



WOMEN'S & FAMILY HEALTH SERVICES

Jewish Community Free Clinic 707-585-7780 jewishfreeclinic.org	The JCFC is proud to provide services to anyone in need who is currently uninsured. Come to the JCFC for primary care medicine, employment evaluations, women's health care, medications, and laboratory services. All of these services are available completely free of charge.
Petaluma Health Center 707-559-7500 phealthcenter.org	Primary care for all ages, regardless of ability to pay.
Planned Parenthood 707-527-7656 plannedparenthood.org	Reproductive health care, HIV services, LGBTQ services, STD testing and treatment, Women's and Men's health care.
Santa Rosa Community Health Multiple locations 707-303-3600 srhealth.org	Primary Care, Women's Health and pregnancy care, Teen Clinic, Mental Health, Opioid Addiction Treatment, Gender Clinic, HIV/Hepatitis C , Alternative Medicine.
Sonoma County Indian Health Project 707-521-4545 scihp.org	Comprehensive health care, including WIC and nutritional services, youth cultural wellness.
Sonoma Valley Community Health Center 707-939-6070 svchc.org	Comprehensive Health care for all , especially underserved. Transportation. Bilingual. Call for assistance.
West County Health Centers 707-887-0427 wchealth.org	Primary care, Dental, Wellness, Teen Services, HIV Services, Mental Health, Gender Affirming care. (Multiple locations including Forestville Teen Clinic)

YOUTH & YOUNG ADULT SERVICES

Positive Images 707-568-5830 posimages.org	LGBTQ+ Support services for youth and young adults 12-24.
Social Advocates for Youth (SAY) 707-544-3299 saysc.org	Extensive services for youth and their families including housing for 18-24 year olds, work readiness, counseling and drop in services.
Teen Services Sonoma 707-939-1452 teenservicesonoma.org	Work readiness skills and career exploration.
V.O.I.C.E.S Sonoma 707-579-4327 voicesyouthcenter.org/voicessonoma	Support for youth aging out of foster care.

SENIOR SERVICES

Council on Aging 707-525-0143 councilonaging.com	Multiple support services for seniors including meals, socialization and care, peer support, care navigation, advocacy, financial education.
County of Sonoma Human Services Adult & Aging Division 707-565-5900 sonomacounty.ca.gov/human-services/adult-and-aging-division/	Supportive programs for ages 60+ and their families, caregivers and individuals living with disabilities.
Petaluma People Services Center 707-765-8488 petalumapeople.org	Collection of 59 human service programs offering senior services, homeless prevention, employment training, counseling and meals.
Sebastopol Senior Center 707-829-2440 sebastopolseniorcenter.org	Meal delivery and classes for seniors.
Senior Advocacy Services 707-526-4108 senioradvocacyservices.org/ombudsman	Senior Advocacy Services is a non-profit agency that advocates for the rights and dignity of those experiencing health and aging challenges. They are one agency with three programs: HICAP, Long Term Care Ombudsman and the Elder Justice Initiative.
Vintage House 707-996-0311 vintagehouse.org	Meal delivery and classes for Sonoma Valley Seniors.

SUPPORT FOR VICTIMS OF VIOLENCE/ABUSE

Family Justice Center (FJC) 707-565-8255 fjcc.org	Wrap around services for those experiencing domestic violence, sexual assault, child abuse, elder abuse, elder financial abuse, stalking, human trafficking. See below for after hour crisis hotlines.
Guided to Safety guidedtosafety.org	Resource for education and information on Domestic Violence, Teen Dating Violence and Sexual Assault.
Human Trafficking Support Group 707-697-2099 facebook.com/redemptionhousebayarea	Support Group for human trafficking survivors. Provides education and outreach to the community.
Legal Aid of Sonoma County General hotline 707-542-1290 Domestic Violence Team 707-595-6295 Elder hotline 707-340-5610 legalaidsoc.org	Providing legal aid to financially challenged families, youth, the elderly, victims of domestic violence, people with disabilities, employees, immigrants, veterans.
Verity 707-545-7270 Crisis line 545-7273 ourverity.org	Sexual abuse, trauma and rape counseling services, community education.
YWCA of Sonoma County 707-546-9922 Crisis line 546-1234 ywcasc.org	Domestic Violence services, therapy, a Special Place Preschool, housing assistance.

DRUG AND ALCOHOL ADDICTION SERVICES

California Human Development: Athena House 707-526-3150 cahumandevlopment.org	Recovery home for women and their children. Structured program of services include life skills, parenting, job readiness, housing and employment assistance.
Center Point DAAC-Drug Abuse Alternatives Center 707-544-3295 daacinfo.org	Comprehensive services to combat substance abuse, poverty, unemployment and homelessness.
Women's Recovery Services (WRS) 707-527-0412 womensrecoveryervices.org	Safe, residential setting for women recovering from addiction and their children.

NUTRITIONAL SERVICES/FOOD BANKS

Ceres Community Project 707-829-5833 ceresproject.org	Nutritious, free or low cost meals for families facing life threatening illness.
Council on Aging 707-525-0143 councilonaging.com	Services for seniors and housebound, including Meals on Wheels.
Friends in Sonoma Helping (FISH) 707-996-0111 friendsinsonomahelping.org	Through community support and a large cadre of volunteers, FISH provides food, clothing, transportation to medical appointments, medical equipment plus utility and rental assistance to Sonoma Valley residents in need.
Redwood Empire Food Bank (REFB) 707-523-7900 refb.org	Hunger relief. Distribution sites throughout the north bay.
Sonoma County Indian Health Project 707-521-4545 scihp.org	WIC and nutritional services.

LEGAL ASSISTANCE

COVID 19- Disaster Relief Hotline 559-429-6974 707-308-2513	Assisting disaster survivors with unemployment insurance, price gouging, FEMA benefits and other legal issues resulting from a disaster or declared emergency, including COVID-19.
Disability Services and Legal Center 707-528-2745 mydslc.org/about-dslc	DSLCL has been the primary resource for adults, children, veterans and seniors with disabilities and their families in Sonoma County.
Legal Aid of Sonoma County General hotline 707-542-1290 Domestic Violence Team 707-595-6295 Elder hotline 707-340-5610 legalaidsoc.org	Providing legal aid to financially challenged families, youth, the elderly, victims of domestic violence, people with disabilities, employees, immigrants, veterans.

HOUSING/HOMELESSNESS

Burbank Housing 707-526-9782 burbankhousing.org	Builds and manages affordable housing developments.
Community Action Partnership 707-544-6911 707-521-9338 capsonoma.org	Temporary and transitional housing for women and their children.
Catholic Charities 707-528-8712 srcharities.org	Serving people of all faiths facing poverty and/or homelessness.
Community Support Network Opportunity House 707-575-0979 communitysupportnet.org	Behavioral health programs for young adults exiting foster care and transitional housing for adults who have been chronically homeless, living with mental health challenges.
COTS 707-765-6530 cots.org	Offers a variety of shelter and housing programs to address various needs.
Friends in Sonoma Helping (FISH) 707-996-0111 friendsinsonomahelping.org	Through community support and a large cadre of volunteers, FISH provides food, clothing, transportation to medical appointments, medical equipment plus utility and rental assistance to Sonoma Valley residents in need.
Interfaith Shelter Network 707-546-7907 ifsn.org	Housing and assistance for families & children.
Living Room 707-579-0138 thelivingroomsc.org	Day center for women and children who are homeless or at risk of homelessness.
PEP Housing 707-762-2336 pephousing.org	Affordable housing services for limited income seniors.
Reach for Home 707-433-6161 reachforhome.org	Emergency winter shelter . Year round outreach to help homeless build skills necessary to transition to and maintain stable housing.
Redwood Gospel Mission 707-578-1830 srmission.org	Shelter and services for the homeless and needy.
Social Advocates for Youth (SAY) 707-544-3299 saysc.org	Housing for 18-24 year olds , short term shelter for children and their families.

FAMILY/COMMUNITY PROGRAMS

Reach for Home 707-433-6161 reachforhome.org	Emergency winter shelter . Year round outreach to help homeless build skills necessary to transition to and maintain stable housing.
Redwood Gospel Mission 707-578-1830 srmission.org	Shelter and services for the homeless and needy.
La Luz Center 707-938-5131 laluzcenter.org	Serving the Sonoma Valley providing family services, economic advancement and community engagement for all ages.
Petaluma People Services Center 707-765-8488 petalumapeople.org	Broad scope of services: counseling, job placement, gang intervention, meals, rides, financial assistance for homeless persons.
Sonoma Valley Catalyst Fund sonomavalleycatalystfund.org	Catalyst is a temporary, volunteer effort, initiated by leaders of the Sonoma Valley Fund, endorsed by Impact100 Sonoma and seeded by Community Foundation Sonoma County, which provided a lead matching grant of \$150,000 along with fund management and administrative services.
TLC Child and Family Services 707-823-7300 tlc4kids.org	TLC Child and Family Services is a non-profit organization that annually serves over 600 children, young adults and families in Northern California. TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.
West County Community Services 707-823-1640 westcountyservices.org	Programs include senior services, employment, housing, youth programs, behavioral health and crisis counseling services.

TRANSPORTATION

Healdsburg Dash 707-431-3159 ci.healdsburg.ca.us/861/transportation-options	Operating with volunteers and city staff drivers. Essential medical appointments only. Will not transport actively ill people.
iRIDE-Petaluma People Services Center 707-765-8488 petalumapeople.org/seniors/transportation	Essential medical appointments, grocery store and bank rides only. Drivers can pick up pre-paid grocery orders and deliver to seniors. PPSC also has partnerships with health centers to pick up prescriptions and deliver to senior clients.
Sebastopol Area Senior Center 707-829-2440 sebastopolseniorcenter.org/transportation	Providing transportation to medical appointments.
Sonoma Senior Access 707-565-4636 sonomasenioraccess.org	Bringing together public, private and non-profit transportation options to get you where you need to go.
West County Community Center 707-823-1640 westcountyservices.org/mobility	Russian River Feeder Shuttle. Rides to medical appointments only.
Windsor Wheels 707-838-6641	FREE Volunteer Driving Program for Seniors age 60+ who live in Windsor or North Santa Rosa.

MENTAL HEALTH RESOURCES

COUNTY OF SONOMA

County of Sonoma sonoma-county.org/health/mh/index.html	
North Bay Suicide Prevention Hotline of Sonoma County 1-855-587-6373	A toll-free, confidential 24/7 suicide prevention hotline that will connect you to a trained crisis counselor.
Psychiatric Emergency Services 2225 Challenger Way, Santa Rosa EMERGENCY: 707-576-8181 or 800-746-8181 Business: 707-565-4970	Staffed 24 hrs a day for emergency mental health counseling and referrals. Extended stabilization services up to 24
Sonoma County Health Services Buckelew Programs: Behavioral Health Division Mental Health Services: 707-565-6900 24/7 Mental Health Crisis Services: 855-587-6373 Crisis Stabilization Services: 800-746-8181	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 our 24-hour Emergency Mental Health Hotline: (800) 746-8181. The Crisis Stabilization Unit is located at 2225 Challenger Way, Santa Rosa CA.
Sonoma County Mental Health Access Team 707-565-6900	The ACCESS team provide referrals to the community, conducts phone intakes and clinical assessments.

COMMUNITY HEALTH CENTERS

Alliance Medical Center 1381 University Street, Healdsburg 707-433-5494 x 287 alliancemed.org	Psychiatrist and mental health practitioners on staff.
Alexander Valley Regional Medical Center 6 Tarman Drive, Cloverdale 707-894-4229 alexandervalleyhealthcare.org	Mental health practitioner on staff.
Chanate Family Practice Center 3320 Chanate Road, Santa Rosa 707-547-2222	Behavioral medicine specialty clinic - psychiatrist and residents.
Jewish Community Free Clinic 50 Montgomery Drive, Santa Rosa 707-585-7780 jewishfreeclinic.org	
Occidental Area Health Center 3802 Main Street, Occidental 707-874-2444 wchealth.org/location/occidental	Mental health practitioner on staff.
Petaluma Health Center 1179 N. McDowell Blvd, Petaluma 707-559-7500 phealthcenter.org	Mental health practitioner on staff.
Russian River Health Center 16319 3rd Street, Guerneville 707-869-2849	Mental health practitioner on staff.

Southwest Community Health Center

751 Lombardi Court, Santa Rosa
707-547-2222

Mental health practitioner on staff.

Sonoma Valley Community Health Center

19270 Sonoma Highway, Sonoma
707-939-6070

Mental health practitioner on staff.

svchc.org

Sonoma County Indian Health

144 Stony Point Road, Santa Rosa
707-521-4545

Mental health practitioner on staff.

scihp.org

West County Health Centers

652 Petaluma Ave Suite H, Sebastopol
707-869-5977

Variety of services serving West County residents.

wchealth.org

COMMUNITY COUNSELING SERVICES

Angela Center

535 Angela Drive, Santa Rosa
707-528-8578

Call for information on services.

angelacenter.com

California Parenting Institute

3650 Standish Avenue, Santa Rosa
707-585-6108

Parent consultation and support (in-home available); parenting classes. Counseling services for children and parents.

calparents.org

Chrysalis Counseling Services

1821 4th Street, Santa Rosa
707-545-1670 x201

Professional counseling, including services supporting children and families, therapeutic groups and parent classes.

chrysaliscounseling.org

Drug Abuse Alternatives Center (DAAC)

1430 Neotomas Avenue, Santa Rosa
707-565-7450

Counseling provided to youth 12-18 with co-occurring alcohol and other drug/mental health problems. Supportive services provided to children of alcoholic and other drug using parents.

daacinfo.org

Early Learning Institute

311 Professional Drive, Rohnert Park
707-591-0170

Provides developmental services, education and support to young children and their families.

earlylearninginstitute.com

Jewish Family and Children's Svcs (JFCS)

1360 N. Dutton, Santa Rosa
707-303-1520

Parenting coaching and consultation, counseling for children and families, post adoption services.

jfcs.org

LifeWorks of Sonoma County

1200 College Avenue, Santa Rosa
707-568-2300

Many programs and services, including counseling, focused on a range of ages.

lifeworkssc.org

Lomi Psychotherapy Clinic

534 B Street, Santa Rosa
707-579-0465 x227

Parent and family consultation and counseling. Parenting classes, drop-in support groups.

lomi.org

One Mind/Aspire/Elizabeth Morgan Brown Center

707-963-4038
www.onemind.org

ASPIRe (Accelerating Serious Psychiatric Illness Recovery) is One Mind's initiative to support those with Serious Psychiatric Illness (SPI).

Petaluma People Services Center

1500A Petaluma Blvd South, Petaluma
707-765-8488

Individual and family counseling and behavioral health services for all ages of children.

petalumapeople.org

Russian River Counselors

19375 Highway 116, Monte Rio
707-865-1200

Psychological services for children and families.

rivershrink.com

Santa Rosa Junior College Health Services

Petaluma and Santa Rosa campuses
Santa Rosa: 707-527-4445
Petaluma: 707-778-3919

Call for information on services.

santarosa.edu/for_students/student-services/student-health-services

Social Advocates for Youth (SAY)

3440 Airway Drive, Suite E, Santa Rosa
2447 Summerfield Road, Santa Rosa
707-544-3299 or 707-546-3432
socialadvocatesforyouth.org

Call for information on services. Includes homeless youth and career and life readiness.

Sonoma State University

Community Counseling Center
707-664-4215
sonoma.edu/counselingctr

General counseling.

Wellness and Advocacy Center

707-565-7800
wellnessandadvocacy.org

Supports individuals in Sonoma County with mental health challenges in developing and sustaining well-being through self-empowerment.

West County Community Services

16390 Main Street, Guerneville
707-823-1640
westcountyservices.org

Individual and family counseling, parent coaching and consultation.

KAISER PERMANENTE

Health Education Centers

Santa Rosa: 707-393-4167 or 707-566-5277
Petaluma 707-765-3485
kaisersantarosa.org

Online resources, patient education materials, books, CD's videos, DVD's on a variety of mental health and parent topics.