

Alliance Medical Center Resource Guide, 2011

Table of Contents

Adoption and Family Planning services.....	3
Alcohol and Drug abuse	4
Alternative Medicine.....	6
Application Assistance for Social Services.....	7
Cancer	9
Childcare and Preschool.....	10
Chronic Conditions: Diabetes, arthritis, heart disease etc.....	12
Community Health Centers and Low-cost Health Services.....	14
Death and Dying.....	16
Domestic Violence and Rape.....	17
Eating Disorder Resources	19
Employment services	20
Exercise Resources.....	21
Financial help	24
Food Resources.....	25
Foster care, Kinship care and Adoption	27
Gay, Lesbian, Transgender, Bi-sexual Services	28
HIV/AIDS Resources	29
Housing and Homelessness.....	31
Immigration and Migrant Services	33
Legal Aid.....	34
Literacy and Language (ESL) Services.....	35
Mental Health and Counseling	36
Parenting.....	39
Pregnancy, Post-pregnancy, Breastfeeding and Infant care.....	42
Senior Resources	44
Smoking and Tobacco Cessation	45
Special Needs Resources (for adults, children, and their families)	46
Transportation	48
Urgent Care	50
Weight Loss	51

☺ =Spanish Spoken

Adoption and Family Planning services

(Also see “Foster, Kinship care and Adoption”)

Adoption Connection1-800-972-9225 text your questions at 415-355-4636

Talk about your feelings about adoption and answer all of your questions, find the adoptive family that feels right to you. Connect to resources in your area, including financial assistance. www.adoptionconnection.org

2150 Post Street, San Francisco

☺ Independent Adoption Center:..... 925-827-2229

☺ Call an experienced counselors.....1-800-877-OPEN (6736) Spanish spoken

☺ Provides support and counseling to birthparents and guides you through the process of adoption. Open adoption (where birthparents are still involved in life of the child). Unlimited counseling for the year following placement and up to two counseling sessions per year until your child is 18 years old.

www.adoptionhelp.org

☺ 391 Taylor Blvd., Suite 100 Pleasant Hill, CA

Safely Surrendered Baby Law

A parent or person with lawful custody of a baby can confidentially and safely give up the baby within 72 hours of birth. The baby must be taken to a safe site, such as a hospital. No questions will be asked. The person giving up the baby will not be arrested. A parent or person with lawful custody has up to 14 days from the time the baby is given up to reclaim the baby. Information on website in English and Spanish. www.babysafe.ca.gov

Pregnancy hotline.....1 800-427-8982

☺ Sonoma County information line for pregnancy testing and counseling.

☺ Planned Parenthood.....527-7656

☺ Open Monday-Friday 9-5. Offering surgical abortions beginning in March 2011 up to 14 weeks. Medication abortions starting soon after.

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=3990&a=90200&v=details>

☺ 1140 Sonoma Avenue, Building 3, Santa Rosa

Pregnancy Counseling Center of Sonoma County.....575-9000

☺ Crisis pregnancy counseling and post abortion recovery support. All services are free and confidential. Do not speak Spanish

☺ 750 Mendocino Ave, Suite 1 Santa Rosa

☺ 1331 Medical Center Drive, Rohnert Park

☺ Vista Family Health Center..... 303-3600

☺ Abortion services up to 13 weeks 6 days

☺ 3569 Round Barn Circle, Santa Rosa

☺ Women's Health Specialists..... 537-1171 for Spanish 1(800) 714-8151

☺ **Adoption choices:** call with any questions 1-800-607-9200 Talk about adoption and answer questions, assist in selecting family, assist in finding prenatal care, hospital and therapist, connect you to resources in the area.

☺ **Abortion:** Early and late term (up to 24 weeks) abortions. Provide an emotionally comforting setting.

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

☺ 4415 Sonoma Hay Suite D, Santa Rosa

☺ Also location in Petaluma: 201 Washington Street, Petaluma

☺ =Spanish Spoken

Alcohol and Drug abuse

☺ **Alcoholics Anonymous (AA) 24-hour hotline and referrals.....544-1300 En Español: 829-1272**
12 steps programs towards recovery; free meetings (some in Spanish) at many locations throughout Sonoma County.
www.sonomacountyaa.org

☺ **Al-Anon.....24 hour information line 575-6760**
Holds regular support groups for families and friends of alcoholics in many locations of Sonoma County. Has meetings in Spanish as well. Also special groups for teens whose have an alcoholic family or friend. Groups at many high schools including Healdsburg. Ask counselor for meeting time and place. www.ncwsa.org/d05

Athena House.....526-3150
Rehabilitation center for women who suffer from chemical dependency. Room, board and treatment services are \$1,500/month. Free 6 month aftercare program.

Azure Acres..... 1-877-762-3735
Detoxification, residential treatment, day treatment, family therapy program, continuing care and intensive outpatient. Contact for free assessment. Private insurance only, payment plans available. www.azureacres.com
2264 Green Hill Road **Sebastopol**

Campobello.....579-4066 or 1-800-805-1833
A 28-day residential treatment program for adults; Detox, day treatment, weekly outpatient services; private programs and education also available. Tailored to individual, social setting, aftercare. Private insurance only.
www.campobello.org

☺ **DAAC (Drug Abuse Alternatives Center).....544-3295 or 1-877-888-3222**
Adult services: outpatient and residential treatment for alcohol and drug abuse, Methadone Maintenance and Detoxification program, Needle Exchange service, a Drug Court program, a supervised Sober Living House, and Health Services, including HIV and Hepatitis C education, testing, and counseling.
Services for teens and parents: Outpatient programs and services for adolescents with alcohol and other drug problems, Juvenile Probation Program for non-violent adolescents involved in the criminal justice system, Health Services, including HIV and Hepatitis C education, testing, and counseling.
Services for pregnant and parenting women: Perinatal Day Treatment for pregnant and/or parenting women with problems of chemical dependency, Transitional Living Center which provides safe and drug-free housing for pregnant and/or parenting women and their children for up to nine months. Health Services, including HIV and Hepatitis C education, testing and counseling.
Payment assistance and full-scope Medi-Cal accepted. www.daacinfo.org
2380 Professional Drive, **Santa Rosa, CA**

☺ **The Latino Commission.....(650) 244-1444**
Specialized in Latinos but for all races and ethnicities. Residential treatment programs for drug and alcohol at six sites including Sonoma County. www.thelatinocommission.org
Main office: 301 Grand Ave, Suite 301, South San Francisco

Lytton Springs Salvation Army Rehabilitation Center..... 433-3334
Drug and alcohol residential rehabilitation program for men with substance abuse. Minimum six month commitment. **NO COST** but can not be receiving any type of income. Services include: counseling, many types of classes, work therapy, and re-entry services after first six-months.
200 Lytton Springs Rd, Healdsburg

Mountain Vista Farms..... 996-6716 or 1-800-300-6716
Both residential care and outpatient options for treating alcohol and drug addiction. Counseling and education, detoxification program, rehabilitation program, weekly family program, and aftercare groups. Take private insurance or out of pocket pay is \$8,900/28 residential days. 3020 Warm Springs Road, Glen Ellen, CA

☺ =Spanish Spoken

☺ **Narcotics Anonymous**..... 575-7837

Meetings and activities for recovering addicts and their families; contact for various times and locations. In Healdsburg Thursday and Friday at 7:00pm at the *Community Church 240 E Street*, or Sunday at 8:00pm at the *Senior Center, 133 Matheson St.* www.sonomacountyna.org

Needle Exchange – Sonoma County Hepatitis AIDS Risk Reduction Program 481-9827 or 548-0140

Provides new syringes, supplies (alcohol, cotton, ties) and small bio buckets. Vein and Abscess Care Information, HIV & Hepatitis C Testing, Condoms and Lube. Services are Anonymous and Confidential. Friday 5:30pm-8:00pm, Monday 12-5:30pm. *2403 Professional Drive in Santa Rosa.*

Ohlhoff Recovery Programs.....877-677-4543

Affordable programs for adults and adolescents in recovery from Alcoholism, Chemical Dependency and Substance Abuse. Residential and out-patient programs. In San Francisco.

Orenda Center..... 565-7450

Offers residential and outpatient detox and counseling programs for alcohol and drug problems, community prevention and education services. Groups in the evenings. Staff sensitive to HIV issues: Detox hours are 24 hours a day, seven days a week. **Sliding scale**, Medi-Cal and other insurances accepted. *1430 Neotomas Avenue, Santa Rosa*

R House..... 526-4223

Programs for teens 13-18 with drug and alcohol issues. **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 9:00 am to 6:00 pm. **Family Coaches:** work with the family in their home, and two **alternative High Schools** (Rincon and Abraxis) www.rhouseinc.org
1207 Cleveland Avenue, Santa Rosa

Santa Rosa Treatment Program..... 576-0818.

Provides adult and adolescent services outpatient substance abuse, anger management, addiction education, and Narcotic replacement therapy www.srtp.net *1901 Cleveland Ave., Ste. B. Santa Rosa*

St. Anthony's Father Alfred Center:..... 415-241-2600

Year-long work-structured program empowers men with no income or resources with the tools to overcome addiction, and the support to establish productive and healthy lives. During the first six months St. Anthony's Tech Lab ensures men are 100% work ready with intensive computer classes, job search counseling and life skills tutoring. Through community partnerships men are employed in short and long-term positions, and upon completion of the program almost all graduates have stable employment and housing. www.stanthonysf.org
150 Golden Gate Ave, 3rd floor, San Francisco

☺ **St. Joseph's Behavioral Health Services**..... 547-5450

Individual, group and family therapy, addiction and mental illness education, behavior modification, goal setting, coping techniques, relapse prevention strategies, 12-step programs and other treatment methods.
www.stjosephhealth.org *1165 Montgomery Drive, Santa Rosa*

Syringe Access and Safe Sharps Disposal.....707-565-6680

Registered pharmacies may sell new, sterile hypodermic needles and syringes to individuals (adults, 18 years or older) with out a prescription. A person can purchase a 10-pack of new, sterile syringes. A FREE sharps container is available at the time of purchase: *Dollar Drug, 1055 W. College Avenue, Santa Rosa* and *Lark Drugs, 16215 Main Street, Guerneville* www.sonoma-county.org/health/prev/syringe_access.htm

Women's Recovery Services.....527-0412

Residential recovery program for women, 90-day minimum stay; children may accompany their mothers; Also receive education and training to move on to productive ways of living. 9 months aftercare support. Transitional housing. **Sliding scale** and funding available. www.womensrecoveryervices.org

☺ =Spanish Spoken

Alternative Medicine

Acupuncture: Lori Martin and Toby Daly.....894-5313

\$20 walk in clinic: Full treatment, first come first serve. Wed. 4pm-6pm, Friday 9am-11am. Regular visit: \$100 intake \$80 each follow-up.
103 Commercial St., Cloverdale

Chiropractor: Victor Powell.....523-2225

Cash pay only \$45 per visit (\$60 for initial intake if patient hasn't seen chiropractor before)
4898 Old Redwood Hwy. Santa Rosa

Gordon Medical Associates..... 575-5180

Acupuncture, [Craniosacral therapy](#), [Detoxification](#), [Functional medicine](#), [Herbal medicine](#), [Naturopathic Medicine](#), [Nutritional therapy](#), [Osteopathy](#) and others www.aaimed.com
3471 Regional Parkway, Santa Rosa

Meditation:

Angela Center..... 528-8578

Mindfulness meditation classes (\$40 for 4 classes) and meditation group that meets every Wednesday at 7:30 am (free, drop-ins welcome)

www.angelacenter.com

535 Angela Dr., Santa Rosa

☺ Lomi Psychotherapy Clinic..... 579-0465 x227

Free mindfulness meditation classes. Thursdays from 7-8:30pm www.lomi.org

534 B St., Santa Rosa

Medical Marijuana ID card program

It is currently the policy of Alliance not to write direct referrals for patients for medical marijuana. Instead providers refer patients to a medicinal cannabis specialist (see list and prices below). Patients obtain documentation from this physician then apply for the ID card through Vital Statistics (see address below). Applications can be picked up at the Vital Statistics office Monday – Friday between the hours of 9 am – 4 pm. Must make an appointment to submit application. Applicants must also submit a government-issued photo ID card, proof of county residency, appropriate application fee (\$160 or \$80 if MediCal recipient), and documentation from their physician. Information at www.samm.net/ application form downloadable at <http://www.cdph.ca.gov/pubsforms/forms/CtrlldForms/cdph9042.pdf>

Office of Vital Statistics, 625 5th Street, Santa Rosa ph#565-4407

Medicinal Cannabis Specialists in the area:

Dr. Hanya Barth 741 5th St. Santa Rosa 568-0420. **\$125 for new patients, \$100 for renewal, sliding scale.**

Dr Ron Kennedy, 2448 Guerneville Rd. #800, Santa Rosa 575-7375 **\$125**

Med/RxC 3715 Santa Rosa Ave. #A11 Santa Rosa 1-877-563-4156, **\$135 (varies with coupons and specials, \$25 discount for Vets and Medi-Cal)**

Medical Cannabis Dispensaries in the area

Organic Medical Delivery: ph#480-7851

Organicann: 301 E. Todd Rd, Santa Rosa, ph# 588-8811

Sonoma Patients Group: 2425 Cleveland Ave., Santa Rosa

Application Assistance for Social Services

Contact: Yuliana Acevedo 385-2343 at the Alliance Medical Center in Healdsburg (upstairs next to WIC office) to make an appointment or ask questions. Appointments also in Windsor.

Medi-cal

For children under 21 years, pregnant women, and adults over age 65 DEPENDING ON INCOME.

You must bring to appointment:

- Identity documents (birth certificate, ID, passport, or proof of immigration status)
- Social Security card
- 4 most recent pay stubs (husband & wife), last year's Federal Income Tax, Unemployment, Disability
- Last bank statement (award letter)
- Vehicle registrations
- Proof of pregnancy
- Insurance or Medi-cal card, if available
- Proof of mortgage payment
- Proof of child care expenses
- Proof of child support or alimony

Healthy Families

ONLY for children under 19, who do not qualify for Medi-cal

You must bring to appointment:

- Birth Certificate, Green Card, or Citizenship Certificate
- Social Security Card
- 4 most recent pay stubs (husband & wife), last year's Federal Income Tax, Unemployment, Disability
- Proof of child care expenses
- Proof of child support of alimony

Kaiser Child Health Plan

ONLY for children under 19, who do not qualify for Medi-cal, Healthy Families or do not meet immigration status requirements

You must bring to appointment:

- Birth Certificate
- 4 most recent pay stubs (husband & wife), last year's Federal Income Tax, letter from employer on company letterhead, Unemployment, Disability

CMSP

For ADULTS between 21 and 64 years DEPENDING ON INCOME

You must bring to appointment:

- Identity documents (birth certificate, ID, passport, or proof of immigration status)
- Social Security card
- 4 most recent pay stubs (husband & wife), last year's Federal Income Tax, Unemployment, Disability
- Last bank statement (award letter)
- Vehicle registrations

Persons who do not meet immigration requirements may apply for emergency coverage

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Food Stamps and General Assistance

For low income individuals and families. Talk to Yuliana to see if you qualify or need help filling out forms or call **565-2715**

Go to 2550 Paulin Dr. Santa Rosa between 8 am and 4:30 pm Monday through Friday

You must bring:

- Proof of identity
- Social Security number for all household members.
- If employed, proof of income (wage stubs, earning statements, etc.) for the past 30 days
- Proof of gross income benefits from Unemployment, Disability, Social Security, contributions, loans, etc
- Bank account numbers for checking accounts, savings accounts, certificates of deposit, credit union accounts, retirement accounts, stocks, bonds, dividends, etc
- Immigration Status
- Sponsored Noncitizen Information
- Residency (you can use mail received at your current address to show you are Sonoma County resident)
- Medical Expenses
- Child Support Obligations and Payments (court-ordered)

www.sonomafoodstamps.org

Cancer

For hospice information see “Death and dying”

☺ **American Cancer Society-Sonoma County:.....707-545-6720 or toll free 1800-227-2375; 1-800-ACS-2345 (24 hr support) **Free services****

- Information, Resources and Guidance: Referrals to local ACS services and community resources; printed materials; up to date information on cancer, research treatments, clinical trials, etc...
- Transportation: Volunteers drive patients from treatment-related medical appointments; assistance with transportation costs; and assistance with out of town lodging.
- Wigs, Turbans, Scarves and Hats: Available free at the Sonoma county office.
- I Can Cope: Free educational and peer supported classes for cancer patients and caregivers. Face to face, online and telephone classes available.
- Reach for Recovery: Trained breast cancer survivors help women deal with the physical and emotional needs of being a breast cancer patient.
- Cancer Survivor Network: Offers a comprehensive selection of on-line support groups for survivors and caregivers on a variety of topics, 1-877-333-4673.
- Support Groups: local support groups for cancer patients, their families and friends.
- Friendly Visiting for Cancer
- Young Cancer Survivors Scholarship Awards: Available to college-bound or enrolled young cancer survivors.

1451 Guerneville Road, Suite 220 Santa Rosa, CA 95403.

☺ **American Lung Association.....527-5864.**

Specialized Information and Referral for Lung Cancer. Voluntary Health Organizations for Lung Cancer. No Spanish speakers at Santa Rosa office but do have in Oakland office **(510) 638-5864.**

www.californialungusa.org

115 Talbot Ave, Santa Rosa or 424 Pendleton Way, Oakland

Cancer Care: http://www.cancercare.org/about_us/ 212-712-8400 or 1-800-813-4673

Provides the following services **free** of charge:

- Counseling over the phone.
- Support Groups online or on the phone.
- Connect Education Workshops over telephone and podcast
- Publications
- Financial Help
- Other Services such as therapeutic activities, and special events throughout the year.

☺ **CancerCare Co-Payment Assistance Foundation:** <http://www.cancercarecopay.org/> 1-866-552-6729

Co-payment assistance means that if you have been prescribed an oral or intravenous medication (chemotherapy), but are unable to afford the out-of-pocket costs or co-payment responsibility required by your insurer or Medicare, this program may be able to help by paying some or all of your co-payment

Casting for Recovery.....1-888-553-3500, 707-529-2760

Weekend fly fishing retreats **free** for women in all stages of breast cancer treatment and recovery who live in Northern California.

☺ =Spanish Spoken

Childcare and Preschool

(See “Parenting” for additional resources)

- ☺ **4Cs (Community Child Care Council of Sonoma County)**.....544-3077
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. If you need help. You can apply for **free or low-cost** preschool or child care through the CEL. Ask 4Cs to help you apply. www.sonoma4cs.org
131-A Stony Circle, Suite 300, Santa Rosa.
- ☺ **Children and Family Circle**.....544-4653
Offers **free or low-cost** childcare and support services to infants and toddlers from low-income families, especially those at high-risk of abuse and neglect. Must get on a waiting list. www.cfckids.org
1260 North Dutton Avenue Suite 110, Santa Rosa
- ☺ **Early Learning Institute (ELI)**..... 591-0170
Free afternoon drop-off preschool for children ages 3-5. Must apply.
www.earlylearninginstitute.com
311 Professional Center Drive, Suite 100, Rohnert Park
- ☺ **Head Start and Early Head Start** 544-6911
Free preschool for ages 0-5 years for low income families and children with special needs; locations in Healdsburg, Guerneville and Santa Rosa call for eligibility guidelines and application. www.casonoma.org
3200 Rio Lindo Ave, Healdsburg or 1300 North Dutton Ave., Santa Rosa
- ☺ **Multicultural Child Development Center**.....544-0104
Free state preschool for low income persons; apply in person.
1650 W. Third St., Santa Rosa
- ☺ **PACEAPP**585-0600
Professional Association for Childhood Education Alternative Payment Program
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. www.paceapp.org
6050 Commerce Blvd., Ste. 106, Rohnert Park
- River to Coast Children’s Services (RCCS)** 869-3613
Helps parents and guardians to find and pay for child care with **subsidies**. Must meet requirements. Parent and child care provider workshops and trainings in West County communities. Kindergym, infantgym, seasonal events for children, and bike rodeos. Spanish spoken. www.rccservices.org
16300 First St., Guerneville
- ☺ **Santa Rosa Junior College**..... 527-4224
Subsidized childcare services for available to SRJC students, Monday- through Friday, for children ages 6 months to 5 years; long waiting list, so apply early; call for details. www.santarosa.edu
- ☺ **Sonoma County Child Care Association:**..... 237-4911
Child care information, resources and referrals. www.sccca.info

☺ =Spanish Spoken

Sonoma County Office of Education (SCOE)..... 522-3272

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

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

8511 Liman Way, Building A, Rohnert Park

☺ =Spanish Spoken

Chronic Conditions: Diabetes, arthritis, heart disease etc

☺ Alliance Medical Center Diabetes Class in Spanish.....385-2354

FREE evening class in Spanish offered every other month in which a Certified Diabetes Educator and Registered Dietician teach about nutrition, answer questions, give patients a free glucometer and instruct on how to use it. Call for date for the next class.

1381 University street, Healdsburg

☺ Northern California Center for Well Being.....707-575-6043

Individual services including nutritional counseling/ medical nutrition therapy, health coaching, and personal fitness training as well as group classes in Spanish and English. Classes:

Diabetes:

“Diabetes Meal Planning” six classes \$140 sliding scale

Diabetes support group: meets monthly \$10 donation encouraged

“Living with Diabetes” Wellness series: One-hour visit with a diabetes educator, four 2.5-hour classes and a follow-up refresher class. Covered by Medicare and some private insurance. \$395 sliding scale without insurance. Program in Spanish FREE!

Preventing Diabetes (Pre-Diabetes) and Heart Disease: 4 classes \$110 sliding scale.

Heart disease: (see above preventing diabetes and heart disease)

Cardiac Rehabilitation Phase I, II and III: supervised exercise and education program designed to enhance long-term commitment to heart healthy living. For people with diagnosed cardiac disease \$80/mo (2x per week)

Pain Management:

“Yoga for Pain Management”: \$70/month (Six, 1-hour classes)

“Arthritis, Fibromyalgia, and Chronic Pain Self-Help” A six-week series of classes held once a week for two hours. \$135 (sliding scale available based on income)

“Moving Through Pain” For people with fibromyalgia, back and/or neck pain, headaches, TMJ, carpal tunnel syndrome or knee problem. Held once a week for one hour. \$55/month (sliding scale available based on income)

Hepatitis C

“Understanding Hepatitis C” \$25 (1 session, 2.5 hours)

Also many other classes and services! www.norcalwellbeing.org

365B Tesconi Circle and 3536 Mendocino Avenue, Santa Rosa.

☺ Kaiser Permanente.....393-4167

Offers a range of classes open to the public (non-Kaiser members) pertaining to diabetes health, meal-planning, pre-diabetes and nutrition. Some classes available in Spanish. Free support groups in English and Spanish.

Current class list and prices www.kaisersantarosa.org/classes:

Diabetes basics (also in Spanish): \$20/3 sessions

Diabetes nutrition: \$15/1 class

Healthy living with on going health conditions: 50/6 sessions

Living well with Diabetes (also in Spanish): \$60/3 classes

Pre-diabetes: \$15/1 class

Cholesterol and your heart (also in Spanish) \$40/2 classes

Ways to a healthier heart: \$30/2 classes

401 Bicentennial Way Santa Rosa

☺ =Spanish Spoken

Senior Diabetes Wellness Project 523-7900

Provides a monthly box of healthy food to low income seniors with diabetes. To apply call Redwood Empire Food Bank. 3320 Industrial Dr., Santa Rosa

☺ **“Sweet Success” at Memorial Hospital**.....852-1579

Offers multidisciplinary services during preconception, pregnancy and postpartum for women who are diabetic or develop diabetes during pregnancy. 1165 Montgomery Drive, Santa Rosa

☺ =Spanish Spoken

Community Health Centers and Low-cost Health Services

Healdsburg:

☺ **Alliance (Alianza) Medical Center**..... 433-5494
Primary medical care, family planning, gynecology, mental health, chiropractic, dermatology, podiatry, dentistry, screening, WIC, and more <http://www.alliancemed.org/>
1381 University street, Healdsburg

☺ **Alliance Teen Health Center**.....431-1170
Free confidential family planning and primary care for teens ages 12 to 21. Open Mondays and Thursdays 1:30pm-5:30pm. 1557 Healdsburg Avenue, Healdsburg Community Center Rooms 15 & 16

Windsor:

☺ **Alliance (Alianza) Medical Center** 433-5494
Primary medical care, family planning, gynecology, mental health, chiropractic, dermatology, podiatry, dentistry, screening, WIC, and more <http://www.alliancemed.org/>
8465 Old Redwood Highway Suite 400, Windsor

Cloverdale-

☺ **Alexander Valley Regional Medical Center**894-4229
Primary medical care, family planning, mental health services, chiropractic, acupuncture, podiatry, dentistry, and more www.avrmc.org
6 Tarman Dr., Cloverdale

Santa Rosa-

☺ **Santa Rosa Community Health Centers** www.swhealthcenter.org
☺ **Vista Family Health Center**..... 707.303.3600
Primary care, obstetrics and prenatal care, family planning, mental health, HIV services and other specialties
3569 Round Barn Circle, Santa Rosa

☺ **Lombardi Ct. Health Center**..... 707.547.2222
Primary care, obstetrics and prenatal care, family planning, mental health
751 Lombardi Ct, Santa Rosa

☺ **A Street Clinic**.....707.546.6479
Primary care, obstetrics and prenatal care, family planning, mental health, substance abuse.
465 A Street, Santa Rosa

☺ **Roseland Children's Health Center**..... 578-2005
Primary healthcare for children. Physical Examinations, immunizations, Vision, Hearing, & Dental Screenings. mental health services, nutrition, insurance assistance, follow up from emergency rooms.
Roseland Elementary School, 962 Sebastopol Road, Santa Rosa

☺ **Elsie Allen Health Center (Teen Clinic)**..... 528-5770
Primary care, general and sports physicals, STD testing and treatment, immunizations, family planning, mental health. Free or low cost for all adolescents (12-18) of Sonoma County
Elsie Allen High School, 599 Bellevue Ave., G17, Santa Rosa

☺ **Planned Parenthood**.....527-7656
Family planning and sexual health services. Open Monday-Friday 9-5.
<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=3990&a=90200&v=details>
1140 Sonoma Avenue, Building 3, Santa Rosa

☺ **St. Joseph Mobile Health Clinic**524-2477
Primary care services to children and adults from low-income families who don't have a regular doctor or affordable healthcare. Mobile unit travels to high-need sites. Also a mobile dental clinic. Call for schedule and locations.

☺ =Spanish Spoken

Saints Jane & Mary Medical Center..... 591-9667

Same-day medical services for children and adults, usually uninsured. Call at 8:30 am for same-day appointments. No walk-ins. Free vaccinations and physicals for children who meet requirements. Chinese spoken. *1580 Sebastopol Rd., Santa Rosa*

Sonoma County Indian Health Project521-4545

Medical, dental, nutritional, behavioral health, pharmacy and health education services.

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

144 Stony Point Rd. Santa Rosa

Women's Health Specialists..... 537-1171 for Spanish 1(800) 714-8151

Reproductive care, family planning, abortion, adoption <http://www.womenshealthspecialists.org/>

4415 Sonoma Hay Suite D, Santa Rosa

Forestville

Teen Clinic (West county Health Centers)..... 887-0427

Free and confidential family planning for teens up to age 25 www.wchealth.org

6570 First St., Forestville

Sebastapol

Sebastopol Community Health Center..... 824-9999

Primary medical care, family planning, mental health, HIV testing and treatment and more

www.wchealth.org

6800 Palm Ave. Ste. C2, Sebastopol

Rohnert Park-

☺ **Jewish Community Free Clinic585-7780**

Free medical care for anyone uninsured and in need. Serves all ethnicities, races, and religions. Drop-in basis only. Minor medical treatment, school and sports physicals for children, health screenings, prescriptions, and immunizations. Mondays and Wednesdays for everyone. Tuesdays for children only (all ages). Donations accepted. Spanish spoken. www.jewishfreeclinic.org *490 City Center Drive, Rohnert Park*

Guerneville

☺ **Russian River Health Center (West County Health Centers) 869-2849**

Primary medical care, family planning, mental health, HIV testing and treatment and more

www.wchealth.org *16319 Third St., Guerneville*

Petaluma

☺ **Petaluma Health Center..... 559-7500**

Primary medical care, family planning, mental health, and more www.phealthcenter.org

1301 Southpoint Blvd., Petaluma

Occidental

☺ **Occidental Area Health Center (West County Health Centers) 874-2444**

Primary medical care, family planning, mental health, HIV testing and treatment and more

www.wchealth.org *3802 Main St., Occidental*

Sonoma

☺ **Sonoma Valley Community Health Center.....939-6070**

Primary medical care, family planning, teen clinic, obstetrics, mental health, substance-abuse, and nutrition.

www.svchc.org *430 West Napa St., Ste. F, Sonoma*

Death and Dying

☺ **North County Hospice**.....**431-1135**

Medicare, Medical and private insurance all cover hospice. For those without insurance, no-one is turned away for lack of resources.

Patient care: skilled nurses take care of any terminally ill patient in their home

Grief support services: Free individual counseling, eight week support groups, support groups for children and teens, workshops and drop-in groups.

Special events: “Still My Parent” in May, and “Day of the Dead” November 2nd.

205 East St. Healdsburg (also locations in Santa Rosa and Petaluma)

☺ **Sutter VNA and Hospice**..... **535-5700**

Medicare, Medical and private insurance all cover hospice. For those without insurance no-one is turned away for lack of resources.

Patient care: Support and care for terminally ill patients in their home

Grief support services: Free support groups for adults, children and teens.

Events and educational programming—many throughout year. Call or see website.

www.suttervnaandhospice.org/

1110 N. Dutton Avenue, Santa Rosa

Redwood Funeral Society:.....**568-7684**

Provides consumer education and protection for planning death arrangements in advance. Contract with mortuaries for fair pricing. One payment of \$40—do not deny services to anyone. Only answer phone Tuesdays 1-4pm. www.redwoodfuneral.org/

☺ **Social Security Administration**.....**544-4302**

To report a death and apply for survivor benefits and funeral benefits

☺ **Sonoma County Department of Health Services**.....**565-4409**

For death certificates

625 Fifth St. Santa Rosa

☺ =Spanish Spoken

Domestic Violence and Rape

24 hour Hotlines

- ☺ **Domestic Violence:** (707) 546-1234 (Spanish spoken)
- ☺ **Child abuse:** 565-4304 Marque 1 para español.
- ☺ **For men feeling violent:** 528-2636 Marque 2# para Español.
- ☺ **Rape/Sexual Assault:** 545-7273 (Spanish spoken)

☺ **Victim Assistance Center**..... **565-8250**

Sonoma County District Attorney's Office

“One-stop shop” for victims of violence. Offers Crisis Intervention and counseling, Emergency Assistance (housing, food, medical care, etc.), community resource referrals, Assistance with filing claims, help with justice system and court. Spanish and Japanese spoken. www.sonoma-county.org/da/victim

1000 Coddington Center, Ste. 101, Santa Rosa

☺ **Verity (formally United Against Sexual Assault)** **545-7273**

24-hour support hotline for victims of sexual abuse. Free Walk-in Crisis Counseling – Weekdays, 9am–5pm
Also speak Spanish <http://ourverity.org>

835 Piner Road, Suite D, Santa Rosa

☺ **YWCA Domestic Violence Services & Women's Emergency Shelter** **546-7115**

24-Hour Hotline..... **546-1234**

Residential and non-residential services for women and children experiencing or at risk of domestic violence, child abuse, or sexual assault. Emergency safe house (24/7), advocacy, legal services, therapy, and support groups. Spanish spoken. www.ywca.org/sonomacounty

☺ **Child Protective Services**..... **24-hour hotline: 565-4304**

Report child abuse and neglect. Get information and guidance on reporting laws and requirements. Spanish and interpreter services available.

1747 Copperhill Parkway, Santa Rosa

☺ **California Parenting Institute (CPI)**..... **585-6108**

Provides third-party, supervised visitation services for low or no cost. Offers free programs for child victims of domestic violence and a children's counseling center; sliding scale and Medi-Cal accepted

www.calparents.org

3650 Standish Ave., Santa Rosa

☺ **Family Service Agency of Sonoma County**..... **545-4551**

English and Spanish counseling for individuals, couples, families, and children. Provides court-ordered domestic violence treatment, anger management workshops, and groups for children exposed to violence.

Sliding scale. www.familyservicesonoma.org

751 Lombardi Ct., Ste. C, Santa Rosa

Forget Me Not Farm..... **542-0882 x213**

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. www.forgetmenotfarm.org/

5345 Highway 12, Santa Rosa, CA

☺ =Spanish Spoken

Non-Violent Alternatives (NOVA)..... 523-9361

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.

421 Humboldt St., Santa Rosa

Pregnancy Counseling Center of Sonoma County.....575-9000

Free private and group support for women and men recovering from sexual abuse

Do not speak spanish

www.pccsonomacounty.org

750 Mendocino Ave, Suite 1 Santa Rosa

1331 Medical Center Drive, Rohnert Park

☺ **Purple Berets Advocacy & Education Project..... 887-0262**

Spanish and English advocacy services for victims of domestic violence and sexual assault. 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.

www.purpleberets.org

☺ **Sonoma County Men Evolving Non-Violently (MEN) 528-2636** Marque 2# para Español.

24 hour crisis hotline for men who feel they could be harmful to their family. Helps men change their violent or abusive behavior. Peer counseling groups address men's responsibility for managing anger and domestic violence. Sliding scale. www.sonomacountymen.org

☺ **Women's Justice Center..... 575-3150**

Advocacy for victims of rape, domestic violence, and child abuse, particularly in the Latino community.

Spanish spoken. www.justicewomen.com Spanish: www.ayudaparamujeres.com

Eating Disorder Resources

ANAD (Anorexia Nervosa and Associated Disorders) Support Group....778-7849

An ongoing, drop-in group for teens/adults who are concerned about body image & their relationship to food. Friends, family and interested others are also invited for support (separate group for each) Every Saturday 10 AM to noon www.edrs.net

1425 North McDowell Blvd, Petaluma, CA 94954

Association of Professionals Treating Eating Disorders (APTED) (415) 771-3068

To find professionals (doctors, therapists, dieticians etc.) in your area who treat eating disorders. www.aptedsf.com

NEDA (National Eating Disorders Association) Information and referral helpline 1800-931-2237

www.nationaleatingdisorders.org

Kaiser Permanente..... 393-4167

Classes open to the public: “Understanding Emotional Eating” \$64/4 sessions, “Healthy Weight Program” \$90/six sessions www.kaisersantarosa.org/classes

Quest Eating Disorders Intensive Outpatient Program.....303-3243

Comprehensive care including a full multi-disciplinary staff with specialized training in eating disorders. Clients attend group, individual, family treatment and mindful eating about 15 hours per week. \$1000/week. Some private insurance covers. MediCal does not cover costs.

1330 N. Dutton, Ste 100, Santa Rosa

Employment services

☺ **CA Human Development Corp: Anthony Soto Employment Training (ASET)...523-1155**

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, nurse assistant, teacher assistant, and florist. Also skills training in: Spanish literacy, English, and Math. Location in Santa Rosa. www.chdcorp.org

☺ **Catholic Charities Coach 2 Career.....575-0215**

Counselor provides direct employment services to homeless and formerly homeless clients; Job readiness and goal setting to search through interview and acceptance; coordinates services with other educational, vocational training and employment programs. www.srcharities.org
465 "A" St. Santa Rosa

☺ **Goodwill Industries..... 565-8559**

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 non-profit, public and for-profits employers. www.gire.org/sep.htm

☺ **Graton Day Labor Center.....829-1864**

Employment center to connect day workers with jobs. Also offers educational programs and connects clients to health services and other resources. 6:30am-11:30am. www.gratondaylabor.org
2981 Bowen Street, Graton

☺ **Healdsburg Day Labor Center..... 433-6652**

Helps connect day and field workers with employers and provides support services to workers (resume help, translation, enrolling in food stamps, various classes and workshops) 7am-12:30pm.
405 Grove St. Healdsburg

☺ **Sonoma County Job Link.....565-5550**

Job Link is a collaborative of over 30 programs in a one-stop employment and training system for employers, job seekers and workers. Job seekers have access to services for job search and career development, labor market information, and a variety of resources and referrals. Provides training and intensive job search activities. Specialized services to youth are also provided. www.socojoblink.org
2245 Challenger Way Suite 104, Santa Rosa.

☺ **SonomaWorks..... 565-5500**

Provides employment assistance, training and benefits to families applying for or receiving cash assistance as part of the County's welfare-to-work program. www.sonomaworks.org/
2550 Paulin Drive in Santa Rosa

Exercise Resources

Healdsburg High School Track

Open to the public for walking or running

Across the Street from Fitch Mountain elementary on University Ave., Healdsburg

Healdsburg Parks and Recreation, Adult Fitness..... 431-3301.

- **Men's Sunday Softball League:** Healdsburg High School. \$550/team.
- **Zumba Fitness:** Mon and/or Thu 6-7pm, Fee for 5 week session: \$95 (twice a week) or \$54 (once a week)
- **Cardio Dance:** Tues 6-7 \$80/5 sessions.
- **Pilates Mat Class:** Mon/Wed 9-10 am, Fee: \$63 for three week session.
- **Pilates/Pilates Ball:** Tue 5-6 \$80/5 sessions.
- **Parent and Me/Prenatal Yoga:** Tue 2:15-3:15pm. \$80/5 classes
- **Beginning Yoga:** Fridays, 9:30-11 am Fee: \$54/4 sessions or \$15 drop-in
- **Fitness for Living: Tues 6-7pm \$59/5 sessions.**
- **Tai Chi:** Wed 6:30-7:30 pm Beginners, 7:30-8:30 pm Intermediates Fee: \$100/8 sessions, \$12 Drop-In. Contact Jake with any questions at 280-9801
- **Tap:** Tue 6:30-7:20 pm Beginning, 7:30-8:20 pm Intermediate. \$50/4 sessions
- **Argentine Tango:** Thu 7-8 pm, Fee: \$40/3 sessions.
- **Adult/Teen Taekwondo: Mon/Wed 6-6:45pm \$85/3 weeks**

Visit www.healdsburgparksandrec.org to register and for locations

Healdsburg Community Center, 1557 Healdsburg Ave

Healdsburg Senior Center.....431-3324

Offers Strength training class, Square Dancing, Improve your Balance class, Gentle Yoga, and a walking club. Contact for more information, dates, times and fees.

133 Matheson St., Healdsburg

Healdsburg Community Gym..... 433-9500

Full service gym with weight training, cardio equipment, personal training, weight loss programs and a variety of group classes. Registration fee and monthly membership fee.

1500 Healdsburg Avenue, Healdsburg

Healdsburg Swim Center.....431-3613

Call or visit website for Schedule. <http://www.ci.healdsburg.ca.us/index.aspx?page=105>

Lap swim: \$ 6/day or Monthly Pass: \$65 Adult / \$55 Seniors (55+)

Masters Swim \$10/day or monthly pass \$80 adult/\$70 Seniors

Water exercise class: \$10/day or Monthly pass \$80 adult/\$70 Seniors

560 Monte Vista Avenue (on the high school campus), Healdsburg

Park Point Health Club.....578-1640

Full service gym with weight training and cardio machines, group fitness classes, personal training, lap pool and water aerobics. Private consultation weight management. Registration fee and monthly membership fee

www.parkpointhealthclub.com

195 Foss Creek Circle, Healdsburg

Also location in Santa Rosa: 1200 North Dutton Avenue

Yoga on Center.....433-6500

☺ =Spanish Spoken

Studio for Yoga, Pilates, and Dance that offers over 20 classes per week in a variety of styles and levels. Can pay for drop in, packages or monthly unlimited. Discounts for 18 and under. Yoga class by donation Tuesday and Thursday 9-10:30am. www.yogaoncenter.com 401 Center St, **Healdsburg**

Curves..... 707-838-8070

Gym for women where you do a cardio and strength-training workout in 30 minutes. Also has weight management classes. Registration fee and monthly membership fee

1480 Grove Street, Ste. A, **Healdsburg**

6500 Hembree Ln, **Windsor**

15 East 2nd Street, **Cloverdale**

21st Century Health Club..... 707-837-0400

Full service gym with weight training, cardio equipment, personal training and a variety of group classes. Childcare center. Open until 4am. Registration fee and monthly membership fee.

8928 Lakewood Drive **Windsor**

Anytime Fitness.....535-6444

Full service gym with weight training, cardio equipment, personal training and wellness programs. Open 24 hours. monthly membership fee.

Windsor: 8465 Old Redwood Highway #626

Santa Rosa: 490 Larkfield Center, 5761 Mountain Hawk Way, or 2350 Santa Rosa Ave

Rohnert Park: 939 Golf Course Drive

Windsor Pool at the Senior Center..... 838-1250

Open mid-May-September. 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 prescription from their physician which recommends that water exercise is beneficial to their health.

9231 Foxwood Dr., **Windsor**

Windsor's Adult Sports.....838-1260

Leagues: (about \$600-700 per team) Co-Ed Softball, Men's Basketball, and Women's Soccer

Drop-in sports: **Volleyball** 8-10pm Mondays and Wednesday at *Huerta Gymnasium* \$3, **Tennis** Tuesdays and Thurs

Hiram Lewis Park 9am-12 FREE, **Ultimate Frisbee** Wednesday 6-8pm *Wilson Ranch* \$3.

Windsor exercise classes.....838-1260

West Coast Swing \$65/6 classes: Wednesday, Beginner 7-8pm, Intermediate 8-9pm, *Windsor Community Center*

Easy Flow Yoga: \$65/6 class punch card Thursdays 6:30-7:30 *Windsor Senior Center*

Intermediate Yoga \$65/6 class punch card: Monday and Wednesday 6:30-7:45pm *Huerta Gymnasium*

Zumba: \$65/6 class punch card: Tuesdays 6:30-7:30 at *Windsor community center*

Total Body Conditioning: \$65/6 class punch card, Thursday 5:45-6:45, *Windsor Community Center*

Beginning Pilates: \$59/6 classes Saturdays 10-11am *Windsor Senior Center*

Ballet Folklorico Sarita: \$48/4 classes, Monday 7:30-8:30pm *Windsor Community Center*

Adult Golf: \$150/4 classes. Beginning level: Tues 6-7pm or Sat 10-11am, Level II Thus 6-7pm or Sat 11-12,

Windsor Senior Programs.....838-1250

Zumba Gold (slower paced Zumba) \$6 drop in, Thurs 9-9:45am *Windsor Senior Center*

Entry Level Tai-Chi: \$4 drop in, Tuesday 11:30-12:30 *Windsor Senior Center*

Gentle Yoga: \$5 dro-in, Monday 10:45-12:00 *Windsor Senior Center*

Strength Training: \$5/drop-in or \$35 for 6 classes, Tuesday and Friday 9-9:50am, *Windsor Senior Center*

Low-Impact Aerobics \$4 drop-in or \$32 for 6 classes, *Monday and Wednesday, Windsor Senior Center*

Beginning Pilates: \$59/6 classes Saturdays 10-11am *Windsor Senior Center*

☺ =Spanish Spoken

Windsor Walkers: By donation, 9-10am Tuesdays and Thursdays *Windsor Senior Center*

Adult Taekwondo.....838-3644

\$59 for 5 week introductory courses www.familytaekwondo.com

Hauth's Family Taekwondo, 8465 Old Redwood Hwy. Suite 230, Windsor

Powerhouse Gym.....894-0700

Weight training and cardio equipment, personal training \$99 registration fee and \$44/month. Open 24/7

110 Sandholm Lane, Cloverdale

West County Circuit Fitness.....887-2348

Weight training and cardio equipment, personal training. \$39/month for one year; economic assistance a possibility for those in need

6559 Front Street in Forestville.

☺ Northern California Center for Well-being.....575.6043

Classes (usually \$60-\$80 for a month 2x/week. \$30 registration fee) *Beginning Strength Training, Intermediate Strength Training, Balance and Tone, Exercise for Healthy Weight, Lifetime Fitness, Gentle Yoga.* Also have **Personal Training and fitness assessment** www.norcalwellbeing.org

365 Tesconi Circle, Suite B, Santa Rosa

YMCA:545-9622

Full service gym with weights, cardio equipment, group exercise classes and pool. Offers outreach and sponsorship programs for low income through an application process; many youth and family programs; very flexible hours; www.scfymca.org,

Several locations in Santa Rosa: Main location is *1111 College Ave, Santa Rosa.*

Also in **Cloverdale** at *205 W. 1st st.*

Finley Community Center..... 543-3737

“**Dynamic changes**” class \$38/eight weeks, “**Zumba**” \$25/four weeks, “**Cardio kickboxing**” \$30/four weeks.

Also offer various ballroom dance classes. Call for schedule and to sign up.

2060 W. College Avenue, Santa Rosa

Finley Aquatic Center..... 543-3760

Lap swim: \$5/day or \$55 for month pass. Open 7 days a week. Call for lap swim times. Therapeutic Water Exercise/Water Aerobics classes: \$6 drop-in \$5 flexipass or \$75/month.

2060 West College Avenue in Santa Rosa.

☺ =Spanish Spoken

Financial help

(Also see “Food” and see “Housing” for help with rent)

☺ **Catholic Charities HPRP**..... 528-8712

Homelessness Prevention and Rapid Re-housing Program: HPRP provides limited, short-term financial assistance (security deposit, rent or utility assistance, moving costs) for those who have lost housing or who are at risk of losing housing.

987 Airway Court, Santa Rosa

☺ **Community Action Partnership of Sonoma County (CAP Sonoma)**..... 544-6911

Financial help with a limited number of small loans and one-time grants to families at critical risk of losing their homes. They may be used for rent, mortgage, or deposits. Must meet requirements. Spanish spoken.

www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

United Way Eared Income Tax Credit.....211

Free tax return preparation! In many cases, access to asset building or income support resources such as public benefits, low or no cost bank accounts, or financial education will also be available. To qualify your 2010 household income must be less than \$49,000. Being a U.S. citizen is NOT a requirement. Locations in Santa Rosa, Rohnert Park, Cloverdale, Guerneville, and Boys Hot Springs. Call 211 for an appointment.

Spanish Spoken. <http://unitedwaywinecountry.org/eitc>

Jewish Family and Children’s Services (JFCS)..... 571-8131

Step to Work Family Loan Program: Any working families with children who need financial help can apply for low-interest bank loans. Loans can help with car purchase or repair, housing, or unexpected job or education expenses. Maximum loan is \$3,000. Must meet requirements.

Volunteer Income Tax Assistance (VITA) services are by appointment from February through April.

French and some Spanish spoken. www.jfcs.org

1360 North Dutton Ave., Ste. C, Santa Rosa

☺ **SonomaWORKS**..... 565-5500

Cash help. Training and education to help families become employed. Childcare and transportation reimbursement for adults who participate in the program. Must meet requirements. Spanish spoken.

www.sonomaworks.org

550 Paulin Dr., Santa Rosa

☺ **The Salvation Army**..... 542-0998

Free emergency help with utility bills through PG&E REACH Program (Relief for Energy Assistance through Community Help). Help finding services. Must meet requirements. Spanish spoken.

www.tsatoday.org/santarosa

93 Stony Circle, Santa Rosa

☺ **Windsor Service Alliance**..... 838-6947

Emergency help. One-time, limited cash payment to help pay seriously overdue utilities, rent, or medical bills. Fridays from 3-4 pm. Bring proof of Windsor residency. Must meet requirements. Spanish spoken.

www.windsorservicealliance.com

8987 Windsor Rd., Windsor

☺ =Spanish Spoken

Food Resources

☺ **Redwood Empire Food Bank..... 523-7900**

Help finding free food distribution services for low-income people. Programs for children, families and seniors. Call for help and information. Spanish spoken. www.refb.org
3320 Industrial Dr., Santa Rosa

Brown Bag Program: 523-7900

Program of the Redwood Empire Food Bank distributes groceries to low-income seniors twice a month

☺ **Catholic Charities Rural Food Project..... 542-5426**

Food distribution in Healdsburg 1st Thursday of every month at St. Paul's Episcopal church. 8:30-10am. Open to everyone. Do not need any documents or identification. www.srcharities.org
St. Paul's Episcopal Church, 209 Matheson St, Healdsburg

☺ **CSFP (Commodity Supplement Food Program).....523-7900**

Free monthly bag of groceries for low income families with a child under 6 NOT participating in WIC and low income elderly. Call Redwood Empire Food Bank for location in your neighborhood.

Emergency food at Trinity Baptist in Healdsburg

Emergency food distribution first Saturday of the month from 9-10am (no requirements)

Brown bag food distribution 3rd Friday of the month from 9-10am (must bring proof of income)

Also if you are in need of food you can come the **second, third and fourth Saturday** of the month from 8:15-9:30am (no requirements but resources are limited)

Trinity Baptist Church, 515 Powell Ave, Healdsburg.

FISH (Friends in Service Here) of Santa Rosa 527-5151

Free food for those in need. MUST CALL FIRST (Mon-Fri between 10am-2pm). Pick up the same day. Bring picture ID to get food once per calendar month.

1055 Benton St., Santa Rosa

☺ **Food Stamps..... 1-800-331-2278**

Helps low-income individuals and families buy food. All children born in the U.S. are eligible, no matter their parents' documentation status. Call, go online, or see "Application assistance" for details. Language line for all languages. www.sonomafoodstamps.org

2550 Paulin Dr., Santa Rosa

☺ **Food For Thought..... 877-1647**

Free program for all HIV positive Sonoma County residents to receive weekly groceries, vitamins and dietary supplements, and nutritional counseling, nutrition education, garden programs, support groups, additional food for families with dependent children. No income requirements, and you don't have to be disabled or have active AIDS. Need proof of residency and letter of diagnosis from your doctor. Delivery available. Tues-Sat 10AM-5PM.

6550 Railroad Ave., between First and Forestville Streets, Forestville

☺ **Healdsburg Shared Ministries Food Pantry.....433-3663**

Anyone who is a resident of Geyserville or Healdsburg is eligible and welcome to receive food. Distribution takes place every Tuesday, Wednesday, and Friday from 3:00 PM to 4:30 PM.

1505 Healdsburg Avenue, Healdsburg

☺ =Spanish Spoken

☺ **IGROW**

Great information in English and Spanish about how to grow vegetable gardens, community gardens in your area, and much more! www.igrowsonoma.org

☺ **The Living Room (TLR)**..... 579-0142

Breakfast and lunch for women and children who are homeless or who are at risk of becoming homeless. Must meet requirements. Spanish spoken. www.thelivingroomsc.org
636 Cherry St., Santa Rosa

Redwood Gospel Mission..... 542-4817

Breakfast and dinner served every day of the year to men, women, and children. www.srmission.org
101 Sixth St., Santa Rosa

☺ **Santa Rosa Catholic Worker, Inc.**..... 575-8343

Free groceries for families with children, disabled, and frail elderly. Bring photo ID and ID for children. Sign up at 9AM on Tuesday. 437 A St., Santa Rosa

St. Vincent De Paul

Emergency food and clothing..... 1-800-584-1579 & 584-1579
Free Dining Room..... 528-7580
Free lunch 7 days a week from 11:20 am-12:30 pm. Use Seventh St. entrance.
www.svdp-sonoma.org
610 Wilson St., Santa Rosa

☺ **The Salvation Army**..... 542-0998

Food Pantry weekdays from 10 am-12 pm. Spanish spoken. www.tsatoday.org/santarosa
93 Stony Circle, Santa Rosa

☺ **Senior Diabetes Wellness Project** 523-7900

Provides a monthly box of healthy food to low income Seniors with diabetes. To apply call Redwood Empire Food Bank.
3320 Industrial Dr., Santa Rosa

☺ **WIC Program, Alliance Medical Center**..... 431-0831

Food vouchers for healthy foods for low-income pregnant and nursing women, infants, and children under 5. Nutrition/health education. Medi-Cal accepted. Spanish spoken. Call for information and appointments in Cloverdale, Healdsburg, or Windsor. www.alliancemed.org
1381 University St., Healdsburg
Also WIC program in Santa Rosa: 1450 Guerneville Rd., Santa Rosa

☺ **Windsor Service Alliance**..... 838-6947

Free groceries or emergency financial help. Fridays: Seniors 2-2:30, Families 2:30-4pm. Bring proof of Windsor residency and photo ID. For those who are unable to come on Fridays, they can arrange an appointment to their food pantry if they call. Spanish spoken. www.windsorservicealliance.com
8987 Windsor Rd., Windsor (Corner of Windsor River Road and Windsor Road)

☺ =Spanish Spoken

Foster care, Kinship care and Adoption

(for more information see “Abortion and Adoption” and “Parenting”)

☺ **Adoption Connection.** Jewish Family and Children’s Services (JFCS)..... **571-2048**

Highly regarded, experienced adoption agency for both domestic and international adoptions. After adoption, provide free services to adoptive families including workshops, support groups, crisis intervention, and counseling. www.adoptionconnection.org

1360 North Dutton Ave., Santa Rosa

☺ **Alternative Family Services**.....**576-7700**

Provides therapeutic foster care, short-term emergency foster care and adoption services for abused, neglected and developmentally disabled children. They have a shelter to provide stability for children entering the foster care system. Services are **free**. You can also become a foster parent through AFS.

www.afs4kids.org

1421 Guerneville Road, Suite 218, Santa Rosa

☺ **California Department of Social Services**.....**707-588-5000.**

If you are considering adoption call for information and counseling

☺ **Foster & Kinship Care Education (FKCE)**..... **535-3752**

Santa Rosa Junior College (SRJC)

Free support, education, training, and resources for foster, kinship, and adoptive parents. Also for those with children who have experienced abuse, neglect, prenatal exposure to drugs, and loss of family. Spanish translation available. Call or go to website (Search for “Foster and Kinship Care”). www.santarosa.edu

Spanish: www.santarosa.edu/bienvenidos

1501 Mendocino Ave., Santa Rosa

Grandparents Parenting Again..... **566-8676**

Peer support for grandparents who are their grandchildren’s primary caregivers. Support groups, guardianship clinics, counseling, conferences, family gatherings, speakers, and help finding legal and other types of services. Most services are **free**. www.grandparentsparentingagain.org

3725 Westwind Blvd., Santa Rosa

☺ **Independent Adoption Center****1(800) 877-6736**

Experienced, trusted non-profit adoption agency for open adoptions (where birthparents are involved in the life of the child). www.adoptionhelp.org

391 Taylor Blvd., Suite 100 Pleasant Hill, CA

Redwood Empire Foster Parents Association..... **528-3672**

Peer support for foster families. Membership dues are \$50 per family or \$35 for an individual.

www.refpa.org.

☺ **Sonoma Kinship Family Center (SKFC)**..... **569-0877**

Services for primary caregivers who are caring for their family member’s children. Support groups, guardianship help, special events, education, and fun activities. Help finding legal, financial, and health services. Services are **free**. Spanish spoken. www.sonomakinship.org

411 King St., Santa Rosa

☺ =Spanish Spoken

Gay, Lesbian, Transgender, Bi-sexual Services

www.sonomaboysnightout.com

The Information, Event & Community Site For Gay, Bi & Questioning Men in the San Francisco North Bay Area. (Some resources for women as well!)

☺ **Sonoma County Gay/Lesbian Info and Referral..... 526-0442**

Leave a message with your phone number and they will call you back.

☺ **Positive Images.....568-5830**

Free individual and group therapy, support and advocacy for gay, lesbian, bisexual, transgender, queer, questioning, and intersexed youth and young adults. Support group for parents of gay, lesbian, bi-sexual or transgender children. "P.I. Center" is the only Queer Youth Center in Sonoma County. It offers a safe space for discussions, hanging out, meetings, lounge/movie room, library: books and videos, latest queer periodicals, Computer/Scanner/Internet/Fax access. Spanish Spoken.

312 Chinn St, Santa Rosa

Senior Lesbian Gay Bisexual Transgender Support Group

Creating community for LGBT seniors. Everyone is welcome and there is no charge. Contact Gary Shepard
583-2330

Santa Rosa group: 4th Tuesday of the month at 1:30 P.M.

Unitarian Universalist Congregation 547 Mendocino Ave.

Sonoma Valley Group: 3rd Friday of every month at 10:30 A.M

The Vintage House, 264 First Street East, Room 107.

☺ =Spanish Spoken

HIV/AIDS Resources

Hotlines:

☺ **California AIDS Hotline 1-800-367-AIDS (2437)**

Provides referrals to AIDS/HIV services throughout the state of California. Hotline volunteers respond to calls covering a range of HIV related issues in English and Spanish. Offers counseling, referrals, risk assessments and peer counseling. www.aidshotline.org

☺ **HIV/AIDS 24-hour Hotline.....1-800-CDC-INFO (232-4636)**

HIV/AIDS Nightline.....1-800-273-2437; 7 days/week; 5:00 p.m. - 5:00 a.m.

☺ **Project Inform 1-800-822-7422** Provides answers to treatment questions. www.projectinform.org

Free and Anonymous HIV Testing Sites

☺ **Sonoma County Departments of Health Services.....565-5360**

Call for locations, times and other Sonoma County testing sites

415 Humboldt St. Santa Rosa

☺ **Drug Abuse Alternative Center (DAAC)..... 544-3295**

Mondays 12:00 noon-5:30pm. Other hours available on Friday evenings. Drop in

2403 Professional Dr., Santa Rosa

****Alliance and other community health centers** do confidential testing but must go through insurance or sliding scale.

HIV/AIDS Treatment clinics:

☺ **Vista Family Health Center..... 565-7400**

Primary care with specialists treatment of HIV/AIDS; psychiatric assessments; pharmacist consultations; support groups, psychotherapy, counseling; case management; nutritional counseling and health education; clinical drug trials and AIDS Drug Assistance Program enrollment. www.sonoma-county.org/hiv

3569 Round Barn Circle, Santa Rosa

California Children's Services.....565-4500

HIV/AIDS diagnosis and treatment for children (under 21). Financial assistance available.

625 Fifth Street, Santa Rosa

Kaiser Permanente Medical Center.....393-4837

Comprehensive HIV primary medical care. Only Kaiser members. MediCal/Medicare on some exceptions.

401 Bicentennial Way Santa Rosa

☺ **Veteran's Administration - Santa Rosa Clinic.....570-3855**

Medical and psychiatric care is available for veterans with HIV

3315 Chanate Road, Suite 1E, Santa Rosa

☺ **Petaluma Health Center.....763-7005**

Comprehensive HIV care. Sliding scale and Medi-Cal accepted

1301 Southpoint Boulevard, Suite A, Petaluma

Family Wellness Medical Center: Dr. Erskine.....829-5455

Comprehensive healthcare for people living with HIV. Medicare and private insurance

1141 Gravenstein Highway South, Sebastopol

☺ **Russian River Health Center (RRHC).....869-2849**

Comprehensive medical care for people living with HIV. Sliding scale and Medi-Cal accepted.

16319 Third Street, Guerneville

☺ **Occidental Area Health Center.....874-2444**

Comprehensive medical care for people living with HIV. Sliding scale and Medi-Cal accepted.

3802 Main Street, Occidental

☺ =Spanish Spoken

Other resources and programs:

AIDS Drug Assistance Program (ADAP).....707-565-7402

Provides prescription drug benefits to persons with HIV/AIDS. Persons with HIV/AIDS with Federal Adjusted Gross Incomes of less than \$50,000 annually are eligible. www.sonoma-county.org/aids
499 Humboldt Street, Suite 104, Santa Rosa, CA 95404

☺ **Face to Face.....544-1581**

FREE services to individuals with HIV: including 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. www.f2f.org
873 Second Street, Santa Rosa,

☺ **Food For Thought..... 877-1647**

Free program for all HIV positive Sonoma County residents to receive weekly groceries, vitamins and dietary supplements, and nutritional counseling, nutrition education, garden programs, support groups, leadership academy, additional food for families with dependent children. No income requirements, and you don't have to be disabled or have active AIDS. Need proof of residency and letter of diagnosis from your doctor. Delivery available. Tues-Sat 10AM-5PM.
6550 Railroad Ave., between First and Forestville Streets, Forestville

L.I.F.E.(Learning Immune Function Enhancement) Program.....565-7400

Offers a **free** "mind-body education" program to Sonoma County residents with HIV/AIDS, based on the most current research in medicine and psychology; focuses on the many factors that influence health
www.shanti.org/life
Center for HIV Prevention & Care, 499 Humboldt Street, Suite #104, Santa Rosa

Lomi Psychotherapy Clinic..... contact Ayne Shore 579-0465 ext. 230

Low-cost counseling to people with HIV/AIDS; HIV+ women's group. www.lomi.org
534 B Street, Santa Rosa

☺ **Positive Connections..... contact Tracie Wishart at 707-565-7374.**

An ongoing, semi-monthly social and educational group for people living with HIV. This is a drop-in group, so no commitment is necessary. Also in Spanish-**Conexiones Positivas: contact Emilce 565-7400.**

Straight from the Heart.....565-7413

Gathering of heterosexual men and women dedicated to emotional support and education for HIV positive individuals. The group meets the first Sunday of each month from 3-5 p.m. at Kaiser Medical Clinic
401 Bicentennial Way, Santa Rosa, East Bldg. 3rd Floor, Room E3-4

☺ **Sunburst Project.....588-9477**

Free programs for families with children infected and affected by HIV/AIDS: education, prevention, teen services, respite child care; family-centered case management and mental health services; weekend retreats and summer camp for HIV/AIDS children, teens and their families. www.sunburstprojects.org
1025 19th St. Suite 1A, Sacramento.

Housing and Homelessness

Shelter Listings..... www.shelterlistings.org

Online listings of all types of shelters and housing. You can search for emergency, transitional, or affordable permanent housing. Go to website, click on “Browse Listings,” and search for a shelter or housing in your area.

Emergency Shelter

☺ Catholic Charities Homeless Services..... 525-0226

Samuel L. Jones Hall: The largest adult shelter in Northern California. In addition to food, clothing and warm beds, they also offer counseling, medical referrals, and job counseling/placement while helping people rebuild life skills to move towards independence.

Nightingale House – a program for homeless adults recuperating from illness

Russell Avenue Shelter-- homeless shelter in Santa Rosa for individuals and families

For intake go to the Homeless Service center at **600 Morgan St., Santa Rosa** between 1-2pm and they will match you with the shelter that best serves your needs. www.srcharities.org

☺ COTS-Committee on the Shelterless..... 765-6530

Emergency shelter for homeless children and their families for up to 60 days. Case management, counseling, and workshops for children and adults. Drug- and alcohol-free environment. www.cots-homeless.org

900 Hopper St., Petaluma

☺ North County Community Services..... 433-6161

Free overnight emergency shelter in Healdsburg (The Spare Room) and Cloverdale (Wallace House). First-come, first-served. Call between 7:00 pm and 8:00 pm only.

209 Matheson St., Healdsburg, 95448

☺ Redwood Gospel Mission..... 573-0490

The Rescue Mission: Men’s emergency shelter, food, clothing, showers and other services *101 Sixth St., Santa Rosa*

Rose Women’s Shelter: Shelter for women and children. For intake, go to men’s shelter at 5 pm. Dinner at 5:30 pm. *1048 Wild Rose Dr., Santa Rosa*

www.srmission.org

☺ Sloan House.....569-0615 & 544-6911

Formally the Chanate Women’s Shelter. Emergency shelter for women and children. Food, laundry, transportation, supportive and referral services . www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

☺ The Living Room (TLR)..... 579-0142

Daytime drop-in center for women and children who are homeless or at risk of homelessness. Provides comfort, support, resources, and services to meet basic needs and help these families live independently.

Breakfast and lunch. www.thelivingroomsc.org

636 Cherry St., Santa Rosa

☺ YWCA Women’s Emergency Shelter..... 546-7115

24-Hour Hotline..... 546-1234

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.

www.ywca.org/sonomacounty

☺ =Spanish Spoken

Affordable Housing

☺ Burbank Housing..... 526-9782

Manages apartments throughout Sonoma County that are available on sliding-scale based on your annual income; also has a homeownership program where the families work constructing the houses as a down payment; Applications available online. www.burbankhousing.org 790 Sonoma Ave., Santa Rosa

Catholic Charities..... 542-5426

Counseling services and financial assistance to families who are at imminent risk of losing housing or who have recently lost housing, permanent supportive housing and transitional subsidized housing. www.srcharities.org

COTS-Committee on the Shelterless..... 765-6530

Shared housing for families with children. Rent varies depending on income and other requirements. Case management is part of program. Call for application and interview. www.cots-homeless.org
900 Hopper St., Petaluma

Eden Housing..... 1-510-582-1460

Housing Hotline..... 1-510-247-8141

Builds and maintains affordable housing communities in the Bay Area for lower income families, seniors, and people with disabilities. For a housing application, contact property directly. Get property information by calling or going to website. www.edenhousing.org 22645 Grand St., Hayward

North County Community Services..... 433-6161

Help with rent for people in Windsor, Healdsburg, Geyserville, and Cloverdale. Transitional housing units in Healdsburg. Affordable apartments for very low-income families. Spanish spoken.

Sonoma County Housing Authority..... 543-3300

List of affordable housing and apartment complexes in Sonoma County http://www.sonoma-county.org/cdc/pdf/cdaffhou/affordable_apartments.pdf

Help with Rent/Mortgage

☺ California Human Development Corp.....916-371-8220

Home Foreclosure Counseling services free in English and Spanish. www.chdcorp.org

North County Community Services..... 433-6161

Help with rent for people in Windsor, Healdsburg, Geyserville, and Cloverdale.

☺ Section 8 Sonoma County Housing Authority.....Call 565-7500

Provides rental assistance to low-income families. Recipients of the assistance receive a voucher to rent homes in the private market; the voucher covers a portion of the rent. www.sonoma-county.org/cdc/section8.htm Office located at 1440 Guerneville Road in Santa Rosa.

☺ Windsor Service Alliance..... 838-6947

Emergency help. One-time, limited cash payment to help pay seriously overdue utilities, rent, or medical bills. Only for Windsor residents. www.windsorservicealliance.com 8987 Windsor Rd., Windsor

HCA Fund..... 544-6911

One-time financial assistance to low- and moderate-income households to help them maintain housing. Maximum \$600.

☺ =Spanish Spoken

Immigration and Migrant Services

☺ **Farm worker service guide:** <http://farmworkerservices.org/>

Online resource guide for employment, transportation, housing, legal aid, health services, education and community services in Northern California.

☺ **Catholic Charities Immigration and Citizenship Services..... 578-6000**

Free legal help in permanent residency, family reunification, citizenship, and immigrant survivors of domestic violence. Refugee resettlement. Spanish spoken. www.srcharities.org

987 Airway Ct., Santa Rosa

☺ **California Human Development Corporation..... 521-4721**

BIA accredited representative provides immigration services **free** of charge. Assist in applying for citizenship, obtaining legal status, work permits, renewing green cards, completing affidavits of support and help people immigrate family members to the U.S. www.chdcorp.org

3315 Airway Drive, Santa Rosa

☺ **English Language Classes at Santa Rosa Junior College..... 527-4382**

Free programs for undocumented immigrants in which all information remains confidential.

☺ **Graton Day Labor Center829-1864**

A non-profit, community-based project to promote opportunities for employment, health and education amongst the day laborers in Graton; English language classes; housing advocacy. 6:30am-11:30am

www.gratondaylabor.org

2981 Bowen, Graton

☺ **Healdsburg Day Labor Center..... 433-6652**

Helps connect day and field workers with employers and provides support services to workers (resume help, translation, enrolling in food stamps, various classes and workshops) 7am-12:30pm.

405 Grove St. Healdsburg

☺ **Migrant Education Program.....526-1272**

Provide a wide variety of social, educational and health services to migrant workers and children of migrant workers, including pre-kindergarten education, support, translation and educational services for parents, and free food for children during summer break. <http://www.bcoe.org/migrant/>

5510 Skylane Blvd., Suite 100, Santa Rosa

☺ **National Immigration Law Center.....510-663-8282 (Oakland)**

Provides expertise on immigration, public benefits, and employment affecting immigrants and refugees; perform advocacy, litigation, trainings, technical assistance and community education. www.nilc.org

☺ **U.S. Citizenship and Immigration Services.....Customer Service: 1-800-375-5283**

Home to the Immigration and Naturalization Service, contact for questions about immigration procedures.

www.uscis.gov

☺ =Spanish Spoken

Legal Aid

(Also see “immigration and migrant services” for citizenship/residency/work permit legal aid)

☺ **American Civil Liberties Union (ACLU) of Sonoma County..... 765-5005**

Referrals to local agencies for those who feel their civil rights have been violated; if appropriate, the ACLU will get involved in the suit; all services **free** of charge. www.aclusonoma.org

☺ **California Rural Legal Assistance.....528-9941**

For those who are in the US legally and are low-income according to federal standards. Offer **free** legal services for a variety of issues including: housing, labor and employment, education, civil rights, and farming security / public benefits; includes indigenous farm worker project, fair housing project, and agricultural worker health project. www.crla.org 725 Farmers Lane, #10, Bldg. B, Santa Rosa

☺ **Legal Aid of Sonoma County..... 542-1290**

Free legal services for low-income individuals, children, and families, including grandparents. Helps with emergency legal issues, such as housing, safety (child abuse and domestic violence), guardianships, and income. www.sonomacountylawlibrary.org/legalaid.htm 1105 North Dutton Ave., Ste. B, Santa Rosa

☺ **Restorative Resources.....542-4244**

A non-profit committed to restorative conferencing for youth and adults who have committed a crime. Training and conferences on conflict transformation for families and communities. www.restorativeresources.org 3440 Airway Drive Suite E, Santa Rosa

Sonoma County Bar Association Referral Service..... 546-5297 ext.12

Call and a counselor experienced with analyzing legal problems will help you determine the nature of your situation. If the services of an attorney are needed, an appointment for a half-hour initial consultation with an attorney specialized in your situation is made. The cost is \$50. Services free in some personal injury cases. www.sonomacountybar.org

☺ **Sonoma County Department of Child Support Service.....1-866-901-3212**

Works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support. Also assistance in establishing paternity and locating non-custodial parents. www.sonoma-county.org/dcsc 1755 Copperhill Parkway, Santa Rosa

Sonoma County Legal Services Foundation..... 546-2924

Modest Means Legal Services - **Sliding-scale** legal services (\$15-80/hour depending on income) in family and juvenile law, domestic violence, debt collection, bankruptcy, housing issues, misdemeanor criminal and traffic law, employment, and wills, probate, and guardianships.

DOVE Project: attorneys speak in schools, offer legal information to youth and families, and assist young people with domestic violence issues.

Supervised Visitation Services : for child custody. On a sliding scale www.sonoma.edu/ccjs/info/linfo.html 1212 4th St. #1, Santa Rosa

☺ **Sonoma County Victims’ Assistance Center..... 565-8250**

Support services for victims of crime including: crisis and emergency assistance, employer/creditor intervention, court support/escort, case status, assistance with victim impact statements, criminal justice system orientation, and referrals. Works with the **State Victims Compensation & Government Claims Board (800-777-9229)** to provide reimbursement for medical treatment, therapy, loss of wages, or funeral expenses for crime victims and their family members. <http://www.co.sonoma.ca.us/crimecrushers/VictimAssistanceCenter.htm>

1000 Coddington Ctr., Suite 101, Santa Rosa

☺ =Spanish Spoken

Literacy and Language (ESL) Services

☺ **Adult Literacy League of Sonoma County.....539-3848**

Free individual tutoring in literacy and English as a Second Language (ESL) classes. Spanish spoken.

www.literacyleague.org

651 Yolanda Dr., Santa Rosa

CalSERVES Family Programs.....586-9285 or 888-560-SERV (7378)

Free program offers effective ESL, GED (General Education Development), and literacy classes for parents.

In addition, parenting classes are offered on such topics as supporting children in school, positive communication, discipline, and self-esteem. While parents are attending classes, their children receive homework assistance and participate in engaging, structured activities. Also includes a family literacy program designed to place books in the hands of children. www.calserves.org

☺ **English as a Second Language (ESL) Department.....527-4382**

Santa Rosa Junior College (SRJC)

ESL classes for children and adults throughout Sonoma County. Non-credit courses are **free**. Call and/or go to website for schedules, locations, and more information. Spanish spoken. www.santarosa.edu Spanish:

www.santarosa.edu/bienvenidos

1501 Mendocino Ave., Santa Rosa

1300 North Dutton Ave., Santa Rosa

Healdsburg Adult School..... 431-3449

Closed due to budget cuts but hoping to reopen in the coming year.

1024 Prince St., Healdsburg

☺ **Sonoma County Library Adult Literacy Program.....544-2622**

Free one-to-one tutoring, conversation classes, and computer literacy. Learn to read or improve your skills in reading, writing, spelling, listening, and comprehension. Ages 16 and older. Students with a child under 5 participate in Families for Literacy Program and receive free children's books. Spanish helper on Saturdays.

www.sonomalibrary.org/literacy

725 Third St., Santa Rosa

☺ **Sonoma County Literacy Coalition..... 707-573-3399, extension 122**

The single, central literacy organization of Sonoma County offering **free** assistance and access to all areas of literacy resources.

153 Stony Circle, Ste. 100, Santa Rosa

☺ =Spanish Spoken

Mental Health and Counseling

Most community health centers also offer mental health and counseling services. See COMMUNITY HEALTH CENTERS. For eating disorders see that section.

Crisis lines:

☺ Sonoma County Psychiatric Emergency Services crisis line. 576-8181 or 1-800-766-8181

24 hour emergency mental health evaluation for hospitalization and referral to community resources; Can request to speak with a woman. Spanish spoken.

Suicide Hotlines

1-800-273-8255, 1-800-799-4TTY or for Spanish 1(800)784-2432

Postpartum depression hotlines:

☺ **Postpartum Support International** 24 hour, speak Spanish **1-800-944-4773**

Bay area stress line (9am-9pm DO NOT speak Spanish) **1-888-678-2669**

☺ **YWCA**(24 hours and speak Spanish)..... **(707) 546-1234**

☺ **Parents and teens: Boys Town 24 hour hotline..... 1-800-448-3000**

Teens and parents can call 24 hours and talk to specially trained counselors about suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, social issues, physical abuse, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways and more! They also speak Spanish

☺ **Teens and parents: SAY Youth Crisis: (800) 544-3299 & 546-3432**

24-hour crisis hotline and referral service for youth (ages 12-17) and their families, short-term shelter. Also speak Spanish

Teens: (877)968-8454

Teen to teen peer counseling hotline

Angela Center..... 528-8578

Counseling for individuals, couples, and families. Short-term therapy for dealing with the challenges of parenting young children. **Sliding scale.** Also offers spiritual, self-help and meditation classes.

www.angelacenter.com 535 Angela Dr., Santa Rosa

☺ **California Parenting Institute (CPI) Children's Counseling Services..... 585-6108**

Spanish and English counseling for children (3-18 years) who have experienced trauma, abuse, anxiety, depression or who exhibit behavior problems. Waiting list of 4-6 months. **Free and sliding scale.** MediCal accepted. www.calparents.org 3650 Standish Ave., Santa Rosa

☺ **Center for Social and Environmental Stewardship..... 838-6641 x256**

Formerly known as **Circuit Rider Productions**. Low-cost counseling for families, couples, individuals, and children. Parent education and job-training programs available in Spanish. **Sliding scale.** www.crpinc.org
9619 Old Redwood Highway, Windsor

Vista Academy, 431 Humboldt St., Santa Rosa

109 South Main St., Cloverdale

Chrysalis Counseling Services for Women..... 545-1670

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 year). Also help finding services. www.chrysaliscounseling.org

1821 Fourth St., Santa Rosa

☺ =Spanish Spoken

☺ **Family Service Agency of Sonoma County**..... 545-4551

English and Spanish counseling for individuals, couples, families, and children. Provides court-ordered domestic violence treatment, anger management workshops, and groups for children exposed to violence. **Sliding scale.** www.familyservicesonoma.org 751 Lombardi Ct., Ste. C, Santa Rosa

Jewish Family and Children's Services (JFCS)..... 571-8131

Mental health services for children, teens, and their families. Individual counseling, play therapy, socialization groups, family therapy, and consultation to parents. **Sliding scale.** www.jfcs.org 1360 North Dutton Ave., Ste. C, Santa Rosa

☺ **Lifeworks of Sonoma County**..... 568-2300

Nonprofit counseling center. Counseling for adults, adolescents, children, couples (straight or gay), and families. Spanish spoken **Sliding scale** or private insurance. www.lifeworkssc.org 1200 College Ave., Santa Rosa

☺ **Lomi Psychotherapy Clinic**..... 579-0465 x227

Counseling for individuals, families, and children. Spanish spoken. **Free** crisis counseling offered to impoverished or homeless women, men, and children . **Free** therapy for children who 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 7-8:30pm. www.lomi.org 534 B St., Santa Rosa

☺ **Men Evolving Non-Violently (MEN)** 528-2636 Marque 2# para Español.

24 hour crisis hotline for men who feel they could be harmful to their family. Helps men change their violent or abusive behavior. Peer counseling groups address men's responsibility for managing anger and domestic violence. **Sliding scale.** www.sonomacountymen.org

New Directions.....707-585-3700

Educational day treatment center for adolescents (13-19) suffering from depression, anxiety, abuse, and PTSD disorders. Special educational help, intensive individual, group and family therapy, art therapy, day trips and organic garden. Located in Santa Rosa.

NAMI Sonoma County..... 527-6655

All services are **free**

Family Support Group: For families who have a loved one living with severe and persistent mental illness. Meets weekly on a drop in basis. Locations in Healdsburg, Cloverdale, Sebastopol, Santa Rosa, Petaluma, Sonoma and San Rafael.

Clients Advocating Recovery Through Empowerment: peer-based mutual support group for people facing mental health challenges. Led by clients, for clients. No need to register.

Our Own Voice: Presentations for anyone who needs to know how people with mental illnesses cope with the realities of their disorder, while recovering and reclaiming productive lives with meaning and dignity

Family-To-Family: 12 week class series for families friends and caregivers of persons with mental illnesses. The course combines self-care, education, and personal empowerment. Waiting list.

NAMI Basics: Education program for parents and other caregivers of children and adolescents living with mental illnesses. Waiting list

Peer-To-Peer: 10 week class series to help clients along the path to recovery. People who attend report a greater understanding of their diagnosis, and bond with others in the class. The emphasis is on relapse prevention and psycho-social supports. Waiting list.

Art class for people with mental illness. Weekly.

www.namisonomacounty.org 1300 North Dutton Avenue Ste. A Santa Rosa, CA 95401

☺ =Spanish Spoken

Petaluma People Services Center (PPSC)..... 765-8488

Counseling for individuals, couples, families, and children. Also counseling and services for adolescents who have minor law offenses and their families. **Sliding scale.** Medi-Cal accepted. Spanish spoken. www.petalumapeople.org 1500 Petaluma Blvd. South, Ste. A, Petaluma

Russian River Counselors..... 865-1200

Counseling for children, adults, families, groups, anger management groups, support groups for AIDS caretakers and parenting education therapy. **Sliding scale.** Medi-Cal accepted. www.rivershrink.com 19375 Highway 116, Monte Rio

☺ Social Advocates for Youth (SAY)

www.socialadvocatesforyouth.org

☺ SAY Family Therapy.....707-546-3432

A short-term family counseling program (usually 14 weeks) Open to any teen resident of Sonoma County 12-17 years old. Family members must participate in the therapy with the teen. Program offered in English and Spanish. **Free** (NON-LICENCED COUNSELORS)
1243 Ripley Street, Santa Rosa

☺ Counseling Clinic..... 544-3299 x210

Counseling for children, youth, and young adults between the ages of 5 and 25 who have Medi-Cal insurance
NON-LICENCED COUNSELORS
3440 Airway Dr., Ste. E, Santa Rosa

☺ Family Advocacy..... 431-7658

Bi-lingual counseling services at SAY's Family Resource Centers located at Healdsburg's two elementary schools to help strengthen, stabilize, and ensure the safety of families with small children living in the North County. **Free**
14 Healdsburg Ave., Ste. C, Healdsburg

☺ Sonoma County Adult and Youth Development (SCAYD)..... 793-9030

Short-term family counseling for Rohnert Park/Cotati residents. For parenting issues, improving relationships, and working through family conflicts. **Donation-based and sliding scale.** **No one is denied services because they cannot pay.** Spanish spoken. www.scayd.org
7345 Burton Ave., Rohnert Park

☺ Sonoma County District Attorney's Office..... 565-2311 Spanish line..... 565-2049

Free counseling for all victims of all crimes if you file a police report. Counselors not on site, must contract with outside counselor who takes victims compensation. Spanish spoken. Appointment only. www.sonoma-county.org/da
600 Administration Dr., Room 212J, Santa Rosa

☺ Sonoma County Mental Health Access Team..... 565-6900

Psychiatric help (medication) for adults and children with serious and persistent mental illness. Must be referred by physician or therapist. Take MediCal. Also do evaluations and referrals.
3333 Chanate Rd., Santa Rosa

☺ West County Community Services

Individual and family counseling, positive parenting education, and alcohol and drug education. Sliding scale. Medi-Cal accepted for children only. Spanish spoken. www.westcountyservices.org

Guerneville..... 869-0654 16390 Main St., Guerneville

Sebastopol..... 829-5717 555 South Main St., Sebastopol

☺ =Spanish Spoken

Parenting

Also see “Pregnancy, Breastfeeding and Infant care,” “Childcare and Preschool,” and “Foster care, kinship care, and adoption”

☺ **Crisis line for parents of teens: Boys Town 24 hour hotline..... 1-800-448-3000**

Teens and parents can call 24 hours and talk to specially trained counselors about suicide prevention, sexual abuse, parenting troubles, anger, physical abuse, social issues, school issues, chemical dependency, relationship problems, depression, emotional abuse, runaways and more! Spanish spoken.

☺ **California Parenting Institute (CPI)..... 585-6108**

Parenting classes and workshops: Huge variety in both English and Spanish. Prices range from **free** to \$60 depending on class.

Car seat safety program: Car seat classes in English and Spanish. Parents or parents-to-be who attend the class receive a voucher for a **low-cost** child safety seat, and learn to safely install it into a car.

Support for special needs families. Free

Support for parents recovering from substance abuse Free

Literacy: Provides literacy education resources and practices for low income English language learner families with children 0-5 years of age. **Free**

Parenting Apart: 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**

www.calparents.org

3650 Standish Ave., Santa Rosa

☺ **Community Action Partnership of Sonoma County (CAP Sonoma)..... 544-6911**

Pades Unidos: Free sixteen week program for Spanish speaking parents of high risk teens. For parents dealing with issue related poor school attendance and performance, alcohol and other drug use, gang involvement, violence and runaways. Contact Victor Harper **544-6911 ext. 1051**

Pasitos: 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 x 1025

Southwest family resource center: Free school based Family Resource Center. SWFRC 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**

www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

☺ **“Childhood Matters” Radio talk show for parents.....877-372-5437**

89.1 FM. Live Radio Sundays 7-8 am in English, 8-9am in Spanish

www.Childhoodmatters.org

☺ **Dads Make a Difference..... 565-4480**

Free parenting classes and information on fathers' rights for males 16-24 who are fathers of children born to teen mothers. Spanish spoken. www.sonomacounty.org/health/ph/teenparent/dads.htm

625 Fifth St., Santa Rosa

☺ =Spanish Spoken

☺ **Early Learning Institute (ELI)..... 591-0170**

All services are **free**

Behavioral consultation program for children 0-5.

Community inclusion program: Services and support for families with children who have special needs

Home visits: for children up to age 3 who are disabled or have developmental delay.

INFANT SOS: Support for parents with fussy babies: phone consultation, home visits, and groups.

Playgroups (various locations and meeting times)

Social and developmental screenings to children birth through age 5 who would otherwise not be screened.

Classes: on behavior, parenting children with special needs and more.

www.earlylearninginstitute.com

311 Professional Center Drive, Suite 100, Rohnert Park

☺ **Jewish Family and Children's Services: Parents Place..... 571-2048**

Parent education classes (positive discipline, handling anger, understanding temperament, and stages of development) Fee, counseling (medical and other insurances accepted), playgroups, lending library **free**, post-adoption services **free** www.sonoma.ppsignup.org

1360 North Dutton Ave., Santa Rosa

☺ **Kaiser Health Education393-4167**

Parenting classes on nutrition and activity for kids, parenting teens, pregnancy and prenatal education etc. Call for more information or to enroll. Some classes only for Kaiser members. Some open to community with a **fee**. Spanish spoken. www.kaisersantarosa.org/classes

401 Bicentennial Way, Ste. 145, Santa Rosa

☺ **Lifeworks Family Education Center (FEC)..... 568-2300**

In home behavior coaching and training, classes, support groups and school groups, individual, couple and family therapy, program for parents of at risk or gang affiliated teens. **Fee.** www.lifeworkssc.org

1200 College Ave., Santa Rosa

☺ **Maternal Child Health Field Nursing Program..... 565-4440**

Free home-based support, education, and help finding services for pregnant and parenting women with young children. Certified lactation consultants. Spanish spoken. <http://www.sonoma-county.org/health/ph/homevisiting/mchfn.htm>

☺ **Migrant Education Program..... 526-1272 ext. 20**

Work 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 etc., 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 **Free** www.bcoe.org

5510 Skylane Blvd., Ste. 100, Santa Rosa

Northern Sonoma County Mothers Club..... 547 9989

For mothers in Healdsburg, Santa Rosa, Windsor and Cloverdale. Offers support, education, play groups, events, and the opportunity to meet and socialize with other moms. \$30 annual fee. See website for schedule www.nscmothersclub.net or email with questions nscmg_web@yahoo.com

☺ =Spanish Spoken

☺ **River to Coast Children’s Services (RCCS) 869-3613**

Offers 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**. Also assists in finding child care. Spanish spoken. www.rccservices.org

16300 First St., Guerneville

☺ **Sonoma County Adult and Youth Development (SCAYD) 793-9030**

Parent education classes in Spanish and English. Parents learn skills to deal with children’s behavior and more. Child care provided. Yearly parent retreat where parents learn positive parenting skills. **Sliding scale**.

Family Advocacy: **Free** for families in Rohnert Park/Cotati area who need help finding food and shelter, counseling, abuse prevention, and more. Spanish spoken. www.scayd.org

7345 Burton Ave., Rohnert Park

☺ **Teen Parent Connections..... 565-4480**

Home visits to pregnant and parenting adolescents (females 18 and under, males 20 and under). Services to improve health of young mothers and their infants. Promotes nurturing parenting skills and offers resources to increase self-sufficiency. **Free**. Spanish spoken.

www.sonoma-county.org/health/ph/teenparent

625 Fifth St., Santa Rosa

Parent support groups

Northern Sonoma County Mothers’ Club (Healdsburg, Windsor, Larkfield, Cloverdale)... 547-9989

www.nscmothersclub.net

Petaluma MOPS (Mothers of Preschoolers).....766-1729 & 763-2277

www.petalumamops.org

Petaluma Mother’s Club (PMC)..... 778-6494

www.petalumamothersclub.org

Rohnert Park-Cotati Mothers’ Club (RPCMC)..... 522-8642

www.rpcmc.com

Sonoma County Mothers of Multiples (SCMOM)..... 1-866 TWIN JOY (894-6569)

www.scmom.org

Sonoma Valley Mother’s Club..... 996-9890

www.sonomamothersclub.org

☺ =Spanish Spoken

Pregnancy, Post-pregnancy, Breastfeeding and Infant care

(Also see “Family Planning,” “Parenting,” and “Adoption and Abortion” sections)

☺ **Pregnancy hotline**.....1 800-427-8982

Sonoma county information line for pregnancy testing and counseling.

Postpartum depression hotlines:

☺ **Postpartum Support International** 24 hour and speak Spanish 1-800-944-4773

Bay area stress line (9am-9pm DO NOT speak Spanish) 1-888-678-2669

☺ **YWCA**(24 hours and speak Spanish).....(707) 546-1234

☺ **Text4baby**

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.**

☺ **Infant SOS**.....591-0170

Free Early Learning Institute program for parents of fussy babies that provides phone consultation for feeding, sleeping and developmental questions, infant home visits, and support groups. Spanish spoken. www.earlylearninginstitute.com

☺ **Maternal Child Health Field Nursing Program of Sonoma County**..... 565-4440

Free home-based support, education, and help finding services for pregnant and parenting women with young children. Certified lactation consultants. Spanish spoken.

☺ **Nurse Family Partnership (NFP)**..... 565-4552

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.

Womens Health and Birth Center.....539-1544

Postpartum & Infant Care Class: 2nd Thursday of every month, 7- 9pm Medical and some private insurance cover cost of class.

The Santa Rosa New and Expecting Parents Group-**Free** for mom’s with babies newborn-one year. Meets on the 1st and 3rd Thursdays of the month 10am-12pm. www.meetup.com/newparents-378/
www.womenshealthandbirthcenter.com

583 Summerfield Rd. Santa Rosa

Pregnancy Counseling Center of Sonoma County.....575-9000

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. www.pccsonomacounty.org

750 Mendocino Ave, Suite 1 Santa Rosa

1331 Medical Center Drive, Rohnert Park

☺ **Think Pregnancy:** www.thinkpregnancy.org565-4552

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

☺ **“Sweet Success” at Memorial Hospital**.....852-1579

Offers multidisciplinary services during preconception, pregnancy and postpartum for women who are diabetic or develop diabetes during pregnancy.

☺ =Spanish Spoken
1165 Montgomery Drive,Santa Rosa

Breastfeeding education and support

☺ **WIC Program..... 431-0831**

Breastfeeding support and classes for low-income pregnant or nursing women in WIC. Breast pumps available on loan. Breastfeeding support group in Spanish. Checks to buy food. **Free** for those who meet requirements. Medi-Cal accepted. Call for information and appointments in Cloverdale, Healdsburg, or Windsor.

*Alliance Medical Center 1381 University St., Healdsburg
Also in Santa Rosa 1450 Guerneville Rd., Santa Rosa*

☺ **Women’s Health and Birth Center.....539-1544 & 539-9457**

Breastfeeding Group Class every third Thursday night 7:00 – 9:00 pm, Medi-cal covers cost of class.

Lactation Clinic: Support, help, and answers to questions. Every Monday **walk-in from 12 noon until 2:00 pm**. Medical covers or \$30.00 without medical

☺ **La Leche league:** **Free** Monthly meetings offer information and opportunities to meet other nursing mothers. Babies and children are always welcome. Meets first Friday of every month at 10 am. Spanish spoken. www.llli.org

www.womenshealthandbirthcenter.com

583 Summerfield Rd., Santa Rosa

☺ **Santa Rosa Community Health Center**

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.

www.swhealthcenter.org

Tuesdays at 6pm at Chanate Family Practice Center (CFPC)..... 303-3600

3320 Chanate Rd., Clinic C, Santa Rosa

Fridays at 10 am at Lombardi Court Health Center..... 547-2222

751 Lombardi Ct., Ste. B, Santa Rosa

☺ **Santa Rosa Memorial Hospital..... 525-5212**

St. Joseph Health System

Free inpatient and outpatient breastfeeding support and education. Free consultations and phone support are available to anyone, no matter where baby was delivered. Spanish spoken. www.stjosephhealth.org

1165 Montgomery Dr., Santa Rosa

☺ **St. Joseph Home Care Network..... 206-9124**

Medical evaluation, support for mom and baby, and breastfeeding instruction and follow-up are done at home by registered Nurse Certified Lactation Consultants. Medi-Cal and most insurance plans accepted. Spanish spoken. www.stjosephhomecare.org/default

☺ **Sutter Medical Center of Santa Rosa..... 576-4857**

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 Lane, Santa Rosa). Medi-Cal accepted. **Sliding scale**. Spanish spoken.

www.babies.sutterhealth.org

3325 Chanate Rd., Santa Rosa

☺ =Spanish Spoken

Senior Resources

(See “Transportation” for special transportation services and reduced bus fares for seniors. See “Food” for food programs for seniors)

☺ **Sonoma County Senior Resource Guide by the Sonoma County Area Agency on Aging** **1-800-510-2020 or 565-5950**

For a complete list of Senior Services in Sonoma County including:

Adult Day Care Programs, Care Management, Death Related Services, Disabled Adult Services, Discount Cards, Education, Emergency Services, Employment and Vocational Training, Financial Assistance, Health Care Services, In-home care, Hospice, Housing for Seniors, Insurance, Legal Assistance, Meals, Medicare information, Medication Management, Respite for Caregivers, Senior Advocacy, Senior centers, Social Security, Support groups and counseling, Telephone alert systems, Transportation, Veterans services, and Visiting Services

See online or copies available in Spanish and English at Healdsburg and Windsor Senior Centers or at Alliance Medical Center. www.socoaaa.org

3725 Westwind Blvd, Suite 101 Santa Rosa, CA 95403

Healdsburg Senior Center.....431-3324

Open Monday-Friday 10am-4pm

Offer a wide variety of ongoing programs. Current programs include: Bridge club, strength training class, Art Class, Knit/Crochet for children in need, Quilting group, Book Club, Square Dancing, Improve your Balance class, Italian class, Literary Café, Health insurance counseling, Chess/Checkers, Gentle Yoga, Life Stories writing class, legal counseling, Conversational Spanish, Scrabble, Computer tutoring, Philosophy discussion, Wood carving class, Bingo, Mahjong and Rummikub, Ukulele, Ping Pong, Walking club, Bus trips and tours, and AARP programs. Most programs are free or donation but exercise classes have monthly fee.

Friday Brunch 11:30-12:30: call 433-7515 for reservations. En Español 525-0143. \$5 suggested donation. Call at least 24 hours in advance. Also daily lunch. Call 24 hours in advance. \$4.00 donation suggested.

Membership not required for participation in most events but member benefits include: Monthly newsletter, parking permits, discounts on bus trips and member-only events. \$12 annually for individual, \$18 annually for couples.

133 Matheson St., Healdsburg

Windsor Senior Center.....838-1250

Open Monday-Thursday 9am-5pm and Friday 9am-2pm

Offers a wide variety of programs. Current programs include: Bridge club, Pinochle and Poker club, Quilting group, Mahjong, Driver safety, Tax Aid, Multimedia Art class, Support group for women, Computer workshops, group, and help, Bingo, Scrabble and board games, Day trips, Zumba, Strength training, Tai chi, Gentle yoga, beginning Pilates, Low impact aerobics, Walking group and free legal counseling. Some programs are free/donation, others have a fee.

Senior Aquatics Center: Open swim (\$3 drop-in or \$34 monthly pass) Also water aerobics classes and a Jacuzzi. Open May-September.

Friendly morning call.: A Senior Center Volunteer calls each morning to chat and make sure you are o.k. If you do not answer, a designated contact person or a Police Officer will be sent to check on you. Free service. For more information or to sign up call 838-1250.

Receive the bi-monthly Windsor Senior News for \$12/mo for all the classes and activities at the Senior Center as well as a source of information pertinent to the senior community. Or see online

www.townofwindsor.com

9231 Foxwood Drive, Windsor

☺ =Spanish Spoken

Smoking and Tobacco Cessation

☺ California Smokers' Helplines

1-800-NO-BUTTS (66-28887)

1-800-456-6386 (Spanish)

1-800-844-CHEW (2439) (Chewing tobacco)

1-800-933-4833 (Hearing Impaired)

Get **free** help to quit smoking or chewing tobacco by phone. Free quit kits, a referral list of other programs, and free one-on-one counseling over the phone. Chinese, Korean, Spanish, and Vietnamese spoken. Website in English and Spanish. www.californiasmokershelpline.org

American Lung Association.....**Lung HelpLine (1-800-LUNGUSA)**

Free HelpLine is staffed by registered nurses, respiratory therapists and smoking cessation counselors. Also Freedom From Smoking **free** online program to quit smoking. www.ffsonline.org. Self-help *Freedom From Smoking* guide \$15 www.mrsnv.com/evt/home.jsp?id=2173

☺ Drug Abuse Alternatives Center..... **544-3295 or 1-877-888-3222**

Smoking/tobacco cessation class for **teens**: \$50 for 4 sessions. www.daacinfo.org

☺ Kaiser Permanente..... **566-5277**

Breathe online quit smoking program www.kp.org/healthylifestyles

Freedom From Tobacco - Evening classes meet once a week for six weeks \$80 for non-members.

Quit Tobacco Workshop – Single 3-hour class on developing a cessation plan. Saturday and evening sessions. \$30 for non-members.

www.kaisersantarosa.org/classes

401 Bicentennial Way, Santa Rosa

Nicotine Anonymous Support Groups

Support groups for anyone who wants to quit tobacco or needs support to stay tobacco-free. Groups in English only. www.nica-norcal.org

Santa Rosa: Tuesdays at 12pm at the *Interlink Self Help Center, 1033 4th St.* **Call David: 542-0646**

Petaluma: Mondays at 7pm at the *Church of Christ, 370 Sonoma Mountain Parkway* Call Terry: **664-9335**

☺ Northern California Center for Well-Being..... **575-6043**

Smoke-Free Babies: **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.

Smoking cessation classes: (In Spanish and English) eight 2- hour sessions. Based on the American Lung Association's Freedom From Smoking® program. \$125 **Sliding scale** based on income.

www.norcalwellbeing.org

365 Tesconi Circle, Ste. B, Santa Rosa

☺ =Spanish Spoken

Special Needs Resources (for adults, children, and their families)

☺ **Becoming Independent**..... 524-6600

Provides a variety of no cost services to adults with developmental disabilities, including autism, epilepsy, mental retardation, and cerebral palsy; and their families; assists with employment, training, transportation and community living, recreational, social, and art activities. Spanish spoken.

www.becomingindependent.org

1425 Corporate Center Parkway in Santa Rosa.

☺ **California Children's Services (CCS)**..... 565-4500

Medical diagnosis, treatment, and physical and occupational therapy services for children up to 21 years of age with certain physical limitations and chronic health conditions or diseases. Spanish spoken.

www.sonoma-county.org/health/ph/ccs

625 Fifth St., Santa Rosa

☺ **California Parenting Institute (CPI)**..... 585-6108

Provides support and education for parents with special needs children, including in-home visitations, specialized classes and resource referrals. www.calparents.org 3650 Standish Ave., Santa Rosa

☺ **CASE (Community Alliance for Special Education) 585-6108**

Advocate of Special education rights. Provides parents and professionals with free technical assistance, consultations, representation, and training. Supports families by going with them to IEP meetings.

www.caseadvocacy.org

California Parenting Institute, 3650 Standish Avenue, Santa Rosa

Department of Rehabilitation.....576-2233

State agency that provides free vocational training and placement for severely disabled adults. Also partner with West County Community Services in Guerneville.

50 "D" Street, Suite 425, Santa Rosa

Disability Services and Legal Center..... 1-800-528-7703 or 528-2151 (TTY)

For persons with all types of disabilities, most services are free: independent living skills training. ADA housing advocacy, home modifications, deaf services, legal services for disability benefits, benefits counseling, personal assistant referral, sign language interpreting. www.cri-dove.org

980 Hopper Ave., Santa Rosa

☺ **Easter Seals Northern California**..... 584-1443

Services for physically and developmentally disabled people of all ages. Early intervention, parent education, group activities, special education help, medical equipment, and help finding services. State funding, private pay, grants, or insurance can cover costs. Spanish spoken. www.noca.easterseals.com

5440 State Farm Dr., Rohnert Park

☺ **Early Learning Institute (ELI)**..... 591-0170

Free early intervention program for young children with developmental difficulties. Developmental screenings, home visiting services, early intervention, and consultation to child care providers. English and Spanish. www.earlylearninginstitute.com

311 Professional Center Drive, Suite 100, Rohnert Park

☺ =Spanish Spoken

☺ **Jewish Family and Children's Services (JFCS) Disabilities Programs..... 571-8131**

Comprehensive services to children and adults with special needs. The Gary Shupin House - Independent Living Community for adults with developmental disabilities. JFCS' trained and caring professionals work closely with residents to help develop their skills for employment, independent living, and community service. www.jfcs.org

1360 North Dutton Ave., Ste. C, Santa Rosa

☺ **Matrix Parent Network & Resource Center..... 1-800-578-2592 (Helpline)**

Free services for parents of children (0-26 years) with special needs. Helpline, home visits, parent advisors, parent training classes, early intervention services, Spanish support group in Santa Rosa (call 1.800.578.2592) www.matrixparents.org

94 Galli Drive, Suite C, Novato

☺ **North Bay Regional Center (NBRC)..... 569-2000, Emergency line:1(800) 884-1594**

Free services for people with mental retardation, cerebral palsy, epilepsy, and autism. Provides a full review of his/her developmental disabilities and help reduce those disabilities or compensate for them. Also Early Intervention services. www.nbrc.net

1501 Mendocino Ave., Santa Rosa

☺ **SELPA-Special Education Local Plan Area..... 524-2750**

Sonoma County organization that supports the education of children birth-22 with physical and mental disabilities with a variety of services including adaptive technology, dispute resolution, autism support, Early Start Infant Program, and more. www.sonomaselpa.org

5340 Skyline Boulevard in Santa Rosa.

Sonoma County Down Syndrome Support (SCDSS)

Santa Rosa: Diane, 537-8001, **Windsor:** Reina 837-8685, **Healdsburg:** Jennifer 477-1750

Parents support parents and whole families with support groups, social events, and fundraisers from pregnancy through life. www.sonomacountydownsyndromesupport.org

Sonoma County Office of Education (SCOE): 522-3272

Preschool program :For children 3-5 with special educational needs. Special day classes, programs that build mobility skills, specialized services for young children on the autism spectrum, counseling and mental health services, and remedial speech and language instruction and other programs.

Autism Specialty Programs: Many programs and supportive services for children with autism ages 3-18. <http://www.scoe.org/pub/htdocs/specialed.html>

8511 Liman Way, Building A, Rohnert Park

Transitions at LifeWorks.....568-2300 x 106

Non-residential program designed to make the journey to adulthood easier for Asperger's Syndrome and Non-verbal Learning Disorder youth. Case management, advocacy, social skills groups, life skills classes, work experience, school tutoring and a safe gathering space for AS and NLD youth and support groups and education for their parents. <http://www.lifeworkssc.org/transitions.php>

1200 College Avenue, Santa Rosa

Transportation

A-C Taxi of Santa Rosa..... 526-4888

Sedans and minivans provide transportation throughout Sonoma County; wheelchair accessible. 2.75 for pick-up and 3.00 every mile thereafter. 2.50/mile for seniors. Deliveries and special requests available; set up a business account and pay monthly. www.a-ctaxi.com

All American Medical Transportation.....1-888-343-7200

Non-emergency ambulance for transport to medical services; long-distance discounts available. www.aamedtrans.com

Amcare..... 578-1144

Non-Emergency Medical Transportation for people in a wheelchair or gurney. Located in Santa Rosa but travel anywhere.

☺ American Cancer Society-Sonoma County:.....707-545-6720 or toll free 1800-227-2375

Program for cancer patients in which Volunteers drive patients from treatment-related medical appointments; assistance with transportation costs; and assistance with out of town lodging.

☺ Bell's Ambulance.....*Transportation: 433-1114, billing and administration: 433-1408*

Emergency and non-emergency medical transportation in Healdsburg and Windsor. Wheelchair and gurney accessible. Private insurance, Workers Comp and Medi-cal accepted. <http://bellsambulance.com>

Golden Gate Transit.....511 or 711 for TTY

Intercounty Bus and Ferry service stretching from Santa Rosa throughout the Bay Area. Call or see website for routes, services, schedules, fares and transfers. Intercounty paratransit. www.goldengate.org

Healdsburg Transit.....431-3324

Public transit service within the Healdsburg city limits. A variable fixed route service runs Monday through Saturday from 8:30 a.m. to 4:20 p.m. Wheel chair accessible. Door to door deviation service for seniors and disabled individuals. Must apply at the Healdsburg Senior Center. Fares: Adults \$1.50, Seniors \$0.75, Students \$1.00, Children under 5 Free, Disabled \$0.75, Deviation Service \$1.75
<http://www.ci.healdsburg.ca.us/index.aspx?page=195>

Jewish Family and Children's Services (JFCS) Rides Transport Service..... 571-8533

Provides seniors and people with disabilities transportation to medical and dental appointments, the grocery store, the pharmacy, and other critical errands. Annual registration fee and ride fee on sliding scale based on income. www.jfcs.org

1360 North Dutton Ave., Santa Rosa

Mendocino Transit Authority.....1-800-696-4682

Daily bus service between Point Arena and Santa Rosa, and Mendocino and Ukiah and Santa Rosa. www.4mta.org

Santa Rosa City Bus.....543-3925 or 543-3926 TTY

Call for routes, services, fares and transfer information. www.srcity.org/tp

☺ =Spanish Spoken

Sonoma County Paratransit.....707-585-7516, or TDD 707-585-9817

Door to door service for people with disabilities. Must be registered as ADA eligible before using the service. To apply call and ask to have the application material mailed to you.

<http://sctransit.com/RidingSCT/Paratransit.aspx>

Sonoma County Transit..... 800-345-7433 or 585-9817 TTY

Bus routes throughout Sonoma County. Call or go online for services, fares and transfer information, bicycles are allowed on major routes. Wheel chair accessible. www.sctransit.com

Transit 511.....toll-free 511

Trip planner that brings together route, fare, and schedule information for all transit services in the Bay Area; build an itinerary, look up traffic and bicycling information; find carpool and vanpool referrals.

www.transit.511.org

Volunteer Wheels.....1 800-992-1006 or 1 800-735-2922 TTY

Provides low-fare door-to-door rides to seniors and disabled residents of Sonoma County seven days a week to medical appointments, senior centers, shopping, visits to loved ones, or any location in Sonoma County.

Must apply. Call for application **585 7516**. www.volunteernow.org/wheels.html

Wheelcare Express.....573-3055

Transport for people in wheelchairs. Medical and other insurances accepted. Located in Santa Rosa.

Urgent Care

☺ **St. Joseph Urgent Care:**

Treatment for minor illnesses and injuries that require prompt attention, such as cold symptoms, fractures, and minor cuts requiring stitches. No appointment necessary. Much cheaper than the emergency room! Open on weekends!

<http://www.stjosephhealth.org/Services/Urgent-Care/Default.aspx>

Three locations:

Windsor:.....838-2044

Open everyday 9am-7pm. Closed on Holidays

6580 Hembree Lane, Suite 270, Windsor

Santa Rosa..... 543-2000

Open everyday. 7am-7pm. Closed on Holidays.

Santa Rosa Memorial Hospital Fulton campus 1287 Fulton Rd., Santa Rosa

Rohnert Park.....584-0672

Open everyday 9am-7pm. Open on Holidays.

Rohnert Park Healthcare Center 1450 Medical Center Dr., Rohnert Park

☺ **Healdsburg District Hospital.....emergency line 431-6300**

Emergency care. Open 24 hours every day of the year. Also has the following specialties: Long-term brain injury unit, Telemedicine, Women's Health Service, Laboratory, Imaging, Social Services, Occupational Therapy, Cardiac/Stress Treadmill, Stroke Program, Occupational Medicine, Physical Therapy, Audiology, Vaccinations, Orthopedics, Intensive Care Unit, Pulmonology, General Surgery, Ophthalmology, Neurology and Respiratory. Translation available 24 hours in 148 languages.

1375 University Street, Healdsburg

Weight Loss

(Also see “Exercise.” For Diabetes nutrition see “Chronic Conditions”)

Weight Watchers

Attend weekly support meetings and “weigh-ins” while following the plan’s “point system” for controlling eating habits. Fees about \$40/month. www.weightwatchers.com

- Good Shepard Lutheran Church, 1402 University, Healdsburg, Wed 9:00am, Sat 9:30am
- Our Lady of Guadalupe Church, 8400 Old Redwood Hwy, Windsor Tue 5:30pm, Thu 10am
- G&G Market, 1211 West College Ave, Santa Rosa Tues 10am

Kaiser Permanente..... 393-4167

Classes open to the public: “Understanding Emotional Eating” \$64/4 sessions, “Healthy Weight Program” \$90/sessions, “Weight Management Overview” \$15 one 2-hour session

www.kaisersantarosa.org/classes

401 Bicentennial Way in Santa Rosa

☺ Northern California Center for Well-Being..... 575-6043

Offers various classes on lifestyle change and maintaining a healthy weight. For exercise classes and personal training see “Exercise.”

- **Weight Control** \$590/14 classes (sliding scale available) For adults to lose weight and improve physical health and fitness using a combination of healthy nutrition, self-control of eating, and increases in exercise.
- **Active Youth For Health:** \$10/4 classes. For parents and children 7-12. Also in Spanish
- **Shapedown** \$243/family. Nine 2-hour classes. Family-based program
- **Criando Niños Sanos y Activos.** Free. Six classes. In Spanish. Nutrition in the first years of life.
- **Niños activos y saludables** \$5/4 sessions. For parents of children 7-12. In Spanish
- **Tomando Pasos** \$20/4 sessions. For parents of overweight children. In Spanish

Healthy cooking classes and Private nutritional counseling available in English and Spanish

www.norcalwellbeing.org

365 Tesconi Circle, Suite B, Santa Rosa, CA 95401

Sonoma Diet

Online program focuses on boosting vitality and heart health while losing weight; emphasizes value of Mediterranean diet; free analysis online and \$5/week fee includes meal planner, recipes, shopping lists, local support networking and online dietician consultations. www.sonomadiet.com

Take off Pounds Sensibly (TOPS): Franki (619) 820-0601

For men, women, and children. Members meet weekly in their local chapters, where they receive positive reinforcement and motivation in adhering to their food and exercise plans. New members consult with their healthcare professionals to obtain a healthy goal weight. A private weigh-in is followed by an interactive program focused on various aspects of a healthy lifestyle. \$26 membership fee and \$5/month

- Trinity Baptist Church, 515 Powell Ave Fellowship Hall, Healdsburg *Tues 8:30/10:00am*
- Windsor Christian Academy, 10285 Starr Rd Library, Windsor, *Mon 6:30/7:00pm*
- Leisure Mobile Home Park, 2185 Occidental Rd Clubhouse Santa Rosa *Thur 5:30/6:30pm*
- Sequoia Gardens 433 Fulton Rd Small Clubhouse Santa Rosa *Tues 9:00/9:30am*
- Senior Center 704 Bennett Valley Rd Rm 16 Santa Rosa *Thur 6:00/6:30pm*
- St. Mark’s Church 4325 Mayette Ave Rms 2 & 3 Santa Rosa *Thur 9:00/10:00am*

☺ =Spanish Spoken

Jenny Craig..... 573-1500

Free start-up consultations. This program requires that you start with their pre-packaged, prepared foods— around \$65/week. www.jennycraig.com
1401 Guerneville Road #300 in Santa Rosa.

Overeaters Anonymous of Sonoma County.....538-9770

Meetings to stop eating compulsively. Events with special speakers and different ideas and approaches. Call for meeting times and places or check the website. www.sonomacountyoa.org

Eating disorder resources:

• **ANAD (Anorexia Nervosa and Associated Disorders) Support Group778-7849**

An ongoing, drop-in group for teens/adults who are concerned about body image & their relationship to food. Friends, family and interested others are also invited for support (separate group for each) Every Saturday 10 AM to noon www.edrs.net
1425 North McDowell Blvd, Petaluma, CA 94954

• **Association of Professionals Treating Eating Disorders (APTED) (415) 771-3068 www.aptedsf.com**

• **NEDA (National Eating Disorders Association) Information and referral helpline 1800-931-2237 www.nationaleatingdisorders.org**

• **Quest Eating Disorders Intensive Outpatient Program.....303-3243**

Comprehensive care including a full multi-disciplinary staff with specialized training in eating disorders. Clients attend group, individual, family treatment and mindful eating about 15 hours per week. \$1000/week. Some private insurance covers. MediCal does not cover costs.
1330 N. Dutton, Ste 100, Santa Rosa