Mid December) and Thursdays 5-8pm (Mid June-August).

Accepts EBT. Sundays 10am-1pm and Thursdays 5-8pm . Cash or other payment method.

Eligibility: none | Last updated: 6/8/15

Food Assistance Programs

Sonoma County Economic Assistance, CalFresh

Food: Food Assistance Programs

(707) 565-2715 | 1-800-331-2278

2550 Paulin Dr., Santa Rosa, CA

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

Program that supplements an eligible household's food budget and acts as a safety net for low-income households.

Apply for services in-person at the county office or call to being process over the phone. Applicants may also apply at a community health clinic that offers application assistance or apply online at mybenefitscalwin.org. Please note that several official documents are required to apply. English, Spanish. Monday-Friday. FREE.

Eligibility: Multiple | Last updated: 6/3/15

CalWin Benefits

Food: Food Assistance Programs | Resource Assistance

Website and/or Phone Service Only

<https://www.mybenefitscalwin.org/>

Apply online for Medi-Cal, CalFresh (food stamps), or cash assistance. English, Spanish, Other. FREE.

Eligibility: Multiple | Last updated: 6/3/15

Sonoma County Department of Health Services, WIC Nutrition Program

Food: Food Assistance Programs

(707) 565-6590 ext. 3272 | 1-800-816-3663

1450 Guerneville Road, Santa Rosa, CA

<http://www.sonoma-county.org/health/wic/en/index.htm>

WIC is a nutrition program that helps mothers and young children eat well and stay healthy. Provides qualifying individuals with checks for food, education about health & nutrition, breastfeeding support, and referrals to other health resources. Qualifying individuals must meet basic criteria: (1) be a pregnant, postpartum/breastfeeding woman, an infant, or a child under 5 years old; (2) Have a household income less than 185% of federal poverty guidelines; (3) have a nutritional need or risk. Call to begin the application process and schedule a WIC appointment to determine eligibility.

English, Spanish. FREE.

Eligibility: Young children and pregnant or breastfeeding mothers | Last updated: 6/3/15

Guerneville WIC Office, WIC Nutrition Program

Food: Food Assistance Programs

(707) 565-6590 | 1-800-816-3663

16390 Main Street, Guerneville, CA

<http://www.sonoma-county.org/health/wic/en/index.htm>

Alliance Medical Center, WIC Nutrition Program

Food: Food Assistance Programs

(707) 431-0831

1831 University Ave, Healdsburg, CA

8465 Old Redwood Hwy, Suite 310, Windsor, CA

<http://wic.alliancemed.org/>

Petaluma WIC Office, WIC Nutrition Program

Food: Food Assistance Programs

(707) 565-6590 | 1-800-816-3663

Petaluma City Hall, County Offices West Wing, 11 English Street, Petaluma, CA

<http://www.sonoma-county.org/health/wic/en/index.htm>

Council on Aging, Meals on Wheels

Food: Food Assistance Programs

(707) 525-0143 ext. 116 (main) | (707) 525-0383 (application)

Area of Service / Multiple Locations, CA

<http://www.councilonaging.com/meals-on-wheels/>

Delivers hot meals to homebound seniors ages 60 and older who are unable to shop or cook for themselves. If eligible, meals are delivered directly to residence M-F during the middle of the day (weekend meals are delivered with the Friday meal). Meals options include: Heart Healthy, Renal, Diabetic, and Lacto-Ovo Vegetarian. Coverage throughout Sonoma County, with the exception of the coast and Petaluma. Residents in designated senior housing or caregivers/spouses/companions of a Meal on Wheels recipient may also be eligible, regardless of age. English, Spanish. Monday-Friday. FREE.

Eligibility: 60+ | Homebound | Last updated: 6/3/15

Petaluma People Services, Meals on Wheels

Food: Food Assistance Programs

(707) 765-8484

1500A Petaluma Blvd South, Petaluma, CA

<http://petalumapeople.org/seniors/meals-on-wheels/>

Delivers hot meals to homebound seniors ages 60 and older. If eligible, meals are delivered straight to your residence M-F during the middle of the day (weekend meals are delivered with the Friday meal). Meals options include: Heart Healthy, Renal, Diabetic, and Lacto-Ovo Vegetarian. Coverage in Petaluma, Penngrove, and along the route west to Two Rock. Eligibility is determined through a home visit by a case manager. Monday-Friday. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Redwood Empire Food Bank, Brown Bag Program

Food: Food Assistance Programs

(707) 523-7900

Area of Service / Multiple Locations, CA

www.refb.org

Distributes groceries to low-income seniors twice a month at 19 locations in 6 towns and through home delivery. Call for information. FREE.

Eligibility: Seniors | Last updated: 6/3/15

Redwood Empire Food Bank, Commodity Supplement Food Program

Food: Food Assistance Programs

(707) 523-7900

3990 Brickway Blvd., Santa Rosa, CA

www.refb.org

Provides free monthly bag of groceries for low income families. Must have at least one child who is under 6 years of age and may not be participating in WIC or similar program. Call to determine eligibility. FREE.

Eligibility: Child under 6 years | Last updated: 6/3/15

Redwood Empire Food Bank, Diabetes Wellness Project

Food: Food Assistance Programs

(707) 523-7900 ext. 135

3990 Brickway Blvd., Santa Rosa, CA

<http://refb.org/dwp/index.html>

Provides a monthly box of healthy food to low income adults with type 2 diabetes or at high risk of type 2 diabetes. Must be above 18 years of age and earn at or less than 150% of the Federal Poverty Level. Food boxes may be picked up on a monthly basis at a distribution site. Call to apply. FREE.

Eligibility: 18+ | Type 2 Diabetes or high-risk | Last updated: 6/3/15

Graton Day Labor Center, Diabetes Wellness Program

Food: Food Assistance Programs

(707) 829-1864

2981 Bowen St., Graton, CA

<http://www.gratondaylabor.org/>

Provides diabetes screening, care coordination, nutrition and disease education, and healthy foods. Drop-in & program will sign participants up. Produce and canned goods available. 2nd Friday of the month, 10-11am. FREE.

Eligibility: none | Last updated: 6/2/15

Food For Thought, AIDS Food Bank

Food: Food Assistance Programs

(707) 887-1647

6550 Railroad Ave. between First and Forestville Sts., Forestville, CA

<http://fftfootbank.org/>

Food program for Sonoma County residents with an HIV diagnosis. Offers weekly groceries, vitamins and dietary supplements, and nutritional counseling, nutrition education, garden programs, support groups, and additional food for families with dependent children. No income requirement. Recipients do not need to be disabled or have active AIDS. Need proof of residency and letter of diagnosis from a doctor. Delivery available for homebound clients. Tues-Sat 10am-5pm. Tuesday-Saturday, 10am-5pm. FREE.

Eligibility: HIV diagnosis | Last updated: 6/2/15

Ceres Community Project, Meal Program

Food: Food Assistance Programs

(707) 829-5833

Area of Service / Multiple Locations, CA

www.ceresproject.org

Supports individuals dealing with serious life-threatening illness with delivered, nutrient-rich prepared meals, nutrition education, and a community of caring. 24 weeks is the maximum someone can be on this program. Offers low-cost meals for those who qualify. English, Spanish. FREE.

Eligibility: Disability only | Must have life-threatening illness | Last updated: 6/3/15

Committee on the Shelterless (COTS), Petaluma Kitchen Food Box Program

Food: Food Assistance Programs

(707) 778-6380

900 Hopper St., Petaluma, CA

<http://www.cots-homeless.org/index.php/how-we-help/homeless-services/>

Provides weekly emergency food deliveries to low income families, seniors and other individuals. Call to receive food and/or learn more about the Free Food Box delivery program. English, Spanish. FREE.

Eligibility: none | Last updated: 6/3/15

Other Food Resources

Occidental Community Church, Food Vouchers

Food: Other Food Resources

(707) 874-3501

3637 Church St., Occidental, CA

<http://www.occidentalcommunitychurch.org/>

Offers food vouchers to those in need. Available Sundays before 10am or after church at 11:30am. Occidental area residents only. Sunday. FREE.

Eligibility: Occidental Resident | Last updated: 6/2/15

Redwood Empire Food Bank, Value Market

Food: Other Food Resources

(707) 595-6500

3990 Brickway Blvd., Santa Rosa, CA

<http://www.refb.org/valuemarket/index.html>

A grocery store that offers healthy food options and low prices. Community members can qualify to shop at the Value Market if they are enrolled in CalFresh, WIC, CMSP, MediCal, or any Redwood Empire Food Bank program. May also qualify based on household income. Monday-Saturday, 10:30am-6:30pm. Cash or other payment method.

Eligibility: none | Last updated: 6/3/15

IGROW

Food: Other Food Resources

Website and/or Phone Service Only

<http://igrowsonoma.org/>

Offers information about how to grow vegetable gardens and community gardens. English, Spanish. FREE.

Eligibility: none | Last updated: 6/2/15

Pantries and Dining Sites

Cloverdale

Cloverdale Food Pantry

Food: Pantries and Dining Sites

(707) 894-7896

202 Commercial St., Cloverdale, CA

Offers bulk foods to those in need, once every six weeks. Bread and vegetables are available on weekly basis. Open on Fridays from 1pm - 3pm. Friday, 1pm-3pm. FREE.

Eligibility: none | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 894-4826

Cloverdale Multipurpose Senior Ctr, 311 N Main St., Cloverdale, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Friday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Forestville



Forestville Teen Clinic, Food Pantry

Food: Pantries and Dining Sites

(707) 887-0427

6570 First St., Forestville, CA

<http://www.wchealth.org/location/Forestville-teen-clinic>

Offers produce and other food items available for free to all young people ages 12-24 during open hours. English, Spanish. Monday-Thursday, 2:30-5:30pm. FREE.

Eligibility: 12 to 24 | Last updated: 6/2/15

Forestville United Methodist, Forestville United Methodist Food Pantry

Food: Pantries and Dining Sites

(707) 887-2020 (For information, call between 8am and 12pm)

6550 Covey Rd., Forestville, CA

<http://www.forestvilleumc.org/calendar.php#reoccurring>

Offers fresh produce, meat, dairy, etc. available. Boxes and bags provided, if needed. Start passing out numbers at 12. Numbers given in random order. 1st Distribution of month for anyone. 2nd distribution of month for Forestville Residents only. 2nd & 4th Monday, 1pm-2pm. FREE.

Eligibility: Must be a Forestville resident for second food distribution | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 869-0618

Forestville Methodist Church, Center & Covey Roads, Forestville, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Tuesday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Graton

Graton Day Labor Center, Food Pantry

Food: Pantries and Dining Sites

(707) 829-1864

2981 Bowen St., Graton, CA

<http://www.gratondaylabor.org/>

Offers perishable and non-perishable food. Bring bags. No proof of identity or residency required. 4th Friday of the month, 9:30-10:30am . FREE.

Eligibility: none | Last updated: 6/2/15

Guerneville

Catholic Charities, Rural Food Project

Food: Pantries and Dining Sites

(707) 869-3863 | (707) 542-5426 ext. 107

16255 First St., Guerneville, CA

<http://www.srcharities.org/get-help/food>

Volunteer-run food distribution site that provides fresh produce, cereal, milk, bread, pasta, and other groceries. No documents or identification is required. Offered monthly. On distribution day, numbers are given out starting around 8:30 am. 3rd Wednesday, 9am-10:30am . FREE.

Eligibility: none | Last updated: 6/3/15

Community and Family Service Agency, Community Dinners at the Vet's Hall

Food: Pantries and Dining Sites

(707) 869-2491

Church Street & 1st Street, Guerneville, CA

<http://cfsa-sonoma.org/>

Provides free, vegetarian family-style meal. Take out also available. Serve until last person leaves. No residency requirements. 2nd and Last Wednesday, 4:30-6:30. FREE.

Eligibility: none | Last updated: 6/2/15

Community Church, Russian River Food Pantry

Food: Pantries and Dining Sites

(707) 869-2514

14520 Armstrong Woods Rd., Guerneville, CA

<http://www.gcc-ucc.org/community-resources.html>

Provides fresh produce, cereal, milk, bread, pasta, and other groceries. 1st come, 1st Served, so people often show up at 9:30. There are extra distributions on Saturday before Thanksgiving and Saturday before Christmas. Must live in Guerneville, Rio Nido or Monte Rio. 2nd and 4th Saturday, 10am-12pm. FREE.

Eligibility: Must be a resident of Guerneville, Rio Nido, or Monte Rio | Last updated: 6/2/15

River to Coast Children's Services (RCCS), Emergency Food Assistance

Food: Pantries and Dining Sites

(707) 869-3613

16300 First St., Guerneville, CA

<http://www.rccservices.org/>

Emergency food, diapers & formula for families with young children. Some over the counter medications. Call ahead for infant formula, pull up diapers, head lice treatments or baby food. Monday-Friday 9am-5pm. FREE.

Eligibility: Must have children | Last updated: 6/2/15

West County Community Services (WCCS), Food Distribution

Food: Pantries and Dining Sites

(707) 869-0654

16390 Main St., Guerneville, CA

Provides food. Call Thursdays between 9:00 am - 12:00 pm to get on list, food pick up is 2-4pm at the Guerneville Veterans Memorial Auditorium. Hours vary. FREE.

Eligibility: none | Last updated: 6/2/15

West County Community Services (WCCS), Guerneville Park & Ride: Distribution by WCCS

Food: Pantries and Dining Sites

(707) 869-3863

Park and Ride parking lot across from Dawn Ranch, Lot off Highway #116, Guerneville, CA

Offers bags of produce and other foods. First come, first served. Distribution starts at 10:30, but will start earlier if weather is bad Tuesday, 10:30-11am.. FREE.

Eligibility: none | Last updated: 6/2/15

Russian River Senior Center, Russian River Senior Center Food Pantry

Food: Pantries and Dining Sites

(707) 869-0618

15010 Armstrong Woods Rd., Guerneville, CA

Offers box of non-perishable food and selection of produce. Age 60 +. Call ahead if not already a client. Need certain income to qualify 1st Tuesday 10-11:30am. FREE.

Eligibility: 60+ | Last updated: 6/3/15

West County Community Services (WCCS), Guerneville WCCS Senior Dining Site

Food: Pantries and Dining Sites

(707) 869-0618

15010 Armstrong Woods Rd., Guerneville, CA

Congregate dining site. Age 60 +. Hot meal – vegetarian options available. Call 24 hr in advance. \$4 donation requested. Wednesday and Friday, 12pm . FREE.

Eligibility: 60+ | Last updated: 6/3/15

Healdsburg

Catholic Charities & St. Paul's Episcopal Church , Rural Food Project

Food: Pantries and Dining Sites

(707) 542-5426 ext. 107 | (707) 433-2107

St. Paul's Episcopal Church, 209 Matheson St, Healdsburg, CA

<http://www.srcharities.org/get-help/food>

Provides fresh produce, cereal, milk, bread, pasta, and other groceries. No documents or identification is required. Offered monthly. Monthly (1st Thursday), 9am-10am. FREE.

Eligibility: none | Last updated: 6/2/15

Healdsburg Food Pantry

Food: Pantries and Dining Sites

(707) 433-3663

1505 Healdsburg Ave., Healdsburg, CA

<http://healdsburgfoodpantry.org>

Collects, stores, and distributes food to those in need. Anyone who is a resident of Geyserville or Healdsburg is eligible to receive food. Tuesday, Wednesday and Friday: 3:00 pm – 4:30 pm Hours vary. FREE.

Eligibility: Must be resident of Geyserville or Healdsburg | Last updated: 6/3/15

Healdsburg Shared Ministries, Healdsburg Food Pantry

Food: Pantries and Dining Sites

(707) 433-3663

1505 Healdsburg Ave., Healdsburg, CA

<http://healdsburgfoodpantry.org/need-food>

Distributes food to those in need. Anyone who is a resident of Geyserville or Healdsburg is eligible to receive food. Must bring proof of residency. Tuesday, Wednesday and Friday, 3:00 pm – 4:30 pm Tuesday, Wednesday, Friday, 3:00pm-4:30pm. FREE.

Eligibility: none | Last updated: 6/2/15

Trinity Baptist Church, Emergency Food Assistance

Food: Pantries and Dining Sites

(707) 433-4364

Trinity Baptist Church, 515 Powell Ave, Healdsburg, CA

Emergency food distribution on the first and third Saturdays of the month from 9-10am. Bring proof of income.

Saturdays (1st and 3rd), 9am-10am. FREE.

Eligibility: none | Last updated: 6/3/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 433-7515

Healdsburg Senior Ctr., 133 Matheson St., Healdsburg, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Friday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 433-7515

St. Paul's Episcopal Church, 209 Matheson St., Healdsburg, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Wednesday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Monte Rio

St. Andrew's Episcopal Mission, Mission Food Pantry

Food: Pantries and Dining Sites

(707) 865-0834

20329 Hwy 116, Monte Rio, CA

<http://www.standrews-redwoods.org/>

Offers produce, bread, and other food items to put into a box and take home. 4th Tuesday: Emergency Food Assistance Program (More food available to take home). Tuesday, 5pm-7pm. FREE.

Eligibility: none | Last updated: 6/2/15

St. Andrew's Episcopal Mission, Mission Hot Dinner

Food: Pantries and Dining Sites

(707) 865-0834

20329 Hwy 116, Monte Rio, CA

<http://www.standrews-redwoods.org/>

Offers complete dinner. 1st and 3rd Tuesday, 5pm-7pm . FREE.

Eligibility: none | Last updated: 6/2/15

Occidental

Catholic Charities & St. Philip's Church, Rural Food Project

Food: Pantries and Dining Sites

(707) 874-3812 | (707) 542-5426 ext. 107

3730 Bohemian Hwy, Occidental, CA

<http://www.srcharities.org/get-help/food>

Offers groceries and produce items. First come, first serve. Registration begins at 8:30, but people start lining up at 7 or 7:30. Bring ID - local residency required (Occidental, Monte Rio, Cazadero, Freestone, the coast). No Guerneville or Sebastopol residents accepted 2nd Tuesday, 9am-11am. FREE.

Eligibility: Must be local resident (no Guerneville or Sebastopol residents accepted). | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 869-0618

St. Phillip's Church, 3730 Bohemian Hwy, Occidental, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday, Wednesday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Petaluma

Committee on the Shelterless (COTS), Petaluma Kitchen

Food: Pantries and Dining Sites

(707) 778-6380

900 Hopper St., Petaluma, CA

<http://www.cots-homeless.org/index.php/how-we-help/homeless-services/>

Free meals are served daily to homeless and at-risk families and individuals. Two public meals are served daily: Breakfast from 7:30-9:00am and Lunch from 11:30am-1:00pm. Dinner is provided to Mary Isaak residents only. In addition to a nourishing meal, Petaluma Kitchen guests are provided access to clothing, showers, and laundry machines during the morning hours before lunch. English, Spanish. Daily. FREE.

Eligibility: none | Last updated: 6/3/15

Interfaith, Food Pantry

Food: Pantries and Dining Sites

(707) 763-2454

United Church of Christ, 825 Middlefield Dr., Petaluma, CA

Offers free groceries for very low income families, individuals and seniors. Saturday, 10:30am-12pm. FREE.

Eligibility: none | Last updated: 6/3/15

Interfaith, Food Pantry

Food: Pantries and Dining Sites

(707) 762-4081

Petaluma Community Center, 320 N McDowell Blvd., Petaluma, CA

Offers free groceries for very low income families, individuals and seniors. Distribution in the north parking lot of the Community Center. Tuesday, 5:30pm. FREE.

Eligibility: none | Last updated: 6/3/15

Interfaith, Food Pantry

Food: Pantries and Dining Sites

(707) 762-4081

Elim Lutheran Church, Baker and Stanley St., Petaluma, CA

Offers free groceries for very low income families, individuals and seniors. Thursday, 5:30pm. FREE.

Eligibility: none | Last updated: 6/3/15

Santa Rosa First Church of God, Food Pantry

Food: Pantries and Dining Sites

(707) 795-1544

4001 Roblar Rd, Petaluma, CA

<http://santarosachurchofgod.org/>

Offers free food to those in need. Wednesdays from 6pm-7pm. Wednesday, 6pm-7pm. FREE.

Eligibility: none | Last updated: 6/2/15

Petaluma People Services, Senior Dining Site - Adult Day Site

Food: Pantries and Dining Sites | Wellness

(707) 765-8488

25 Howard St., Petaluma, CA

<http://petalumapeople.org/>

Provides free lunch for seniors. Must call for reservations. Monday, Wednesday, Friday, 12pm. FREE.

Eligibility: Seniors | Last updated: 6/2/15

Petaluma People Services, Senior Dining Site - Senior Café

Food: Pantries and Dining Sites | Wellness

(707) 765-8488

211 Novak Dr., Petaluma, CA

<http://petalumapeople.org/>

Offers free lunch for seniors. Lunch is served at 1pm. Must call for reservations. Monday-Friday, 12pm-2pm. FREE.

Eligibility: Seniors | Last updated: 6/2/15

Rohnert Park

Neighbors Organized Against Hunger, NOAH Food Distribution

Food: Pantries and Dining Sites

Cross and Crown Church, 5443 Snyder Ln., Rohnert Park, CA

http://www.crossandcrownrp.org/cclc_noah.html

Offers free food to residents of Rohnert Park, Cotati, and Penngrove. Bring photo ID and bags/boxes to hold 20-25 lbs of food. Wed 4pm to 6pm. Wednesday, 4pm-6pm. FREE.

Eligibility: none | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 585-6787

Rohnert Park Senior Center, 6800 Hunter Dr., Rohnert Park, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Friday, 11:30am. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Santa Rosa

Catholic Worker, Food Pantry

Food: Pantries and Dining Sites

(707) 575-8342

437 A St., Santa Rosa, CA

Emergency food pantry for families with children. Must bring ID for self and children. Tuesday and Friday only. Sign up at 8am and pick up at 10am. English, Spanish. Tuesday and Friday, 8am. FREE.

Eligibility: none | Last updated: 6/2/15

Church of the Incarnation, Open Table

Food: Pantries and Dining Sites

(707) 579-2604

550 Mendocino Ave., Santa Rosa, CA

<http://incarnation-sr.org/christian-outreach-santa-rosa-ca/opentable.php>

Offers free Sunday breakfast buffet from 6am-7:30am. Also provides sandwiches and fruit that guests can take away for lunch. Sunday, 6:30am. FREE.

Eligibility: none | Last updated: 6/2/15

Elisha's Pantry

Food: Pantries and Dining Sites

(707) 542-2569

1717 Yulupa Ave. (at Christ Church United Methodist Church), Santa Rosa, CA

http://sonoma.networkofcare.org/ph/services/agency.aspx?pid=ElishasPantry_181_2_0

Drop-in pantry that distributes free food to people living in the Bennett and Rincon Valley areas of Santa Rosa.

Open Tuesdays 4-5:30pm. Tuesday, 4:00pm-5:30pm. FREE.

Eligibility: none | Last updated: 6/2/15

Feed Our Children

Food: Pantries and Dining Sites

(707) 575-8333 (FEED)

3350 Coffey Ln. Suite C, Santa Rosa, CA

Distributes free fruits, vegetables and bread every Thursday noon-2pm to anyone in need. Bags of emergency groceries are given out the 2nd and the 4th Thursday of each month. Walk-ins only. No ID required. Please bring your own bag. First come, first served basis. Hours vary. FREE.

Eligibility: none | Last updated: 6/3/15

FISH (Friends In Service Here) Food Pantry

Food: Pantries and Dining Sites

(707) 527-5151

2900 McBride Ln., Santa Rosa, CA

<http://www.fish-of-santa-rosa.org>

Provides groceries, no questions asked. Call ahead for intake on the same day you pick up food. Bring a photo ID and a bag for extra food. Monday - Friday: 10:30 am - 2:00 pm; Saturday: 10:30 am - 12:00 pm. English, Spanish. Monday-Saturday. FREE.

Eligibility: none | Last updated: 6/2/15

Harvest Church, Feed Our Children Program

Food: Pantries and Dining Sites

(707) 575-3333

3350 Coffey Ln. Suite C, Santa Rosa, CA

Distributes free fruits, vegetables and bread every Thursday from 12pm-2pm to anyone in need. Bags of emergency groceries are given out the 2nd and the 4th Thursday of each month. Walk-ins only. No ID required. Please bring your own bag. First come, first served basis. English, Spanish. Thursday, 12pm-2pm. FREE.

Eligibility: none | Last updated: 6/2/15

Knox Presbyterian Church, Knox Food Pantry

Food: Pantries and Dining Sites

(707) 544-5468

1650 West 3rd St, Santa Rosa, CA

<http://www.knoxchurchatwest3rd.org/ministries/food-pantry/>

Offers staple food items and fresh produce to local residents. Open on Thursdays, 3pm-4pm. Thursday, 3pm-4pm. FREE.

Eligibility: none | Last updated: 6/2/15

Prayer Chapel Mission

Food: Pantries and Dining Sites

(707) 575-5505

1295 S Wright Rd, Santa Rosa, CA

Offers groceries. Food closet open the first Wednesday of the month from 2:00pm- 4:00pm. Hours vary. FREE.

Eligibility: none | Last updated: 6/2/15

Redwood Covenant Church, Open Closet

Food: Pantries and Dining Sites

(707) 528-8463

3175 Sebastopol Rd., Santa Rosa, CA

<http://www.redwoodcovenant.org/>

Provides food and clothes on the second Saturday of every month from 8:00-10am. English, Spanish. Monthly (2nd Saturday), 8am-10am. FREE.

Eligibility: none | Last updated: 6/3/15

Redwood Gospel Mission, Meals and Services

Food: Pantries and Dining Sites

(707) 542-4817

101 6th St., Santa Rosa, CA

www.srmission.org

Offers hot breakfast and dinner on a daily basis. Attendance at services prior to meals is required. Breakfast & devotion at 6:30am; Dinner & chapel at 6pm. 18+ years old. Photo ID required. English, Spanish. Daily. FREE.

Eligibility: 18+ | Last updated: 6/2/15

Salvation Army Family Services, Emergency Food Assistance

Food: Pantries and Dining Sites

(707) 542-0998

93 Stony Circle, door C, Santa Rosa, CA

<http://salvationarmysantarosa.org/programs/family-services/>

Offers emergency groceries to anyone in need of food. Bring a photo ID for all adults, identification for all children residing in the household, and proof of current address. Service may be used once per 90 days. Also offers help with diapers, prescriptions, rent, utilities and critical needs. Serves residents in Santa Rosa, Rohnert Park and Cotati. Monday – Friday from 10am-12pm. Monday-Friday, 10am-12pm. FREE.

Eligibility: Must be resident of Santa Rosa, Rohnert Park, or Cotati. | Last updated: 6/2/15

Santa Rosa Alliance Church, Food Pantry

Food: Pantries and Dining Sites

(707) 542-3676

301 Fulton Rd, Santa Rosa, CA

<http://www.sralliance.org/>

Offers groceries to individuals on the 3rd Saturday of each month from 8am-9:30am. Walk-ins only. Entrance on Occidental Rd. Monthly (3rd Saturdays), 8am-8:30pm. FREE.

Eligibility: none | Last updated: 6/2/15

Southwest Community Health Center, Food Distribution

Food: Pantries and Dining Sites

(707) 547-2222

751 Lombardi Court, Santa Rosa, CA

<http://www.srhealthcenters.org/>

Distributes fresh produce and other food items from Redwood Empire Food Bank. Bring bags to carry food. No other requirements. Occurs on Mondays, 8am-9am behind clinic building. English, Spanish. Monday, 8am. FREE.

Eligibility: none | Last updated: 6/2/15

St. Vincent de Paul Dining Room

Food: Pantries and Dining Sites

(707) 528-7580

610 Wilson St., Santa Rosa, CA

www.svdp-sonoma.org

Serves lunch daily from 11:30am - 12:30pm. Use Seventh St. entrance. Daily, 11:30am. FREE.

Eligibility: none | Last updated: 6/2/15

The Living Room, Drop-in Meals

Food: Pantries and Dining Sites

(707) 579-0142

636 Cherry St., Santa Rosa, CA

<http://www.thelivingroomsc.org/>

Daytime drop-in center for women and children who are homeless or at risk of being homeless. Provides breakfast and lunch. Also offers clothing, toiletries, writing supplies, stamps, bus tickets, phone service, post office box, peer support, referrals for housing, jobs, and social services. Monday–Friday, 8:30am-1pm. English, Spanish. Monday-Friday. FREE.

Eligibility: Female only | Women and children only | Last updated: 6/2/15

Unitarian Universalist Congregation, Saturday Breakfast

Food: Pantries and Dining Sites

(707) 568-5381

547 Mendocino Ave., Santa Rosa, CA

<https://web.uusantarosa.org/serve/serve/saturday-breakfast-for-the-needy/>

Offers free breakfast on Saturdays from 7am-8:30am. Saturday, 7am. FREE.

Eligibility: none | Last updated: 6/2/15

Vista Family Health Center, Food Distribution

Food: Pantries and Dining Sites

(707) 303-3600

3569 Round Barn Cir., Santa Rosa, CA

<http://www.srhealthcenters.org/>

Distributes fresh produce and other food items from Redwood Empire Food Bank. Bring bags to carry food. No other requirements. Occurs on Mondays, 12pm-1pm behind clinic building. English, Spanish. Monday, 12pm. FREE.

Eligibility: none | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 365-4330

Bethlehem Towers, 801 Tupper St., Santa Rosa, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age. \$4.00 suggested donation. Monday-Friday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 525-0143 x103

First United Methodist Church, 2150 Giffen St., Santa Rosa, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age. \$4.00 suggested donation. Monday, Wednesday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 545-8608

Santa Rosa Senior Ctr., 704 Bennett Valley Rd., Santa Rosa, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Friday, 11:30am. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 525-4487

Silvercrest, 1050 Third St., Santa Rosa, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age.

\$4.00 suggested donation. Monday-Friday, 12pm. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Sebastopol

Catholic Charities & St. Sebastian's Catholic Church , Rural Food Project

Food: Pantries and Dining Sites

(707) 823-2208 ext. 105 (For information, call between 11am-3pm) | (707) 542-5426 ext. 107

7983 Covert Ln. Sebastopol, CA, Sebastopol, CA

Provides canned goods, frozen foods, boxed foods. Thanksgiving baskets offered on Thanksgiving. Call ahead to make appointment. Residents of Sebastopol only, except in cases of church members. 7 days a week by appointment. FREE.

Eligibility: Must be resident of Sebastopol | Last updated: 6/2/15

Community and Family Service Agency, Sebastopol Veteran's Hall

Food: Pantries and Dining Sites

(707) 523-7900

282 High Street, Sebastopol, CA

<http://cfsa-sonoma.org/>

Offers groceries. No residency requirements 4th Thursday of the month, 9-10am. FREE.

Eligibility: none | Last updated: 6/2/15

Inter-Church Food Pantry, Inter-Church Food Pantry

Food: Pantries and Dining Sites

(707) 823-2483 (Call during open hours)

Saint Stephen's Episcopal Church, 500 Robinson Ave., Sebastopol, CA

Provides box of food. Call ahead for pick-up. Sebastopol, Graton, Occidental residents only. Located at the head of the St. Stephen's parking lot. Monday, Wednesday, Friday, and Saturday, 10am-12pm. FREE.

Eligibility: Must be resident of Sebastopol, Graton, Occidental | Last updated: 6/2/15

Redwood Christian Fellowship, Food Pantry

Food: Pantries and Dining Sites

(707) 823-2754

7789 Healdsburg Ave., Sebastopol, CA

Provides produce, canned items, bread, and protein items. Call to sign up or drop-in. Delivery is available for some (mostly seniors). Sebastopol residents only –bring ID. Saturdays after 1st and 3rd Friday. 9am-12pm. FREE.

Eligibility: Must be Sebastopol resident. | Last updated: 6/2/15

SDA Church, Food Pantry

Food: Pantries and Dining Sites

(707) 829-3964

1665 Gravenstein Hwy N., Sebastopol, CA

Provides produce, bread, etc. for people to take home. Sebastopol residents only – bring ID. Wednesdays (Except 2nd Wednesday of month), 10am-2pm.. FREE.

Eligibility: Must be resident of Sebastopol | Last updated: 6/2/15

Council on Aging, Senior Dining Site

Food: Pantries and Dining Sites | Wellness

(707) 829-8381

Sebastopol Area Senior Ctr., 167 N High St., Sebastopol, CA

<http://councilonaging.com/services/senior-dining-room-sites/>

Congregate dining site for seniors 60 years of age and older, along with their spouses or caregivers of any age. \$4.00 suggested donation. Monday-Thursday 12pm, Brunch on Fridays at 11:30. FREE.

Eligibility: 60+ | Last updated: 6/3/15

Windsor

Windsor Service Alliance, Food Program

Food: Pantries and Dining Sites

(707) 838-6947

8987 Windsor Rd., Windsor, CA

<http://www.windsorservicealliance.org/Our-Programs.html>

Offers both free groceries and emergency financial help. Open on Fridays from 2pm - 4pm. Seniors may come from 2-2:30pm and families from 2:30-4pm. New clients are taken in at 3:30pm. Recipients must be Windsor residents and bring two forms of ID to prove residency. People unable to come on Fridays may call to arrange an appointment. English, Spanish. Friday, 2pm-4pm. FREE.

Eligibility: Must be a Windsor resident | Last updated: 6/2/15

Housing

Affordable Housing/Rent and Mortgage Assistance

Oaks of Hebron

Housing: Affordable Housing/Rent and Mortgage Assistance | Disability Services
(707) 795-5927

6950 Commerce Blvd. Suite 7, Rohnert Park, CA

<http://www.oaksofhebron.org/>

Housing and Christian-based services for people with developmental disabilities; support service and day program for people with disabilities. By appointment only. FREE.

Eligibility: Disability only | Last updated: 5/11/15

Committee on the Shelterless (COTS), Community-Based Transitional Housing

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance
(707) 765-6530

Petaluma, CA

<http://www.cots-homeless.org/>

2 shared transitional homes in Petaluma and Rohnert Park, serving 11 families per year. Each family pays a small affordable rent, receives individual case management services, and participates in Kids First and other supportive COTS programs while working toward independence. Maximum stay is 2 years. English, Spanish. By appointment only. .

Eligibility: none | Last updated: 3/5/15

Petaluma People Services, Homeless Prevention Program

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance
(707) 765-8488

1500A Petaluma Blvd South, Petaluma, CA

<http://petalumapeople.org/housing/homeless-prevention/>

One-time grants for individuals in Petaluma who are at risk of losing their housing because of unpaid rent or because they need help with a deposit. The grant is for Petaluma residents only and does not cover rent for applicants on Section 8/HUD. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Rebuilding Together Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance Provides home repair services free of charge to individuals and organizations that need help. Low-income homeowners such as elderly, disabled and/or families with children are eligible. Only available to Petaluma residents who are homeowners. English, Spanish. By appointment only. FREE. Eligibility: none | Last updated: 5/11/15

Petaluma
(707) 765-3944
402 Petaluma Blvd N, Petaluma, CA
www.rtpetaluma.com

Rohnert Park
(707) 792-2650
245 Southwest Blvd, Rohnert Park, CA
www.rtrpc.org/

Santa Rosa
(707) 548-4779
P.O. Box 1787, Santa Rosa, CA
www.rebuildingtogethersantarosa.org

Sebastopol
(707) 829-2133
P.O. Box 21, Sebastopol, CA
rtsebastopol.org

Sonoma County Adult and Youth Development Center, Homeless Prevention Program

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 588-2285

7345 Burton Ave, Rohnert Park, CA

Homeless prevention services in Rohnert Park and Cotati, emergency rental or deposit assistance. Funds are limited. Provides one-time assistance to prevent homelessness; workshop required. Rent \$550, deposit \$1000

English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Catholic Charities, Homelessness Prevention and Rapid Re-housing

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 528-8712

987 Airway Court, Santa Rosa, CA

www.srcharities.org

Provides limited, short-term financial assistance (security deposit, rent or utility assistance, moving costs) for those who have lost housing or who are at risk of losing housing. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/11/15

Community Action Partnership, HCA Family Fund

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 544-6911 | (707) 544-0159

1300 N. Dutton Ave., Santa Rosa, CA

<http://www.capsonoma.org>

Once in a lifetime rental assistance and security deposit program matched with Financial Coaching courses. Can provide emergency one-time assistance for households in risk of homelessness. Transitional housing available, shared housing and low cost apartments for formerly homeless women & families with children. Deposits returned to agency after applicant moves from the residence. Rent and Mortgage assistance may be available to qualified applicants for up to 3 months. Call to learn how to enter lottery and apply. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Season of Sharing

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 542-0981

93 Stony Circle Door C (at Salvation Army), Santa Rosa, CA

<http://www.seasonofsharing.org/>

Fund offers grants to help individuals during times of crisis. This one-time grant is available to seniors (55+), disabled individuals, transitioning emancipated foster youth, and low-to-moderate income families with dependent children. Applicants must live in Santa Rosa, Rohnert Park, or Cotati. Call to learn about the specific documents needed to apply and then visit the Santa Rosa office Mon-Thurs from 1pm-3pm (individuals in Petaluma should contact Petaluma People Services at 765 8488). English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/11/15

Sonoma County Community Development Commission, Family Self-Sufficiency Program

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 565-7500

1440 Guerneville Road, Santa Rosa, CA

www.sonoma-county.org/cdc/hafssprogram.htm

Section 8 Housing Program designed to assist Sonoma County Housing Authority Clients in becoming independent of public assistance. FSS is a five year program in which very low income families receive rental assistance, along with vital supportive services, designed to assist the family in overcoming barriers to employment, while receiving the training and skills necessary to become gainfully employed. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Community Development Commission, HOME Tenant-Based Rental Assistance

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Financial Assistance

(707) 565-7500

1400 Guerneville Road, Santa Rosa, CA

www.sonoma-county.org/cdc/hatenantbased.htm

Enables homeless families residing in shelters, survivors of domestic violence, seniors and persons with HIV/AIDS, to receive housing assistance. All participants referred by various emergency shelters, transitional shelters, or non-profit service providers. Only very low income applicants are eligible and Section 8 regulations are applicable. TBA program is administered similarly to HUD Section 8 Program. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Petaluma People Services, Fair Housing Sonoma County

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Legal Resources

(707) 765-8488

1500A Petaluma Blvd South, Petaluma, CA

<http://petalumapeople.org/housing>

Free, non-biased services available to all tenants, agents, and landlords who live in, manage or own property in Sonoma County. Problems 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. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/7/15

Petaluma People Services, Fair Housing Tenant/Landlord Education and Mediation

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: General Legal Resources | Education

(707) 765-8488

1500 Petaluma Blvd. South, Petaluma, CA

www.petalumapeople.org

Provides information regarding fair housing, tenant and landlord rights, written materials in landlord-tenant law, model rental forms, rental notices, tips on how to avoid common rental housing problems, mediation to help resolve disputes out of court, and fair housing training for the housing industry. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Windsor Service Alliance, Financial Assistance

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal: Utilities

(707) 838-6947

8987 Windsor Road, Windsor, CA

<http://www.windsorservicealliance.org/Our-Programs.html>

Provides a one-time cash payment to help pay seriously overdue utility bills. If in need of assistance call the WSA and a representative will take your information to provide it tot the Board of Directors for a review. Only for Windsor residents. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Catholic Charities, Coordinated Intake

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal

(707) 542-5426

465 A Street, Santa Rosa, CA

www.srcharities.org

Housing program providing permanent residence for families including at least one adult and one child. Call for intake and details on current funding. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/11/15

Economic Development and Housing

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal

(707) 543-3300

90 Santa Rosa Ave., Santa Rosa, CA

ci.santa-rosa.ca.us/departments/economicdev

Provides rental assistance subsidies and monitors HUD Section 8 program. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Community Development Commission, Sonoma County Housing Authority

Housing: Affordable Housing/Rent and Mortgage Assistance | Financial and Legal

(707) 565-7500

1440 Guerneville Road, Santa Rosa, CA

www.sonoma-county.org/cdc/section8.htm

Provides rental assistance to very low-income individuals and families, seniors, persons with disabilities and veterans who reside in the County of Sonoma. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Community Support Network (CSN), Dutton Annex

Housing: Affordable Housing/Rent and Mortgage Assistance | Mental Health and Counseling

(707) 575-0979

1548 N. Dutton Ave, Santa Rosa, CA

<http://communitysupportnet.org/dutton-annex>

Semi-permanent living environments for people with behavioral health difficulties. Affordable rental programs in Sonoma County that include support and minimal case management services. Must have referral through Sonoma County Behavioral Health or related department. English only. By appointment only. .

Eligibility: Disability only | Last updated: 5/7/15

Community Support Network (CSN), Dutton Permanent

Housing: Affordable Housing/Rent and Mortgage Assistance | Mental Health and Counseling

(707) 575-0979

Santa Rosa, CA

<http://communitysupportnet.org/dutton-permanent>

Housing program providing permanent residence for adults with behavioral health difficulties. Must have referral from Sonoma County Behavioral Health or related department. By appointment only. .

Eligibility: 21-65 | Disability only | Last updated: 5/7/15

Community Support Network (CSN), Grand Avenue

Housing: Affordable Housing/Rent and Mortgage Assistance | Mental Health and Counseling

(707) 575-0979

933 Grand Ave, Santa Rosa, CA

<http://communitysupportnet.org/grand-avenue>

Permanent living environment for people with behavioral health difficulties. Affordable rental programs in Sonoma County that include support and minimal case management services. Must have referral from Sonoma County Mental Health or related department. By appointment only. .

Eligibility: Disability only | Last updated: 5/7/15

Community Support Network (CSN), Stony Point Commons

Housing: Affordable Housing/Rent and Mortgage Assistance | Mental Health and Counseling

(707) 575-0979

Santa Rosa, CA

<http://communitysupportnet.org/stony-point-commons-0>

Supportive housing program that provides permanent low-income housing to homeless adults with mental health diagnoses. On site staff and case management provided. Skill building services include Independent Living Skills, Medication Education and Communication Skills. Rent is based on 1/3 of adjusted income including all utilities. Must have referral from Sonoma County Mental Health or related department. By appointment only. .

Eligibility: 21-65 | Disability only | Last updated: 5/7/15

North Bay Veterans Resource Center

Housing: Affordable Housing/Rent and Mortgage Assistance | Resource Assistance: Veteran Resources

(707) 578-8387

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

<http://www.vietvets.org/nbvrc.htm>

Offers transitional housing in Santa Rosa and Petaluma for homeless, single male veterans. Call for intake and application. English, Spanish. By appointment only. FREE.

Eligibility: Male only | Veteran status only | Veteran status only | Last updated: 5/11/15

Wallace House, Cherry Creek Village

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 894-2727

126 N Main St, Cloverdale, CA

<http://wallacehouse.org>

Permanent supportive housing for the disabled. 10 units; 9 efficiency studios and a 3-bedroom house for families.

Disabled veterans also served here, but not exclusively. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/7/15

PEP Housing

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 762-2336

951 Petaluma Blvd S, Petaluma, CA

<http://www.pephousing.org/>

Provides affordable housing to seniors with a small pension or social security check as primary income. English, Spanish. By appointment only. .

Eligibility: 65+ | Last updated: 5/11/15

Salvation Army, Transitional Housing

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 769-0716

Petaluma, CA

Transitional housing with services including case management and coordinated services with permanent housing opportunities that provide "next step" for homeless adults with children to move from shelters and shared housing programs English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Burbank Housing Development Corp., Housing Program

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 526-9782 ext. 289

790 Sonoma Ave., Santa Rosa, CA

www.burbankhousing.org

Provides low-income ownership and rental housing for families and seniors. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

California Human Development Corporation , Rental Assistance

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 523-1155

3315 Airway Dr., Santa Rosa, CA

www.californiahumandevlopment.org

Offers rental assistance to migrant and seasonal farm workers. See Immigration & Migrant Services for more information. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/7/15

Committee on the Shelterless (COTS), Family Connection

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 579-3630

608 1/2 Morgan St, Santa Rosa, CA

Services programs to help eliminate poverty and restore dignity to disenfranchised people of Sonoma County.

English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/6/15

Community Action Partnership, Low Income Permanent Supportive Housing

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 544-6911 (Pamela Powers)

Santa Rosa, CA

<http://capsonoma.org>

Low-income rentals for families whose income qualifies under the current Department of Housing and Urban Development federal guidelines. Offers 1, 2, 3, and 4 bedroom apartments in Santa Rosa. Case management and resource advisor provided with program enrollment. City of Santa Rosa Housing Vouchers are accepted. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/11/15

Community Action Partnership, Rental Assistance

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 544-6911

1300 N. Dutton Ave., Santa Rosa, CA

<http://www.capsonoma.org>

Rental assistance for households at immediate risk of becoming homeless. Rents and security deposits can be covered. Priorities are families, seniors and the disabled. See HCA Fund. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/6/15

Community Development Commission, Housing Authority of Sonoma County

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 565-7500

1440 Guerneville Road, Santa Rosa, CA

Low income individuals and families, persons with disabilities and seniors; lists of low income and affordable housing. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/6/15

Face to Face, General Housing Services

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 544-1581

873 Second Street, Santa Rosa, CA

www.f2f.org/demo/services

Assists eligible F2F clients in obtaining permanent housing and emergency rental assistance, housing assistance, benefits counseling, information, referrals emergency financial assistance, housing search and placement, home health care, transportation to medical appointments and specialized services for women, families and the Latino community. Face to Face services are for HIV+/AIDS clientele. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Habitat for Humanity of Sonoma County

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 578-7707

3273 Airway Dr, Suite E, Santa Rosa, CA

<https://www.habitatsoco.org>

Assistance available to selected families with low incomes and substandard housing, who will work with volunteers and professionals to build or rehabilitate their homes By appointment only. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Community Development Commission, Section 8 Program

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 565-7500

1440 Guerneville Road, Santa Rosa, CA

www.sonoma-county.org/cdc/section8.htm

Provides rental assistance to low-income families and individuals to enable them to rent decent, safe and affordable housing. Low income individuals and/or families are defined as having incomes at or below 50 percent of the area median incomes as established by the Department of Housing and Urban Development. Recipients of the assistance receive a voucher to rent homes in the private market; the voucher covers a portion of the rent.

English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Sonoma County Community Development Commission, Shelter Plus Care Programs

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 565-7500

1400 Guerneville Road, Santa Rosa, CA

www.sonoma-county.org/cdc/hasherpluscare.htm

Assists homeless persons with HIV/AIDS or disability in obtaining decent, safe and sanitary housing by providing rental subsidies. Section 8 regulations are applicable. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Sonoma County Housing Authority, Section 8 Housing Voucher

Housing: Affordable Housing/Rent and Mortgage Assistance

(707) 565-7500

1440 Guerneville Rd., Santa Rosa, CA

www.sonomacounty.ca.gov/Community-Development-Commission

HUD Section 8 housing assistance enables families, seniors, and disabled persons to rent privately owned houses and apartments and pay no more than 30% of their income for rent. Assistance is also available to eligible households wanting to remain in their present home, but pay less rent. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Shelters and Emergency Housing

Shelter Listings

Housing: Shelters and Emergency Housing

Website and/or Phone Service Only

http://www.shelterlistings.org/city/santa_rosa-ca.html

Online listings of all types of shelters and housing. Visit website (see "Browse Listings") to search for emergency, transitional, or affordable permanent housing. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Community Support Network (CSN), De Turk Street

Housing: Shelters and Emergency Housing | Mental Health and Counseling | Wellness

(707) 575-0979

Santa Rosa, CA

<http://communitysupportnet.org/de-turk-street>

A transitional training program for mentally ill, homeless adults. Minimal supervision; services focus on helping clients assess their skills and abilities relating to independent living, and to stabilize their housing and financial situations. Stay duration 6-10 months. Must have referral from Sonoma County Behavioral Health or related department. English only. By appointment only. FREE.

Eligibility: Disability only | Last updated: 5/11/15

Community Support Network (CSN), Residential Programs

Housing: Shelters and Emergency Housing | Mental Health and Counseling

(707) 575-0979

1410 Guerneville Rd., Suite 14, Santa Rosa, CA

<http://communitysupportnet.org/csn-supportive-housing>

Residential programs for adults with mental health disabilities, including a homeless shelter and transitional housing programs. 60-day emergency shelters. Must have referral from Sonoma County Mental Health Services or related department. English, Spanish. By appointment only. FREE.

Eligibility: Disability only | Last updated: 5/11/15

Community Support Network (CSN), TAY Sanctuary House

Housing: Shelters and Emergency Housing | Mental Health and Counseling

(707) 799-0429 | (707) 575-0979

1410 Guerneville Rd., Suite 14, Santa Rosa, CA

<http://communitysupportnet.org/csn-supportive-housing>

Structured permanent housing program designed to support homeless Transitional Age Youth with mental health challenges in establishing the positive habits. Must be 18-24 years, qualify as homeless (as defined by HUD), have a mental health diagnosis, and qualify as extremely low income (monthly income of \$1,450 or below). English, Spanish. By appointment only. FREE.

Eligibility: 18-24 | Disability only | Last updated: 5/11/15

California Human Development Corporation, Athena House

Housing: Shelters and Emergency Housing | Substance Abuse: Support Groups

(707) 526-3150

3555 Sonoma Highway, Santa Rosa, CA

www.californiahumandevlopment.org

Shelter for women seeking recovery from addiction; 26-week aftercare program. Sober living environment.

English, Spanish. By appointment only. .

Eligibility: Female only | Last updated: 3/5/15

Redwood Gospel Mission, New Life Rehabilitation Program

Housing: Shelters and Emergency Housing | Substance Abuse | Wellness

(707) 542-4817

101 Sixth St., Santa Rosa, CA

www.srmission.org

Residential program for 10 to 14 months of rehabilitation, education, and service. Classes included in program, drugs and alcohol not permitted. Meals and showers included, dependent upon community services. Opportunity to learn employment skills and communication skills English only. Hours vary. FREE.

Eligibility: Male only | Last updated: 5/11/15

Wallace House

Housing: Shelters and Emergency Housing

(707) 894-2727

126 N Main St, Cloverdale, CA

<http://wallacehouse.org>

Day center available M-F 9 am - 12 pm: Case management; showers, hygiene & toiletry items; referrals to health care providers and Sonoma County Mental Health Access Team; other referrals; life skills mentoring. Food distributions on Tuesdays. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

West County Winter Shelter

Housing: Shelters and Emergency Housing

(707) 889-5480

Church St & First St, Guerneville Veterans Memorial Building, Guerneville, CA

Up to 50 people from the lower Russian River area may check in at 5 pm for dinner and overnight shelter. Showers are available. Referrals to employment, substance abuse counseling, and other services will be made whenever possible. On a weekly basis, a health outreach worker will provide basic medical screenings and referrals to the local Russian River Health Center. Program available until March 31 English only. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

North County Community Services, Spare Room

Housing: Shelters and Emergency Housing

(707) 433-6161

209 and 211 Matheson St., Healdsburg, CA

Offers transitional housing to help individuals with rent and utilities, along with an overnight shelter. For shelter must call at 7am to reserve a space. Must be a North County resident (Healdsburg, Windsor, Guerneville, Cloverdale). Spare Room is Emergency overnight shelter at St. Paul's Church. Information and referrals. Women and children receive preference. Call between 7pm-8pm. First come, first serve basis. By appointment only. FREE.

Eligibility: none | Last updated: 5/28/15

Committee on the Shelterless (COTS), COTS / Mary Isaak Center

Housing: Shelters and Emergency Housing

(707) 765-6530

900 Hopper St, Petaluma, CA

<http://www.cots-homeless.org/>

Families and single adults may heal from trauma and homelessness, gain life skills, optimize their income, and acquire permanent housing. A 100-bed emergency shelter is also available. Services include food, clothing, showers, access to phones and a messaging system, access to computers, transportation assistance, mental health and chemical dependency recovery support, job skills training, and assistance in obtaining employment and/or public benefits. Residents may stay for up to six months. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/5/15

Committee on the Shelterless (COTS), Kids First Family Shelter

Housing: Shelters and Emergency Housing

(707) 765-6530

900 Hopper St, Petaluma, CA

<http://www.cots-homeless.org/>

A 5-bedroom, 15-bed house serving homeless families who have been referred to COTS from Sonoma County Child Protective Services (CPS). Maximum stay 90 days. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/5/15

California Human Development Corporation, Emergency Shelter

Housing: Shelters and Emergency Housing

(707) 523-1155

3315 Airway Dr., Santa Rosa, CA

www.californiahumandevlopment.org

Offers emergency shelter to migrant and seasonal farm workers. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/5/15

Catholic Charities, Administrative Services Center

Housing: Shelters and Emergency Housing

(707) 528-8712

987 Airway Court, Santa Rosa, CA

www.srcharities.org

Emergency homeless shelter for families with children up to 90 days; assistance finding housing. English, Spanish.

Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Catholic Charities, Family Support Center

Housing: Shelters and Emergency Housing

(707) 575-0215 | (707) 528-8712

465 A Street, Santa Rosa, CA

www.srcharities.org

Emergency homeless shelter for children and their families. Offers case management, support services, linkage to community resources leading to family stabilization and housing placement/retention. Employment seeking services available on site. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/11/15

Catholic Charities, Nightingale at Brookwood Health Center

Housing: Shelters and Emergency Housing

(707) 525-0226 | (707) 528-8712

983 Sonoma Ave, Santa Rosa, CA

<http://www.srcharities.org/services/project-nightingale.html>

13 beds; Provides housing for people recently discharged from the hospital. Referral from a hospital social worker is required. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/5/15

Catholic Charities, Safe Parking

Housing: Shelters and Emergency Housing

(707) 525-0226 | (707) 528-8712

Santa Rosa, CA

www.srcharities.org

Supervised overnight parking to use vehicle as shelter. Must sign in prior to usage. Space is monitored by Catholic Charities staff all night. Intake for program completed at Homeless Service Center. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/28/15

Catholic Charities, Samuel L. Jones Hall

Housing: Shelters and Emergency Housing

(707) 525-0226 | (707) 528-8712

Santa Rosa, CA

www.srcharities.org

Full service shelter for up to 120 people daily. Food, shelter, case management, and job and housing counseling available for members. Emergency shelter also available until end of March. Veterans services also provided.

English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Community Action Partnership, Pathways Housing Programs

Housing: Shelters and Emergency Housing

(707) 569-0615

1300 N. Dutton Ave., Santa Rosa, CA

<http://www.capsonoma.org>

Emergency shelter with priority for women and children. Offers food, laundry, transportation, Strengths Based Care Management, and supportive and referral services. 6 month program. English, Spanish. By appointment only. FREE.

Eligibility: Female only | Last updated: 5/11/15

Community Action Partnership, Sloan House

Housing: Shelters and Emergency Housing

(707) 569-0615

1300 N. Dutton Ave., Santa Rosa, CA

<http://www.capsonoma.org>

Emergency shelter for women and up to 2 children. Offers food, laundry, transportation, and supportive and referral services. 6 month program. English, Spanish. By appointment only. FREE.

Eligibility: Female only | Last updated: 3/5/15

Community Support Network (CSN), Opportunity House

Housing: Shelters and Emergency Housing

(707) 573-6955

634 Pressley St., Santa Rosa, CA

<http://communitysupportnet.org/opportunity-house>

For homeless, mentally ill adults aged 18-65 years. Provides temporary housing, meals, clothing, counseling, independent-living skills training, information and referral, and advocacy. Maximum stay is 60 days. Must have referral from Sonoma County Mental Health. Contact Phillip (484-5110) or Dan (484-6314) for assistance with referrals. By appointment only. FREE.

Eligibility: 21-65 | Disability only | Last updated: 5/28/15

InterFaith Shelter Network, Transitional Housing

Housing: Shelters and Emergency Housing

(707) 546-7907

3850 Montgomery Dr., Santa Rosa, CA

<http://www.ifsfn.org>

Transitional housing for single adults, women, and children. Also provides 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. By appointment only.

Eligibility: none | Last updated: 5/28/15

Redwood Gospel Mission, Guest Services

Housing: Shelters and Emergency Housing

(707) 542-4817

101 Sixth St., Santa Rosa, CA

www.srmission.org

Provides meals, a limited number of beds, clothing, and religious services in the mornings and evenings. Sign-up for women's shelter at 4pm, then transported to confidential location. Sign-up for men's shelter at 1:00 pm. Monday - Friday: 8:00 am. -5:00 pm. Resting space and restrooms available during the day. 14-day limited stay; 7 extended days provided with proof of more permanent housing commitment. English, Spanish. Always available (24/7). FREE.

Eligibility: Male only | Last updated: 5/28/15

Redwood Gospel Mission, Homeless Services

Housing: Shelters and Emergency Housing

(707) 542-4817

101 Sixth St., Santa Rosa, CA

www.srmission.org

Provides meals, a limited number of beds, clothing, counseling and alcohol and drug treatment services. Sign-up for women's shelter at 4pm, then transported to confidential location. Sign-up for men's shelter at 5:00 pm. Monday - Friday: 8:00 am. -5:00 pm. Resting space and restrooms available during the day. 14-day limited stay; 7 extended days provided with proof of more permanent housing commitment. English only. Always available (24/7). FREE.

Eligibility: Male only | Last updated: 3/6/15

Redwood Gospel Mission, Manna Home for Women

Housing: Shelters and Emergency Housing

(707) 576-1471

Santa Rosa, CA

www.srmission.org

Offers a 12-Step, 10 month Christ-based recovery program for women only. There is no provision for children, although they are able to visit on the weekends. There is a zero-tolerance policy on alcohol and drugs. No smoking is allowed. English, Spanish. By appointment only. FREE.

Eligibility: Female only | Last updated: 5/28/15

Redwood Gospel Mission, The Rescue Mission Mens' Shelter

Housing: Shelters and Emergency Housing

(707) 542-4817

101 Sixth St., Santa Rosa, CA

www.srmission.org

6 month extended stay. Must be able to show means of income and pledge to make efforts to establish savings for more permanent housing. Meals and restrooms are included in stay, free of charge. Religious services also provided. English only. By appointment only. FREE.

Eligibility: Male only | Last updated: 5/28/15

Redwood Gospel Mission, The Rose Women and Childrens' Shelter

Housing: Shelters and Emergency Housing

(707) 542-4817

Santa Rosa, CA

www.srmission.org

Women and children's shelter for women, including those escaping domestic violence or seeking tranquility. Meal and religious service included nightly. Check-in at the Men's Shelter at 4:00 PM; transportation provided free of charge to The Rose. Maximum stay of 30 days. English, Spanish. Always available (24/7). FREE.

Eligibility: Female only | Last updated: 5/28/15

Social Advocates for Youth, The Coffee House Shelter

Housing: Shelters and Emergency Housing

(707) 546-3432 | (707) 544-3299

1243 Ripley St., Santa Rosa, CA

www.socialadvocatesforyouth.org

Provides safe, short-term housing, food, clothing, and counseling to runaway and homeless teens. Accommodates multilingual families. 24 hours/day, 7 days/week. Family counseling provided. Food, facilities and services provided to all visitors upon request. English, Spanish. Always available (24/7). FREE.

Eligibility: Under 21 | Last updated: 5/28/15

Social Advocates for Youth, The Tamayo House

Housing: Shelters and Emergency Housing

(707) 528-7500 | (707) 544-3299

1700 Yulupa Ave., Santa Rosa, CA

www.socialadvocatesforyouth.org

Provides supportive housing primarily for street and/or homeless youth ages 18-24 years old, education, and case management for former foster care children, and mentally ill. English, Spanish. By appointment only. FREE.

Eligibility: 18-24 | Last updated: 5/28/15

The Living Room

Housing: Shelters and Emergency Housing

(707) 579-0142

636 Cherry St., Santa Rosa, CA

www.thelivingroomsc.org

Drop-in day center with services for homeless/at risk women and children only; breakfast and lunch, toiletries, writing supplies/stamps, bus tickets, telephone/message/mail service, information and referral, supervised children's area. Available Monday-Friday 8:30 AM - 1:30 PM. English, Spanish. Monday-Friday. FREE.

Eligibility: Female only | Last updated: 5/11/15

YWCA, Women's Emergency Shelter

Housing: Shelters and Emergency Housing

(707) 546-7115 | (707) 546-1234 (hotline)

Santa Rosa, CA

www.ywca.org/sonomacounty

Residential and non-residential services for women and children experiencing or at risk of domestic violence, child abuse, or sexual assault. Therapeutic emergency safe house (24/7) in a confidential location. Spanish spoken.

English, Spanish. Always available (24/7). FREE.

Eligibility: Female only | Last updated: 5/28/15

Community Support Network (CSN), A Step Up

Housing | Mental Health and Counseling | Substance Abuse

(707) 795-4336

420 E. Cotati Ave, Cotati, CA

Dual diagnosed adults (mental illness with alcohol and/or other drug issues) the opportunity to gain the information and develop habits necessary to remain stable, clean and sober, and able to sustain self-reliant community living. Uses 12-Step model of recovery counseling. Program duration 6-9 months. CSN Housing requires a referral from Sonoma County Behavioral Health or associated department. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Community Support Network (CSN), Brown Street House

Housing | Mental Health and Counseling

Santa Rosa, CA

<http://communitysupportnet.org/>

A long term board and care facility in Santa Rosa, CA for mentally ill female adults. The board and care provides a safe environment that assists with Daily Independent Living Skills. Staff is available 7 days a week, 24 hours per day. CSN Housing requires a referral from Sonoma County Behavioral Health or associated department. By appointment only. FREE.

Eligibility: Female only | Disability only | Last updated: 5/28/15

Community Support Network (CSN), E Street House

Housing | Mental Health and Counseling

Santa Rosa, CA

<http://communitysupportnet.org/e-street-house>

A program for mentally ill adults who need assistance with transition from a restrictive medical setting to more independent community living. Independent living skills are taught and practiced in addition to vocational rehabilitation and educational options. Staff is available 7 days a week, 24 hours per day for residents integrating back into the community. Residents may stay up to 18 months. CSN Housing requires a referral from Sonoma County Behavioral Health or associated department. By appointment only. FREE.

Eligibility: Disability only | Last updated: 5/28/15

Catholic Charities, Homeless Service Center

Housing | Wellness

(707) 525-0226 | (707) 528-8712

600 Morgan St., Santa Rosa, CA

www.srcharities.org

Services include: information on housing; use of washer, dryer, showers, phones, phone messages; address to receive mail; and free clothing, when available. Intake for Brookwood, Russell, and Sam Jones shelters. Monday-Friday 6-11:30am, 1-5:30pm. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Victory Outreach, Men's Recovery Home

Housing | Substance Abuse

(707) 541-0978

4042 Sebastopol Rd, Santa Rosa, CA

www.santarosavictoryoutreach.org

Christian home for men and women - drug rehabilitation English, Spanish. By appointment only. FREE.

Eligibility: Male only | Last updated: 3/6/15

Victory Outreach, Women's Recovery Home

Housing | Substance Abuse

(707) 303-7111

4042 Sebastopol Rd, Santa Rosa, CA

www.santarosavictoryoutreach.org

Christian home for men and women - drug rehabilitation English, Spanish. By appointment only. FREE.

Eligibility: Female only | Last updated: 3/6/15

LGBTQ

Health Services

Face to Face, Health Services

LGBTQ: Health Services

(707) 544-1581

873 Second St., Santa Rosa, CA

www.f2f.org

Offers rapid HIV testing, care services and health education. Also offers housing assistance, benefits counseling, information, referrals, and transportation assistance. English, Spanish. Tuesday-Friday 9am-5pm. FREE.

Eligibility: none | Last updated: 5/28/15

Vista Family Health Center, Transgender Clinic

LGBTQ: Health Services

(707) 303-3600

3569 Round Barn Circle, Santa Rosa, CA

<http://srhealthcenters.org>

Offers a Transgender Clinic for gender-variant patients, as well as comprehensive HIV care and supportive services to LGBTQ individuals living with HIV/AIDS. Accepts Medi-Cal, Medicare, FamilyPACT, and Anthem or HealthNet Covered CA plans. Offers low-cost fees for qualifying individuals who are uninsured. English, Spanish. Monday-Saturday. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Gay and Lesbian Medical Association (GLMA)

LGBTQ: Health Services

(415) 255-4547

Website and/or Phone Service Only

www.glma.org

Directory of LGBTQ-friendly physicians. Programming and education on LGBTQ-specific health needs. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Gaylesta Mental Health Database

LGBTQ: Health Services

Website and/or Phone Service Only

www.gaylesta.org/

Online database to find nearby LGBTQ-friendly therapists. English only. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/28/15

Other Support and Services

Positive Images

LGBTQ: Other Support and Services

(707) 568-5830

312 Chinn St., Santa Rosa, CA

<http://www.posimages.org/>

Support for LGBTQ youth and young adults. Weekly meetings are held at 7pm on Wednesday and Thursdays in Petaluma and Santa Rosa, respectively. Other groups meetings and peer counseling are also available. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

The Center for Spiritual Living

LGBTQ: Other Support and Services

(707) 546-4543

2075 Occidental Rd., Santa Rosa, CA

<http://www.cslsr.org/>

Hosts a Gay Men's Group and a Lesbian Group for social outings and discussion. Nondenominational. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

V.O.I.C.E.S., Group LGBTQ Counseling

LGBTQ: Other Support and Services

(707) 579-4327

714 Mendocino Ave, Santa Rosa, CA

<http://voicesyouthcenter.org/programs/sonoma>

Youth resource center that offers group LGBTQ counseling twice monthly English, Spanish. Tuesday through Thursday 12-6pm, Friday 12-4:30pm. FREE.

Eligibility: 16 to 24 | Last updated: 5/28/15

GLBT National Help Center

LGBTQ: Other Support and Services

1-888-843-4564

Website and/or Phone Service Only

<http://www.glnh.org>

Providing free and confidential telephone and email peer counseling. Information and local resources for LGBTQ callers throughout the U.S. English, Spanish. Always available (24/7). FREE.

Eligibility: Up to age 25 | Last updated: 5/28/15

Trans Lifeline

LGBTQ: Other Support and Services

977-565-8860

Website and/or Phone Service Only

translifeline.org

Support line that is staffed by transgender people for transgender people. Hours vary. FREE.

Eligibility: none | Last updated: 5/28/15

Medical Care and Resources

Integrative and Complementary Medicine



West County Health Centers, Forestville Wellness Center

Medical Care and Resources: Alternative Medicine | Wellness

(707) 887-2790

6550 Front St., Forestville, CA

<http://www.wchealth.org/>

Offers integrative health services to help patients create and maintain healthy lifestyles. For West County Health Centers patients only. Hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

Giant Steps Therapeutic Equestrian Center, Therapy Program

Medical Care and Resources: Alternative Medicine | Disability Services | Wellness

(707) 769-8900

7600 Lakeville Hwy, Petaluma, CA

<http://www.giantstepsriding.org/>

Equestrian therapy program for mentally or physically disabled children, youth, and adults. Also includes at risk youth program where youth in the child welfare system that are struggling with severe emotional disturbances or special needs participate in a therapeutic riding program at significant or complete scholarship. English only.

Monday-Saturday. N/A.

Eligibility: Disability only | Last updated: 6/3/15

Angela Center, Meditation Group

Medical Care and Resources: Alternative Medicine | Wellness

(707) 528-8578

535 Angela Dr., Santa Rosa, CA

www.angelacenter.com

Offers a meditation group that meets every Wednesday at 7:30 am (free, drop-ins welcome). Also runs mindfulness meditation classes (\$40 for 4 classes). Wednesday. FREE.

Eligibility: none | Last updated: 6/2/15

Lomi Psychotherapy Clinic, Meditation Classes

Medical Care and Resources: Alternative Medicine | Wellness

(707) 579-0465 ext. 227

534 B St., Santa Rosa, CA

<http://www.lomi.org/>

Offers free mindfulness meditation classes. Thursdays from 7-8:30pm Thursdays, 7pm-8:30pm. FREE.

Eligibility: none | Last updated: 6/2/15

Forestville Acupuncture, Richard Rosen (Licensed Acupuncturist)

Medical Care and Resources: Alternative Medicine

(707) 887-1165

6544 Front St., Forestville, CA

Offers acupuncture treatment. Accepts wide range of insurance. Inquire about sliding scale option. Monday-Friday, hours vary. Call for appointment. Sliding Scale available.

Eligibility: none | Last updated: 1/0/00

Asyrah's Garden, Jody James (Licensed Acupuncturist)

Medical Care and Resources: Alternative Medicine

(707) 823-2866

8967 Graton Road, Graton, CA

www.acupuncturegoddess.com

Offers acupuncture services. Specializes in treatment of pain, stress, chronic illness and women's reproductive health. Sliding scale available for massage and group acupuncture at the Forestville Wellness Center. Cash or other payment method.

Eligibility: none | Last updated: 6/9/15

Chiropractor: Victor Powell

Medical Care and Resources: Alternative Medicine

(707) 523-2225

4898 Old Redwood Hwy., Santa Rosa, CA

Offers chiropractic services. Cash pay only \$45 per visit (\$60 for initial intake if patient hasn't seen chiropractor before). Call for appointment. Cash only.

Eligibility: none | Last updated: 6/2/15

Gordon Medical Associates

Medical Care and Resources: Alternative Medicine

(707) 575-5180

3471 Regional Parkway, Santa Rosa, CA

www.aaimed.com

Offers acupuncture, Craniosacral therapy, Detoxification, Functional medicine, Herbal medicine, Naturopathic Medicine, Nutritional therapy, Osteopathy and more. Call for appointment. Cash or other payment method.

Eligibility: none | Last updated: 6/2/15

Office of Vital Statistics, Medical Marijuana ID Card Program

Medical Care and Resources: Alternative Medicine

(707) 565-4407

625 5th St., Santa Rosa, CA

www.samm.net/

Patients obtain documentation from physician then apply for the ID card through Vital Statistics. Applications can be picked up at the Vital Statistics office. Must make an appointment to apply. Applicants must also submit a government-issued photo ID card, proof of county residency, appropriate application fee (\$160 or \$80 if Medi-Cal recipient), and documentation from their physician. Monday-Friday, 9am-4pm. Cash or other payment method.

Eligibility: none | Last updated: 6/2/15

Dhyana Center

Medical Care and Resources: Alternative Medicine

800-796-6863 | (707) 823-8818

186 North Main Street, Sebastopol, CA

www.dhyanacenter.com

Offers ayurvedic consultations, treatments and bodywork; aromatherapy, lifestyle consults, certification programs, community classes. Sliding scale available. Monday-Friday, 9am-5pm. Sliding Scale available.

Eligibility: none | Last updated: 6/9/15

Sebastopol Community Acupuncture, Ian McCullough (Licensed Acupuncturist)

Medical Care and Resources: Alternative Medicine

(707) 823-4300

876 Gravenstein Highway South, #7, Sebastopol, CA

www.sebastopolfamilyacupuncture.com

Offers services such as Chinese herbs, acupuncture, homeopathic remedies, pediatric massage, includes post-partum and pain treatments. Sliding scale available. . Monday-Sunday, hours vary. Call for appointment. Daily. Sliding Scale available.

Eligibility: none | Last updated: 6/9/15

Dental Care



West County Health Centers, Russian River Dental Clinic

Medical Care and Resources: Dental Care

(707) 869-2933

16312 Third St., Guerneville, CA

<http://www.wchealth.org/>

Offers comprehensive dental services for adults and children. West County Health Centers patients are given priority access. Private Insurances not accepted. English, Spanish. Monday-Friday, hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

DentaQuest, CMSP/Path2Health Dentist Directory

Medical Care and Resources: Dental Care | Financial and Legal

1-800-516-2551

Website and/or Phone Service Only

<http://www.dentaquest.com/>

Call for a list of dentists who take CMSP insurance or visit the website to find a local dentist who accepts a specified insurance plan. FREE.

Eligibility: none | Last updated: 6/2/15

NACo Dental Discount Program

Medical Care and Resources: Dental Care | Financial and Legal

1-877-354-6226

www.nacodentalprogram.com

A membership program that provides 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. Cash or other payment method.

Eligibility: none | Last updated: 6/2/15

St. Joseph Health System, St. Joseph Mobile Dental Clinic

Medical Care and Resources: Dental Care

(707) 547-2221

Area of Service / Multiple Locations, CA

<http://www.stjoesonoma.org/For-Community/Community-Outreach/Community-Health.aspx>

Provides comprehensive dental care at a variety of sites through the county for agricultural workers, low-income families, and special targeted efforts to serve children under 5 years, pregnant women, and special needs patients. Coverage in Sonoma, Petaluma, and Windsor. English, Spanish. Medi-Cal accepted.

Eligibility: none | Last updated: 6/3/15

Alexander Valley Regional Medical Center

Medical Care and Resources: Dental Care

(707) 894-4229

6 Tarman Dr., Cloverdale, CA

<http://alexandervalleyhealthcare.org/>

Offers dental services, ranging from children's dentistry to restorations to emergency dental care English, Spanish.

Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

Cotati Family Dental

Medical Care and Resources: Dental Care

(707) 664-1200

421 E Cotati Ave, Cotati, CA

Offers pediatric dental services for children 6-17 years. Accepts Delta-Dental and Medi-Cal. By appointment only.

Medi-Cal accepted.

Eligibility: Under 17 | Last updated: 6/2/15

Alliance Medical Center, Healdsburg Dental

Medical Care and Resources: Dental Care

(707) 433-8671 | (707) 433-5494

1381 University Ave., Healdsburg, CA

<http://www.alliancemed.org/>

Offers dental services, ranging from children's dentistry to restorations to emergency dental care English, Spanish.

Monday-Friday, hours vary. Medi-Cal accepted.

Eligibility: none | Last updated: 6/2/15

Petaluma Health Center, Dental Clinic

Medical Care and Resources: Dental Care

(707) 559-7550

1179 North McDowell Blvd, Petaluma, CA

<http://phealthcenter.org/services-programs/dental-clinic/>

Offers family dental services. Accepts Medi-Cal, Medicare, and various private insurances. For over 21, Medi-Cal only pays for emergency visits and extractions. CMSP will cover most procedures except deep cleanings. Sliding scale payment option available. For Petaluma Health Center patients only. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

Chau, Norman, DDS

Medical Care and Resources: Dental Care

(707) 544-4818

2921 Cleveland Ave, Santa Rosa, CA

Offers dental services to children 15-20 years as well as cleanings for pregnant women. Medi-Cal accepted.

Eligibility: Under 21 | Last updated: 6/2/15

Nguyen, Randy, DDS

Medical Care and Resources: Dental Care

(707) 527-8700

526 College Ave., Santa Rosa, CA

<http://www.randynguyendds.com/>

Offers family dentistry services. Accepts Denti-Cal, CMSP, Medicare, and most private insurances. Speaks Vietnamese. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

Roseland Pediatrics

Medical Care and Resources: Dental Care

(707) 578-2005

711 Stony Point Rd, Suite 17, Santa Rosa, CA

<http://srhealthcenters.org/service/roseland-pediatrics/>

Offers pediatric dental services, including cleanings, fluoride treatment, and dental sealants for children (newborns to teens). For Santa Rosa Community Health Centers patients only. English, Spanish. Monday-Saturday, hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: Under 19 | Last updated: 6/2/15

Santa Rosa Community Health Centers, Santa Rosa Community Dental Center

Medical Care and Resources: Dental Care

(707) 303-3395

1110 N. Dutton Ave, Santa Rosa, CA

<http://srhealthcenters.org/service/santa-rosa-community-dental-center/>

Offers family dental services, including dental exams, cleanings, fillings, emergency care, crowns, extractions, infant oral health, and other services. For Santa Rosa Community Health Centers patients only. English, Spanish. Monday-Friday, 7am-6pm. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Junior College, SRJC Dental Clinic

Medical Care and Resources: Dental Care

(707) 522-2844

Santa Rosa Junior College – William B. Race Health Sciences Building off of Elliot Ave, 1501 Mendocino Ave., Santa Rosa, CA

<http://online.santarosa.edu/presentation/page/?28899>

Offers cleaning, fluoride treatment, dental sealants, and some x-rays (at an additional cost), and referrals for more serious conditions. This is a teaching clinic where students perform treatments, so services may take additional time to complete. Open to all community members. All cleaning: \$40.00 By appointment only. Medi-Cal accepted.

Eligibility: none | Last updated: 6/3/15

Sonoma County Indian Health Project, Dental Services

Medical Care and Resources: Dental Care

(707) 521-4600 | (707) 541-4545

144 Stony Point Rd., Santa Rosa, CA

<http://scihp.org/>

Offers family dentistry and orthodontics to Native Americans (limited services to others with Medi-Cal). Monday-Friday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: Native American | Last updated: 6/3/15

St. Joseph Health System, St. Joseph Dental Clinic

Medical Care and Resources: Dental Care

(707) 547-2221

751 Lombardi Court, Suite A, Santa Rosa, CA

<http://www.stjosephhealth.org/For-Community/Community-Outreach/Community-Health.aspx>

Provides comprehensive dental care to children (16 years and under). Accepts Medi-Cal, Denti-Cal, CHDP, CaliforniaKids, and sliding scale option. Emergency care to adults is provided on first come first serve basis – arrive at 7am. English, Spanish. Monday-Friday, 7am-4pm. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Under 16 | Last updated: 6/2/15

Western Dental Center

Medical Care and Resources: Dental Care

800-579-3783

1240 Farmers Ln. AND 4100 Montgomery Dr., St. A/B, Santa Rosa, CA

www.westerndental.com

Offers family dental services. Accepts Delta-Dental, 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. English, Spanish. Medi-Cal accepted.

Eligibility: none | Last updated: 6/3/15

Emergency Care

Healdsburg District Hospital, Emergency Department

Medical Care and Resources: Emergency Care

(707) 431-6500

1375 University Ave., Healdsburg, CA

Emergency medical services English, Spanish. Medi-Cal, Other Public Insurances, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Petaluma Valley Hospital, Emergency Department

Medical Care and Resources: Emergency Care

(707) 778-1111

400 N McDowell Dr., Petaluma, CA

Emergency medical services English, Spanish. Medi-Cal, Other Public Insurances, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Memorial Hospital, Emergency Department

Medical Care and Resources: Emergency Care

(707) 546-3210

1165 Montgomery Dr., Santa Rosa, CA

Emergency medical services English, Spanish. Medi-Cal, Other Public Insurances, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Sutter Medical Center of Santa Rosa, Emergency Department

Medical Care and Resources: Emergency Care

(707) 576-4000

30 Mark West Springs Rd., Santa Rosa, CA

Emergency medical services English, Spanish. Medi-Cal, Other Public Insurances, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Sonoma West Medical Center, Emergency Department

Medical Care and Resources: Emergency Care

(707) 823-8511

501 Petaluma Ave., Sebastopol, CA

Emergency medical services English, Spanish. Medi-Cal, Other Public Insurances, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Medical Equipment

Canine Companions for Independence

Medical Care and Resources: Medical Equipment | Disability Services

(707) 577-1700

2965 Dutton Ave, Santa Rosa, CA

www.cci.org

Provides highly trained assistance dogs and ongoing support to ensure quality partnerships. Visit website for application instructions. If accepted, the dog is free of charge. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Medical Equipment Recycling Center (at Careful Moving and Storage)

Medical Care and Resources: Medical Equipment | Disability Services

(707) 347-9618

812 Donahue St., Santa Rosa, CA

<http://www.sonomacountysoa.org/medical-equipment-recycling-in-sonoma-county/>

Provides free medical equipment, including wheelchairs, walkers, scooters, hospital beds, and poles. Items can be picked up without reservation and the inventory varies on a daily basis. Equipment may be picked up M-F from 10am-3pm. Drop-offs can be made at any time. Monday-Friday, 10am-3pm. FREE.

Eligibility: none | Last updated: 6/3/15

Max's Home Cares Equipment Recycler

Medical Care and Resources: Medical Equipment

(707) 364-0305

3820 Bodega Ave, Petaluma, CA

Provides free loans of medical equipment, including walkers, wheelchairs, commodes, shower benches, canes, braces, and bed pads. Open Thursdays from 11am-3pm and appointments should be made in advance. Accepts donations. By appointment only. FREE.

Eligibility: none | Last updated: 6/3/15

Shield Healthcare

Medical Care and Resources: Medical Equipment

1-800-765-8775

www.shieldhealthcare.com

Provides home delivery of medical supplies for incontinence, enteral nutrition, ostomy, urological disorders, and diabetes. Programs provide equipment, products and services which enhance the ability of people with visual impairments. Medi-Cal, Medicare, Other Insurances.

Eligibility: none | Last updated: 6/3/15

Optometry

Petaluma Eye Care

Medical Care and Resources: Optometry

(707) 763-2020

129 Keller Street, Petaluma, CA

<http://www.petalumaeyecare.com/>

Offers general optometry services. Accepts Medi-Cal, Medicare, VSP, and other private insurances. May offer senior discounts. By appointment only. Medi-Cal, Medicare, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Petaluma Optometry Clinic, Dr. Richard Boyle

Medical Care and Resources: Optometry

(707) 795-7433

1390 N McDowell Blvd, Suite F, Petaluma, CA

<http://www.richardboyleod.com/>

Offers general optometry services. Accepts Medicare, VSP, and other private plans (no Medi-Cal). Exam and prescription for eye glasses (incl. pictures, dilation): \$150 (+\$120 for contacts fitting). By appointment only. Medicare, Private Insurances.

Eligibility: none | Last updated: 6/3/15

Costco, Dr. Dinh

Medical Care and Resources: Optometry

(707) 588-8656

5901 Redwood Dr., Rohnert Park, CA

<http://www.rohnertparkoptometry.com/>

Offers general optometry services. Accepts VSP and some other private insurance. Do not need to be a Costco member to receive services and prescriptions may be taken anywhere that sells glasses (or to Costco if a member). Exam and prescription for eyeglasses: \$54. Exam and prescription for contacts: \$96 (and up) + \$30 for contact lens training. Private insurances.

Eligibility: none | Last updated: 6/3/15

Lions Club of Santa Rosa, Lions Vision Center

Medical Care and Resources: Optometry

(707) 584-8412

Rohnert Park, CA

http://www.santarosa-lions.org/community_services.html

Provides free or low cost eye exams and glasses to individuals experiencing financial hardship. Call to speak with Berry, a volunteer who manages the vision program. By appointment only. FREE.

Eligibility: none | Last updated: 6/3/15

North Bay Optometric Vision Center, Optometry

Medical Care and Resources: Optometry

(707) 584-7294

6180 State Farm Dr., Rohnert Park, CA

www.northbayvisioncenter.com

Offers general optometry services. Accepts VSP, Medicare, and Medi-Cal. Medi-Cal patients cannot schedule appointments ahead and must call in the morning to make a same-day, afternoon appointment. Exam and prescription for eyeglasses: \$149 By appointment only. Medi-Cal, Medicare, Other Insurances.

Eligibility: none | Last updated: 6/3/15

Rohnert Park Optometric Center

Medical Care and Resources: Optometry

(707) 584-1233

987 Golf Course Dr., Rohnert Park, CA

<http://www.rohnertparkoptometriccenter.com/>

Offers general optometry services. Accepts VSP, Medicare, and Medi-Cal. By appointment only. Medi-Cal, Medicare, Other Insurances.

Eligibility: none | Last updated: 6/3/15

Walmart, Optometry Clinic

Medical Care and Resources: Optometry

(707) 586-3717 or (707) 586-1647

4625 Redwood Dr., Rohnert Park, CA

<http://www.walmart.com/store/1755/details>

Offers general optometry services. No exams-- you can only purchase eyeglasses and contacts. Accepts VSP.

Private insurances.

Eligibility: none | Last updated: 6/3/15

Family Optometry Center

Medical Care and Resources: Optometry

(707) 571-2020

1559 Farmers Ln., Santa Rosa, CA

www.familyoptometrycenter.com

Offers general optometry services. Accepts VSP, Medicare, Medi-Cal, and major PPOs. Under 21 with Medi-Cal: Exam and eye glasses are covered. Over 21 with Medi-Cal: Eye exam only is covered. Exam and prescription for eyeglasses: \$167 (new patient) or \$150 (returning patient). Uninsured/low-income patients may qualify for a 50% discount (case-by-case basis). Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Community Health Centers, Vista Optometry Clinic

Medical Care and Resources: Optometry

(707) 303-9811

3569 Round Barn Circle, Santa Rosa, CA

<http://srhealthcenters.org/service/vista-family-health-center/>

Offers optometry services to patients of Santa Rosa Community Health Centers. English, Spanish. By appointment only. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Optometry Center

Medical Care and Resources: Optometry

(707) 542-3404

1188 Montgomery Dr, Santa Rosa, CA

Offers general optometry services. Accepts VSP, Medicare, and Medi-Cal. Under 21 with Medi-Cal: Exam and eye glasses are covered. Over 21 with Medi-Cal: Eye exam only is covered. Exam and prescription for eyeglasses: \$150. Exam and prescription for contacts: \$250 English, Spanish. By appointment only. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Dr. John Walker Optometrist

Medical Care and Resources: Optometry

(707) 836-0306

9071 Conde Lane, Windsor, CA

<http://www.doctorjohnwalker.com/>

Offers general optometry services. Accepts Medi-Cal, Medicare, VSP, and other private insurances. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Walmart, Optometry Clinic

Medical Care and Resources: Optometry

(707) 838-0185

6650 Hembree Ln., Windsor, CA

<http://www.walmart.com/store/2553/details>

Offers general optometry services. Accepts cash, VSP and most other private insurances. Exam and prescription for eyeglasses: \$58. Exam and prescription for contacts and eyeglasses: \$89 (\$114 with stigmatism). Private insurances.

Eligibility: none | Last updated: 6/3/15

Other Resources

United Cerebral Palsy of North Bay

Medical Care and Resources: Other Resources | Education | Employment

(707) 766-9990

3835 Cypress Drive, Suite 103, Petaluma, CA

www.ucpnb.org

Provides education, employment, and recreational programs for people with Cerebral Palsy and their families. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Health Action (Sonoma) and Petaluma Advance Care Planning Collaborative, My Care, My Plan -Speak Up Sonoma County

Medical Care and Resources: Other Resources | Resource Assistance: Other Resource Assistance

Area of Service / Multiple Locations, CA

<http://www.sonomahealthaction.org/advance-care-planning>

Offers free educational series on advanced care planning. General Education: Learn about the importance and process of advance care planning and making your wishes known, including how to select a health care agent and what to do before and after completing an advance health care directive. Workshop: Get useful tools and tips for how to contemplate, communicate, and complete documentation of your health care wishes. Ask questions in a group or individual setting. Series available in Petaluma, Guerneville, Cloverdale, and Santa Rosa. Hours vary. FREE.

Eligibility: none | Last updated: 6/9/15

Caring Community

Medical Care and Resources: Other Resources | Resource Assistance: Other Resource Assistance

<http://www.caringcommunity.org/>

Offers information and resources about end of life issues, including advanced care planning. English only. Always available (24/7). FREE.

Eligibility: none | Last updated: 6/9/15

American Lung Association of California

Medical Care and Resources: Other Resources

(707) 527-5864 | 800-586-4872

Area of Service / Multiple Locations, CA

<http://www.lung.org/associations/states/california/?referrer=https://www.google.com/>

Offers education and support for people with COPD, asthma, TB, lung cancer, and other lung conditions. English, Spanish, Other. FREE.

Eligibility: none | Last updated: 6/3/15

Alzheimer's Association

Medical Care and Resources: Other Resources

(707) 573-1210

1211 N Dutton Ave., Ste. A, Santa Rosa, CA

http://www.alz.org/we_can_help_we_can_help.asp

Offers education and support for people with alzheimer's disease. FREE.

Eligibility: none | Last updated: 6/3/15

American Cancer Society, Education and Advocacy

Medical Care and Resources: Other Resources

(707) 545-6720

1451 Guerneville Rd., Ste. 220, Santa Rosa, CA

<http://www.cancer.org/>

Offers education and support for people with cancer. FREE.

Eligibility: none | Last updated: 6/3/15

American Heart Association

Medical Care and Resources: Other Resources

(707) 542-1992

1400 N Dutton Ave., Ste. 20, Santa Rosa, CA

<http://www.heart.org/HEARTORG/>

Offers education and support for people with heart conditions. FREE.

Eligibility: none | Last updated: 6/3/15

Social Advocates for Youth, Clean Slate Tattoo Removal Program

Medical Care and Resources: Other Resources

(707) 544-3299 x238

<http://www.sayasc.org/programs/clean-slate-tattoo-removal-program/>

Free tattoo removal. If you are interested in the program please call the Clean Slate Tattoo Removal Program Hotline – 707-544-3299 x238 listen to the instructions, leave a message and we will return your call within the week. English, Spanish. Hours vary. FREE.

Eligibility: 14-24 | Must have visible gang related tattoos that are a barrier to employment | Last updated: 6/3/15

Primary Care



West County Health Centers, Gravenstein Community Health Center

Medical Care and Resources: Primary Care

(707) 823-3166

652 Petaluma Ave., Ste. H, Sebastopol, CA

Offers comprehensive primary care, including mental health care, and assistance with benefits applications. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

<http://www.wchealth.org/>

Eligibility: none | Last updated: 6/3/15



West County Health Centers, Sebastopol Community Health Center

Medical Care and Resources: Primary Care

(707) 824-9999

6800 Palm Avenue, St 2, Sebastopol, CA

Offers comprehensive primary care, including mental health care, and assistance with benefits applications. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

<http://www.wchealth.org/>

Eligibility: none | Last updated: 6/3/15



West County Health Centers, Occidental Area Health Center

Medical Care and Resources: Primary Care

(707) 874-2444

3802 Main St., Occidental, CA

Offers comprehensive primary care, including mental health care, and assistance with benefits applications. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

<http://www.wchealth.org/>

Eligibility: none | Last updated: 6/3/15



West County Health Centers, Russian River Health Center

Medical Care and Resources: Primary Care

(707) 869-2849

16319 Third St., Guerneville, CA

<http://www.wchealth.org/>

Offers comprehensive primary care, including mental health care, and assistance with benefits applications. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Alexander Valley Regional Medical Center

Medical Care and Resources: Primary Care

(707) 894-4229

6 Tarman Dr., Cloverdale, CA

<http://alexandervalleyhealthcare.org/>

Offers comprehensive primary care. English, Spanish. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Alliance Medical Center, Healdsburg Medical

Medical Care and Resources: Primary Care

(707) 433-5494

1381 University Ave., Healdsburg, CA

<http://www.alliancemed.org/>

Offers comprehensive primary care. English, Spanish. Monday-Friday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Alliance Medical Center, Windsor Medical

Medical Care and Resources: Primary Care

(707) 433-8161 | (707) 433-5494

8465 Old Redwood Highway, Ste. 320, Windsor, CA

<http://www.alliancemed.org/>

Offers comprehensive primary care. English, Spanish. Monday-Friday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Petaluma Health Center

Medical Care and Resources: Primary Care

(707) 559-7500

1179 N McDowell Blvd., Petaluma, CA

<http://phealthcenter.org/>

Offers comprehensive primary care. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Jewish Community Free Clinic

Medical Care and Resources: Primary Care

(707) 585-7780

50 Montgomery Dr., Santa Rosa, CA

<http://jewishfreeclinic.org/>

Provides free medical services to uninsured patients, including primary care medicine, acupuncture, employment evaluations, women's health. Open Mon, Tues, Thurs for drop-in clinic and Wed and Fri by appointment for speciality clinics. English, Spanish. Monday-Friday, hours vary. FREE.

Eligibility: Uninsured | Last updated: 6/3/15

Santa Rosa Community Health Centers, Brookwood Health Center

Medical Care and Resources: Primary Care

(707) 583-8700

983 Sonoma Ave., Santa Rosa, CA

<http://srhealthcenters.org/>

Offers comprehensive primary care, including mental health care and assistance with benefits applications. Serves people experiencing homelessness and people who need drop-in appointments. Call for information about drop-in hours and check-in. Expect to wait. English, Spanish. Monday-Friday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Community Health Centers, Roseland Pediatrics

Medical Care and Resources: Primary Care

(707) 578-2005

711 Stony Point Rd, Suite 17, Santa Rosa, CA

<http://srhealthcenters.org/>

Offers comprehensive primary care for children from birth to age 19. Call for appointment. Some same-day services available for existing patients. English, Spanish. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Community Health Centers, Southwest Community Health Center ("Lombardi")

Medical Care and Resources: Primary Care

(707) 547-2222

751 Lombardi Court, Santa Rosa , CA

<http://srhealthcenters.org/>

Offers comprehensive primary care and on-site specialty clinics. Call for appointment. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Santa Rosa Community Health Centers, Vista Family Health Center

Medical Care and Resources: Primary Care

(707) 303-3600 (general) | (707) 303-8911 (appointments)

3569 Round Barn Circle, Santa Rosa , CA

<http://srhealthcenters.org/>

Offers comprehensive primary care and on-site specialty clinics. Call for appointment. Some same-day services available for existing patients. English, Spanish. Monday-Saturday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/3/15

Sonoma County Indian Health Project, Primary Care

Medical Care and Resources: Primary Care

(707) 521-4500 | (707) 541-4545

144 Stony Point Rd., Santa Rosa , CA

<http://scihp.org/>

Offers comprehensive primary care. Services are offered by appointment, including same-day appointments. Services are offered to Native Americans (limited services for others with Medi-Cal). Monday-Friday, hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: Native American | Last updated: 6/3/15

VA Outpatient Clinic

Medical Care and Resources: Primary Care

(707) 569-2300

3841 Brickway Blvd., Santa Rosa , CA

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

Free and low-cost medical services for eligible veterans, including primary, mental health, and some specialty care services. Veterans need to have been honorably discharged from service. Must call in advance to set up an appointment. Monday-Friday, by appointment. FREE.

Eligibility: Veteran status only | Last updated: 6/3/15

Senior Resources

Accent Care, In Home Care for Seniors

Medical Care and Resources: Senior Resources | Wellness

(707) 792-2211

11 Fifth Street Suite 105, Petaluma, CA

Offers in-home care services to Sonoma County. Services include: caring companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, medication reminders, assistance with bathing and grooming, and assistance with pet care. English, Spanish. Office: Monday-Friday 8-5pm & On-Call phone service for after hours; Services: 24/7. Private pay.

Eligibility: Seniors | Last updated: 6/4/15

Sequoia Senior Solutions, In Home Care for Seniors

Medical Care and Resources: Senior Resources | Wellness

(707) 539-0500

1372 N. McDowell Blvd Suite-S, Petaluma, CA

<http://www.sequoiaseniorsolutions.com/>

Offers professional in-home care services that are available 7 days a week. Services include: caring companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, medication reminders, assistance with bathing and grooming, and assistance with pet care.

English, Spanish. Office: Monday-Friday 9-5pm; Services: 24/7. Private pay, long-term care insurance.

"Eligibility: Seniors | Last updated: 6/3/15

Hired Hands Homecare, In Home Care for Seniors

Medical Care and Resources: Senior Resources | Wellness

(707) 575-4700

2901 Cleveland Ave., Suite 203, Santa Rosa, CA

<http://www.hiredhandshomecare.com/>

Offers professional in-home care services that are available 7 days a week and can range from a few hours per day to 24-hour and live-in care. Services include: caring companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, medication reminders, assistance with bathing and grooming, and assistance with pet care. English, Spanish. Office: Monday-Friday 8:30-5:30 & On-Call phone service for after hours; Services 24/7. Private pay, long-term care insurance.

Eligibility: Seniors | Last updated: 6/4/15

Health Action (Sonoma) and Petaluma Advance Care Planning Collaborative, My Care, My Plan -Speak Up Sonoma County

Medical Care and Resources: Other Resources | Resource Assistance: Other Resource Assistance

Area of Service / Multiple Locations, CA

<http://www.sonomahealthaction.org/advance-care-planning>

Offers free educational series on advanced care planning. General Education: Learn about the importance and process of advance care planning and making your wishes known, including how to select a health care agent and what to do before and after completing an advance health care directive. Workshop: Get useful tools and tips for how to contemplate, communicate, and complete documentation of your health care wishes. Ask questions in a group or individual setting. Series available in Petaluma, Guerneville, Cloverdale, and Santa Rosa. Hours vary. FREE.

Eligibility: none | Last updated: 6/9/15

Visiting Angels, In Home Care for Seniors

Medical Care and Resources: Senior Resources | Wellness

(707) 528-0222

1120 Montgomery Dr., Santa Rosa, CA

<http://www.visitingangels.com/santarosa/home>

Offers professional in-home care services that are available 7 days a week and can range from a few hours per day to 24-hour and live-in care. Services include: caring companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, medication reminders, assistance with bathing and grooming, and assistance with pet care. English, Spanish . Office: Monday through Friday 8:30-5 . Private pay, long-term care insurance, Veteran's Benefits (Veterans, Veteran's Spouse) .

Eligibility: Seniors | Last updated: 6/4/15

Petaluma People Services, Senior Case Management

Medical Care and Resources: Senior Resources | Resource Assistance: Senior Resources

(707) 765-8488

1500A Petaluma Bl S, Petaluma, CA

<http://petalumapeople.org/seniors/case-management/>

Offers specialized case management for seniors facing various social needs. A Case Manager will visit the client at home, perform a needs assessment, make appropriate referrals, and follow-up to ensure that the senior receives appropriate services. For example, a Case Manager may act as an advocate in resolving conflicts, or assist the senior in obtaining services such as home delivered meals or a chore worker. FREE.

Eligibility: Seniors | Last updated: 6/3/15

Senior Advocacy Services, Long-Term Care Ombudsman Program

Medical Care and Resources: Senior Resources | Resource Assistance: Senior Resources

(707) 526-4108 | (800) 231-4024

1304 Southpoint Blvd., Suite 280, Petaluma, CA

<http://senioradvocacyservices.org/long-term-care-ombudsman-program-sonoma-county>

Confidential investigation of problems and complaints on behalf of residents of long-term care facilities. Also offers counseling and information regarding placement. Call or visit website to report a grievance. Always available (24/7). FREE.

Eligibility: Seniors | Last updated: 6/3/15

St. Joseph Health System, House Calls

Medical Care and Resources: Senior Resources

(707) 547-4684 | (707) 206-9124

Area of Service / Multiple Locations, CA

www.stjosephhealth.org

Offers primary medical care by family nurse practitioners to frail and elderly patients. Only provided to patients who are unable to access health care in the community due to impaired mobility, cognitive impairment with a medical condition, limited financial resources, or lack of health insurance (or under-insured). FREE.

Eligibility: none | Last updated: 6/3/15

Multipurpose Senior Services Program

Medical Care and Resources: Senior Resources

(707) 565-5970

3725 Westwind Blvd., Suite 101, Santa Rosa, CA

<http://www.sonoma-county.org/human/mssp.htm>

A care management service for seniors in frail health or at risk of going to a nursing home. MSSP nurses and social workers work with the client, family members and others to find and coordinate services in the client's home. A care plan is developed with the client and family and services are arranged or purchased to assist the client to remain independent. The care manager calls regularly and also visits each client to monitor and re-evaluate the client's needs. Only for seniors age 65 and older who are eligible for Medi-Cal and live in Sonoma County. Monday-Friday. FREE.

Eligibility: 65+ | Last updated: 6/3/15

Urgent Care

Concentra, Concentra – Rohnert Park

Medical Care and Resources: Urgent Care

(707) 586-4320

6174 State Farm Dr., Rohnert Park, CA

<http://www.concentra.com/urgent-care-centers/california/bay-area/rohnert-park-urgent-care/>

Offers occupational and urgent medical care, as well as physical therapy and wellness service Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 6/3/15

St. Joseph Urgent Care, St. Joseph Urgent Care - Rohnert Park

Medical Care and Resources: Urgent Care

(707) 584-0672

1450 Medical Center Dr., Rohnert Park, CA

<http://www.stjoesonoma.org/Our-Services/Urgent-Care.aspx>

Urgent care. English, Spanish. Daily, 9am-7pm. Cash, credit, some insurance.

Eligibility: none | Last updated: 6/3/15

Jewish Community Free Clinic

Medical Care and Resources: Urgent Care

(707) 585-7780

50 Montgomery Dr., Santa Rosa, CA

<http://jewishfreeclinic.org/>

Provides free medical services to uninsured patients, including a drop-in clinic for minor health problems. Open Mon, Tues, Thurs for drop-in clinic. See Primary Care for full list of medical services. English, Spanish. Hours vary. FREE.

Eligibility: Uninsured | Last updated: 6/3/15

St. Joseph Urgent Care, St. Joseph Urgent Care - Santa Rosa

Medical Care and Resources: Urgent Care

(707) 543-2000

925 Corporate Center Pkwy., Ste. A, Santa Rosa, CA

<http://www.stjoesonoma.org/Our-Services/Urgent-Care.aspx>

Urgent care. Closed on holidays. English, Spanish. Daily, 9am-7pm. Cash, credit, some insurance.

Eligibility: none | Last updated: 6/3/15

St. Joseph Urgent Care, St. Joseph Urgent Care – Windsor

Medical Care and Resources: Urgent Care

(707) 838-2044

6580 Hembree Ln., Ste. 270, Windsor, CA

<http://www.stjoesonoma.org/Our-Services/Urgent-Care.aspx>

Urgent care. Closed on holidays. English, Spanish. Daily, 9am-7pm. Cash, credit, some insurance.

Eligibility: none | Last updated: 6/3/15

Mental Health and Counseling

General Services

Jewish Family and Children's Services, Mental Health Services

Mental Health and Counseling: General Services | Child Care: Parenting

(707) 571-8131

1360 North Dutton Ave, Suite C, Santa Rosa, CA

www.jfcs.org

Mental health services for children, teens, and their families. Individual counseling, play therapy, socialization groups, family therapy, and consultation to parents. Sliding scale, MediCare accepted. English, Spanish. Monday-Friday. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: Under 18 | Last updated: 5/5/15

NAMI (National Alliance on Mental Illness), NAMI Family Support Group

Mental Health and Counseling: General Services | Wellness

(707) 527-6655

Petaluma Senior Center, 211 Novak Street, Petaluma, CA

http://www.namisonomacounty.org/family_programs.shtml

Free, drop-in, and confidential support for family members of persons experiencing mental illness. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Goodwill Industries Redwood Empire, Interlink Self-Help Center

Mental Health and Counseling: General Services | Wellness

(707) 546-4481

1033 4th street, Santa Rosa, CA

www.interlinkselfhelpcenter.org

Provide help to individuals with mental health difficulties and addiction. Support with housing search, job search, and rehabilitation to stay clean and sober. Also provides support through resource groups, self-help group sessions, and peer counseling. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/5/15

NAMI (National Alliance on Mental Illness), Counseling and Support Groups

Mental Health and Counseling: General Services | Wellness

(707) 527-6655

182 Farmers Ln., Suite 202, Santa Rosa, CA

<http://www.namisonomacounty.org/>

Counseling and support groups for youth and adults facing mental health challenges. Group meetings and classes are held throughout Sonoma County. Many classes are free and do not require preregistration. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

NAMI (National Alliance on Mental Illness), NAMI Client Connection Support Groups

Mental Health and Counseling: General Services | Wellness

(707) 527-6655

Glaser Center, 547 Mendocino Ave, Santa Rosa, CA

<http://www.namisonomacounty.org/>

Free, drop-in and confidential peer-based support group for those who need social and emotional support. Held on Thursdays from 11:30am-1pm in Santa Rosa and 1st and 3rd Tuesdays of each month from 2-3pm in Petaluma (1360 N. McDowell Blvd, Petaluma) English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

NAMI (National Alliance on Mental Illness), NAMI Family Support Group

Mental Health and Counseling: General Services | Wellness

(707) 527-6655

182 Farmers Lane #202, , Santa Rosa , CA

http://www.namisonomacounty.org/family_programs.shtml

Free, drop-in, and confidential support for family members of persons experiencing mental illness. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/10/15

NAMI (National Alliance on Mental Illness), NAMI Family Support Group

Mental Health and Counseling: General Services | Wellness

(707) 527-6655

Community & Family Service Agency, 477 Petaluma Ave., Sebastopol, CA

http://www.namisonomacounty.org/family_programs.shtml

Free, drop-in, and confidential support for family members of persons experiencing mental illness. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

SOS Community Counseling, Counseling Services

Mental Health and Counseling: General Services

(707) 284-3444

Area of Service / Multiple Locations, CA

www.soscounseling.org

Offers low-cost mental health counseling. Private pay only, with sliding scale fee structure. No one is turned away due to inability to pay. Locations in Santa Rosa, Petaluma, Cotati, Sebastopol, and San Rafael. Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Psych Strategies

Mental Health and Counseling: General Services

(707) 303-3200

1160 North Dutton Ave, Suite 230, Santa Rosa, CA

<http://www.psychstrategies.com/>

Psychological therapy for all ages for depression, anxiety, adolescent issues, ADD, addictions, grief issues, domestic violence, and other stressors. Accepts most insurance. Also located in Petaluma. English, Spanish. Monday-Friday.

Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Sonoma County Mental Health, Psychiatric Emergency Services (PES)

Mental Health and Counseling: General Services

(707) 576-8181 (24-hr hotline) | 800-746-8181

3322 Chanate Road, Santa Rosa, CA

Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week by calling the 24-hour Emergency Mental Health Hotline. Services also include advocacy, benefits counseling, brief counseling, crisis intervention, linkage to resources, psychiatric consultation and evaluation & referrals to Sonoma.

County Mental Health English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Emergency Psychiatric Health Hotline

Mental Health and Counseling: General Services

(707) 746-8181 | 1-800-746-8181

Website and/or Phone Service Only

www.sonoma-county.org/health/services/mentalhealthcrisis.asp

Hotline for mental health emergencies. Callers can get free help 24 hours a day, seven days a week. Services include crisis intervention and stabilization. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/11/15

GIRE, Peer Warmline Connection

Mental Health and Counseling: General Services

(707) 565-4466

Website and/or Phone Service Only

The Warmline is staffed by peers with mental health experiences, who are trained and ready to listen and assist with referrals to services as needed. A form of self-help, the Peer Warmline Connection is available to anyone seeking a caring connection. Friday-Sunday, 5:30-9:30pm. FREE.

Eligibility: none | Last updated: 5/5/15

Grief Support and Counseling

Petaluma People Services, Family Counseling

Mental Health and Counseling: Grief Support and Counseling | Child Care: Parenting | Wellness: Classes and Groups

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/families/>

Counseling for families with children ages 0-5. Counseling services include child abuse prevention, Families in Action, Parent Education (Triple P), and Perinatal Services. Sliding scale fees. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/7/15

Petaluma People Services, Caregivers Express

Mental Health and Counseling: Grief Support and Counseling | Wellness: Classes and Groups

(707) 765-8488

Senior Day Site, 25 Howard St, Petaluma, CA

Support group for caregivers of people with dementia. Meetings held on the 2nd and 4th Tuesday of each month from 1:30-3pm. Call to confirm schedule. English only. Hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/7/15

Petaluma People Services, Individual Counseling

Mental Health and Counseling: Grief Support and Counseling | Wellness: Classes and Groups

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/>

Individual counseling and free support groups that address: relationship difficulties, parenting, anger and behavioral problems, triple P, school problems, anxiety and panic, stress, divorce, physical abuse, co-parenting, social and emotional screening, drug and alcohol abuse, grief and loss, aging, domestic violence and sexual abuse, and/or life transitions. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/7/15

Petaluma People Services, Veterans Counseling

Mental Health and Counseling: Grief Support and Counseling | Wellness: Classes and Groups

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/veterans/>

Peer-to-peer counseling for veterans who have experienced trauma. Sliding scale available. English only. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: Veteran status only | Veteran status only | Last updated: 5/7/15

Hospice of Petaluma, Grief Counseling

Mental Health and Counseling: Grief Support and Counseling

(707) 778-6242

416 Payran St., Petaluma, CA

www.caringcommunity.org/hospiceofpetaluma

One-on-one and group grief counseling sessions for individuals and families facing the death of a loved one. Grief Support Groups are held over 8 weekly sessions, with separate groups for children, teens, and adults. Also provide educational presentations on grief-related subjects. All people are eligible and services are bilingual. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Sutter Home Care, Bereavement & Grief Support Groups

Mental Health and Counseling: Grief Support and Counseling

(707) 535-5780

Sutter Care at Home, 110 Stony Point Rd, Suite 110, Santa Rosa, CA

<http://www.suttercareathome.org/GriefSupport/NorthBaySupport.html>

Group support meetings for adults, young adults, and children are free and open to the public. Visit website for a list of group programs. Individual counseling is also available. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Other Resources

Petaluma People Services, Perinatal Mood Disorder Screening

Mental Health and Counseling: Other Resources | Child Care: Parenting

(707) 765-8488

1500 Petaluma Blvd. South, Petaluma, CA

www.petalumapeople.org

Offers screening, treatment and referral for mood disorders in pregnant women and new mothers. Hours vary.

Medi-Cal accepted, Sliding Scale.

Eligibility: Female only | Last updated: 5/7/15

Forget Me Not Farm

Mental Health and Counseling: Other Resources | Domestic Violence

(707) 542-0882 ext. 213

5345 Highway 12, Santa Rosa, CA

<http://www.forgetmenotfarm.org>

Child victims (3-5 years) of abuse, neglect, domestic violence, or community violence work and play with plants and animals in healing activities. All participants receive services from their primary agency and are referred to the Farm for support. English only. Monday-Friday. .

Eligibility: Under 18 | Last updated: 5/5/15

Non-Violent Alternatives (NOVA), Domestic Violence Recovery Program

Mental Health and Counseling: Other Resources | Domestic Violence

(707) 523-9361

421 Humboldt St., Santa Rosa, CA

Domestic violence recovery program for men and women who have problems in relationships, such as anger, violence, and difficulties with partners and family members. Sliding scale. English, Spanish. Hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Adult Children of Alcoholics (ACA)

Mental Health and Counseling: Other Resources | Wellness: Classes and Groups

St. Johns Episcopal Church, 40 Fifth St and Church of the Oaks, 185 St, Cotati, CA

www.adultchildren.org

Help with the recovery process for individuals who faced difficulties in their childhood and adult lives due to alcohol and substance abuse. Recovery process is also for adult children who are recovering from abuse from dysfunctional families. Weekly meetings held in Petaluma on Mondays at 7pm (“Healing Journey”) and Thursdays at 7pm (“ACA Step Study”). Meetings are also held in Cotati. Use website for most up-to-date schedule. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Food Addicts Anonymous

Mental Health and Counseling: Other Resources | Wellness

(772) 878-9657

Website and/or Phone Service Only

<http://www.foodaddictsanonymous.org/>

A peer supported group that follows the 12-Step guidelines to empower those that want to overcome food addiction. Diet and nutrition discussed as well as abstinence from addictive foods. Service is free and unaffiliated with any weight loss or diet programs, treatment facilities or religious organizations. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Family Service Agency of Sonoma County, Counseling

Mental Health and Counseling: Other Resources

(707) 545-4551

751 Lombardi Ct, Santa Rosa, CA

<http://cfsa-sonoma.org/>

English and Spanish counseling for individuals, couples, families, seniors, and children. Provides court-ordered domestic violence treatment, anger management workshops, and groups for children exposed to violence. Sliding scale. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Exhale, After-Abortion Talkline

Mental Health and Counseling: Other Resources

1-866-439-4253

Website and/or Phone Service Only

www.exhaleprovoice.org

An after-abortion counseling helpline for women who have had abortions, as well as their partners, family, friends and allies. Mon-Fri 5-10pm, Sat-Sun 12-10pm. Daily, hours vary. FREE.

Eligibility: none | Last updated: 3/11/15

HIV/AIDS Nightline

Mental Health and Counseling: Other Resources

(415) 273-2437

Website and/or Phone Service Only

<http://www.sfsuicide.org/our-programs/hiv-nightlines/>

Provides emotional support for HIV/AIDS-infected individuals. Daily, 5pm-5am. FREE.

Eligibility: none | Last updated: 3/11/15

Suicide Hotline

Mental Health and Counseling: Other Resources

1-800-273-8255

Website and/or Phone Service Only

www.suicidepreventionlifeline.org

Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/11/15

Veterans Crisis Line

Mental Health and Counseling: Other Resources

(800) 273-8255 (press 1)

Website and/or Phone Service Only

www.veteranscrisisline.net

Provides confidential help for veterans and their family, including crisis support and suicide prevention. FREE.

Eligibility: Veteran status only | Last updated: 3/11/15

Wounded Warrior Project

Mental Health and Counseling: Other Resources

Website and/or Phone Service Only

<http://www.woundedwarriorproject.org/programs.aspx>

Offers interactive programs, outdoor rehabilitative retreats, peer support, and professional services to help veterans maintain healthy, meaningful relationships with family and friends, and pursue life goals without the barriers or stigmas associated with mental health issues. FREE.

Eligibility: Veteran status only | Last updated: 3/12/15

Senior Services

Petaluma People Services, Healthy Outlook

Mental Health and Counseling: Senior Services

(707) 765-8488

1500 Petaluma Blvd. South, Petaluma, CA

www.petalumapeople.org

Depression screening and counseling for people 60 years of age and older Hours vary. .

Eligibility: 65+ | Last updated: 5/5/15

Petaluma People Services, Senior Counseling Services

Mental Health and Counseling: Senior Services

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/senior-counseling-services/>

Counseling for seniors in our community facing difficulties in relationships, loss of a loved one, depressions, anxiety, problems with their adult children, drug and alcohol abuse, and life transition issues. Sliding scale fees. PPSC also offers Meals on Wheels, Adult Day Care, Case Management, Caregiver Support, and an Alzheimer's Respite. Facilities are wheelchair accessible. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: 65+ | Last updated: 5/7/15

Council on Aging, Healthy Ideas

Mental Health and Counseling: Senior Services

(707) 525-0143 ext. 125 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

A community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health issues and functional limitations. The program includes screening, case management and referrals to appropriate professionals. FREE.

Eligibility: Seniors | Last updated: 3/18/15

Council on Aging, Senior Peer Support

Mental Health and Counseling: Senior Services

(707) 525-0143 ext. 125 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

Volunteer program provides peer support for seniors who are suffering from various mental health issues. Offers 12-24 weeks of assistance. Volunteers are supervised by a licensed clinical social worker. FREE.

Eligibility: Seniors | Last updated: 3/18/15

Sonoma County Mental Health, Older Adult Mental Health Services

Mental Health and Counseling: Senior Services

(707) 565-4857

3322 Chanate Road, Santa Rosa, CA

www.sonoma-county.org/health/about/behavioralhealth_mh.asp

Provides psychiatric assessment and treatment of older adults who have a psychiatric disability that disrupts or interferes with the individual's ability to maintain residence or engage in productive activities and daily responsibilities. Services may also be available to families of older adults. Offers psychiatric consultation, information, and education to other agencies and individuals working with older adults. Monday-Friday. FREE.

Eligibility: 65+ | Last updated: 5/5/15

Youth Services

County Health-Mental Health Services Division, Transition Age Youth

Mental Health and Counseling: Youth Services |

(707) 565-4900

3333 Chanate Road , Santa Rosa, CA

www.sonoma-county.org/health/about/behavioralhealth_mh.asp

Intensive mental health services for individuals age 18-25, including case management and housing assistance.

English, Spanish. Monday-Friday. FREE.

Eligibility: 18 to 25 | Last updated: 4/17/15

County Health-Mental Health Services Division, Youth & Family Outpatient Services

Mental Health and Counseling: Youth Services |

800-746-8181

3322 Chanate Road , Santa Rosa, CA

www.sonoma-county.org/health/about/behavioralhealth_mh.asp

Provides mental health services to high risk children, adolescents, and their families, including counseling and case-management services. Our goal is to maintain youngsters with diagnosed emotional disorders in the least restrictive environments. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 4/17/15

Child Parent Institute, Children's Counseling Services

Mental Health and Counseling: Youth Services | Child Care

(707) 585-6108 | (707) 284-1500

7345 Burton Ave, Rohnert Park, CA

Provides comprehensive mental health services for children from birth to age 18. Individual, group, and family psychotherapy services address a wide range of childhood behavior challenges, difficult life transitions, and traumas. Provides child-centered treatment to develop healthy functioning at home, at school, and in the community. Some children may qualify for no-cost services. Medi-Cal accepted, sliding scale fee for those with fees for service(s). By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: Under 18 | Last updated: 3/17/15

Petaluma People Services, Children Counseling

Mental Health and Counseling: Youth Services | Wellness: Classes and Groups

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/children/>

Counseling for children ages 0-5 and their families. Addresses behaviors that may seem confusing, inappropriate, and/or challenging. Includes co-parent counseling and screenings for children. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: Under 18 | Last updated: 5/5/15

Eating Disorder Support Groups (ANAD)

Mental Health and Counseling: Youth Services

(707) 778-7849

1425 North McDowell Blvd, Petaluma, CA

<http://www.anad.org/eating-disorders-get-help/eating-disorders-support-groups/california/>

Free, drop-in groups for teens and adults. Visit website for schedules. Hours vary. FREE.

Eligibility: none | Last updated: 4/17/15

Petaluma People Services, Girl's Circle

Mental Health and Counseling: Youth Services

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/teen-counseling/girls-circle/>

Counseling and support for high school age girls. Small groups meet with a counselor during 8-10 sessions.

Counseling is offered on an ability-to-pay basis and Medi-Cal is accepted. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 4/17/15

Petaluma People Services, Teen Counseling

Mental Health and Counseling: Youth Services | Wellness: Classes and Groups

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/counseling/teen-counseling/>

Counseling and support for teens including anger management, dating violence, family functional therapy, girls club, and youth diversion services. Work together on leadership skills, problem solving, harm reduction, youth and family case management, anger management, job training, tutoring, career planning, mentoring, and free use of a computer lab. English, Spanish. Hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: Under 18 | Last updated: 5/5/15

Eating Disorder Support Groups (ANAD)

Mental Health and Counseling: Youth Services

(707) 307-3360

923 College Ave, Santa Rosa, CA

<http://www.anad.org/eating-disorders-get-help/eating-disorders-support-groups/california/>

Free, drop-in groups for teens and adults. Visit website for schedules. Hours vary. FREE.

Eligibility: none | Last updated: 4/17/15

Social Advocates for Youth, Youth Counseling

Mental Health and Counseling: Youth Services

(707) 544-3299 ext. 210 (main office) and (888) 729-0012 (24-hour emergency hotline)

3440 Airway Dr., Suite E (main) plus other locations, Santa Rosa, CA

www.saysc.org

Provide free counseling for Medi-Cal eligible youth (5-25 years) and their families. Offer shelter to runaway and homeless youth, as well as affordable housing, food, and other support for youth. English, Spanish. By appointment only. FREE.

Eligibility: Under 21 | Last updated: 5/5/15

Verity, Counseling Services

Mental Health and Counseling: Youth Services

(707) 545-7273 (hotline)

835-D Piner Road , Santa Rosa, CA

www.ourverity.org

This program provides individual counseling for adults, adolescents, teens and children 6 years and older. Also offer Free Survivor Supports Groups in English & Spanish. English, Spanish. Monday-Friday. Sliding Scale .

Eligibility: 6 and older | Last updated: 4/17/15

Verity, Intervention Department

Mental Health and Counseling | Domestic Violence

(707) 545-7270

835-D Piner Road , Santa Rosa, CA

www.ourverity.org

Provides confidential counseling, emergency assistance, and information and referrals 24 hours a day, 365 days a year by trained, compassionate, California State Certified Sexual Assault Victim Counselors. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

California Coalition for Youth, California Youth Crisis Line

Mental Health and Counseling: Youth Services

(800) 843-5200

Website and/or Phone Service Only

<http://www.youthcrisisline.org/>

Statewide, toll free, 24-hour, confidential phone line available to young people, primarily between the ages of 12 and 24, and those who are concerned about them. Provides crisis intervention counseling on such issues as abuse, assault and exploitation, running away, living on the streets, prostitution, gang membership, lesbian/ gay/ bisexual/ transgender issues and suicide. English, Spanish. FREE.

Eligibility: 12-24 years | Last updated: 4/17/15

California Youth Crisis Line

Mental Health and Counseling: Youth Services

1-800-843-5200

Website and/or Phone Service Only

www.youthcrisisline.org

Offers crisis counseling, information and referrals for youth and families. FREE.

Eligibility: none | Last updated: 3/11/15

National Runaway Safeline & Home Free Program

Mental Health and Counseling: Youth Services

800-RUNAWAY | 800-786-2929

Website and/or Phone Service Only

www.1800runaway.org

Offers support to youth runaways. Provides crisis intervention to help run away youth help themselves, information and referrals, message delivery (Message Relay) and conferencing services, free bus rides home for qualified youth via Greyhound Home Free program. Also offers chat room interaction and free runaway prevention Let's Talk materials when requested. English, Spanish. Always available (24/7). FREE.

Eligibility: Under 21 | Last updated: 3/17/15

Giant Steps Therapeutic Equestrian Center

Mental Health and Counseling | Disability Services | Wellness

(707) 769-8900

7600 Lakeville Hwy, Petaluma, CA

Equestrian therapy program for mentally or physically disabled children English only. Monday-Friday. .

Eligibility: Under 18 | Disability only | Last updated: 5/5/15

Sonoma County Mental Health, SCMH Co-Op

Mental Health and Counseling | Employment

(707) 565-4700

3313 Chanate Road, Santa Rosa, CA

Provides assistance with job applications, cover letters, resumes, and interviews; individual and group support services English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/7/15

Casa Rohnert Park

Mental Health and Counseling | Housing

(707) 586-9480

1033 San Francisco Way, Rohnert Park, CA

6 bed facility. Residential psychiatric program. County referrals. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Crisis Residential

Mental Health and Counseling | Housing

(707) 526-6902

3400 Montgomery Dr, Santa Rosa, CA

Up to thirty days stay with referral from Psychiatric Emergency Services; By referral only. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Telecare Sonoma (ACT)

Mental Health and Counseling | Housing

(707) 568-2800 x105

327 College Ave and 333 College Ave, Santa Rosa, CA

An intensive community outreach service targeted toward adult populations (18+) with serious mental illness. Some of the specialty populations served by this program include individuals who are homeless or at risk for homelessness as well as individuals with a history of criminal justice involvement. Hours vary. FREE.

Eligibility: 18+ | Last updated: 5/5/15

Russian River Empowerment Center

Mental Health and Counseling | Wellness: Classes and Groups

(707) 604-7264

16229 Third Street, Guerneville, CA

Consumer driven center for adults with serious and persistent mental illness. Tues - Thurs 9:30 AM - 3:30 PM. Call to confirm hours. English only. Hours vary. FREE.

Eligibility: none | Last updated: 5/7/15

Petaluma Peer Recovery Project

Mental Health and Counseling | Wellness: Classes and Groups

(707) 364-6342 | (707) 241-5926

Petaluma, CA

Programs include: Tools 4 Stability; 60+ support group; guided meditation; cognitive behavioral techniques; transitional age youth support group; NAMI Client Connection English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Dialectical Behavior Therapy (DBT)

Mental Health and Counseling | Wellness: Classes and Groups

(707) 486-4728

1101 College Ave. Suite 230, Santa Rosa, CA

A form of psychotherapy originally developed for the treatment for borderline personality disorder; helps with problems in regulating emotions, behavior, and thinking. English only. By appointment only. .

Eligibility: none | Last updated: 5/7/15

Goodwill Industries Redwood Empire, Wellness and Advocacy Center

Mental Health and Counseling | Wellness: Classes and Groups

(707) 565-7800

3400 Chanate Road, Santa Rosa, CA

<http://wellnessandadvocacy.org/>

Provide help to individuals with mental health difficulties and addiction. Support with housing search, job search, and rehabilitation to stay clean and sober. Also provides support through resource groups, self-help group sessions, and peer counseling. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/5/15

Lomi Psychotherapy Clinic

Mental Health and Counseling | Wellness: Classes and Groups

(707) 579-0465 x 227

534 B Street, Santa Rosa, CA

www.lomi.org

Counseling for individuals, families, and children. Spanish spoken. Free crisis counseling offered to impoverished or homeless women, men and children. Free therapy for children to have witnessed the death of a parent. Counseling for those living with HIV/AIDS and their affected family members. Sliding scale. Also free mindfulness meditation classes Thursdays 7-8:30 PM. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/5/15

Co-Dependents Anonymous

Mental Health and Counseling | Wellness

(888) 444-2379 | (602) 277-7991

Area of Service / Multiple Locations, CA

<http://coda.org>

Free service providing support for codependent individuals. Available to those with or without childhood traumatic experience; any and all who feel that they would like to gain independence. Follows a 12-Step program. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/9/15

The Center for Social and Environmental Stewardship

Mental Health and Counseling | Wellness

(707) 838-6641

109 South Main St, Cloverdale, CA

www.cfses.org

Provides youth, families, and adults with guidance, mentoring, counseling, and community service opportunities designed to develop pro-social and work-ready skills, while achieving their unique positive human potential.

English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/11/15

Petaluma People Services, Mindfulness Program

Mental Health and Counseling | Wellness

(707) 765-8488

1500 Petaluma Blvd. South, Petaluma, CA

www.petalumapeople.org

The practice of cultivation of non-judgmental awareness in the present moment. Designed for people experiencing stress, illness, anxiety, panic, depression, chronic pain, care giving overwhelm and other problems interfering with one's quality of life. Group practice. English only. Hours vary. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/7/15

Angela Center, Retreat Facility

Mental Health and Counseling | Wellness | Child Care: Parenting

(707) 528-8578

535 Angela Drive, Santa Rosa, CA

www.angelacenter.com

Offers counseling for individuals, couples, families; short-term therapy for dealing with the challenges of parenting young children. Also offers spiritual, self-help and meditation classes. Prices are \$75-\$90 per hour, also offer sliding scale. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Chrysalis Counseling Services for Women

Mental Health and Counseling | Wellness | Child Care: Parenting

(707) 545-1670 x 201

1821 Fourth Street, Santa Rosa, CA

www.chrysaliscounseling.org

Quality counseling on a sliding scale for women, men, couples, children, and families. Counsel on self-esteem, relationships, parenting, money issues, grief, disability, codependency, life transitions, abuse, incest, sexuality and body issues. Support groups for women (themes change throughout the year). English, Spanish. Monday-Friday. .

Eligibility: none | Last updated: 3/17/15

St. Joseph's Behavioral Health

Mental Health and Counseling | Wellness

(707) 547-5450

405 W. College Ave Suite F, Santa Rosa, CA

Psych Day Programs: Clients call in and set up assessments by clinical staff; a group therapy model. M-F 9-3 PM, clients can go 2-4 days depending on need. DBT 2 nights a week. Call to confirm schedule. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/7/15

The Center for Social and Environmental Stewardship

Mental Health and Counseling | Wellness

(707) 838-6641

401 College Ave, Santa Rosa, CA

www.cfses.org

Provides youth, families, and adults with guidance, mentoring, counseling, and community service opportunities designed to develop pro-social and work-ready skills, while achieving their unique positive human potential.

English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/11/15

WellMind Center

Mental Health and Counseling | Wellness

(707) 566-7800

1400 N. Dutton Ave, Santa Rosa, CA

Devoted to providing an alternative treatment for those suffering from depression using TMS therapy. English only. Monday-Friday. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: Disability only | Last updated: 5/7/15

Emotions Anonymous

Mental Health and Counseling | Wellness

(651) 647-9712

Website and/or Phone Service Only

<http://www.emotionsanonymous.org/>

A peer supported group that follows the 12-Step guidelines to empower those that want to achieve mental and emotional health by understanding and utilizing program steps in daily life. Book is available. Program has been known to work miracles in the lives of many who suffer from problems as diverse as depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears, resentment, jealousy, guilt, despair, fatigue, tension, boredom, loneliness, withdrawal, obsessive and negative thinking, worry, compulsive behavior and a variety of other emotional issues. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

The Center for Social and Environmental Stewardship

Mental Health and Counseling | Wellness

(707) 838-6641

9619 Old Redwood Highway, Windsor, CA

www.cfses.org

Provides youth, families, and adults with guidance, mentoring, counseling, and community service opportunities designed to develop pro-social and work-ready skills, while achieving their unique positive human potential.

English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/11/15

California Human Development Corporation , Casa Calmecac

Mental Health and Counseling | Substance Abuse: Substance Abuse Services

(707) 568-7679

Santa Rosa, CA

Recovery home for Latino and non-Latino men that provides a 90-180 day live-in residential program of recovery. Offers group and individual counseling, education on alcohol related issues, and transportation to self-help groups and other community resources. Must be referred by Treatment Alternatives to Street Crime or Bay Area Services Network English, Spanish. Hours vary. .

Eligibility: Male only | Last updated: 5/7/15

SMART Recovery

Mental Health and Counseling | Substance Abuse: Substance Abuse Services | Substance Abuse: Support Groups

(707) 843-8665

2983 Sonoma Highway Suite C, Santa Rosa, CA

Self-help program for people having addictive behavior problems. SMART Recovery is an alternative to AA and NA. It is not faith based, but rather a form of rational recovery. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/7/15

Indian Health Project of Sonoma County

Mental Health and Counseling

(707) 521-4500

144 Stony Point Rd, Santa Rosa, CA

www.scihp.org

Mental health and clinical social work, marriage counseling, substance abuse treatment and referral; provides services in a manner sensitive to the culture and traditions of local Native American people. English, Spanish, Other. Monday-Friday.

Eligibility: none | Last updated: 5/7/15

Sonoma County Indian Health Project, Behavioral Health Program

Mental Health and Counseling

(707) 521-4550

144 Stony Point Rd, Santa Rosa, CA

Provides mental health services to Native Americans. Monday Night Talk Circle, Wednesday Male Domestic Violence, Thursday Women's Domestic Violence, Thursday Night Wellbriety Talking Circle, Located in Behavioral Health Group Room English only. Hours vary. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Mental Health, Community Intervention Program

Mental Health and Counseling

(707) 565-4811

3322 Chanate Road, Santa Rosa, CA

Provides integrated, community based bilingual/bi-cultural mental health services for Sonoma County. Clients referred to CIP by Sonoma County Behavioral Health. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Mental Health, Integrated Recovery Adult Team & Integrated Health Team

Mental Health and Counseling

(707) 565-4900: Main Line | (707) 565-6900: Mental Health Access Team

3333 Chanate Road, Santa Rosa, CA

www.sonoma-county.org/health/about/behavioralhealth_mh.asp

Provides mental health services for the severe and persistent mentally ill with individual and group counseling, day activities, case management, medication treatment, psychiatric services and out-of-home community placements. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Mental Health, Mental Health Access Team

Mental Health and Counseling

800-870-8786 | (707) 565-6900

3322 Chanate Road, Santa Rosa, CA

www.sonoma-county.org/health/about/behavioralhealth_mh.asp

Authorizes mental health services including adult and child assessments, outpatient therapy including psychiatric medication, and cognitive behavior therapy groups. Provides referrals to other mental health services and community resources. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Mental Health, Ombudsman Services

Mental Health and Counseling

(707) 526-4108 | 800-896-4042

3262 Airway Dr, #C, Santa Rosa, CA

Provides help to Medi-Cal clients who need mental health services. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Mental Health, Patients Rights Advocate

Mental Health and Counseling

(707) 565-4978

Santa Rosa, CA

Offers information, education and advocacy for those receiving mental health services and their families. Explains rights in the treatment process; designed to assure mental health patients are given good information and the opportunity for participation in the treatment process. Ask for Hank Hallowell. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Mental Health, Progress Foundation

Mental Health and Counseling

(707) 526-6902

3400 Montgomery Dr, Santa Rosa, CA

Provide residential and day treatment and alternatives to institutional care for mental health clients. Includes services such as crisis residential programs, transitional residential treatment programs, and a supported living program. Client must be referred by Sonoma County Mental Health department or related department. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/7/15

Sonoma County Mental Health, Youth and Family Mental Health Outpatient Services

Mental Health and Counseling

(707) 565-4810

3322 Chanate Road, Santa Rosa, CA

Services for emotionally distressed children and adolescents up to 21. Services available to youths connected to Sonoma County Behavioral Health or similar department. English, Spanish. By appointment only. FREE.

Eligibility: Under 21 | Last updated: 5/7/15

Wellness

Classes and Groups



West County Health Centers, Forestville Wellness Center

Wellness: Classes and Groups

(707) 887-2790

6550 Front St., Forestville, CA

<http://www.wchealth.org/>

Offers integrative health services, classes and groups to help patients create and maintain healthy lifestyles. For West County Health Centers patients only. Hours vary. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 6/2/15

Northern California Center for Well Being, Health Classes

Wellness: Classes and Groups

(707) 575-6043

365B Tesconi Circle and 3536 Mendocino Ave., Santa Rosa, CA

<http://www.norcalwellbeing.org/programs.php>

Individual services including nutritional counseling/ medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Medi-Cal and other insurance is accepted for the Diabetes Wellness Series and for some other classes. See website for schedule. Referral from physician required for some classes. English, Spanish. Medi-Cal accepted.

Eligibility: none | Last updated: 5/5/15

Exercise

Petaluma Health Center, Fitness Classes

Wellness: Exercise

(707) 559-7500

1179 North McDowell Blvd., Petaluma, CA

www.phealthcenter.org/phc-community-fitness-program

Offers low-cost fitness classes are open to everyone in the community, with reduced rates for PHC patients.

Current classes include Yoga and Zumba. See website or call for prices. English, Spanish. Hours vary. .

Eligibility: none | Last updated: 5/5/15

Redwood Club, Gym Membership

Wellness: Exercise

(707) 778-8788

719 Southpoint Blvd., Petaluma, CA

<http://theredwoodclubpetaluma.com/>

Offers pool access, water aerobics, gym, fitness classes, and free childcare. Free 7-day trial pass. .

Eligibility: none | Last updated: 3/18/15

Callinan Sports & Fitness Center, Gym Membership

Wellness: Exercise

(707) 588-3488

5405 Snyder Ln., Rohnert Park, CA

<http://www.ci.rohnert-park.ca.us/index.aspx?page=464>

Low membership rates for teens (\$16/month), adults (\$27/month), and seniors (\$16/month). Free, 14-day trial available. No initiation fee. .

Eligibility: none | Last updated: 3/18/15

Planet Fitness, Gym Membership

Wellness: Exercise

(707) 585-8900

6599 Commerce Blvd, Rohnert Park, CA

www.planetfitness.com

Gym membership as low as \$10 per month. .

Eligibility: none | Last updated: 3/18/15

24-Hour Fitness, Gym Membership

Wellness: Exercise

(707) 542-9600

3550 Industrial Dr., Santa Rosa, CA

<http://www.24hourfitness.com/Website/Club/00510>

Provides a full gym and an offering of fitness classes. Variable rates, as low as \$45/month. .

Eligibility: none | Last updated: 3/18/15

NAMI (National Alliance on Mental Illness), Tai Chi and Qi Gong Classes

Wellness: Exercise

(707) 527-6655

2055 Range Ave, Santa Rosa, CA

<http://www.namisonomacounty.org/>

Offers fitness classes that are believed to relieve stress and develop body-breath-mind awareness. Classes are free and held on Mondays from 6-7:15pm. Monday, 6pm. FREE.

Eligibility: none | Last updated: 3/18/15

YMCA, Gym Membership

Wellness: Exercise

(707) 545-9622

1111 College Ave, Santa Rosa, CA

www.scfymca.org

Offers gym as well as classes, a swimming pool, and aqua-aerobics. .

Eligibility: none | Last updated: 3/18/15

Senior Recreation

Healdsburg Senior Center, Exercise Programs

Wellness: Senior Recreation | Wellness

(707) 431-3324

133 Matheson St., Healdsburg, CA

Offers Strength training class, Square Dancing, Improve your Balance class, Gentle Yoga, and a walking club.

Contact for more information, dates, times and fees. .

Eligibility: none | Last updated: 3/18/15

Windsor Senior Center, Senior Exercise Programs

Wellness: Senior Recreation | Wellness

(707) 838-1250

9231 Foxwood Dr., Windsor, CA

<http://www.townofwindsor.com/index.aspx?NID=319>

Offers a variety of drop-in exercise classes, including Zumba, yoga, tai-chi, strength training, aerobics, pilates, and walking. Prices vary. FREE.

Eligibility: none | Last updated: 3/18/15

Windsor Senior Center, Swimming Pool

Wellness: Senior Recreation | Wellness

(707) 838-1250

9231 Foxwood Dr., Windsor, CA

Lap swim and water aerobic classes. Seniors aged 55 or older are eligible to use the pool. Persons under the age of 55 may use the pool for Open Swim and Aquatic Fitness Programs once they have submitted a prescription from their physician which recommends that water exercise is beneficial to their health. Open mid-May-September. FREE.

Eligibility: none | Last updated: 3/18/15

Petaluma People Services, Petaluma Senior Center

Wellness: Senior Recreation

(707) 778-4399

211 Novak Dr., Petaluma, CA

<http://cityofpetaluma.net/parksnrec/senior.html>

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

Eligibility: Seniors | Last updated: 3/12/15

Catholic Charities , Alzheimer's Respite Center

Wellness: Senior Recreation

(707) 528-8712

987 Airway Ct., Santa Rosa, CA

FREE.

Eligibility: none | Last updated: 3/18/15

Council on Aging, Senior Recreation Information

Wellness: Senior Recreation

1-800-675-0143

30 Kawana Spring Rd., Santa Rosa, CA

www.councilonaging.com

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

Eligibility: Seniors | Last updated: 3/12/15

Council on Aging, Senior Social Clubs

Wellness: Senior Recreation

(707) 525-0143 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

Four convenient sites in Sonoma County offer isolated seniors an opportunity to gather for meals, exercise, entertainment and companionship. They also provide a respite for caregivers. An additional site offers care specifically for Alzheimer patients. FREE.

Eligibility: Seniors | Last updated: 3/18/15

Finley Center, Pearson Senior Wing

Wellness: Senior Recreation

(707) 543-3737

2060 West College Ave., Santa Rosa, CA

<http://ci.santa-rosa.ca.us/departments/recreationandparks/parks/communitycenters/>

Offers recreation, continuing education, and socialization. FREE.

Eligibility: none | Last updated: 3/18/15

The Bennett Valley Senior Center

Wellness: Senior Recreation

(707) 545-8608

704 Bennett Valley Rd., Santa Rosa, CA

ci.santarosa.ca.us/departments/recreationandparks/parks/communitycenters/bvcenter/

Drop-in community where seniors (50+ years) socialize, take classes, and receive information on the needs associated with aging. Membership is \$24/year, but is not required to for activities. FREE.

Eligibility: 50+ | Last updated: 3/18/15

Support and Cessation Programs

Kaiser Permanente, Public Classes and Support

Wellness | Substance Abuse

(707) 393-4167

401 Bicentennial Way, Medi-Cal Office Building West, First Floor Suite 145, Santa Rosa, CA

www.kp.org/santarosa

Offers a range of classes open to the public (non-Kaiser members) in topics such as diabetes, meal planning, health & cholesterol, pain management, weight management, weight management, and various other topics. Some classes available in Spanish. Free support groups in English and Spanish. Fees vary by class topic. Classes offered in Santa Rosa and/or Rohnert Park. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Northern California Center for Well Being, Smoke-Free Babies

Wellness | Substance Abuse

(707) 575-6043

365 Tesconi Circle Suite B, Santa Rosa, CA

www.norcalwellbeing.org

Free individual counseling (in Spanish and English) for pregnant women or new moms who want to quit smoking and provide a smoke free environment for their new baby. Home visits. Individual and group support, no fee. Doctor's referral required. English, Spanish. By appointment only. Medi-Cal accepted.

Eligibility: Female only | Last updated: 5/5/15

Northern California Center for Well Being, Smoking Cessation

Wellness | Substance Abuse

(707) 575-6043

365 Tesconi Circle Suite B, Santa Rosa, CA

www.norcalwellbeing.org

Eight 2-hour sessions based on the American Lung Association's Freedom From Smoking program. \$125 sliding scale fee based on income. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

R House

Wellness | Substance Abuse

(707) 526-4223

1207 Cleveland Ave, Santa Rosa, CA

<http://www.rhouseinc.org>

Programs for teens 13-18 facing drug and alcohol abuse. Residential program: 9-12 months group therapy, one-to-one counseling, family therapy and outdoor activities. Teen Relapse Prevention Program: groups and other counseling services free Monday through Friday from 9 AM to 6 PM. Family coaches: work with the family in their home, and two alternative High Schools (Rincon and Abraxisis). English, Spanish. Monday-Friday. FREE.

Eligibility: Under 18 | Last updated: 5/5/15

QuitNet

Wellness | Substance Abuse

Website and/or Phone Service Only

www.quitnet.com

The world's largest and most comprehensive online quit-smoking service. Offers all the tools and support you need to quit. Offers games to distract from cravings, like "Defeat the Nicodemon." Take a tour of the website and join today! English only. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

The EX Plan

Wellness | Substance Abuse

Website and/or Phone Service Only

www.becomeanex.org

A free online quit smoking program. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic. The EX Plan helps you see quitting not as one big war, but as a number of little battles you can actually win. And the secret to winning these battles is re-learning your life without cigarettes. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

The MIQS Project

Wellness | Substance Abuse

800-662-8887

Website and/or Phone Service Only

www.californiasmokershelpline.org/CountyListings.aspx

The Medi-Cal Incentives to Quit Smoking (MIQS) project provides Medi-Cal members with incentives to help them quit smoking or other tobacco use. Incentives for calling the helpline include: Obtaining a free 4-week supply of patches, a \$20 gift card that can be used at major retailers in California (Wal-Mart, Target, Safeway, Ralphs). English, Spanish. FREE.

Eligibility: none | Last updated: 5/5/15

Resource Assistance

General Resources

Sonoma County VetConnect, Clean Day

Resource Assistance: General Resources

707-755-1417

Guerneville Veterans Memorial Hall (Church Street & 1st Street, Guerneville, CA)

<http://www.vet-connect.org/>

Offers free showers, clothes, laundromat, and food. Open to all. FREE.

Eligibility: none | Last updated: 6/30/15

Health Insurance



Sebastopol Community Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 824-9999

6800 Palm Ave., Sebastopol, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 11/24/15



Occidental Area Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 874-2444

3802 Main St., Occidental, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 11/24/15



Russian River Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

Front Desk

16319 3rd St., Guerneville, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 11/24/15



Gravenstein Community Health Center, Application

Resource Assistance: Health Insurance | Resource Assistance

(707) 823-3166

652 Petaluma Ave, Suite H, Sebastopol, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 11/24/15

Alexander Valley Regional Medical Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 894-4229

6 Tarman Dr., Cloverdale, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Alliance Medical Center , Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 385-2353

1381 University Ave., Healdsburg, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Petaluma Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 559-7500

1179 N McDowell Blvd., Petaluma, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Senior Advocacy Services, HICAP (Health Insurance Advocacy Program)

Resource Assistance: Health Insurance | Resource Assistance

1-800-434-0222 ext. 117

1304 Southpoint Blvd., Suite 280, Petaluma, CA

<http://senioradvocacyservices.org/description>

Offers information and counseling about Medicare, HMOs, long-term care insurance, and other health insurance issues. Also provides free group presentations on health insurance, by request. By appointment only. FREE.

Eligibility: 60+ | Last updated: 3/12/15

Brookwood Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 547-3030

983 Sonoma Ave., Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Community Action Partnership, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 544-6911 ext. 1074

1300 N Dutton Ave., Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Jewish Community Free Clinic, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 585-7780

50 Montgomery Dr., Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Roseland Pediatrics, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 547-3030

711 Stony Point Rd., Suite 17, Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Department of Public Health, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 565-4516 | (707) 565-4476 and (707) 565-4471

625 5th St., Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County WIC Program, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 565-6586 | (707) 565-6583

1450 Guerneville Road, Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Southwest Community Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 547-3030

751 Lombardi Ct., Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Vista Family Health Center, Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 547-3030

3569 Round Barn Circle, Santa Rosa, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Alliance Medical Center , Application Assistance

Resource Assistance: Health Insurance | Resource Assistance

(707) 687-2494

8465 Old Redwood Hwy. Suite 320 , Windsor, CA

Offers free assistance with applications for health insurance coverage through Medi-Cal and Covered CA, as well as nutrition assistance programs like CalFresh. Helps connect individuals to community resources to help individuals with specific needs. Call to make an appointment with a Certified Application Assistant. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Economic Assistance, Medi-Cal & CMSP (County Medical Services Program)

Resource Assistance: Health Insurance

1-877-699-6868

2550 Paulin Dr. (to apply in person), 520 Mendocino Ave (forms and info), Santa Rosa, CA

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

Apply for programs that pay for medical, dental and emergency services for eligible low-income families, individuals and children. Certain applicants may qualify for free Medi-Cal benefits under special programs. Call to begin the application process over the phone. Please note that several official documents are required for the application. English, Spanish. Monday-Friday. FREE.

Eligibility: Multiple | Last updated: 3/11/15

Senior Resources

Community & Family Service Agency, Senior Resource Center

Resource Assistance: Senior Resources | Medical Care and Resources | Wellness: Senior Recreation

(707) 869-0618

15010 Armstrong Woods Road, Guerneville, CA

<http://cfsa-sonoma.org/services-programs/russian-river-senior-resource-center/>

Provides information, assistance, and case management to empower seniors to live independently. Case Managers help connect seniors to programs and other resources related to healthy living, recreation, and medical care. Also offers free loans of medical equipment. Tuesday-Friday, 9am-4pm. FREE.

Eligibility: Seniors | West County Residents only | Last updated: 3/18/15

Senior Advocacy Services, Senior Counseling and Other Advocacy Services

Resource Assistance: Senior Resources | Mental Health and Counseling

(706) 526-4108

1304 Southpoint Blvd., Suite 280, Petaluma, CA

www.senioradvocacyservices.org

Non-profit agency dedicated to helping seniors with difficult situations and decisions. Offers free counseling services on seniors' rights, making a decision to move into Assisted Living situations (donations requested), and long term care facilities. FREE.

Eligibility: Seniors | Last updated: 3/12/15

Catholic Charities, CARES Program

Resource Assistance: Senior Resources | Transportation

(707) 528-8712 ext. 185

Area of Service / Multiple Locations, CA

<http://www.srcharities.org/services/cares.html>

Trained advocates support older and disabled people. They help clients with transportation, in-home visits and other help accessing medical, social, life-supporting, and emergency services. FREE.

Eligibility: Seniors | Disability only | Last updated: 3/18/15

Council on Aging, Resource Navigation (Care Mgmt)

Resource Assistance: Senior Resources

(707) 525-0143 | (707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

Care Managers are available to travel to the home of the senior for a confidential assessment of needs. Along with the senior, a care plan is created and the Care Manager can assist with appropriate referrals to other resources in the community or programs within the Council On Aging FREE.

Eligibility: Seniors | Last updated: 3/18/15

Council on Aging, Senior Care Navigation

Resource Assistance: Senior Resources

(707) 525-0143

30 Kawana Spring Rd., Santa Rosa, CA

<http://www.councilonaging.com/services/care-management/>

Provides senior advocacy-based care management for seniors with long-term, intensive care requirements. Experienced staff will develop and maintain care plans on a reasonable, fee-for-service basis. .

Eligibility: Seniors | Last updated: 3/18/15

Jewish Family and Children's Services, Seniors At Home

Resource Assistance: Senior Resources

(707) 571-8533

1360 N Dutton Ave., Ste. C, Santa Rosa, CA

<http://www.jfcs.org/services/seniors/seniors-at-home>

Offer a range of services designed to meet the needs of seniors and their families in order to help seniors live in their own homes. Services are personalized to meet individual needs, and trained staff works with seniors to evaluate their options and to create an individualized care plan. Also consult with families on care planning and resources. FREE.

Eligibility: Seniors | Last updated: 3/18/15

Veteran Resources

US Dept of Veteran Affairs, North Bay Vet Center

Resource Assistance: Veteran Resources | Mental Health and Counseling

(707) 586-3295 | 877-927-8387

6225 State Farm Dr., Suite 101, Rohnert Park, CA

<http://www.va.gov/DIRECTORY/guide/facility.asp?ID=520>

Free services for eligible war veterans, including readjustment counseling and services for PTSD, sexual trauma, and traumatic brain injury. Monday-Friday. FREE.

Eligibility: Veteran status only | Last updated: 3/11/15

Vet2Vet

Resource Assistance: Veteran Resources | Mental Health and Counseling

1-878-Vet2Vet (838-2838)

Website and/or Phone Service Only

www.veteranscall.us

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

Always available (24/7). FREE.

Eligibility: Veteran status only | Last updated: 3/11/15

North Bay Veterans Resource Center

Resource Assistance: Veteran Resources

(707) 578-8387

2455 Bennett Valley Rd., Suite C-105, Santa Rosa, CA

<http://www.vietvets.org/nbvrc.htm>

Offers free services for eligible veterans, including employment counseling and training, help with transportation, clothing, and transitional housing. English, Spanish. FREE.

Eligibility: Veteran status only | Last updated: 6/4/15

Youth Resources

V.O.I.C.E.S., Resource Center

Resource Assistance: Youth Resources | Employment | Education: Youth Education

(707) 579-4327

714 Mendocino Ave, Santa Rosa, CA

www.voicesyouthcenter.org/programs/sonoma

Resource center serving youth (16-24 yrs). Offers education services to help youth complete high school exams, acquire a GED, and develop career paths. Also provides employment, housing, food, and mental health services. Call for an appointment or visit website for drop-in hours. English, Spanish. Tuesday through Thursday 12-6pm, Friday 12-4:30pm. FREE.

Eligibility: none | Last updated: 4/17/15

Social Advocates for Youth, Esperanza Resource Services

Resource Assistance: Youth Resources | Mental Health and Counseling

(707) 800-3955

3440 Airway Dr., Santa Rosa, CA

<http://www.saysc.org/programs/esperanza-resource-services-for-teens/>

Provides educational support, job assistance, mentoring, field trips, social activities, work experience, community service opportunities and tattoo removal for youth ages 14-24 years. English, Spanish. Monday-Friday. FREE.

Eligibility: 14-24 | Last updated: 3/18/15

Social Advocates for Youth, Emergency Hotline for Teens

Resource Assistance: Youth Resources | Mental Health and Counseling

888-729-0012

Website and/or Phone Service Only

<http://www.saysc.org/>

Hotline for teens in crisis. FREE.

Eligibility: none | Last updated: 3/11/15

Social Advocates for Youth, Homeless Teen Outreach Program

Resource Assistance: Youth Resources

(707) 522-2266

<http://www.saysc.org/programs/street-outreach-program/>

Drop-in services for homeless youth English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 4/17/15

Sexual and Reproductive Health

Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing



Forestville Teen Clinic, Sexual and Reproductive Health Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 887-0427

6570 1st St., Forestville, CA

<http://www.wchealth.org/location/teen-clinic-at-casa>

Offers free and confidential family planning services for youth ages 12-24 including birth control options, education, STI testing, pregnancy testing, and options counseling. Open Mondays & Tuesdays (12-5pm), Wednesdays (2:30-5pm) and Thursdays (4:30-7:30). No appointment necessary. English, Spanish. FREE.

Eligibility: 12 to 24 | Last updated: 5/28/15

National AIDS Hotline

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources: Sexual and Reproductive Health | Medical Care and Resources: Other Resources

(800) 367-2437 | 800-344-7432 (Spanish)

Website and/or Phone Service Only

Provides information and referrals to local hotlines, testing centers and counseling. The English hotline is available 24/7 and the Spanish hotline is from 5am to 11pm daily. English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

National Sexually Transmitted Disease Hotline

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources: Sexual and Reproductive Health

800-227-8922

Website and/or Phone Service Only

Assists with general questions about STI's and provide information and referrals to local resources. Monday-Friday, 5am-8pm. FREE.

Eligibility: none | Last updated: 5/28/15

Alliance Medical Center, Teen Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
707-431-1170

1381 University Avenue, Healdsburg, CA

<http://www.alliancemed.org/>

Offers confidential health services and support to teenagers. English, Spanish. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Teen | Last updated: 5/28/15

Phoenix Theater, Phoenix Teen Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 484-9866

201 Washington Street, Petaluma, CA

<http://www.thephoenixtheater.com/programs/healthclinic>

Free or low cost confidential family planning and reproductive health services. Drop-in Thursdays 3:30-6pm. Open daily from 3-7pm, offering a place for teens to hang out. English, Spanish. Thursday 3:30-6pm. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Santa Rosa Junior College, Sexual and Reproductive Health Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 778-3919

Rm 610, Richard W. Call Building (Petaluma campus), Petaluma, CA

www.santarosa.edu/for_students/student-services/student-health-services

For SRJC students. Free or low-cost confidential family planning and reproductive health services. Call to schedule an appointment. English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Elsie Allen Health Center, Teen Health Services

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 583-8777

599 Bellevue Ave., G17, Santa Rosa, CA

<http://srhealthcenters.org/service/elsie-allen-health-center/>

Offers health services to teenagers, including reproductive health services. Patients do not need to be an Elsie Allen student to use the health center. Most teens are eligible for reproductive health services through the Family Pact. All other services are provided on a sliding scale or at no cost. English, Spanish. Monday-Friday. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: 12 to 19 | Last updated: 5/28/15

Roseland Pediatrics, Weekly Teen Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 578-2005

711 Stony Point Rd., Suite 17, Santa Rosa, CA

<http://srhealthcenters.org/services-we-offer/>

Offers a weekly teen clinic. Fridays from 2-5pm. English and Spanish. No appointment needed. English, Spanish. Fridays 2-5pm. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: Teen | Last updated: 5/28/15

Santa Rosa Junior College, Sexual and Reproductive Health Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 527-4445 | (707) 524-1595

Rm 4017, Race Building; Rm 559, Plover Hall (Santa Rosa campus), Santa Rosa, CA

www.santarosa.edu/for_students/student-services/student-health-services

For SRJC students. Free or low-cost confidential family planning and reproductive health services. Call to schedule an appointment. English, Spanish. Hours vary. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Vista Family Health Center, Weekly Teen Clinic

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Medical Care and Resources
(707) 303-8911 | (707) 303-3600

3569 Round Barn Circle, Santa Rosa, CA

<http://srhealthcenters.org/service/vista-family-health-center/>

Offers a weekly teen clinic. Offers pregnancy tests and counseling, birth control, STI testing and treatment, HIV testing and counseling, and emergency contraception. No appointment needed. English, Spanish. Tuesdays from 3-5pm. Medi-Cal, Some Public Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

County Health-Public Health Division, Maternal Child and Adolescent Health

Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Sexual and Reproductive Health

800-427-8982 | (707) 565-4494

625 5th Street , Santa Rosa, CA

www.sonoma-county.org/mcah

The MCAH toll-free line and webpage provide information and referral to help women, children and teens obtain low-cost health insurance, establish a health care home and access preventive services including birth control, well-child and prenatal care. Families will also be assisted to locate local community resources for healthy foods, dental care, breastfeeding support, grief support, alcohol and drug treatment, tobacco cessation, low-cost car seats and other services. English, Spanish. FREE.

Eligibility: none | Last updated: 5/28/15

Alexander Valley Regional Medical Center

Sexual and Reproductive Health | Sexual and Reproductive Health | Sexual and Reproductive Health: Breastfeeding Support

(707) 894-4229

6 Tarman Drive, Cloverdale, CA

<http://alexandervalleyhealthcare.org/>

Provides comprehensive sexual and reproductive healthcare services, including birth control options and STI testing, annual exams and pap smears, emergency contraception, pregnancy and postpartum care, and breastfeeding support. Accepts Family PACT, Medi-Cal, and private insurance. Services offered on a sliding scale for uninsured patients. Spanish spoken. English, Spanish. Monday-Saturday. Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/28/15

Substance Abuse

Addiction Helplines

California Smokers' Helplines

Substance Abuse: Addiction Helplines | Wellness

800-NOBUTTS | 800-456-6386 (Espanol)

Website and/or Phone Service Only

www.californiasmokershelpline.org

Offers free help to quit smoking or chewing tobacco by phone. May provide free quit kits, a referral list of other programs, and free one-on-one counseling (by phone). In a research study, people who received our services were twice as likely to maintain cessation from smoking than those who tried to quit on their own. Chinese, Korean, Spanish and Vietnamese spoken. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: none | Last updated: 3/17/15

Overeaters Anonymous

Substance Abuse: Addiction Helplines | Substance Abuse: Support Groups | Wellness

(707) 538-9770

Area of Service / Multiple Locations, CA

<http://www.oasonoma.org/>

A peer supported group that follows the 12-Step guidelines to empower those that want to overcome the addiction to overeating. Diet and nutrition discussed as well as abstinence from addictive foods. Service is free. Meeting locations include: Santa Rosa, Rohnert Park, Cotati, Sebastopol, Petaluma, and Napa. See website for times and locations. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 3/10/15

Gamblers Anonymous

Substance Abuse: Addiction Helplines

(855) 222-5542

Area of Service / Multiple Locations, CA

www.gamblersanonymous.org

Offers a peer-supported group that follows the 12-Step guideline to empower those who wish to overcome an addiction to gambling. Also provides a hotline for compulsive gamblers. Santa Rosa meeting held Fridays 7pm. English, Spanish, Other. FREE.

Eligibility: none | Last updated: 3/11/15

National Cocaine Hotline

Substance Abuse: Addiction Helplines

800-262-2463

Website and/or Phone Service Only

Provides 24/7 crisis intervention, information and referrals to local resources for cocaine addiction. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Substance Abuse Services

Drug Abuse Alternative Center (DAAC) , Drug Court Counseling Program

Substance Abuse: Substance Abuse Services | Financial and Legal: General Legal Resources

(707) 566-0170

Santa Rosa, CA

Serves clients charged with non-violent misdemeanors or felonies related to drug abuse. 9-12 month program that includes intensive counseling, drug testing, participation in self-help programs, daily monitoring and regular appearances before the Drug Court judge. This program is a collaborative between Sonoma County Health Department, Sonoma County courts, and DAAC. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Bucklew Programs

Substance Abuse: Substance Abuse Services | Housing | Employment

(707) 571-5581 (Santa Rosa) | (415) 457-6964 (main office)

144 South E St., Santa Rosa, CA

www.bucklew.org

Provide homes, jobs, and health to people with a mental illness and/or substance use. Family services are available to the families of those with mental illness. Housing programs require referral through Sonoma County Behavioral Health. Free support groups available throughout the county. Orientations for employment services are held biweekly on Tuesdays and Thursdays 2pm-3pm. Resource Clinic held Tuesdays 3pm-4:30pm. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/5/15

Crossing the Jordan, The Bridge

Substance Abuse: Substance Abuse Services | Housing | Wellness

(707) 588-9388

Santa Rosa, CA

<http://crossingthejordan.org>

A transitional home for men that includes a treatment program. Assistance with family reunification and planning are available (children are welcome). Residents attend house meetings that include accountability partners, mentoring program, and Bible study. By appointment only. Sliding Scale.

Eligibility: Male only | Last updated: 5/11/15

Crossing the Jordan, Treatment Program

Substance Abuse: Substance Abuse Services | Housing | Wellness

(707) 588-9388

Santa Rosa, CA

<http://crossingthejordan.org>

Offers a drug treatment program for women with or without children. Program includes 12 months of courses including 12-Step Recovery, Parenting, Relapse Prevention, Mentoring Program, Job Skills Training, Bible Study, and drug & alcohol testing. 6 month aftercare available with transitional housing and vehicle assistance, leadership training, and financial assistance. By appointment only. Sliding Scale, max \$300.

Eligibility: Female only | Last updated: 5/11/15

California Recovery Resources, Arcuria

Substance Abuse: Substance Abuse Services | Housing | Substance Abuse: Support Groups

(707) 778-8582

Website and/or Phone Service Only

www.californiarecoveryresources.com

Provides resources to help people overcome addiction. Available in Sonoma County as well as surrounding counties. Resources include sober living environment (SLE) bed availabilities, residential treatment bed availabilities, listings of therapists in your area, outpatient services, interventionists, and youth programs. English, Spanish. Always available (24/7). Medi-Cal, Medicare, Other Insurances, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Sonoma Recovery Services, Olympia House

Substance Abuse: Substance Abuse Services | Mental Health and Counseling | Wellness

(888) 795-1965

11207 Valley Ford Road, Petaluma, CA

Residential facility that offers services for alcohol and drug abuse, holistic residential treatment, detox services, and LGBTQ Rehab. Provides individualized treatment on 140 acres with medical staff on site. Focuses on addiction services, and the healing of the mind, body, and soul. English, Spanish. By appointment only.

Eligibility: none | Last updated: 5/5/15

Sunrise at Campobello

Substance Abuse: Substance Abuse Services | Mental Health and Counseling | Wellness

(707) 579-4066

3400 Guerneville Road, Santa Rosa, CA

Chemical dependency treatment center for 30 days. By appointment only. .

Eligibility: none | Last updated: 5/5/15

Azure Acres

Substance Abuse: Substance Abuse Services | Mental Health and Counseling

(707) 823-3385

2264 Green Hill Road, Sebastopol, CA

<http://azureacres.crchealth.com/>

Chemical dependency recovery center. Offers detox services and residential and day treatment for men and women. Does not offer psychiatric services. Accepts private pay and county funded clients. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

NorCal Center for Well-Being, Smoking Cessation

Substance Abuse: Substance Abuse Services | Wellness: Classes and Groups

(707) 575-6043

365B Tesconi Circle and 6550 Front St, Santa Rosa, CA

<http://www.norcalwellbeing.org/classes-smoking-cessation.php>

Smoking cessation support class. Doctor's referral necessary to attend classes through this organization. English, Spanish. By appointment only. Medi-Cal accepted, Sliding Scale.

Eligibility: none | Last updated: 5/5/15

Salvation Army, Lytton Springs Center

Substance Abuse: Substance Abuse Services | Wellness | Mental Health and Counseling

(707) 431-1438 | (707) 433-3334

200 Lytton Springs Road, Healdsburg, CA

6 month drug and alcohol rehabilitation for adults 21 and over. Provides residential housing, work, group & individual therapy; physical and spiritual care to help individuals re-enter society. Call for intake interview. English, Spanish. By appointment only.

Eligibility: Male only | 21+ | Last updated: 5/5/15

California Human Development Corporation , Drug Treatment

Substance Abuse: Substance Abuse Services | Wellness

(707) 523-1155

3315 Airway Dr., Santa Rosa, CA

Offers outpatient drug treatment services. Self-pay or state insurance (other than Medicaid). English, Spanish. Monday-Friday.

Eligibility: none | Last updated: 5/5/15

Drug Abuse Alternative Center (DAAC) , Narcotic Replacement Therapy

Substance Abuse: Substance Abuse Services | Wellness

(707) 544-3295 | 1-877-888-3222

2403 Professional Dr., Suite # 101, Santa Rosa, CA

http://www.daacinfo.org/PS_methadone.shtml

"Offers short-term (21-day to 6-month) methadone detoxification services. Call for a brief screening appointment.

Intake sessions generally available the next weekday.

English, Spanish. Daily.

"Eligibility: none | Last updated: 5/5/15

Drug Abuse Alternative Center (DAAC) , Orenda Center

Substance Abuse: Substance Abuse Services | Wellness

(707) 544-3295 | (707) 565-7450

1430 Neotomas Ave, Santa Rosa, CA

www.daacinfo.org

Providers drug treatment programs for adults and adolescents, as well as assessments, drug testing, and outpatient programs. The detox unit is open 24/7. Outpatient services include specialized treatment tracks for working adults, co-occurring conditions, and opiate addiction English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Drug Abuse Alternative Center (DAAC) , Perinatal Intensive Day Treatment Program

Substance Abuse: Substance Abuse Services | Wellness

(707) 544-3295 | 1-877-888-3222

2403 Professional Dr., Suite # 101, Santa Rosa, CA

www.daacinfo.org

Intensive outpatient services for pregnant and parenting women who have alcohol or other drug problems.

Supports a woman's recovery with individual and group counseling sessions. Transportation is provided to and from treatment with co-op childcare, a nutritious snack and sessions covering topics centered around pregnancy and parenting and also include denial management, relapse prevention, coping skills, nutritional education, life skills, and developmental screening for participating children. Clients attend sessions Monday – Friday for an average length of 9-12 months. English, Spanish. Monday-Friday. FREE.

Eligibility: Female only | Last updated: 5/5/15

Drug Abuse Alternative Center (DAAC), Turning Point Program

Substance Abuse: Substance Abuse Services | Wellness

(707) 544-3295 | 1-877-888-3222

2403 Professional Dr., Suite # 101, Santa Rosa, CA

www.daacinfo.org

Program includes initial participant assessment/placement, individual, collateral/family and group counseling, case management and individualized treatment planning, mental health evaluation and short-term on-site counseling support as warranted, and services focusing on life skills such as: maintaining health, building and maintaining socially supportive relationships, recognizing and preventing substance abuse relapse, avoiding violence and criminal behavior, recognizing and shifting self-defeating thinking and behavior pattern, parenting skills and stress management and improved coping skills, as well as direct linkages for community resources for employment readiness and application, resume preparation, budgeting, housing and social support, educational and/or vocational training, healthcare and nutrition, ongoing mental health support and child care, if needed. Additional groups focus on coping skills and stress management assists participants in identifying alternatives for recreation, building supportive relationships with family members and children, and improving overall wellness. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Prenatal Day Treatment

Substance Abuse: Substance Abuse Services | Wellness

(707) 566-0170

2403 Professional Dr, Santa Rosa, CA

Substance abuse treatment for pregnant women. English, Spanish. Hours vary. FREE.

Eligibility: Female only | Last updated: 5/5/15

Redwood Empire Addictions Program (REAP), Methadone Maintenance and Detoxification

Substance Abuse: Substance Abuse Services | Wellness

(707) 526-2999

2403 Professional Dr., Suite #103, Santa Rosa, CA

Maintenance and detoxification program designed to assist in restoring personal dignity to individuals addicted to heroin and other opiates. English, Spanish. Hours vary. .

Eligibility: none | Last updated: 5/5/15

Santa Rosa Treatment Program

Substance Abuse: Substance Abuse Services | Wellness | Sexual and Reproductive Health

(707) 576-0818

1901 Cleveland Ave Suite B, Santa Rosa, CA

www.srtp.net

Provides services for people addicted to heroin and other prescription drugs and opiates. Specializes in drug replacement therapy, counseling, substance abuse, drug testing, and certain medical services like medication management and TB/STD testing. Office hours are M-F 6am-2pm and dispensing hours are M-F 6am-10am and weekends 7am-10am. English, Spanish. Monday-Friday. Medi-Cal accepted.

Eligibility: none | Last updated: 5/5/15

Women's Recovery Services

Substance Abuse: Substance Abuse Services | Wellness

(707) 527-0412

Santa Rosa, CA

www.womensrecoveryervices.org

Alcohol and drug treatment facility for women, including women who are pregnant and/or have children. The program follows the 12-step principles, beginning with a 120-day residential program followed by 8 months of outpatient care. The residential facility has capacity for 20 women and includes an onsite children program.

English, Spanish. Hours vary. FREE.

Eligibility: Female only | Last updated: 5/5/15

Drug Abuse Alternative Center (DAAC) , HIV and Hepatitis C Services

Substance Abuse: Substance Abuse Services | Sexual and Reproductive Health: Birth Control Options, Pregnancy Testing, Pap Smears, and STI testing | Wellness

(707) 544-3295 | 1-877-888-3222

2403 Professional Dr., Suite # 101, Santa Rosa, CA

http://www.daacinfo.org/PS_hepatitisC-HIV+.shtml

Offers counseling, education, and testing for HIV, Hepatitis C, and other sexually transmitted infections. Also provides free condoms/lube, referrals and linkages to care. English, Spanish. Daily. FREE.

Eligibility: none | Last updated: 5/5/15

Support Groups

Al-Anon and Alateen

Substance Abuse: Support Groups | Wellness: Classes and Groups

(707) 575-6760

Area of Service / Multiple Locations, CA

www.ncwsa.org/d05/meetings.html

Support meetings for family members and persons affected by alcohol or substance abuse. Alateen meetings are for people 12-20 years of age whose lives have been affected by someone else's drinking. Meetings can be found in most cities in Sonoma County, including Santa Rosa, Petaluma, Sonoma, and Rohnert Park. Visit the website or call for location and times in your area. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Alcoholics Anonymous (AA)

Substance Abuse: Support Groups | Wellness: Classes and Groups

(707) 544-1300 (Santa Rosa), (707) 938-8508 (Sonoma) | (707) 623-6702 (Spanish)

Area of Service / Multiple Locations, CA

<http://www.sonomacountyaa.org/aa-meetings/>

Free support during recovery from alcohol abuse, including the "12 step program." Visit the website for location and times. Some meetings are held in Spanish. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Marijuana Anonymous

Substance Abuse: Support Groups | Wellness: Classes and Groups

1-800-766-6779

Area of Service / Multiple Locations, CA

www.marijuana-anonymous.org

Helps people recover from marijuana addiction by using the "12 Steps of Recovery." English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Narcotics Anonymous (NA)

Substance Abuse: Support Groups | Wellness: Classes and Groups

(818) 773-9999

Area of Service / Multiple Locations, CA

www.na.org

A peer supported group that follows the 12-Step guidelines to empower those that want to overcome the addiction to narcotics. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Sex and Love Addicts Anonymous North Bay

Substance Abuse: Support Groups | Wellness: Classes and Groups

(707) 636-4016

Area of Service / Multiple Locations, CA

www.sonoma-napa-slaa.org

A peer supported group that follows the 12-Step guidelines to empower those that want to overcome the addiction to sex and/or love. Free services. Meetings are Monday - Friday in Napa and Santa Rosa. Meetings are split between genders. English, Spanish. Monday-Friday. FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Fellowship of Narcotics Anonymous (NA)

Substance Abuse: Support Groups | Wellness: Classes and Groups

(707) 324-4062

Area of Service / Multiple Locations, CA

www.sonomacountyna.org/meetings.html

Free support during recovery from drug abuse, including the "12 step program." Visit the website or call the hotline for location and times. Some meetings are held in Spanish. English, Spanish. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Nicotine Anonymous

Substance Abuse: Support Groups | Wellness: Classes and Groups

370 Sonoma Mountain Pkwy, Petaluma, CA

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

Free support through recovery from nicotine addiction. 12 step program. Local meeting Mondays at 7pm at Church of Christ. English, Spanish, Other. Always available (24/7). FREE.

Eligibility: none | Last updated: 5/5/15

Sonoma County Alano Club

Substance Abuse: Support Groups | Wellness: Classes and Groups

(707) 782-0588

1050 Petaluma Blvd N, Petaluma, CA

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. English, Spanish. Hours vary. FREE.

Eligibility: none | Last updated: 5/5/15

Transportation

Other Transportation

Jewish Family and Children's Services, JCFS RIDES

Transportation: Other Transportation | Disability Services

(707) 303-1502

Santa Rosa, CA

<http://www.jfcs.org/services/JFCS-RIDES-transportation-services>

Transportation service for seniors in the community (and a some disabilities). English only. By appointment only. FREE.

Eligibility: none | Last updated: 3/6/15

Community Bikes, Discounted Bikes and Bike Maintenance Classes

Transportation: Other Transportation

(707) 548-8192

Petaluma, CA

<https://www.facebook.com/mycommunitybikes>

Provides free or discounted used/rebuilt bicycles to those in need. Call or check website for hours. English only.

Hours vary. FREE.

Eligibility: none | Last updated: 3/6/15

Petaluma People Services, iRide Petaluma

Transportation: Other Transportation

(707) 765-8488

Petaluma, CA

<http://petalumapeople.org/seniors/transportation/>

Provides a volunteer ride service for seniors in Petaluma. Users must fill out application which can be found no the website. Reservation must be made for ride at least 7 days in advance of appointment. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/6/15

Community Bikes, Discounted Bikes and Bike Maintenance Classes

Transportation: Other Transportation

(707) 578-5811

4009 Sebastopol Rd., Santa Rosa, CA

<http://www.liteinitiatives.org/communitybikes>

Sells discounted used/rebuilt bicycles. Attend free classes on bike maintenance and repair. Sales: Thurs.-Sun. 1pm-5pm. Workshops: Sat.-Sun. 1pm-5pm. Note: does not provide bicycle repairs. English only. Hours vary. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Department of Motor Vehicles (DMV)

Transportation: Other Transportation

800-777-0133

2570 Corby Ave, Santa Rosa, CA

http://apps.dmv.ca.gov/fo/offices/appl/fo_data_read.jsp?foNumb=555

Driver's license and ID Card Processing, vehicle registration, safe driving programs for teens, and commercial driving tests. Other Sonoma County and surrounding locations include Petaluma, Novato, Napa, Ukiah, and Vallejo. Monday-Friday. FREE.

Eligibility: none | Last updated: 3/11/15

Public Transit Trip Planner

Transportation: Other Transportation

5-1-1

Website and/or Phone Service Only

www.511.org

511 is a one-stop phone and web source for up-to-the-minute transportation information. English, Spanish, Other.

Always available (24/7). FREE.

Eligibility: none | Last updated: 3/6/15

Paratransit and Medical Transportation

Becoming Independent, Transportation Program

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 524-6600

Area of Service / Multiple Locations, CA

http://www.becomingindependent.org/programs_transportation.html

Offers free rides to people with disabilities. Rides may be to and from homes and jobs, to BI program sites, and to community events all over Sonoma and Napa counties. An additional service, the BI-EXPRESS, provides a critical weekend and evening service for people with disabilities and other populations in need of a ride who don't have access to alternative transportation during those times. FREE.

Eligibility: Disability only | Last updated: 6/3/15

Sonoma County Paratransit, Paratransit

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 573-3377, (800) 992-1006, or (707) 573-3381 (TDD) (reservations) | (707) 541-7180 (registration)

Area of Service / Multiple Locations, CA

<http://sctransit.com/paratransit/>

Sonoma County door-to-door shared ride service for people with disabilities. Must apply, register & qualify before using this service. Consult website or call for further information. By appointment only. Cash or other payment method.

Eligibility: Disability only | Last updated: 3/5/15

U.S. Dept. of Veterans Affairs, DAV Volunteer Transport Network

Transportation: Paratransit and Medical Transportation | Disability Services

(415) 379-5612 | (877) 487-2838 (press #6)

Area of Service / Multiple Locations, CA

<http://www.sanfrancisco.va.gov/patients/volunteertransport.asp>

Provides a daily shuttle service (one shuttle per day) to San Francisco VA Medical Center. Stops in Santa Rosa, Cotati, and Petaluma. Must first make a reservation. English only. Daily. FREE.

Eligibility: Disability only | Veteran status only | Last updated: 3/6/15

Wheelcare Express, Medical Transportation

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 573-3055

Guerneville, CA

Offers non-emergency medical transportation for wheelchair bound individuals in the West County area. Make reservations at least 3 days in advance English only. By appointment only. Cash or other payment method.

Eligibility: Disability only | Last updated: 3/6/15

Petaluma Paratransit, Paratransit

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 778-4460 or (707) 765-8488 (Spanish) for reservation | (707) 541-7180 for application

Petaluma, CA

<http://www.cityofpetaluma.net/pubworks/paratransit.html>

Offers a door-to-door shared ride service for people with disabilities in Petaluma. Must apply, register and qualify before using this service. Call 9am-5pm for reservation (at least one day in advance). English, Spanish. By appointment only. Cash or other payment method.

Eligibility: Disability only | Last updated: 3/6/15

Catholic Charities, St. Rose CARES

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 528-8712

Santa Rosa, CA

<http://www.srcharities.org/get-help/senior-services>

Provides roundtrip transportation for seniors or disabled peoples to access medical, social, or emergency services. English only. By appointment only. FREE.

Eligibility: 65+ | Disability only | Last updated: 3/6/15

Santa Rosa Paratransit, Paratransit

Transportation: Paratransit and Medical Transportation | Disability Services

(707) 546-1999 for reservation | (707) 541-7180 or (707) 541-7184 (TDD) for registration

Santa Rosa, CA

http://ci.santa-rosa.ca.us/departments/transit/paratransit_services/Pages/default.aspx

Offers a door-to-door shared ride service for people with disabilities in Santa Rosa. Must apply, register & qualify before using this service. Call 9am-5pm for reservation (at least one day in advance). English, Spanish. By appointment only. Cash or other payment method.

Eligibility: Disability only | Last updated: 3/6/15

All American Medical Transportation, Medical Transportation

Transportation: Paratransit and Medical Transportation

(707) 552-1193

Area of Service / Multiple Locations, CA

<http://www.aamedtrans.com/>

Offers non-emergency medical transport between cities in Sonoma County. Call 48 hours in advance to schedule reservation. English, Spanish, Other. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Amcare, Medical Transportation

Transportation: Paratransit and Medical Transportation

(707) 578-1144

Area of Service / Multiple Locations, CA

Offers non-emergency medical transport between cities in Sonoma County (rates higher for cities further out). Call for further inquires and reservation information. English, Spanish, Other. By appointment only. Private insurances.

Eligibility: none | Last updated: 3/6/15

American Cancer Society, Roads to Recovery

Transportation: Paratransit and Medical Transportation

(800) 227-2345

Area of Service / Multiple Locations, CA

<http://www.cancer.org/treatment/supportprograms/services/app/resource-detail.aspx?resourceId=119849>

Offers a transportation service open to Cancer treatment patients. Service needs at least to know of appointment at least 4 days in advance. English, Spanish. By appointment only. FREE.

Eligibility: none | Last updated: 3/6/15

Sebastopol Area Senior Center, Volunteer Driver Transportation Program

Transportation: Paratransit and Medical Transportation

(707) 829-2440

Area of Service / Multiple Locations, CA

<http://www.sebastopolseniorcenter.org/transportation>

Free ride service to medical and social appointments for individuals 60 years of age and older. Call at least 5 days in advance to book. Serves the West County area as well as Santa Rosa, Healdsburg, and Petaluma. Further details can be found on the website. English, Spanish. By appointment only. FREE.

Eligibility: 65+ | Last updated: 3/6/15

Transport Care, LLC, Medical Transportation

Transportation: Paratransit and Medical Transportation

(707) 478-8856

Santa Rosa, CA

<http://transportcare1.com/>

Provides non-emergency medical transport in the city of Santa Rosa. Can make reservation up to 1-2 hours before appointment or pick-up time. English only. By appointment only. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

U.S. Dept. of Veterans Affairs, San Francisco VAMC Transport System

Transportation: Paratransit and Medical Transportation

(415) 221-4810 x2258 or x6310

Santa Rosa, CA

<http://www.sanfrancisco.va.gov/patients/transportation.asp>

Shuttle providing round-trip service from San Francisco VA Medical Center to Santa Rosa VA Clinic. Please call for further inquiries and reservations. English only. FREE.

Eligibility: Veteran status only | Last updated: 3/6/15

Private Transportation

A-C Taxi of Santa Rosa, Taxi Service

Transportation: Private Transportation

(707) 777-7777

Area of Service / Multiple Locations, CA

Provides a taxi service that is wheelchair accessible. Area of service is throughout Sonoma County. Call for reservations and details. Reservations must be placed 1 week in advance. English only. Always available (24/7). Cash or other payment method.

Eligibility: none | Last updated: 3/7/15

All City Taxi, Taxi Service

Transportation: Private Transportation

(707) 333-3333

Area of Service / Multiple Locations, CA

<http://allcitytaxiservice.com/>

Offers a taxi service that is available throughout Sonoma County. English only. Always available (24/7). Cash or other payment method.

Eligibility: none | Last updated: 3/7/15

Bill's Taxi Service, Taxi Service

Transportation: Private Transportation

(707) 869-2177

Guerneville, CA

Taxi service that is wheelchair accessible. Provides transportation throughout Sonoma County and more. Call for reservations and details. English only. Always available (24/7). Cash or other payment method.

Eligibility: none | Last updated: 3/7/15

Economy Taxi & Limo, Taxi Service

Transportation: Private Transportation

(707) 889-9803

Santa Rosa, CA

<http://santarosataxi.com/>

Offers a taxi service that is wheelchair accessible. Provides transportation throughout Santa Rosa and several other areas. Call for reservations and locations of service. Place reservations at least 1 week before appointment.

English, Spanish. Always available (24/7). Cash or other payment method.

Eligibility: none | Last updated: 3/7/15

Lover's Vineyard, Taxi Service

Transportation: Private Transportation

(707) 823-2600

Sebastopol, CA

<https://www.facebook.com/pages/Lovers-Vineyard-Taxi/200040243370767>

Offers a taxi service that is wheelchair accessible. Provides transportation in West County (company located in Sebastopol). Call for reservations and locations of service. English only. Always available (24/7). Cash or other payment method.

Eligibility: none | Last updated: 3/7/15

Public Transportation

Sonoma County Transit, Healdsburg Shuttle (Rt. 67)

Transportation: Public Transportation

(707) 576-7433

Healdsburg, CA

<http://sctransit.com/>

A bus service with stops only in the city of Healdsburg. Inquire on website/call for rates, scheduling, and specific stops. English, Spanish, Other. Monday-Saturday. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Golden Gate Transit

Transportation: Public Transportation

(415) 455-2000

Area of Service / Multiple Locations, CA

<http://www.goldengatetransit.org>

Bus service providing round trip service from San Francisco to either Santa Rosa, Petaluma, or Rohnert Park.

English, Spanish, Other. Daily. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Medicino County Transit

Transportation: Public Transportation

(800)-696-4682

Area of Service / Multiple Locations, CA

www.mendocinotransit.org

A bus service with stops in Sebastopol, Santa Rosa, Point Arena, and Bodega Bay. To inquire call/website for further details on fares, schedules, and routes. English, Spanish, Other. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Sonoma County Transit, Healdsburg Shuttle (Rt. 67)

Transportation: Public Transportation

(707) 576-7433

Healdsburg, CA

<http://sctransit.com/>

A bus service with stops only in the city of Healdsburg. Inquire on website/call for rates, scheduling, and specific stops. English, Spanish, Other. Monday-Saturday. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Petaluma Transit

Transportation: Public Transportation

(707) 778-4460

Petaluma, CA

<http://www.cityofpetaluma.net/pubworks/schedules.html>

Bus service within Petaluma city limits. Call/website for further information on fares, schedules, and routes.

English, Spanish. Daily. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Santa Rosa Transit, CityBus

Transportation: Public Transportation

(707) 543-3333

Santa Rosa, CA

<http://ci.santa-rosa.ca.us/DEPARTMENTS/TRANSIT/CITYBUS/Pages/default.aspx>

Bus service within Santa Rosa city limits. Visit website for a list of routes, schedules, and fares. English, Spanish.

Daily. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15

Sonoma County Transit

Transportation: Public Transportation

(707) 576-7433

355 W. Robles Ave., Santa Rosa, CA

<http://sctransit.com/>

Provides a bus service for all of Sonoma County. Please call or check website for fares, scheduling, and hours. Free Roundtrip bus passes offered at select community health centers so please inquire within. English, Spanish, Other. Monday-Friday. Cash or other payment method.

Eligibility: none | Last updated: 3/6/15