



Parents' Guide
For Sonoma County
April 2010

Parents' Guide for Sonoma County A Gift for You and Your Family

The time from before birth through the first five years is the most important time of your child's life. Research shows that a baby's brain grows to 90 percent of its adult size by age three. What your child experiences in these years before kindergarten shapes the person he or she will become.

From your first moments together, when you play, talk, sing, read, and laugh with your baby, you are feeding his or her brain and helping it grow. Your love and attention provide the foundation your child needs to learn and succeed through the rest of life.

This Parents' Guide is a gift to you from First 5 Sonoma County. The programs and services it describes will help you as you care for your young children in these early years.

First 5 Sonoma County is funded by a 50-cent tax on tobacco products, and we use that money to fund programs and services for children from before birth through age five. These programs are focused on children's health, school readiness, parental education, and early child care and education. Many of them are in this guide.

For more information about First 5 Sonoma County or to order a free Parents' Guide, please visit www.first5sonomacounty.org or call 707-565-6680.



490 Mendocino Ave., Suite 202
Santa Rosa, CA 95401
707-565-6680



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ACTIVITIES FOR KIDS

Play is the way children learn. Physical activity is very important for your child's health and healthy development. Some programs below offer financial help. Call or go to websites for more information.

California Parenting Institute (CPI) **585-6108**
 Infantgym (crawling-15 months), kindergym (15-36 months), and other activities for children. Meet other parents. Classes in English and Spanish. Sliding scale. www.calparents.org
3650 Standish Ave., Santa Rosa

Community Action Partnership of Sonoma County (CAP Sonoma) **544-6911**
 Services for low-income parents with children ages 0-5. Playgroups for 3 year olds. Must meet requirements. Spanish spoken. www.capsonoma.org
1300 North Dutton Ave., Santa Rosa

Early Learning Institute (ELI)..... **591-0170**
 Community playgroups for children (0-5 years). Spanish spoken. www.earlylearninginstitute.com
311 Professional Center Drive, Suite 100, Rohnert Park

Ives Pool (Western Sonoma County Swimmers)..... **823-8693**
 Swimming for adults and kids. Family swim, public swim, and swim lessons. Open all year, 7 days a week. Pool temperature 81 degrees. Spanish and Portuguese spoken. www.ivespool.org
7400 Willow St., Sebastopol

Petaluma

Swimming classes and lessons for pregnant women, infants, and families. Fee.

Cavanagh Pool **778-4536**
Eighth & G St., Petaluma

Classes and activities for adults and children 5 and under, including tap and ballet. Fee.

Parks and Recreation **778-4380**
320 North McDowell Blvd., Petaluma
www.cityofpetaluma.net

River to Coast Children's Services (RCCS) **869-3613**
 Kindergym, infantgym, swimming lessons, literacy programs, and art for kids. Spanish spoken. www.rccservices.org
16300 First St., Guerneville

Rohnert Park Recreation Department **588-3456**
 Programs for children (6 months-7 years), adults, and families.
 Swimming classes in the summer for infants and parents. The Activities
 Guide lists all programs. Ask for a copy. www.rpcity.org
5401 Snyder Lane, Rohnert Park

Santa Rosa Recreation and Parks

Fun fitness activities for young children and families. Free summer
 programs. Art, music, dance, cooking, kindergym and tiny tots for young
 children. Fee for some classes. Spanish spoken.

Finley Community Center **543-3737**
2040 West College, Santa Rosa

Steele Lane Recreation Center **543-3282**
415 Steele Lane, Santa Rosa

Swim lessons for children 6 months and older. Recreational swimming
 for families and other programs. Spanish spoken at certain times.

Finley Aquatic Complex **543-3760**
2060 West College Ave., Santa Rosa

Ridgway Swim Center **543-3421**
455 Ridgway Ave., Santa Rosa

www.santarosarec.com

Sebastopol Community Cultural Center **823-1511**
 Kindergym (6 months-3 years). Classes all year for kids of all ages. Ask
 about the activities guide for a list of classes and fees. www.seb.org
390 Morris St., Sebastopol

Sonoma County Family YMCA

Sports programs for young children (2-5 years). Financial help available.
 Spanish spoken. www.scfymca.org

Main Facility **545-9622**
1111 College Ave., Santa Rosa

Program Office **544-1829**
1207 College Ave., Santa Rosa

Windsor Community Services Department..... **838-1260**
 Summer camps and cooking, music, tap, and jazz classes for
 preschoolers. Parent education classes. Fee. Spanish spoken.
 Scholarships may be available. www.townofwindsor.com
9291 Old Redwood Highway, Bldg. 300, Ste. D, Windsor

ADOPTION, FOSTER CARE, AND KINSHIP CARE

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

Parents Place 571-2048

Jewish Family and Children’s Services (JFCS)

Services for adoptive families. Crisis intervention, counseling, and support groups for children and parents. Services after adoption are free. Must meet requirements. www.sonoma.ppsignup.org

1360 North Dutton Ave., Santa Rosa

Redwood Empire Foster Parents Association 528-3672

Peer support for foster families. 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, case management, special events, education, and fun activities. Help finding legal, financial, and health services. Must meet requirements. Spanish spoken. www.sonomakinship.org

411 King St., Santa Rosa

ALCOHOL AND OTHER DRUGS (TREATMENT AND SUPPORT)

Casa Teresa 829-9557

Culturally specific bilingual (Spanish/English) residential treatment program for alcohol and other drugs. For pregnant and parenting women. Children (0-11 years) may participate with their mothers. Sliding scale.

Drug Abuse Alternatives Center (DAAC) 544-3295

For pregnant and parenting women who are changing from drug abuse, use, or addiction to a drug-free lifestyle. The program is based on abstinence and meets on weekdays for nine months. DAAC provides child care, transportation, and a healthy snack. www.daacinfo.org

2403 Professional Dr., Santa Rosa

Orenda Center..... **565-7450**
 Programs include detoxification, short-term residential, outpatient, and co-occurring disorders. Medi-Cal accepted for some services. Sliding scale. www.sonoma-county.org/health/aods
1430 Neotomas Ave., Santa Rosa

Turning Point..... **284-2950**
Drug Abuse Alternatives Center (DAAC)
 Residential treatment for men and women with serious addiction problems to alcohol or other drugs. Must be 18 or older. Program encourages involvement of family and children. Outpatient treatment for adults and teens. Free for most teens. Medi-Cal accepted for adults. Free group for family and friends. www.daacinfo.org

Women’s Recovery Services **527-0412**
 Residential treatment services for women who are dependent on alcohol or other drugs and their young children. Smoking is prohibited. Women attend classes daily while children are in the Children’s Program. Must meet requirements. www.womensrecoveryervices.org

Self-help groups

Alcoholics Anonymous (AA)
 Santa Rosa Bookstore and General Information **546-2066**

AA Hotlines:

Long distance **1-800-224-1300**

Petaluma..... **762-5122**

Santa Rosa **544-1300**

Sonoma..... **938-8508**

Spanish line..... **829-1272**

Call or go to website for meeting times and locations. <http://users.ap.net/~aa/index.html>

Spanish: <http://users.ap.net/~aa/espanol.htm>

Al-Anon/Alateen Family Groups District 5 **575-6760**

Spanish meetings in Sonoma County..... **763-0183**

Information line (English, French, & Spanish) **1-800-344-2666**

Support groups for relatives and friends of alcoholics. Call or go to website for meeting locations and times. www.ncwsa.org/d05

Narcotics Anonymous..... **24-hour helpline: 575-7837**

Call or go to website for meeting times and locations. www.sonomacountyna.org

BIRTH CERTIFICATES AND SOCIAL SECURITY CARDS

Office of Vital Statistics..... **565-4407**

Sonoma County Department of Health Services

Certified copies of birth certificates for children under age 1. Fee.

Spanish spoken. www.sonoma-county.org/health/ph/vitalstatistics/index.htm

625 Fifth St., Santa Rosa



Social Security Office..... 544-4302 & 1-800-772-1213
 For Social Security cards, numbers, and information. Spanish spoken.
www.socialsecurity.gov
 Spanish: www.socialsecurity.gov/espanol
2099 Range Ave., Building A, Santa Rosa

BREASTFEEDING AND LACTATION SUPPORT

Breastfeeding Workshops, Santa Rosa Community Health Center (SCHC)
 Free breastfeeding education and support. 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

Chanate Family Practice Center (CFPC)..... 303-3600
 Tuesdays at 6 PM.
 3320 Chanate Rd., Clinic C, Santa Rosa

Lombardi Court Health Center 547-2222
 Fridays at 10 AM.
 751 Lombardi Ct., Ste. B, Santa Rosa

Infant Nutrition/Lactation Services

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

La Leche League 523-8697

Support and information for pregnant or breastfeeding mothers. 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 at the Women’s Health and Birth Center (539-1544). Spanish spoken. www.llli.org

Spanish: www.llli.org/LangEspanol.html

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.

Petaluma Valley Hospital Lactation Services 778-2827

Support for women experiencing breastfeeding problems while at Petaluma Valley Hospital. Done by Board Certified Lactation Consultants. Follow-up phone calls after discharge. Free outpatient consults by appointment. You can rent or buy Medela breastpumps. Spanish with interpreter services.

400 North McDowell Blvd., Petaluma



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 (IBCLCs and CLCs). 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 (IBCLCs). 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

WIC Program, Alliance Medical Center..... 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. Must meet requirements. Medi-Cal accepted. Call for information and appointments in Cloverdale, Healdsburg, or Windsor. www.alliancemed.org
1381 University St., Healdsburg

WIC Program, County of Sonoma 565-6590 & 1-800-816-3663
Breastfeeding support for low-income pregnant or nursing women who are WIC participants. Breast pumps available on loan. Medi-Cal accepted. Spanish spoken. You can start the enrollment process online. www.sonoma-county.org/health/wic/index.htm
11 English St., Petaluma
810 Grove St., Sonoma
2400 County Center Dr., Santa Rosa
16390 Main St., Guerneville

WIC Program, Sonoma County Indian Health Project..... 521-4575
Breastfeeding support. Breast pumps available on loan for WIC participants. www.crihb.org/sonoma.htm
144 Stony Point Rd., Santa Rosa

Women’s Health and Birth Center539-1544 & 539-9457
Family-center care: Certified nurse midwives for pregnancy and childbirth. Breastfeeding support services, prepared childbirth classes, and counseling.
With Child: Breastfeeding classes, products, pump rentals, lactation support, and home visits to mothers and babies.
Spanish spoken. www.womenshealthandbirthcenter.com
583 Summerfield Rd., Santa Rosa

CHILD ABUSE AND DOMESTIC VIOLENCE PREVENTION

Local police and sheriff's departments investigate incidents of domestic violence. In a domestic violence emergency, call 9-1-1.

California Parenting Institute (CPI) 585-6108

Classes for parents with children ages 0-18. Classes in English and Spanish throughout Sonoma County. Classes about child development, anger management, dad's issues, divorce, separation, single parenting, and more. Individual family consultations available. Must meet requirements. www.calparents.org

3650 Standish Ave., Santa Rosa

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

1747 Copperhill Parkway, 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. Must meet requirements. www.sonomahumane.org

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

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 District Attorney’s Office 565-2311
Spanish line 565-2049
 Counselors offer crisis counseling, go with victims to court appearances, and provide criminal justice information. Free for all victims of domestic violence. Must meet requirements. Japanese and Spanish spoken.
 Appointment only. www.sonoma-county.org/da
600 Administration Dr., Room 212J, Santa Rosa

Sonoma County Men Evolving Non-Violently (MEN)
24-Hour Support 528-2636
 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

Victim Assistance Center 565-8250
Sonoma County District Attorney’s Office
 Advocacy for victims of violent crime as they go through the criminal justice system. Pays victim’s expenses that are related to the crime. Crisis counseling. Help with claims, going to court, and finding services and support. Fee. Spanish and Japanese spoken. www.sonoma-county.org/da/victim
1000 Coddington Center, Ste. 101, Santa Rosa

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

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 CARE AND EARLY EDUCATION

Community Child Care Council of Sonoma County (4Cs)..... 544-3077
 Offers subsidized child development centers and preschool for children (2-6 years), child care referrals, and a voucher program to help parents pay for child care. Manages a county-wide list of families waiting to receive vouchers for child care. Parents must meet requirements. Food program, training, and support for child care providers. Spanish spoken. www.sonoma4cs.org
131-A Stony Circle, Suite 300, Santa Rosa

Head Start and Early Head Start 544-6911
Community Action Partnership of Sonoma County (CAP Sonoma)
 Early childhood education for children (3-4 years) and children with special needs. Programs in family development. For families with incomes below the poverty level. Classes throughout Sonoma County. Spanish spoken. www.capsonoma.org
1300 North Dutton Ave., Santa Rosa

Migrant Education Program 526-1272 x20
 The First Teacher Program teaches parents the skills necessary to prepare children for kindergarten. Free. Spanish spoken. www.bcoe.org
5510 Skylane Blvd., Ste. 100, Santa Rosa

Professional Association for Childhood Education Alternative Payment Program (PACEAPP)..... 585-0600
 Helps low-income families pay for child care 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. 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

CHILDREN WITH SPECIAL NEEDS

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 a qualifying medical condition. Must meet requirements. Spanish spoken. www.sonoma-county.org/health/ph/ccs
625 Fifth St., Santa Rosa

Early Learning Institute (ELI)..... 591-0170
 Support and services for very young children and their families. Developmental screenings, home visiting services, early intervention, and consultation to child care providers. Must meet requirements. Spanish spoken. www.earlylearninginstitute.com
311 Professional Center Drive, Suite 100, Rohnert Park

Early Start Warm Line..... 1-800-646-3268

North Bay Regional Center (NBRC)

Free early intervention services for families with infants/toddlers (birth-36 months) with disabilities or at risk of having disabilities. Spanish spoken. www.nbrc.net

1501 Mendocino 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. Must meet requirements. Spanish spoken. www.noca.easterseals.com

5440 State Farm Dr., Rohnert Park

Family Resource and Advocacy Center (FRAC)524-6725 & 524-6677

Becoming Independent

Free support for children with disabilities and their families. Help finding services, recreation camps, advocacy, parent support programs, and more. Spanish spoken. www.becomingindependent.org

1425 Corporate Center Parkway, Santa Rosa

Head Start and Early Head Start 544-6911

Community Action Partnership of Sonoma County (CAP Sonoma)

Early childhood education for children (3-4 years) and children with special needs. Programs in family development. For families with incomes below the poverty level. Classes throughout Sonoma County. Spanish spoken. www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

Matrix Parent Network & Resource Center 1-800-578-2592

Information, support, and advice for parents of children with special needs. Helpline provides help finding services and schedules consultations, or home visits. Staff attend Individual Education Plan (IEP) meetings and provide parent trainings and support groups. Yahoo online support group. A library of resources is available. www.matrixparents.org

Spanish support groups 1-415-475-2129

In Santa Rosa for parents of children with special needs. In Sonoma for parents of children with autism. Call for details.

94 Galli Dr., Ste. C, Novato

North Bay Regional Center (NBRC) 569-2000

Services for infants and toddlers at risk for developmental disabilities, and for children with developmental disabilities, including epilepsy, cerebral palsy, mental retardation, and autism. Must meet requirements. Some services are free. Spanish and Tagalog spoken. Sign language. www.nbrc.net

2351 Mendocino Ave., Santa Rosa



Sonoma County Down Syndrome Support (SCDSS) 537-8001 & 319-1135
 Parents support parents and whole families, from pregnancy through life. Affiliate of National Down Syndrome Society, project of Becoming Independent. Call or go to website for more information. www.sonoma-county-downsyndromesupport.org

St. Joseph Home Care Network 206-9124
 Pediatric nurses offer training and support to parents of children with chronic and serious medical needs, and to parents of fragile infants. Medi-Cal and some insurance plans accepted. www.stjoseph-homecare.org/default

CLUBS FOR FAMILIES

Parent support groups have brought many new and exciting opportunities for parents to reach out to each other and make new friends for themselves and their children. However, we urge parents to proceed cautiously and investigate for themselves the safety, accuracy, and wisdom of information and advice they may receive from organizations without professional oversight. Groups are listed upon request. No endorsement by First 5 Sonoma County is implied by listing in this directory.

Support, education, and socialization for families, including meetings, playgroups, family outings, events, and parenting classes. Most groups are for mothers-to-be, mothers, and fathers with children ages 5 and under. Most charge an annual fee. Confidential scholarships may be available. Call and/or go to website for more information and to join.

- 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

COUNSELING AND MENTAL HEALTH SERVICES

Many health centers also offer mental health and counseling services. Please look for these health centers under **MEDICAL SERVICES**.

Angela Center **528-8578**
 Counseling for individuals, couples, and families. Short-term therapy for dealing with the challenges of parenting young children. Appointment only. Sliding scale. www.angelacenter.com
535 Angela Dr., Santa Rosa

Center for Social and Environmental Stewardship (formerly known as Circuit Rider Productions) **838-6641 x256**
 Low-cost counseling for families, couples, individuals, and children. Parent education and job-training programs available in Spanish. Sliding scale. www.crpinc.org
109 South Main St., Cloverdale
9619 Old Redwood Highway, Windsor

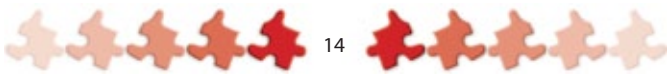
Children’s Counseling Services..... **585-6108**
California Parenting Institute (CPI)
 Spanish and English counseling for children (3-18 years) who have experienced trauma or who exhibit behavior problems. Free and sliding scale. Medi-Cal accepted. Must meet requirements. www.calparents.org
3650 Standish Ave., Santa Rosa

Chrysalis Counseling Services for Women..... **545-1670**
 Quality counseling on a sliding scale for women, men, couples, children, and families. Help finding services. www.chrysaliscounseling.org
1821 Fourth St., 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

Jewish Family and Children’s Services (JFCS) **571-8131**
 Mental health services for infants, 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. Programs include substance-abuse prevention and intervention for the family, in-home behavioral services, and “Positive Discipline” parent education. Spanish spoken. Fee. www.lifeworkssc.org
1200 College Ave., Santa Rosa
- Lomi Psychotherapy Clinic** **579-0465 x227**
 Counseling for individuals, families, and children. Free crisis counseling offered to impoverished or homeless women, men, and children who cannot afford counseling. 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. Spanish spoken. www.lomi.org
534 B St., Santa Rosa
- Petaluma People Services Center (PPSC)**..... **765-8488**
 Counseling for individuals, couples, families, and children. Sliding scale. Medi-Cal accepted. Spanish spoken. www.petalumapeople.org
1500 Petaluma Blvd. South, Ste. A, Petaluma
- Russian River Counselors**..... **865-1200**
 Psychological services for families. Sliding scale. Medi-Cal accepted. www.rivershrink.com
19375 Highway 116, Monte Rio
- Russian River Mental Health Center**..... **869-2961**
 Mental health counseling. Sliding scale. Medi-Cal, Medicare, CMSP, and most major insurances accepted. Spanish and Vietnamese spoken. www.wchealth.org
16312 Third St., Guerneville
- Social Advocates for Youth (SAY)**
 Spanish and English counseling for families with young children. Must meet requirements. Sliding scale. www.socialadvocatesforyouth.org
- Counseling Clinic** **544-3299 x210**
3440 Airway Dr., Ste. E, Santa Rosa
- Family Advocacy**..... **431-7658**
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**



Counselors offer crisis counseling, go with victims to court appearances, and provide criminal justice information. Free for all victims of domestic violence. Must meet requirements. Japanese and Spanish spoken.

Appointment only. www.sonoma-county.org/da
600 Administration Dr., Room 212J, Santa Rosa

Sonoma County Mental Health Access Team 565-6900

For children and youth with full scope Medi-Cal benefits. Parent or legal guardian must call to request services. Information gathered over phone, then referral is made to appropriate provider for mental health services. Spanish spoken.

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. Must meet requirements. Spanish spoken. www.westcountyservices.org

Guerneville 869-0654

16390 Main St., Guerneville

Sebastopol 829-5717

555 South Main St., Sebastopol

DENTAL SERVICES

Alexander Valley Regional Medical Center (AVRMC) 894-2094

Dental services for children and adults on Fridays. Only accepts Healthy Families. Sliding scale. www.avrmcorg.org

100 West Third St., Cloverdale

Alliance Medical Center 433-5494

Dental services for parents and children. Must meet requirements. Medi-Cal accepted. Spanish spoken. www.alliancemed.org

1381 University Ave., Healdsburg

Cultivando la Salud/Cultivating Health Mobile Dental Clinic... 547-4649

St. Joseph Health System

Mobile community dental clinic. Basic, preventive, restorative, and emergency dental care at high-need sites throughout the county for low-income children, adults, and families. Special efforts to serve children (0-5 years), pregnant women, and special needs patients. Sliding scale. Medi-Cal accepted. Spanish spoken. www.stjosephhealth.org

Immediate Healthcare for Kids (Kids' Net) 544-KNET (5638)

Community Action Partnership of Sonoma County (CAP Sonoma)

Provides uninsured children (0-17 years) access to volunteer healthcare providers in Sonoma County. Includes medical, dental, vision, and pharmacy services. Helps families connect with a medical home and

apply for affordable health insurance for ongoing care. Must meet requirements. Spanish spoken. www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

Pediatric Dental Initiative (PDI) 838-6560

Sedated dentistry for children ages 1-6 or with developmental disabilities up to age 14. Focuses on preventing and treating tooth decay (cavities and/or rotten teeth). Staff schedules surgery appointment, discusses important pre-operation instructions, and provides oral health education tools to help prevent future tooth decay. Medi-Cal accepted. Sliding scale. Spanish spoken. www.pedidental.org

1380 Nineteenth Hole Dr., Windsor

Petaluma Health Center Dental Clinic559-7550 & 559-7500

Dental services for children and adults. Medi-Cal accepted. Spanish spoken. www.phealthcenter.org

47 Maria Dr., Ste. 813, Petaluma

Russian River Dental Center 869-2933

Dental services for residents of West Sonoma County and Russian River area. Sliding scale. Medi-Cal, CMSP, and most major insurances accepted. Spanish spoken. www.wchealth.org

16312 Third St., Guerneville

Sonoma County Indian Health Project 521-4600

Dental services for Native American families. Services only available for non-native patients with Medi-Cal or CMSP. Spanish available.

144 Stony Point Rd., Santa Rosa

St. Joseph Dental Clinic..... 547-2221

Dental services for low-income, underinsured, and non-insured children (0-16 years). Basic, preventive, emergency, and comprehensive dental care with a focus on prevention and education. Medi-Cal accepted. Sliding scale. Spanish spoken. www.stjosephhealth.org

751 Lombardi Ct., Ste. A, Santa Rosa

Western Dental 542-5200

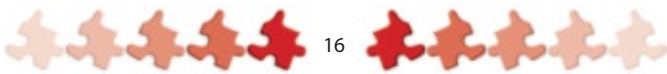
Dental services for kids and adults. Medi-Cal and CMSP accepted. Sliding scale. Spanish spoken. www.westerndental.com

1240 Farmers Lane, Santa Rosa

EMERGENCY RESOURCES

California Poison Control System (CPCS) 1-800-222-1222

Free, immediate, and expert treatment advice for exposure to poisonous, hazardous, or toxic substances. 24 hours a day, 7 days a week, 365 days a year. Interpreter service. Website in many languages. www.calpoison.org



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

1747 Copperhill Parkway, Santa Rosa

Psychiatric Emergency Services (PES) Sonoma County 576-8181

Crisis intervention, clinical evaluation, and help for individuals experiencing serious, urgent psychiatric distress. Medical and substance use issues must be screened and cleared by a local hospital emergency room first. Translation as needed.

3322 Chanate Rd., Santa Rosa

Safely Surrendered Baby Lawwww.babysafe.ca.gov

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 get the baby back. Information on website in English and Spanish.

Sonoma County District Attorney’s Office 565-2311

Spanish line 565-2049

Counselors offer crisis counseling, go with victims to court appearances, and provide criminal justice information. Free for all victims of domestic violence. Must meet requirements. Japanese and Spanish spoken. Appointment only. www.sonoma-county.org/da

600 Administration Dr., Room 212J, Santa Rosa

United Against Sexual Assault (UASA) of Sonoma County

24/7 Crisis Line 545-7273

Rape crisis, prevention, education, intervention, and counseling center. Sliding scale, scholarships available, no one is denied services for lack of ability to pay. Spanish spoken. www.uasonoma.org
Spanish: www.uasonoma.org/espanol/index.html

835 Piner Rd., Ste. D, Santa Rosa

FAMILY PLANNING AND REPRODUCTIVE HEALTH SERVICES

The following organizations offer free and/or low-cost confidential family planning and reproductive health services. Services include birth control, pregnancy testing, emergency contraception, annual exams, education, counseling, HIV screening, male and female sterilization, reproductive health education and counseling, and treatment of sexually transmitted infections. Sliding scale. English and Spanish spoken at all locations. Translation available for other languages. Call each location for services offered.

Medi-Cal and Family Planning Access Care and Treatment (FPACT) Program accepted. For more information about FPACT, look for listing under HELP FINDING MEDICAL AND DENTAL INSURANCE AND SERVICES.

- Alexander Valley Regional Medical Center (AVRMC) 894-4229**
www.avrmcorg.org
 6 Tarman Dr., Cloverdale
- Alliance Medical Center 433-5494**
www.alliancemed.org
 1381 University Ave., Healdsburg
- Chanate Family Practice Center (CFPC) 303-3600**
www.swhealthcenter.org
 3320 Chanate Rd., Santa Rosa
- Occidental Area Health Center 874-2444**
www.wchealth.org
 3802 Main St., Occidental
- Petaluma Health Center 579-7500**
www.phealthcenter.org
 1301 Southpoint Blvd., Petaluma
- Planned Parenthood 1-800-967-PLAN (7526)**
 Teen clinic Wednesdays. www.ppgg.org
 1370 Medical Center Dr., Rohnert Park
- Russian River Health Center 869-2849**
www.wchealth.org
 16319 Third St., Guerneville
- Sebastopol Community Health Center 824-9999**
www.wchealth.org
 6800 Palm Ave. Ste. C2, Sebastopol
- Sonoma Valley Community Health Center 939-6070**
 Teen clinic Mondays. www.svchc.org
 430 West Napa St., Ste. F, Sonoma
- Lombardi Court Health Center 547-2222**
 Teen clinic Wednesdays and Saturdays. www.swhealthcenter.org
 751 Lombardi Ct., Ste. B, Santa Rosa
- Teen Clinic 887-0427**
West County Health Centers
 Free and confidential services for teens. www.wchealth.org
 6570 First St., Forestville
- Women’s Health and Birth Center 539-1544**
www.womenshealthandbirthcenter.com
 583 Summerfield Rd., Santa Rosa
- Women’s Health Specialists 537-1171**
www.cawhs.org
 4415 Sonoma Highway, Ste. D, Santa Rosa

FINANCIAL HELP

- Catholic Worker Critical Needs** **575-8343**
 Free services to keep families in housing. Focuses on financial needs of families with children, disabled, and frail elderly. Bring photo ID and ID for children. Sign-ups are Tuesdays and Thursdays at 10 AM. Spanish spoken.
465 A St., 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
- Friends in Sonoma Helping (FISH)** **996-0111**
 Emergency groceries, clothing, rides, rental and utility help (one time only). Sonoma Valley only (from Glen Ellen in the north to Schellville in the south). Food pickup Mon.-Fri. 1:30-3 PM. Clothes room 10 AM-12 PM (Tues., Wed., Fri., Sat.). Spanish spoken. www.friendsinsonomahelping.org
18330 Highway 12, Sonoma
- Homeless Prevention Program (recorded information)** **588-2285**
Sonoma County Adult and Youth Development (SCAYD) **793-9030**
 Families living in or moving to Rohnert Park or Cotati may apply for one-time financial help for rent or deposit if they are at risk of becoming homeless. Must meet requirements. Spanish spoken. www.scayd.org
7345 Burton Ave., Rohnert Park
- 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, Food Stamps, and Medi-Cal benefits for families. Training and education to help families become employed. 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. Website in Spanish and English. www.windsorservicealliance.com

8987 Windsor Rd., Windsor

FOOD AND NUTRITION

FISH of Santa Rosa (to request food only)..... **527-5151**
 Free food for those in need. Call first. 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 families buy food. Helps those who work for low wages or part-time, are unemployed, elderly, or disabled. Language line for all languages. www.co.sonoma.ca.us/human/eco_assistance.htm

2550 Paulin Dr., Santa Rosa

Friends in Sonoma Helping (FISH) **996-0111**
 Emergency groceries. Sonoma Valley only (from Glen Ellen in the north to Schellville in the south). Pick-up food weekdays from 1:30-3 PM. Spanish spoken. www.friendsinsonomahelping.org

18330 Highway 12, Sonoma

Petaluma Kitchen **778-6380**
COTS-Committee on the Shelterless

Food Box Program: Free weekly groceries to families and individuals in southern Sonoma County who meet requirements. Complete application weekdays from 9:30-11 AM. Bring photo ID and proof of Petaluma residence.

Free Meals: Breakfast daily from 7:30-9:30 AM. Lunch weekdays from 11:30 AM -1 PM and weekends from 11:30 AM-12:30 PM.

www.cots-homeless.org

301 Payran St., Petaluma

- Redwood Empire Food Bank**..... **523-7900**
 Help finding free food distribution services for low-income people.
 Programs for children and families. Call for help and information. Must
 meet requirements. Spanish spoken. www.refb.org
3320 Industrial Dr., 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
- Rural Food Project** **542-5426**
Catholic Charities of the Diocese of Santa Rosa
 Food distribution to needy families, farm workers, and working poor. Call
 for details. Spanish spoken. www.srcharities.org
- Santa Rosa Catholic Worker, Inc** **575-8342**
 Free groceries for families with children, disabled, and frail elderly. Bring
 photo ID and ID for children. Food sign-ups are Tuesdays and Fridays at
 8:30 AM. Spanish spoken.
437 A St., Santa Rosa
- Sonoma Brown Baggers (SBB)**
Sonoma Overnight Support (SOS)..... **933-9593**
 Distributes sack lunches on Mondays, Tuesdays, and Thursdays near
 the Square (at La Luz and the Glen Ellen Post Office). Must meet
 requirements. www.sonomaovernightsupport.org
- St. Vincent De Paul**
Emergency food and clothing..... **1-800-584-1579 & 584-1579**
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 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
- The Salvation Army** **542-0998**
 Emergency food weekdays from 10 AM-12 PM. Spanish spoken. [www.
 tsatoday.org/santarosa](http://www.tsatoday.org/santarosa)
93 Stony Circle, Santa Rosa

West County Community Services 869-0654
 Food boxes to West County residents. Call for information. Must meet requirements. Spanish spoken. www.westcountyservices.org
16390 Main St., Guerneville

WIC Program, Alliance Medical Center..... 431-0831
 Nutrition/health education. Food vouchers for healthy foods for low-income pregnant and nursing women, infants, and children under 5. Medi-Cal accepted. Spanish spoken. Call for information and appointments in Cloverdale, Healdsburg, or Windsor. www.alliancemed.org
1381 University St., Healdsburg

WIC Program, County of Sonoma 565-6590 & 1-800-816-3663
 Monthly vouchers for free food. Nutrition information. For low-income pregnant and nursing women and children under 5. Call for appointments in Santa Rosa, Petaluma, Sonoma, and Guerneville. Medi-Cal accepted. Spanish spoken. You can start the enrollment process online. www.sonoma-county.org/health/wic/index.htm
11 English St., Petaluma
810 Grove St., Sonoma
2400 County Center Dr., Santa Rosa
16390 Main St., Guerneville

WIC Program, Sonoma County Indian Health Project..... 521-4575
 Monthly vouchers for free food. Nutrition information. For low-income pregnant and nursing women, and children under 5. www.crihb.org/sonoma.htm
144 Stony Point Rd., Santa Rosa

Windsor Service Alliance..... 838-6947
 Free groceries or emergency help. Fridays 3-4 PM. Bring proof of Windsor residency. Must meet requirements. Spanish spoken. Website in English and Spanish. www.windsorservicealliance.com
8987 Windsor Rd., Windsor

HELP FINDING MEDICAL AND DENTAL INSURANCE AND SERVICES

Child Health & Disability Prevention Program (CHDP) 565-4460
 Help finding free well-child exams in Sonoma County. For children receiving Medi-Cal health benefits and non-Medi-Cal children whose families meet income requirements. Call to learn if your child qualifies. Spanish spoken. www.sonoma-county.org/health/ph/chdp/index.htm
625 Fifth St., Santa Rosa

Family Planning Access Care and Treatment

(FPACT) Program 1-800-942-1054 (toll-free) & 1-916-650-0414
Provides comprehensive family planning services to low-income men, women, and adolescents who meet requirements. Call or go online to find providers and services. Call for languages spoken. www.familypact.org

Healthy Kids Sonoma County 1-800-427-8982
Most Sonoma County children without health insurance qualify for no- or low-cost health insurance. Working families may qualify, too. Local help for families to apply for health insurance programs for their children (birth-19 years) and pregnant women. Programs include **Healthy Families, Medi-Cal for Children and Pregnant Women, AIM, Kaiser Child Health Program, and Partnership Health Plan**. Must meet requirements. See page 41 for more information. Spanish spoken. www.healthykidssonomacounty.org

Immediate Healthcare for Kids (Kids' Net) 544-KNET (5638)
Community Action Partnership of Sonoma County (CAP Sonoma)
Provides uninsured children (0-17 years) access to volunteer healthcare providers in Sonoma County. Includes medical, dental, vision, and pharmacy services. Helps families connect with a medical home and apply for affordable health insurance for ongoing care. Must meet requirements. Spanish spoken. www.capsonoma.org
1300 North Dutton Ave., Santa Rosa

Maternal, Child, Adolescent Health (MCAH) 1-800-427-8982
Help finding low- or no-cost health insurance for children and reproductive health services for women. Help to find healthcare for children (including well-child exams and immunizations), pregnancy care, family planning, dental services, breastfeeding support services, nutrition and food programs. Help to find programs to stop using tobacco, alcohol, and other drugs. Spanish spoken. www.sonoma-county.org/mcah

Promotores de Salud (Promoters of Health)..... 547-4602
St. Joseph Health System
Health insurance enrollment for children who meet requirements. Call for an appointment. Spanish spoken. www.stjosephhealth.org
1450 Medical Center Dr. Suite 3, Rohnert Park

HELP TO STOP SMOKING

California Smokers' Helplines

Get free help to quit by phone. Free Quit Kits available. Special programs for teens and pregnant women from the Department of Public Health. Chinese, Korean, Spanish, and Vietnamese spoken. Website in English and Spanish. www.californiasmokersshelpline.org
1-800-NO-BUTTS (66-28887)
1-800-456-6386 (Spanish)

1-800-844-CHEW (2439) (Help with chewing tobacco)
1-800-933-4833 (Hearing Impaired)

Nicotine Anonymous Support Groups

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

- Petaluma** **Call Terry at 664-9335**
Church of Christ, 370 Sonoma Mountain Parkway, Petaluma
- Santa Rosa** **Call Keith at 528-6213**
Unitarian Fellowship Church, 547 Mendocino Ave., Santa Rosa

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

Smoke-Free Babies: Free individual counseling for pregnant women or women who have recently had a baby. Learn how to maintain a smoke-free environment for your baby. Home visits.

Classes to quit smoking: Meets 8 times in 7 weeks. Based on the American Lung Association’s Freedom From Smoking® program. Sliding scale.

Spanish spoken. www.norcalwellbeing.org

365 Tesconi Circle, Ste. B, Santa Rosa

Tobacco Education Program **565-6680**

Sonoma County Department of Health Services

Tobacco education and help finding classes to quit tobacco. Spanish spoken. www.sonoma-county.org/health/prev

490 Mendocino Ave., Ste. 202, Santa Rosa

HOUSING AND SHELTER

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

Online listings of all types of shelters and housing. For homeless and low-income families, couples, and all ages. Go to website, click on “Browse Listings,” and search for a shelter or housing in your area.

Affordable Housing

Burbank Housing..... **526-9782**

Low-income people of all ages, backgrounds, and special needs have the opportunity to live in decent and affordable housing in Sonoma County. Spanish spoken. www.burbankhousing.org

790 Sonoma Ave., Santa Rosa

COTS-Committee on the Shelterless **765-6530**
 Shared housing for homeless children and their families. HUD-funded homes for moms and children. Rent varies depending on income and other requirements. Two to three families per home. 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. Must meet requirements. 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**
 Affordable housing and apartment complexes. Go to website.
<http://ci.santa-rosa.ca.us/departments/economicdev/housing/findit>

Emergency Shelter

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. Private bedrooms with locks. Drug- and alcohol-free environment. Must meet requirements. Spanish spoken. www.cots-homeless.org
900 Hopper St., Petaluma

Family Support Center **542-5426**
Catholic Charities of the Diocese of Santa Rosa
 Shelter program for homeless families. Food, medical screenings, Santa Rosa Free Clinic, dental care for children, employment and housing counseling, and services to help clients find stable housing. Counseling for parents and children. Spanish spoken. www.srcharities.org
465 A St., Santa Rosa

North County Community Services **433-6161**
 Free overnight emergency shelter in Healdsburg. Call between 7-8 PM on the evening that you need shelter. Spanish spoken.

Rose Women’s Shelter **573-0490**
Redwood Gospel Mission
 Shelter for women and children when they have nowhere else to go. To

secure a place to sleep, go to men’s shelter (101 Sixth St., Santa Rosa) at 5 PM. Dinner at 5:30 PM. www.srmission.org

1048 Wild Rose Dr., Santa Rosa

Sloan House.....569-0615 & 544-6911

Community Action Partnership of Sonoma County (CAP Sonoma)

Emergency shelter on a space-available basis to homeless women and women with children. Staff helps homeless women find resources.

Spanish spoken. Must meet requirements. www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

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

Emergency help and information. Go to website. <http://ci.santa-rosa.ca.us/departments/economicdev/housing/findit>

Sonoma Overnight Support (SOS)..... 933-9593

Free emergency shelter in Sonoma. Homeless families, couples, and singles seeking a place to live and employment in the Sonoma Valley can stay up to 3 weeks. Call between 5-7 PM for shelter. Counseling services, support for job searches, help finding housing, and regular meals. Must meet requirements. www.sonomaovernightsupport.org

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. Must meet requirements. Spanish spoken.

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

Help with Rent

Friends in Sonoma Helping (FISH) 996-0111

Rental and utility help (one-time only). Sonoma Valley only (from Glen Ellen in the north to Schellville in the south). Spanish spoken. www.friendsinsonomahelping.org

18330 Highway 12, Sonoma

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.



West County Community Services 869-0654
 Help with rent and deposits for West County residents (parents, children, families). Applicants must attend orientation (Mondays at 3 PM). Two-week process. Call for information. Must meet requirements. Spanish spoken. www.westcountyservices.org
16390 Main St., Guerneville

LEGAL HELP

Immigration and Citizenship Services 578-6000
Catholic Charities of the Diocese of Santa Rosa
 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

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. Spanish spoken. www.sonomacountylawlibrary.org/legalaid.htm
1105 North Dutton Ave., Ste. B, Santa Rosa

MEDICAL SERVICES

For help finding low- or no-cost medical or dental insurance or services, look under HELP FINDING MEDICAL AND DENTAL INSURANCE AND SERVICES.

These organizations offer low- or no-cost services. Most also offer services in Spanish and provide translation for other languages. Call locations for details.

Alexander Valley Regional Medical Center (AVRMC) 894-4229
 Primary medical care, family planning, and mental health services. Medi-Cal accepted. Spanish spoken. www.avrmc.org
6 Tarman Dr., Cloverdale

Alliance Medical Center 433-5494
 Primary medical care, well-child exams, family planning, counseling, emergency contraception, and medical services. Must meet requirements. Medi-Cal accepted. Spanish spoken. www.alliancemed.org
1381 University Ave., Healdsburg

Jewish Community Free Clinic 585-7780
 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 Dr., Rohnert Park

Petaluma Health Center 579-7500

Primary medical care, well-child exams, family planning, emergency contraception, mental health, and medical services. Accepts Medi-Cal. Spanish spoken. www.phealthcenter.org

1301 Southpoint Blvd., Petaluma

Roseland Children’s Health Center (RCHC)..... 578-2005

Affordable pediatric primary healthcare to low-income children. Well-child exams with immunizations, follow-ups from emergency rooms or specialty clinics, counseling, urgent visits from RCHC patients, and application assistant available. Sliding scale. Medi-Cal accepted. Spanish spoken. www.swhealthcenter.org

962 Sebastopol Rd., Santa Rosa

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. Medi-Cal and CMSP accepted. Chinese spoken.

1580 Sebastopol Rd., Santa Rosa

Santa Rosa Community Health Center

Affordable primary healthcare at two locations. Well-child exams with immunizations, follow-ups from emergency rooms or specialty clinics, prenatal education and support program, and mental health services. Sliding scale. Medi-Cal accepted. Spanish spoken. www.swhealthcenter.org

Chanate Family Practice Center (CFPC)..... 303-3600

3320 Chanate Rd., Santa Rosa

Lombardi Court Health Center 547-2222

751 Lombardi Ct., Ste. B, Santa Rosa

Sonoma Valley Community Health Center 939-6070

Primary medical care, medical services for parents and children. Well-child exams, family planning, emergency contraception, teen clinic, pediatrics, obstetrics, and counseling for mental health, substance-abuse, and nutrition. Medi-Cal accepted. Sliding scale. Spanish spoken. www.svchc.org

430 West Napa St., Ste. F, Sonoma

St. Joseph Mobile Health Clinic 547-4612
 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. Sliding scale. Medi-Cal accepted. Spanish spoken. www.stjosephhealth.org

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. Co-pay if required. Medi-Cal accepted. Spanish spoken. Translation services available. Open every day. http://stjosephhealth.org/fac_urgent.aspx

Rohnert Park Healthcare Center (8 AM-9 PM) 584-0672
1450 Medical Center Dr., Rohnert Park

Santa Rosa Memorial Hospital Fulton Campus (9 AM-8 PM) 543-2000
1287 Fulton Rd., Santa Rosa

Teen Clinic..... 887-0427
West County Health Centers

Free and confidential family planning for teens. Medi-Cal accepted. Spanish spoken. www.wchealth.org

6570 First St., Forestville

West County Health Centers

Primary medical care, well-child exams, family planning, emergency contraception, counseling, and medical services for residents of West Sonoma County and Russian River area. Call each location for details. Medi-Cal accepted. Spanish spoken. www.wchealth.org

Occidental Area Health Center 874-2444
3802 Main St., Occidental

Russian River Health Center 869-2849
16319 Third St., Guerneville

Sebastopol Community Health Center 824-9999
6800 Palm Ave., Ste. C2, Sebastopol

Women's Health and Birth Center 539-1544

Family-centered care. Certified nurse midwives for pregnancy and childbirth. Breastfeeding support services, prepared childbirth classes, and counseling. Spanish spoken. www.womenshealthandbirthcenter.com

583 Summerfield Rd., Santa Rosa

PARENT EDUCATION AND FAMILY SUPPORT

California Parenting Institute (CPI) 585-6108

A Star Is Born: Parenting classes for parents of children ages 0-5 (Parenting the Infant and Toddler, Infant Massage, Disciplining Your Toddler and Preschooler, and kindergym).

Classes for parents: Classes in English and Spanish throughout Sonoma County for parents with children (0-18 years). Classes address the

developmental needs of children and deal with anger management, dad's issues, divorce, separation, single parenting, and more. Individual family consultations available. Must meet requirements.

Spanish spoken. www.calparents.org

3650 Standish Ave., Santa Rosa

Community Action Partnership of Sonoma County

(CAP Sonoma) 544-6911

Services for low-income parents with children ages 0-5. Head Start, playgroups for 3 year olds, emergency shelter for women and children, and financial help to prevent homelessness. Must meet requirements.

Spanish spoken. www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

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.sonoma-county.org/health/ph/teenparent/dads.htm

625 Fifth St., Santa Rosa

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

Support and services for very young children and their families.

Developmental screenings, home visiting services, early intervention, and consultation to child care providers. Must meet requirements.

Spanish spoken. www.earlylearninginstitute.com

311 Professional Center Drive, Suite 100, Rohnert Park

Family Education Center (FEC)..... 568-2300

Lifeworks of Sonoma County

"Positive Discipline" parent education for parents and teachers. Fee.

www.lifeworkssc.org

1200 College Ave., Santa Rosa

Kaiser Health Education

Parenting classes (nutrition and activity for toddlers/preschoolers and taking care of a child with asthma). Call for more information or to enroll.

Spanish spoken. www.kaisersantarosa.org/classes

Medical Offices West393-4167

401 Bicentennial Way, Ste. 145, Santa Rosa

Richard Stein Building566-5277

3925 Old Redwood Highway, Ste. 144, Santa Rosa

Kids First 765-6530

COTS-Committee on the Shelterless

Free 12-week workshop to strengthen families (parents and children attend together). Family advocate mentors parents. Teachers provide age-appropriate activities and workshops for children, and evening child care for shelter residents. www.cots-homeless.org

900 Hopper Street, Petaluma



- La Luz Center**..... 938-5131
 Family resource center. Helps immigrants succeed in Sonoma Valley. Services include help finding services, advocacy, case management, education, and other basic needs services. Spanish spoken. www.laluzcenter.org
17560 Greger St., Sonoma
- 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.
- Parenting Apart**..... 585-6108
California Parenting Institute (CPI)
 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. www.calparents.org
3650 Standish Ave., Santa Rosa
- Parents Place** 571-2048
Jewish Family and Children's Services (JFCS)
 Parent education classes (positive discipline, handling anger, understanding temperament, and stages of development), counseling, playgroups, lending library, post-adoption services, and financial services. www.sonoma.ppsignup.org
1360 North Dutton Ave., Santa Rosa
- River to Coast Children's Services (RCCS)** 869-3613
 Helps parents and guardians find and pay for child care. Must meet requirements. 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, bike rodeos, and car seat safety events. 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

Sutter Medical Center of Santa Rosa..... 576-4592
Spanish..... 576-4888

Childbirth, infant care, and breastfeeding classes. Free to those on Medi-Cal with a CPSP referral. Free tours of birthing unit on some Wednesdays. Spanish spoken. www.suttersantarosa.org

3325 Chanate Rd., Santa Rosa

Teen Parent Connections 565-4480

Adolescent Family Life and Cal-Learn Programs. 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

READING AND LANGUAGE RESOURCES

Adult Literacy League of Sonoma County 539-3848

Free individual tutoring and English as a Second Language (ESL) classes. Spanish spoken. www.literacyleague.org

651 Yolanda Dr., Santa Rosa

English as a Second Language (ESL) Classes

A variety of classes are offered throughout the county for all ages. For more information, contact Sonoma County 2-1-1 (call 2-1-1 or go to www.211wc.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

Head Start and Early Head Start 544-6911

Community Action Partnership of Sonoma County (CAP Sonoma)

Classes in Family Development and Early Childhood education throughout Sonoma County. For preschool children (3-4 years) living in families with incomes below the poverty level and children with special needs. Spanish spoken. www.capsonoma.org

1300 North Dutton Ave., Santa Rosa

Pasitos..... 544-6911
Community Action Partnership of Sonoma County (CAP Sonoma)
 Free literacy activities for families and their 3 year-olds in targeted areas of Santa Rosa. Part of the First 5 Sonoma County School Readiness Initiative Program. Spanish spoken. Must meet requirements. www.capsonoma.org
1300 North Dutton Ave., Santa Rosa

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. Students with a child under 5 participate in Families for Literacy Program and receive free children’s books. Ages 16 and older. Spanish helper on Saturdays. www.sonomalibrary.org/literacy
725 Third St., Santa Rosa

Turning Pages Family Literacy Program 585-6108
California Parenting Institute (CPI)
 Literacy education resources and help. For low-income English language learner families with children 0-5 years old. Spanish program “Léalo a su Conejito” (Read to your Bunny). www.calparents.org
3650 Standish Ave., Santa Rosa

Sonoma County Libraries

Books, magazines, and resources for families. Programs for children, special events, and summer reading programs. Call or go online for reading and literacy programs and for the address of a library near you. To get a free library card, bring identification with your current address, such as a PG& E bill or driver’s license, to the library and complete an application (available in Spanish). Use of library resources is free.

Cloverdale 894-5271
 401 North Cloverdale Blvd., Cloverdale

Forestville..... 887-7654
 7050 Covey Rd., Forestville (on El Molino campus)

Guerneville..... 869-9004
 14107 Armstrong Woods Rd., Guerneville

Healdsburg..... 433-3772
 139 Piper St., Healdsburg

Occidental 874-3080
 73 Main St., Occidental

Petaluma..... 763-9801
 100 Fairgrounds Dr., Petaluma

Rohnert Park-Cotati..... 584-9121
 6250 Lynne Conde Way, Rohnert Park

Santa Rosa:
Central..... 545-0831
 211 E St., Santa Rosa

Northwest	546-2265
<i>150 Coddington Center, Santa Rosa</i>	
Rincon Valley	537-0162
<i>6959 Montecito Blvd., Santa Rosa</i>	
Sebastopol	823-7691
<i>7140 Bodega Ave., Sebastopol</i>	
Sonoma Valley	996-5217
<i>755 West Napa St., Sonoma</i>	
Windsor	838-1020
<i>9291 Old Redwood Highway #100, Windsor</i>	

SAFETY RESOURCES FOR CHILDREN

Childhood Lead Poisoning Prevention..... **565-6547**
 Free education for families, healthcare providers, and businesses to prevent lead poisoning. Encourages testing at-risk children under the age of 6 for lead, and refers those with high levels for treatment and removal of lead sources. Spanish spoken.
475 Aviation Blvd., Ste. 220, Santa Rosa

Car & Booster Seat Checkups, Education, and Distribution
*California law requires that children must ride in the **back seat** of any vehicle in a properly secured child passenger safety restraint until they are at least six years old or weigh 60 pounds. When car seats and booster seats are used correctly, they can save children’s lives.*

*Car seat/booster seat checkups are available by appointment at many police and fire departments and elsewhere. Usually free. Go to website for specific locations and information in English and Spanish. **www.safekidssonomacounty.org***

California Parenting Institute (CPI)

585-6108
 Low-cost car seat program for parents who qualify. Spanish spoken.
 www.calparents.org
3650 Standish Ave., Santa Rosa

River to Coast Children’s Services (RCCS)

869-3613
 Safety events held in West County communities. Car seat safety program, bike rodeos, and car seat safety events. Must meet requirements. Spanish spoken. www.rccservices.org
16300 First St., Guerneville

Safe Kids Sonoma County..... **707-525-5300 x3332**
 Community-based group dedicated to preventing childhood injuries. Learn how to choose, install, and use car seats. Learn how to childproof your home or how to properly fasten a bike helmet. www.safekidssonomacounty.org
1165 Montgomery Dr., Santa Rosa



First Aid/Cardiopulmonary Resuscitation (CPR)

American Red Cross (Sonoma & Mendocino Counties Chapter) 577-7611

Classes in infant and child CPR and first aid. Babysitters training. Food safety and child care classes that meet state requirements. Disaster prevention, preparation, and response. Fee for some classes and services. Most classes offered in English and Spanish. www.arccsm.org

5297 Aero Dr., Santa Rosa

The Healthsource at Kidsake 546-4656

Health and safety education. American Heart Association training center. Trainings include CPR, Automated External Defibrillator (AED), first aid, and stress management. Programs in first aid and CPR for day care providers and teen babysitters. Spanish spoken. www.thehealthsourceatkidsake.com

WHERE TO FIND MORE SERVICES

Sonoma County 2-1-1 (Information and Referral) 2-1-1

Free help finding services in Sonoma County, including basic needs (food, shelter, and child care), emergency resources, medical and mental health resources, help with health insurance, support for people with disabilities, support groups, English classes, employment help, citizenship help, help for immigrants, alcohol and drug rehabilitation resources, opportunities to volunteer or donate, and much more. Call or go to website 24 hours a day, 7 days a week. Spanish spoken. www.211wc.org

2550 Paulin Dr., Santa Rosa



HOW CAN YOU HELP?

Parents can help contribute to the well-being of the community for children and parents by participating in the organizations listed below.

Parent Voices of Sonoma County 522-1413 x213

Led and run by parents who are dedicated to making quality child care accessible and affordable to all families. Dinner and child care is provided at meetings and most events. Spanish spoken. www.parentvoices.org

396 Tesconi Ct., Santa Rosa

Volunteer Center of Sonoma County 573-3399

<http://www.volunteernow.org>

153 Stony Circle, Ste. 100, Santa Rosa



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Healthy Kids

SONOMA COUNTY

Healthy Kids Sonoma County helps families to enroll eligible Sonoma County children and pregnant women into a program that will provide them with quality, affordable health coverage. Healthy Kids assists families with:

- Medi-Cal for Children and Pregnant Women
- Healthy Families
- Kaiser Child Health Plan
- Partnership Health Plan
- AIM (Aid to Mothers and Infants) Program

Healthy Kids Sonoma County can help you get the best health care for your children:

- Help finding a doctor or dentist for your child;
- Help with getting no-cost or low-cost health insurance for your children;
- A visit to a volunteer doctor or dentist (at no cost to you) right away if your child is in pain or is ill.

Even working families can be eligible for the Healthy Kids program if you meet certain income guidelines. For example, in 2008 a family of four earning up to \$5,300 per month or \$63,600 per year would qualify.

Cost depends on family size and income, and ranges from \$0 to a maximum of \$17 per child per month.

Call today:
1 (800) 427-8982



EMERGENCY NUMBERS

In an emergency, call 9-1-1
Poison Control: 1-800-222-1222

Doctor: _____

Doctor: _____

Dentist: _____

Emergency contact: _____

***Free parenting information.
Call 1-800-543-7025 or 1-800-KIDS-025
for a free Kit for New Parents.***



490 Mendocino Ave., Suite, 202, Santa Rosa, CA 95401
707-565-6680
www.first5sonomacounty.org