

# CRPUSD

## COMMUNITY RESOURCES LIST



COTATI-ROHNERT PARK  
UNIFIED SCHOOL DISTRICT

7165 BURTON AVENUE ROHNERT PARK, CA



# Mental Health & Crisis Resources

## **National Suicide Prevention Lifeline**

A crisis intervention and suicide prevention phone service

1-800-273-8255 (English)

1-888-628-9454 (Spanish)

Available 24/7

## **North Bay 24-Hour Suicide Prevention Hotline**

Our suicide prevention hotline is available to any Sonoma County resident who needs help. The hotline is a vital resource to any family member, loved one, friend or ally who may be worried about someone who may be suicidal. Administered by Buckelew Programs.

(855) 587-6373

Available 24/7

## **California Youth Crisis Line**

Serving youth and families ages 12-24. Talk to a professionally trained staff and volunteer counselors and receive referrals for free and low-cost care.

Call or text (800) 843-5200

Available 24/7

## **National Runaway Hotline**

Trained team members are prepared to listen to your story, help you handle a crisis and guide you to solutions that will improve your situation. Resources for youth and concerned adults at <https://www.1800runaway.org/>.

Call 1-800-RUNAWAY (1-800-786-2929)

Available 24/7

## **National Child Abuse Hotline**

Professional crisis counselors who provide assistance in over 170 languages through interpreters. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All contacts are confidential. <https://childhelpline.org/>

Call or text (1-800) 4-A-Child or (1-800) 422-4453

Available 24/7

### **Child Parent Institute (CPI)**

*Additional CPI services listed under Education Resources > Parenting Support.*

Offers a wide array of parent, family and youth support, including parenting and family counseling services, parenting classes and education, foster parent training, and a diaper project. More information available at <https://calparents.org/>

Call the counseling intake line (707) 284-1500 to speak with Yeni (English/Spanish)

### **Support Our Students (SOS) Community Counseling:**

Youth and Family counseling services, on-campus mental health programs and counseling support services on a low sliding scale. English/Spanish available. More information and online referral form available at <http://soscounseling.org/>.

Call the intake line (707) 284-3444 to speak to Matt (M-Th) (Engl) or Claudia (Fri-Sun) (Engl/Span)

### **Social Advocates for Youth (SAY)**

*See individual folder for more resources.*

Services for youth in crisis and experiencing homelessness, as well as mental health counseling (ages 0-25; insured/referrals only) and grief counseling services (ages 10-24; free and open to all, up to 8 sessions). Accepts Medi-Cal, Beacon and outside referrals from partner agencies.

24 hour emergency hotline for youth in need of immediate support: 1-888-729-0012

Grief counseling intake line: (707) 544-3299 x234 (English) or (707) 544-3299 x242 (Español)

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

### **St. Joseph Health**

*See individual folder for more resources.*

Locations in Petaluma, Santa Rosa & Healdsburg. Provides free (up to 8 sessions) grief support counseling and groups to any adult or child in the community through hospice services, with no requirement that the deceased have died on hospice. English/Spanish.

For more information visit <https://www.providence.org/locations/norcal/st-joseph-health-hospice>.

Call to speak with the Grief Services Coordinator at each location:

Petaluma (707) 778-6242 | Santa Rosa (707) 568-1094 | Healdsburg (707) 431-1135

### **Lomi Psychotherapy Clinic**

Sliding scale counseling program serves individual adults and children, couples, and families. Also offer group therapy and educational classes to the public.

Call the intake line at (707) 579-0465 ext. 227

<http://www.lomi.org/Welcome.html>

### **Santa Rosa Behavioral Healthcare Hospital**

Offers a wide array of individualized mental health treatment services for teens, adults, and senior adults. Also offers treatment for co-occurring psychiatric and substance use conditions. <https://norcalbehavioral.com/santa-rosa-location/>

Call 1-877-717-0085 or locally (707) 800-7700

Available 24/7

### **Sonoma County Crisis Stabilization Unit (CSU)**

Provides 24/7 crisis intervention, assessment, medication, and up to 23 hours of supportive care for individuals in an acute mental health crisis. Services are available for children, youth, adults, and their families. Referrals are made to Crisis Residential Services or inpatient mental health facilities for those needing a higher level of psychiatric inpatient care.

2225 Challenger Way Santa Rosa, CA 95407  
(707) 576-8181

### **Sonoma County Behavioral Health (Access Team)**

The Access Team is the first contact for requesting mental health services. They determine the level of need for mental health services, provide assessment, linkage, and information and referral for mental health services for children, youth, and adults. Referrals are made to community providers or to Behavioral Health treatment teams.

(707) 565-6900 or (800) 870-8786

### **Chrysalis Community Counseling Services**

Offers affordable counseling to women, men, couples, children and families with fees set on an income-based sliding scale. For more information visit:

<http://www.chrysaliscounseling.org/> or to set up an appointment call (707) 545-1670 x264

### **Kaiser Permanente\***

*\*Kaiser members only.* Call for a needs assessment and appointment with a mental health specialist, if appropriate for nonurgent mental health concerns. You don't need a referral to access mental health services from a Kaiser Permanente provider.

<https://healthy.kaiserpermanente.org/health-wellness/mental-health>

(707) 571-3778; after-hours call center available

### **Take Action for Mental Health**

Statewide campaign to check in, learn more, and get support for your own mental health or the mental health of someone you care about. Downloadable resources available at <https://takeaction4mh.com/>.

### **Youth Shelters in Sonoma County**

<https://homelessaction.net/youth-shelters/>



# Medical & Dental Health Resources

## **Sonoma County Health & Human Services**

Federal and state-funded economic assistance programs are administered locally through the county's human services department. For more information on all programs, visit <https://sonomacounty.ca.gov/health-and-human-services/human-services>.

2550 Paulin Drive, Santa Rosa, and

South County Center, 5350 Old Redwood Highway Suite 100, Petaluma

Mon - Fri 8 AM - 4 PM

(877) 699-6868

- **Medi-Cal & County Medical Services Program**

Medi-Cal benefits offer free or low-cost medical and dental services to eligible residents. It is California's Medicaid program. The County Medical Services Program (CMSP) is a county-funded program that provides temporary health care coverage for eligible residents. When you apply with the county for health care coverage, staff will check your eligibility for coverage. Applications are accepted year-round online at [CoveredCA.com](https://coveredca.com). By filling out this single application, you'll know if you qualify for coverage through Medi-Cal or Covered California.

## **Santa Rosa Community Health**

Welcomes all patients regardless of insurance status. Accepts many types of insurance including Medi-Cal, in addition to services available on a sliding scale. Multiple locations cover pediatric, teenage, and adult care, as well as specialized care, including for those with intellectual and developmental disabilities. Multiple locations. For more information visit <https://srhealth.org/>.

(707) 303-3600

## **Rohnert Park Health Center**

Medical and dental services available at the Rohnert Park Health Center, a campus of the Petaluma Health Center. Accepts Medi-Cal. More information available at <https://phealthcenter.org/locations/rohnert-park/>.

5900 State Farm Drive, 2nd Floor, Rohnert Park, CA 94928

(707) 559-7600

### **Alliance Medical Center of Windsor & Healdsburg**

Provides specialized healthcare and support for patients of all ages, including medical care, dental services, behavioral health, specialized care for teens and seniors, VA Care and WIC mothers and babies. Sliding scale for those without insurance, based on income. No local residency requirement to receive services. English/Spanish. Multiple locations. For more information visit <https://alliancemed.org/>.

(707) 433-5494

### **Center for Well-Being**

Promotes the well-being of the whole person by empowering people with the knowledge, skills, and spirit to take responsibility for personal, family and community health. Classes and telehealth services on medical nutrition therapy, diabetes education, heart disease prevention, weight management, cardiac rehabilitation, and healthy movement. For more information visit <http://www.norcalwellbeing.org/>.

101 Brookwood Avenue Suite A, Santa Rosa, CA 95404

(707) 575-6043



# LGBTQIA+

# Resources

See additional resources in [Safe Schools Resources](#) folder.

## **Trevor Lifeline & Trevor Project**

Suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people. More information and resources available at <https://www.thetrevorproject.org/>.

Call 1-866-488-7386 or text 'START' to 678-678

Available 24/7

## **Trans Lifeline**

Provides trans peer support for the trans community that is divested from police. Run by and for trans people. Calls are anonymous and confidential. For more information visit <https://translifeline.org/>. Operators available 2pm-10pm PST in English and Spanish.

(877) 565-8860

## **Community United Against Violence (CUAV)**

CUAV supports the healing of Lesbian, Gay, Bisexual, Transgender, and Queer people that have experienced violence and abuse by other people and/or institutions. <https://www.cuav.org/> Leave a message to start the intake process.

(415) 333-HELP or (415) 333-4357

## **LGBT National Help Center**

Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. All services are free and confidential, for youth up to age 25. For more information visit <https://www.glbthotline.org/>.

LGBT National Helpline: (888) 843-4564

LGBT National Youth Talkline: (800) 246-7743

Hours: M-F 1p-9pm PST & Saturday 9a-2p PST

After hours email [help@LGBThotline.org](mailto:help@LGBThotline.org)

## **San Francisco HIV Nightline Crisis Hotline**

Responds to calls from all over the United States for emotional support after testing positive, living with HIV/AIDS, or to ask questions about HIV transmission risks. For more information visit <https://www.sfsuicide.org/>. To talk to a counselor:

Call locally (415) 434-2437 or nationwide (800) 628-9240

Text HIV to (415) 200-2920

Available 24/7

## **National Center for Lesbian Rights (NCLR) Legal Help Line**

(800) 528-NCLR or locally (415) 392.6257

## **Positive Images**

Community Center that provides support to Sonoma County's LGBTQIA+ population, with an emphasis on identities and individuals at the margins. They provide direct services, advocacy and education. For more information visit <https://www.posimages.org/>.

200 Montgomery Drive Suite C, Santa Rosa, CA 95404 | Drop in hours: T-F 12p-5p  
(707) 568-5830

## **Gay, Lesbian, & Straight Education Network (GLSEN)**

Programs support student and educator-led initiatives to ensure that LGBTQ+ students are able to learn and grow in a school environment free from bullying and harassment. These include national Days of Action, organizing resources, and guidance around forming and sustaining clubs and GSAs. There is not currently a chapter active in Sonoma County. For more information and resources, visit <https://www.glsen.org/>.

## **The Gender and Sexuality Alliance Network (GSA)**

Supports LGBTQ+ youth organizers across the country to take action and create change at all levels, from school-based campaigns that impact individual school districts to national days of action that unite GSAs for racial and gender justice. For more information and resources, visit <https://gsanetwork.org/>.

## **Human Rights Campaign (HRC)**

A national organization supporting LGBTQ+ individuals, allies, and institutions with resources via a set of comprehensive programs, different articles and toolkits available for those looking to make their school a more LGBTQ+ inclusive space. For more information and resources, visit <https://www.hrc.org/>.

## **California Department of Education (CDE), Office of Equal Opportunity**

Ensures compliance with state and federal civil rights laws, including laws supporting lesbian, gay, bisexual, transgender, questioning and queer (LGBTQ+) students. For more information visit <https://www.cde.ca.gov/re/di/or/oeo.asp>.  
[oeoinfo@cde.ca.gov](mailto:oeoinfo@cde.ca.gov) | (916) 445-9174

## **Gender Equity/Title IX - Equal Opportunity & Access**

Specific guidance regarding gender equity. It is the policy of the State of California that all persons, regardless of their gender, should enjoy freedom from discrimination of any kind in the educational institutions of the state. See more information and helpful links here <https://www.cde.ca.gov/re/di/eo/genequitytitleix.asp>.

CRPUSD Title IX Coordinator is Dr. LuzElena Perez, Assistant Superintendent  
7165 Burton Ave, Rohnert Park, CA 94928 | (707) 792-4700

## **Uniform Complaint Procedure (UCP)**

Complaints may be filed for LGBTQ students. The district shall use the uniform complaint procedures to resolve any complaint alleging unlawful discrimination, harassment, intimidation, or bullying in district programs and activities based on actual or perceived characteristics of race or ethnicity, color, ancestry, nationality, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or any other characteristic identified in Education Code 200 or 220, Penal Code 422.55, or Government Code 11135, or based on association with a person or group with one or more of these actual or perceived characteristics. Access the CRPUSD Uniform Complaint Policy & Procedure and Uniform Complaint Form here <https://crpusd.org/cms/one.aspx?portalid=485396&pageid=1153554>





# Educational Resources: Adult & Continuing Education, Tutoring Programs

## **General Education Diploma (GED)**

General Education Diplomas, or General Equivalency Diplomas, help students without a high school degree show that they have achieved an equivalent level of education to that of a high school graduate. To earn your GED, you must pass the General Education Development test. Learn more at <https://ged.com/>.

## **California High School Proficiency Exam (CHSPE)**

The CHSPE consists of two test sections: English Language Arts and Mathematics. If you pass both sections of the CHSPE, the California State Board of Education will award you a Certificate of Proficiency, which by state law is equivalent to a high school diploma for job applicants and federal aid.

For more information, visit <https://chspe.org/>.

## **SRJC Community Education:**

Non-credit courses open to all, no application required. Spanish Literacy, ESL (beginning to advanced intermediate), Career Preparation, Computer and Technology courses. Most courses available in both English and Spanish.

For more information, visit: <https://communityed.santarosa.edu/>.

### **English as a Second Language (ESL) Department:**

(707) 527-4382

[esl@santarosa.edu](mailto:esl@santarosa.edu)

### **Adult Education Department:**

Magdalena Mendoza, Outreach Specialist

(707) 687-9594 [mmendoza3@santarosa.edu](mailto:mmendoza3@santarosa.edu)

Class Schedule: <https://socoadulted.org/class-schedule/>

## **Sonoma County Library**

Our regional library network offers free library cards, that give you access to reading and educational programs, online tutoring, Adult learning including ESL and literacy classes, technology training, career & citizenship preparation, and the Discover & Go program for free and low-cost passes for museums, science centers, zoos, theaters, and other cultural destinations.

For more information, visit: <https://sonomalibrary.org/>.

Local Branch: Rohnert Park Cotati Regional Library

6250 Lynne Condé Way, Rohnert Park, CA 94928

(707) 584-9121

### **Petaluma Adult School (Petaluma City Schools)**

Petaluma Adult School is the only K-12 adult school in Sonoma County and a member of the Sonoma County Adult Education Consortium. We provide a range of free and low-cost classes including high school diploma, GED/HiSET test preparation, parent education, English classes for non-native speakers, citizenship preparation, and career and technical education programs. For more information, visit:

<https://www.petalumacityschools.org/petalumaadultschool>

200 Douglas St., Petaluma, CA 94952 (707) 778-4633

### **Conservation Corps North Bay (CCNB)**

Conservation Corps North Bay's mission is to develop youth and conserve natural resources for a resilient, sustainable, and equitable community.

Our programs offer young people training, skills and education to do the jobs necessary to maintain the beauty and health of our environment and communities. For more information , visit: <http://www.ccnorthbay.org/>

365 Blodgett Street, Cotati, CA 94931

(707) 303-3069

### **Youth Connections Santa Rosa (partnership with CCNB)**

Conservation Corps North Bay and John Muir Charter School's Youth Connections is a high school diploma, work readiness preparation, college and career mentoring, and entrepreneurial development program designed to predominantly support socioeconomically disadvantaged 17-24 year olds in Sonoma County. For more information, visit:

<http://www.johnmuircs.com/School-Sites/Local-CC-School-Sites/Youth-Connections-CCNB/>

1260 N. Dutton Ave, Ste. 275, Santa Rosa, CA 95401

(707) 578-2034

### **SCOE Foster & Homelessness Education Services**

Debra Sanders FYSCP & EHCY

(707) 524-2661 [dsanders@scoe.org](mailto:dsanders@scoe.org)

### **Colorín Colorado**

A bilingual, online resource library for parents and students.

<https://www.colorincolorado.org/es>



# Educational Resources: Parenting Support

## **Child Parent Institute (CPI)**

Offers a wide array of parent, family and youth support, including parenting and family counseling services, parenting classes and education, foster parent training, and a diaper project. More information available at <https://calparents.org/>

## **CPI Parenting Classes**

For class registration and questions call Rocio Monter (Engl/Span) at (707) 585-6108 x1142  
Current Class Schedule: <https://calparents.org/what-we-do/parent-support-services/classes/>

## **CPI Parent Support Line**

Call or complete the online enrollment form to schedule up to four 1:1 coaching calls with a trained parent educator: (707) 755-2858 (English/Spanish)  
Online form: <https://calparents.org/what-we-do/parent-support-services/supportline.html>

## **CPI Foster Parent Training**

For Foster Parent Resources, call Lizbeth Torres at (707) 276-6741 or email [lizbetht@calparents.org](mailto:lizbetht@calparents.org).

## **CPI Resource Assistance & Intensive Case Management**

For short-term resource assistance and long term intensive case management email [resourceprogram@calparents.org](mailto:resourceprogram@calparents.org).

## **CPI Diaper Project**

To enroll in the diaper assistance program, visit <https://calparents.org/what-we-do/parent-support-services/diaperproject/request-diapers.html>.

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## **Petaluma People Services Center (PPSC):**

PPSC's Counseling Clinic offers a supportive environment to help clients navigate life's challenges and grow personally. Clinicians are able to address a wide range of concerns including: anxiety, depression, stress, relationship issues, drug and alcohol use, parenting difficulties, school issues, recovery from trauma, grief and loss, and life transitions. They welcome members from all walks of life, LGBTQIA+ community, children, adolescents, adults and seniors. For more information, visit: <https://petalumapeople.org/counseling/>  
(707) 765-8488 ext. 400

## **OnlineParentingPrograms.com**

Providing innovative online parent education classes for families in transition, military families, incarcerated families and families where children have been removed from the home, with self-improvement and court mandated classes. Their programs foster parents' learning with opportunities to build, enhance, and modify parenting styles in today's diverse society.

For more information, visit: [www.onlineparentingprograms.com](http://www.onlineparentingprograms.com)  
(866) 504-2883



# Basic Needs Resources: Shelter, Food, and Transportation

## **Sonoma County Coordinated Entry System (CES)**

Offers a single point of entry for families and individuals for shelter and housing services, including emergency shelter, rapid rehousing, transitional housing, and permanent supportive housing units. Provides a centralized waiting list. Offers case management, and community referrals for families on the waitlist. (866) 542-5480

## **211 Essential Community Service**

211 is the most comprehensive source of information about local resources and services in the country. General and basic needs including help with paying bills, groceries, WIC applications, mental health, and connecting with other community resources. Visit [www.211.org](http://www.211.org). Call 2-1-1 (English/Spanish)

## **Sonoma County Health & Human Services**

Federal and state-funded economic assistance programs are administered locally through the county's human services department. For more information on all programs, visit <https://sonomacounty.ca.gov/health-and-human-services/human-services>. 2550 Paulin Drive, Santa Rosa, and South County Center, 5350 Old Redwood Highway Suite 100, Petaluma  
Mon-Fri 8a - 4p  
(877) 699-6868

## **• CalFresh Benefits**

CalFresh (formerly Food Stamps) is a nutrition assistance program which helps individuals and families purchase healthy foods. CalFresh benefits are issued on an electronic benefit transfer (EBT) card—like an ATM card. You can use your EBT card at most grocery stores, neighborhood stores and farmers' markets. Apply for CalFresh benefits online at [getcalfresh.org](http://getcalfresh.org). You can fill out the application online, then we'll call you for an interview.

## **• Medi-Cal & County Medical Services Program**

Medi-Cal benefits offer free or low-cost medical and dental services to eligible residents. It is California's Medicaid program. The County Medical Services Program (CMSP) is a county-funded program that provides temporary health care coverage for eligible residents. When you apply with the county for health care coverage, staff will check your eligibility for coverage. Applications are accepted year-round online at [CoveredCA.com](http://CoveredCA.com). By filling out this single application, you'll know if you qualify for coverage through Medi-Cal or Covered California.

## **• SonomaWORKS (CalWorks)**

SonomaWORKS provides temporary help for families with children who have little or no money. We also help adults caring for a child prepare for a job, then find and keep a job, so they can support their families. Support while on the program may include housing, food, utilities payments, childcare or medical care. Monthly cash benefits are added to an ATM-style plastic card, called an Electronic Benefit Transfer or EBT card, which you can use to make purchases. To schedule an appointment, drop-in during business hours or start your application online at [mybenefitscalwin.org](http://mybenefitscalwin.org). We'll let you know what documents or items to bring to your appointment.

### **Child Parent Institute (CPI)**

Parent education and children's mental health agency serving families throughout Sonoma County since 1978. They offer short-term resource assistance and long-term intensive case management. For more information, email [resourceprogram@calparents.org](mailto:resourceprogram@calparents.org).

Call (707) 585-6108 or (707) 585-6155

### **Sonoma County Housing Authority**

Local public agency that provides safe, decent and quality affordable housing and supportive services to eligible persons with limited incomes. Administers the Housing Choice Voucher Program (Section 8). For more information, visit

<https://sonomacounty.ca.gov/CDC/Housing-Authority/>.

(707) 565-7500

### **Committee on the Shelterless (COTS)**

Assists those experiencing homelessness in finding and keeping housing, increasing self-sufficiency, and improving well-being. To meet a wide range of needs, COTS matches clients with a wide range of services, including 18+ shelters, recuperative care, kids first family shelters, permanent housing, rapid re-housing, and COVID rental relief. For more information visit [cots.org](http://cots.org).

(707) 765-6530 x120

### **Community Action Partnership of Sonoma County.**

Partners with low-income families and individuals to help them achieve economic and social stability, builds community, and advocates for social and economic justice through five core programs. For more information, visit [capsonoma.org](http://capsonoma.org).

141 Stony Cir., Ste. 210, Santa Rosa, CA 95401

(707) 544-6911

- Postsecondary Education & Employment Pathways: Via Esperanza Centro de Education, Adult English Language Learner Program, Mobile Family Resource Center
- Early Education and Development: Head Start, Early Head Start, Pasitos Playgroups
- Economic Assets: HCA Family Fund (one-time financial assistance to prevent homelessness and evictions), Pathways – Housing, Seasons of Sharing, H2O Water Program Assistance, Volunteer Income Tax Assistance (VITA), Disaster Relief Assistance Fund
- Health & Wellness: Give Kids A Smile, Dental Days at WIC, Community & School Health, Padres Unidos
- Community Engagement: Santa Rosa Health Action Chapter

### **Catholic Charities of the Diocese of Santa Rosa**

Serving all of Sonoma County. Inspired by the love and teachings of Christ, they serve and advocate for vulnerable people of all cultures and beliefs, prioritizing those experiencing poverty. Over 20 programs serving the unsheltered, immigrants, and those experiencing poverty in the areas of food, housing solutions, financial stability, immigration, health and wellness, senior support, disaster preparedness and disaster recovery. To get help, visit [srcharities.org/get-help](http://srcharities.org/get-help) or contact the main office and community resource center:

987 Airway Court Santa Rosa, CA 95403

(707) 528-8712

**Petaluma People Services Center (PPSC):**

Dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Wide-ranging support is offered in five significant core service areas: senior services, homeless prevention, employment and training, counseling (see education resources), and food. For more information, visit [petalumapeople.org](http://petalumapeople.org). (707) 765-8488

**California Human Development (CDH)**

Serving all of Sonoma County. Non-profit organization with comprehensive human services programs offering a bilingual services network for Training & Jobs, Affordable Housing, disABILITY Services, pathways to Immigration and Citizenship, and treatment to support Drug-Free Living. For more information, visit [californiahumandevelopment.org](http://californiahumandevelopment.org) or contact the Santa Rosa Headquarters / Central Information office: 3315 Airway Drive Santa Rosa, CA 95403 (707) 523-1155

**Neighbors Organized Against Hunger (NOAH):**

A food pantry in Rohnert Park providing healthy food to those who need it, with weekly distribution hours on Wednesdays from 4-6 PM. Located behind Cross & Crown Church 5443 Snyder Ln., Rohnert Park, CA, 94928 (707) 548-6624

**Unsheltered Friends Outreach (UFO):**

Nonprofit faith based whose mission is to create, find and support programs that help sustain persons experiencing homelessness and that alleviate human suffering. Contact Janal Reyes: (707) 623-3922 or Cell Phone: (707) 322-2098

**Society of St. Vincent de Paul District Council of Sonoma County (SVdP-Sonoma)**

Independent, non-profit 501(c)(3) organization providing support to those suffering from hunger and poverty. The agency serves anyone in need to obtain nutritious food, clothing, and many of life's necessities while moving toward systemic change and solutions that help lift them out of poverty. Resources include a community kitchen free dining room in downtown Santa Rosa, a thrift store in Rohnert Park, a winter shelter, homeless court, vehicle registration assistance. For more information visit [svdp-sonoma.org](http://svdp-sonoma.org). 5671 Redwood Drive, Rohnert Park, CA 94928 (707) 584-1579

**Lemon Aide Project**

For Wildfire Victims Provides services and funding to California residents in dire need directly related to natural disasters including in circumstances such as evacuations and power outages. For more information, visit [lemonaideproject.org](http://lemonaideproject.org). 16 Birch Haven Way, Santa Rosa, CA, 95407

**Redwood Empire Food Bank**

As the largest hunger-relief organization in our area, they work on the front lines of emergency food assistance in our region, playing a crucial role in helping individuals, families, seniors, and children. Find your closest food distribution site at <https://getfood.refb.org/>, or contact the Food Connections Resource Center, where boxes of emergency food are available: 3990 Brickway Blvd., Santa Rosa, CA 95403 Mon – Fri 8 AM – 4:30 PM (707) 523-7903 | [fc@refb.org](mailto:fc@refb.org)

# Optometry Resources



## **Petaluma Eye Care**

**(707) 763-2020**

**[www.petalumaeyecare.com](http://www.petalumaeyecare.com)**

1225 North McDowell Blvd., Petaluma  
*Proof of vaccination required to visit the office (ages 5+). Accepts VSP, for Partnership Medi-Cal Patients and Medi-Cal. Call for current pricing.*

## **Santa Rosa Optometry:**

**Michael Shulkin, OD**

**(707) 542-3404**

1188 Montgomery Drive, Santa Rosa  
*Accepts VSP, Medicare, Medi-Cal, and most private insurance.*

## **Family Optometry Center**

**(707) 571-2020**

**[www.familyoptometrycenter.com](http://www.familyoptometrycenter.com)**

1559 Farmers Lane, Santa Rosa  
*Face masks required.  
Accepts VSP, Spectera, MES, and major PPOs.  
Call for current pricing.*

## **North Bay Optometric Vision Center**

**(707) 584-7294**

**[www.northbayvisioncenter.com](http://www.northbayvisioncenter.com)**

6180 State Farm Drive, Rohnert Park  
*Accepts VSP, Medicare, Medi-Cal, and Blue Cross. Call for glasses and pricing.*

## **Walmart - Vision Center Rohnert Park**

**(707) 586-7948**

**4625 Redwood Drive, Rohnert Park**  
*Call for insurance information and pricing.*

## **Costco: Michael Dinh, OD**

**(707) 588-8656**

**5901 Redwood Drive, Rohnert Park**  
**<http://rohnertparkeydoctor.com>**

*Cash pay, no insurance necessary, accepts VSP. Do not need to be a Costco member for eye exam. You can take the prescription anywhere that sells glasses or buy them at Costco if you are a member.*

## **Dr. John Walker**

**(707) 836-0306**

**[www.doctorjohnwalker.com](http://www.doctorjohnwalker.com)**

9071 Conde Lane, Windsor  
*Accepts most insurance plans and payments Call to verify coverage and pricing.*



# Legal Resources

## **National Center for Lesbian Rights (NCLR) Legal Help Line**

(800) 528-NCLR or locally (415) 392-6257

## **California Rural Legal Assistance, Inc. (CRLA)**

Nonprofit law firm providing free civil legal services to low-income residents of California's rural counties. Services are free of charge thanks to community generosity. English/Spanish.

For more information, visit [www.crla.org](http://www.crla.org).

1260 N Dutton Avenue Suite 160 Santa Rosa, CA 95401

(707) 528-9941

## **Immigration Institute of the Bay Area (IIBA) | Sonoma Office**

Provides high-quality, affordable immigration legal services, immigration workshops, citizenship classes, and civic engagement opportunities. Free initial consultation. English/Spanish. For more information, visit [iibayarea.org](http://iibayarea.org).

17790 Greger St. Sonoma, CA 95476

(707) 932-7000

## **Legal Aid of Sonoma County**

Serves financially challenged families and children, youth, the elderly, people with disabilities, employees, veterans, immigrants and victims of domestic violence. They assist with civil legal issues like eviction, domestic violence, elder abuse, disaster relief and many more. For more information, visit [legalaidsoc.org](http://legalaidsoc.org).

144 South E Street, Suite 100, Santa Rosa, CA 95404

(707) 542-1290





# Drug & Alcohol Resources: Treatment Programs & Support Groups

## **Center Point Drug Abuse Alternative Center (DAAC)**

Provides comprehensive social, educational, vocational, medical, psychological, housing and rehabilitation services to combat social problems such as substance abuse, poverty, unemployment and homelessness. Services include intensive counseling, harm reduction techniques, HIV/AIDS, and Hepatitis C screenings. Optional buprenorphine treatment is also available for eligible patients.

2403 Professional Drive, Santa Rosa, CA 95403

(707) 526-2999 or toll free (877) 888-DAAC (3222)

## **Redwood Empire Addictions Program (REAP)**

Program of Center Point's DAAC, above. Offers methadone and suboxone medication to support individuals who struggle with opioid use disorder. Call for a brief screening appointment. Intake sessions generally available the next weekday.

(707) 526-2999

## **Partnership to End Addiction:**

National organization dedicated to addiction prevention, treatment and recovery, through a diverse community of researchers, advocates, clinicians, communicators and more. Offers online specialist support, peer support, parent coaching, tools to connect and learn, and educational resources, along with resources in Spanish and for LGBTQIA+. For more information, visit [drugfree.org](http://drugfree.org).

Schedule a call online or text CONNECT to 55753.



# Community-Based Programs & Volunteer Opportunities

## **Rohnert Park Animal Shelter**

Animal welfare and rescue organization with volunteer opportunities for youth and adults. Junior Volunteer Program for students ages 12-17 involves structured schedule and 6-month volunteer commitment. Flexible bi-monthly volunteer events available as well. Distance volunteering possible for all ages.

For more information, visit [rpanimalshelter.org](http://rpanimalshelter.org) or contact:

Conner Cimmiyotti, Volunteer Outreach Coordinator:

(707) 584-2971

## **4H Youth Development**

*See individual folder for more resources.*

The Sonoma County 4-H program, established in 1926, helps young people, ages 5-19, reach their fullest potential as competent, confident individuals who contribute to and are connected with their communities. Partners with schools to provide after-school programs for 1st-6th graders, summer activities, and a mentorship and leadership program for 7th-10th grade students. For more information and to enroll, visit [cesonoma.ucanr.edu/4H](http://cesonoma.ucanr.edu/4H) or contact Diego Mariscal, Sonoma 4-H Program Coordinator.

(707) 565-3027

## **Girls on the Run (GOTR) North Bay**

Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them stand up for themselves and others and establish a lifetime appreciation for their social, emotional and physical health. Scholarships available.

Contact: GOTR North Bay

773-709-5015 (English/Spanish)

[elba@GOTRNorthbay.org](mailto:elba@GOTRNorthbay.org)

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

## **Spreckels Performing Arts Center Education Program**

The Spreckels Performing Arts Center Arts Education provides a comprehensive experience for those young people who are interested in theatre. They are taught dance, voice, and acting techniques by top professionals from the Bay Area. For more information, visit [spreckelonline.com](http://spreckelonline.com).

(707) 588-3400

## **North Bay Theatrics**

Their mission is to provide a safe and inclusive environment that is accessible to all young people where they create leadership opportunities and foster relationships so all individuals can build confidence while having fun, being themselves, and instilling a sense of value through the performing arts. They believe that all students should be able to have access to theatre and arts opportunities regardless of financial background. Their mentorship programs have helped their students grow into teachers and beyond. For more information, visit [northbaytheatrics.com](http://northbaytheatrics.com).

(415) 671-7198

## **Big Brothers Big Sisters of the Bay Area**

*See individual folder for more resources.*

Big Brothers Big Sisters pioneered youth mentoring in 1904 and is the industry leader in mentoring services to children. Mentoring helps kids to graduate, stay out of trouble, improve their school grades and relationships with others. Mentors are professionally screened, trained and supervised.

(707) 258-6346

Email [info@bbbsba.org](mailto:info@bbbsba.org)

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

## **Sonoma County Family YMCA (Young Men's Christian Association)**

Non-profit organization dedicated to improving the lives of Sonoma County residents in the areas of Youth Development, Healthy Living and Social Responsibility. The ASES program is a state-funded after-school program that is free to participants and offers a safe environment for children to enhance their education. Programs are offered at Thomas Page and John Reed in Rohnert Park. For more information, visit [scfymca.org](http://scfymca.org) or contact the YMCA representative for a specific site:

John Reed Elementary: Yarida Llamas, (707) 888-4660

Thomas Page Elementary: Mark Kratz, (707) 494-1630

## **Sonoma County Regional Parks**

Network of local regional parks with day use access, overnight camping, community engagement programs and outreach, within a framework of equity, diversity, inclusion and cultural sensitivity. For more information visit [parks.sonomacounty.ca.gov](http://parks.sonomacounty.ca.gov). Discounted annual vehicle passes available to qualifying low-income households. Applications can be printed or filled out online at [parks.sonomacounty.ca.gov/become-a-member/join-or-renew](http://parks.sonomacounty.ca.gov/become-a-member/join-or-renew) (707) 565-2041 (English/Spanish).

## **Boy Scouts of America**

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law. Programs are available for all youth from Kindergarten through 20 years old. For more information, visit <https://www.scouting.org/>. Click "Join Us" at the top of the page and enter your zip code (94928 for Rohnert Park, 94931 for Cotati) to find local clubs.

## **Rohnert Park Community Services**

*See individual folder for more resources including current recreation guide.*

Rohnert Park Community Services offers a variety of programs for children ranging from classes, camp and preschool to swim lessons and sports. For more information on current classes and programs check out our [Recreation Guide](#) or call the Rohnert Park Community Center Front Desk at (707) 588-3456.

## **Cotati Community Center**

The Recreation Department of Cotati invites you to visit their parks, participate in their special events and numerous recreation programs, including summer camps. For more information and upcoming events, visit [https://www.cotaticity.org/city\\_hall/departments/recreation](https://www.cotaticity.org/city_hall/departments/recreation).

201 West Sierra Avenue Cotati, CA 94931

(707) 665-4222