Community Resources
June 2024

Buckelew Programs Sonoma
Family Service Coordination
2235 Mercury Way, Suite 107
Santa Rosa, CA 95407
(707) 571-8452
Useful Phone Numbers

**Access Team:** (707)565-6900
The Access Team initiates services for Sonoma County Behavioral Health, Community Mental Health Centers and the Older Adult Team.

**Al-Anon/Alateen (24 Hour Hotline):** (707) 575-6760

**Consumer Education & Affairs:** (707)565-7809

**CSU (Crisis Stabilization Unit – 24 Hours):** (707)565-4790
CSU provides walk-in and short-term inpatient care for individuals experiencing a behavioral health crisis.

**Human Services (General Assistance, Food Stamps, Medi-Cal):** (707)565-2715
Human Services provides benefits for those in need, and strives to protect and improve the well-being of individuals and families.

**inRESPONSE:** 707-575-HELP (4357)
The inRESPONSE team will respond to calls in which individuals are experiencing a mental health crisis in Santa Rosa and are unarmed.

**Interlink Self Help Center:** (707)546-4481
Interlink Self-Help Center is open to all community members 18 years of age and over, they offer support for self-directed mental health recovery, and wellness.

**Information and Referral Search:** 211
Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

**Mobile Support Team Crisis Call Center – 24 Hours:** (800)746-8181
Anyone living anywhere in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week. People can receive support over the phone or request an in-person response.

**NAMI Warmline:** (866)960-6264
The NAMI Warmline is available Monday through Friday 9am-5pm. Speak with a trained ally, develop a plan, get resources and find a path towards recovery.

**Petaluma Peer Recovery Center:** (707)565-1299
Petaluma Peer Recovery Project runs Monday, Wednesday and Thursday 10am-3pm.

**Russian River Empowerment Center:** (707)823-1604 Ext. 207
Russian River Empowerment Center is available to adults Monday through Friday 11:30am-4:30pm. They offer counseling, support, crisis management, variety of workshops etc.

**S.A.F.E. Team:** Call 707-781-1234 — you will reach a directory where you can choose to speak with a 911 operator or a non-emergency staff member to help. To find out more about the program, please email SAFE@petalumapeople.org.

**Social Security Office (Benefits):** 1-877 870-6384 or 1-877-890-8459

**SOS Community Counseling Center:** (707)284-3444
Provides counseling services in Sonoma County to individuals, couples, families, and youth both in schools and community clinics.

**Substance Use Disorder Services:** (707) 565-7450
Sonoma County Behavioral Health provides services through community-based contracted providers for individuals who have Medi-Cal, or are Medi-Cal eligible.

**Suicide Prevention 24 Hour Hotline (North Bay):** 988

**Verity (Crisis Line):** (707)545-7273
Crisis line and support for victims of sexual assault

**Wellness and Advocacy Center:** (707)565-7800
Wellness and Advocacy Center is self-help, drop-in center for people with mental health challenges in Sonoma County. They offer various resources, peer programs, support groups, art and computer workshops etc.
Changes are coming to these teams in 2024, including a single number and expanded hours! Learn more at namisoco.org/MHTeams or scan the QR code on the back.

<table>
<thead>
<tr>
<th>SAFE Team</th>
<th>InResponse Team</th>
<th>Sonoma County Mobile Support Teams</th>
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<tr>
<td><strong>Contact</strong></td>
<td><strong>Rohnert Park:</strong> 707-584-2612</td>
<td><strong>Local Police</strong></td>
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<tr>
<td><strong>707-781-1234</strong></td>
<td><strong>Mobile Response Team:</strong> 707-575-4357</td>
<td><strong>Sheriff’s Office</strong></td>
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<td><strong>Cotati:</strong> 707-792-4611</td>
<td><strong>System Navigators:</strong> 707-204-9756</td>
<td><strong>Operates in:</strong> Windsor, Rohnert Park, Cotati, Petaluma, Sonoma Valley, Guerneville, Forestville, Sebastopol with plans to expand countywide.</td>
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<td><strong>Serves</strong></td>
<td><strong>Petaluma</strong></td>
<td><strong>Santa Rosa (within city limits)</strong></td>
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<td><strong>Rohnert Park, Cotati, SSU (except Graton Casino area; served by Sheriff)</strong></td>
<td><strong>Santa Rosa</strong></td>
<td><strong>Mobile Teams:</strong> 7 AM - 10 PM, 7 days/week <strong>System Navigation:</strong> 8 AM - 5 PM, Mon-Fri</td>
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<td><strong>Hours</strong></td>
<td><strong>9 AM – 3 AM, 7 days/week</strong></td>
<td><strong>12 PM – 10 PM, Mon – Fri</strong></td>
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<td><strong>Partners</strong></td>
<td><strong>Petaluma People Services</strong></td>
<td><strong>Petaluma People Services</strong></td>
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<td><strong>Helps with</strong></td>
<td>Mental health crises, suicidal ideation, substance use, and homeless issues</td>
<td><strong>Santa Rosa Police/Fire, Buckelew Programs, Catholic Charities, Humanidad Therapy &amp; Education Services, Sonoma County MST</strong></td>
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<td><strong>Who responds?</strong></td>
<td>Civilian medic (nurse, paramedic, or EMT) and crisis worker</td>
<td>Licensed mental health clinician, a paramedic, and a homeless outreach specialist</td>
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<td><strong>5150s</strong></td>
<td>Does not do involuntary holds (5150s)</td>
<td>Can do involuntary holds (5150s)</td>
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<td><strong>Are police involved?</strong></td>
<td>Responds independently from law enforcement. Co-responds if safety is an issue.</td>
<td>Must be invited by law enforcement to respond to a call.</td>
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What is the Mobile Support Team (MST)?
MST is a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises on location in the community since 2012.

Expanded Response
MST is now able to respond with or without law enforcement when it is safe to do so, and we can transport individuals in crisis when a higher level of care is necessary.

Call Center: 800-746-8181
The new MST Crisis Call Center is able to take calls directly from the community. The Call Center is staffed by MST 24/7. Staff are able to offer support over the phone and to send a crisis response team to the crisis location when needed.

24/7 Response County-Wide
Spring 2024 – rollout of shifts has begun with coverage from noon to 7:30 a.m.
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<td>S.O.S: Allies for Hope  7-8:30pm</td>
<td>Bilingual Community Resource Clinic  3-4:30pm</td>
<td>SCBH Family Support &amp; Education Group  4-6pm</td>
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<td>Bilingual Community Resource Clinic  3-4:30pm</td>
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Family Service Coordination Team

The Family Service Coordination Team strives to provide education, support, and other assistance to family members and caregivers of adults and youth with a mental illness. The Family Service Coordination Team helps families navigate Sonoma County Behavioral Health and other community resources.

Support Groups

**Sonoma County Behavioral Health Family Education & Support Group**

Monthly education and support group to increase understanding of the nature of mental illness and its interaction with substance abuse, facilitate supportive dialogue, and foster confidence in family members’ insights, interventions, and coping strategies.

*2nd Monday of Every Month*

4:00 PM - 6:00 PM

Online

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**Main Adult Detention Facility Family Education & Support Group**

We invite you to join us to learn additional ways to support your loved ones while in custody. You will have the opportunity to meet other families with incarcerated loved ones and learn more about the services available within the correctional system.

*4th Thursday of Every Month*

6:00pm-7:30pm

In person - RSVP Required

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**Bilingual Community Resource Clinic Clinica Bilingüe de Recursos Comunitarios**

Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one.

Todos son bienvenidos a asistir a la Clínica de Recursos para obtener ayuda con la comprensión o asistencia de acceder servicios para ellos mismos o sus seres queridos.

*Every Tuesday / Cada Martes*

3:00 PM - 4:30 PM

in person / en persona

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**Grupo de Apoyo y Educación Para Familiares**

Únase a nosotros para aumentar nuestra comprensión de la naturaleza de las enfermedades mentales; facilitar el diálogo de apoyo y fomentar la confianza en las ideas, intervenciones y estrategias de afrontamiento de los familiares y aliados.

*Tercer Jueves de Cada Mes*

4:00 PM - 5:30 PM

en persona

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If you are interested in joining our support meetings, please contact:

707-571-8452 or Fsc@buckelew.org
BILINGUAL COMMUNITY RESOURCE CLINIC

The Resource Clinic is intended to provide concerned friends, family, or community members with an opportunity to seek information about mental health & wellness resources on behalf of themselves or a loved one.

Where:
Buckelew Programs
2235 Mercury Way
Suite 107
Santa Rosa, CA 95407

When:
Every Tuesday @ 3pm
Tue, June 4th
Tue, June 11th
Tue, June 18th
Tue, June 25th

Resources include information or services related to food, housing, employment, education, citizenship, therapy, peer support, treatment options, and more!

Questions? Contact the Family Service Coordination team:
MarisabelM@buckelew.org | 707-513-5135
Fsc@buckelew.org | 707-571-8452
Todos son bienvenidos a asistir a la Clínica de Recursos para obtener ayuda con la comprensión o asistencia de acceder servicios para ellos mismos o sus seres queridos.

**Donde:**
Buckelew Programas  
2235 Mercury Way  
Suite 107  
Santa Rosa, CA 95407

**Cuando:**
Cada Martes @ 3:00pm  
7 de Junio  
14 de Junio  
21 de Junio  
28 de Junio

Los recursos incluyen información o servicios relacionados con alimentación, vivienda, empleo, educación, ciudadanía, terapia, apoyo de pares, opciones de tratamiento y más!

**Preguntas? Contacte al Equipo de Servicios Familiares:**
NicoleN@Buckelew.org 707-494-0762 (se habla Español)  
Fsc@Buckelew.org 707-571-8452
Sonoma County Behavioral Health Family Support & Education Group

Monthly education and support group to increase understanding of the nature of mental illness and its interaction with substance abuse, facilitate supportive dialogue, and foster confidence in family members’ insights, interventions, and coping strategies.

Monday
JUNE 10TH
4pm-6pm
Online

Questions?
Contact the Family Service Coordination Team:
Fsc@buckelew.org 707-571-8452
MarisabelM@buckelew.org 707-513-5135

Zoom Link
https://tinyurl.com/SCBH-Zoom

www.buckelew.org
Peer Support for Teens and Young Adults Coping with Suicide Loss

When: 2nd & 4th Tuesday of every month from 4:30 -5:30 pm.

Who: This group is FREE and open to Youth and Young Adults 14 - 24 years old who've lost a friend, family member, classmate, co-worker or partner to suicide.

Where: On Zoom

Scan QR code to open our Participant Interest Form.

For more information, please contact:
Sophia Balestreri, Program Coordinator
(415) 726–4685
sbalestreri@felton.org
felton.org/LOSS

If you are concerned for yourself or someone you know, please contact the Suicide & Crisis Lifeline by calling 988 or the Crisis Text Line by texting MARIN to 741741.
Buckelew Programs offers a safe place in our community for families and loved ones of people have died by suicide to safely share their experiences with others who are similarly affected. This is a peer-to-peer group that meets virtually. The group is led by trained Buckelew Staff Member Chris Nihil.

SOS: Allies for Hope
Survivors of Suicide Bereavement Support Group (SOS) via zoom on the 2nd and 4th Wednesdays every Month from 7 -8:30pm.

Grief Counseling Hotline
24/7 Grief Support Hotline providing Free AND Confidential resources
Call: 415-499-1195

To Join, Call/Email:
Phone: 415 - 444 - 6000
Email: SOSinfo@buckelew.org OR Christianan@buckelew.org
### JUNE 2024

#### To join these free programs:
Visit: namisoco.org/groups  
Call: 866-960-6264  
Email: info@namisoco.org

Groups and classes meet on Zoom unless otherwise specified.

#### Family Support Group
For family members and caregivers (ages 18+). Thursday groups are in person at NAMI Sonoma County office. All other groups meet on Zoom.

#### Connection Support Group
For individuals (ages 18+) living with mental health challenges. Groups meet on Zoom.

#### Family-to-Family
An 8-session education program for those (ages 14+) who care for and support a loved one living with serious mental illness. Visit namisoco.org/f2f to apply to join a future class.

#### Peer-to-Peer
An 8-session education program for individuals (ages 18+) living with mental health challenges. Visit namisoco.org/P2P to apply to join a future class.

#### Join our Youth Advisory Board!
We’re looking for young people age 16-25 who are interested in sharing their voices on mental health issues for youth in Sonoma County. Contact hcasita@namisoco.org to learn more.

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NAMI Sonoma County is looking to include the voices of young people age 16-25, who are interested in sharing their perspectives on mental health issues for youth and their families.

We seek diverse youth advisors, especially from underserved communities, to provide guidance on our education programs, support groups, and community outreach in Sonoma County. Compensation for advisory board meeting times will be provided.

For a full description and application, please scan the QR code or visit our website at namisoco.org/youth-advisory-board.

Questions? Reach out to Hana Casita, Program Facilitator, at hcasita@namisoco.org or 707-800-3876.
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**JUNE**

**Positives Images Hub**

**Holidays**
- 6/12: Pulse Day of Remembrance
- 6/19: Juneteenth
- 6/25: The Battle of Little Big Horn Victory Day
- 6/26: Anniversary of Obergefell V. Hodges
- 6/28: Stonewall Riots Anniversary

**Drop-in Hours:** Tues-Fri 12-5pm & Saturdays 12-3pm

**SOHO Pride**
- 1 Closed

**Social Saturday**
- 15

**Fiesta de Amor**
- 22

**Queer Art Club**
- 19 JUNTEENTH BLOCK PARTY 6-8
- 27

**Leadership Support**
- 6-6:30
- 5-6

**Youth Support**
- 6-6:30
- 5-6

**Leader**
- 6-6:30

**Support**
- 6-6:30

**Online/virtual**

**In person**

**Underlined:** In person

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**LEYENDA:**
- *Estrella:* en persona
- *Subrayado:* en persona/virtual

**HORAS DE VISITA:** MARTES-VIERNES 12-5PM & SÁBADO 12-3PM

**DÍAS FESTIVOS**
- 6/12: DÍA DE LA MEMORIA DE PULSE
- 6/19: JUNETEENTH
- 6/25: DÍA DE LA VICTORIA EN LA BATALLA DE LITTLE BIG HORN
- 6/26: ANIVERSARIO DE OBERGEFFEL HODGES
- 6/28: ANIVERSARIO DE LOS DISTURBIOS DE STONEWALL
LGBTQIA+ ADULT SUPPORT GROUP (18+)
FRIDAYS 6:30-8:30PM

6/7: CHECK-IN
6/14: SHOW & TELL
6/21: DISCUSSION NIGHT
6/28: SOCIAL NIGHT

UNDERLINED = IN-PERSON
JOIN US IN JUNE!

LGBTQIA+ YOUTH SUPPORT GROUP (12-18)  
THURSDAYS 6:30-8:30PM

6/6: CHECK-IN
6/13: ART NIGHT
6/20: QUEER SMART CLUB
6/27: SOCIAL NIGHT

UNDERLINED = IN-PERSON!
## Wellness and Advocacy Center Group Schedule

2245 Challenger Way, Ste. 104, Santa Rosa, CA  
(707)565-7800

### Monday
- **9:00-9:30** Nature TV  
- **9:30-10:00** AM Support  
- **10:00-10:15** Wellness Announcements  
- **10:15-11:00** Connection & Coffee  
- **11:15-12:00** Anxiety Support  
- **12:00-12:15** Wellness Announcements  
- **12:15-1:00** Career Development  
- **1:15-2:00** Friendship Group  
- **2:15-3:00** SMART Recovery  
- **2:15-3:30** Wellness Bingo

### Tuesday
- **9:00-9:30** Retro TV  
- **9:30-10:00** AM Support  
- **10:00-10:15** Wellness Announcements  
- **10:15-11:00** Connection & Coffee  
- **11:15-12:00** Moving Forward  
- **12:00-12:15** Wellness Announcements  
- **12:15-1:00** Mindfulness Matters  
- **12:15-1:00** Visions & Voices  
- **1:15-2:00** Transitions  
- **2:15-3:00** Peer Support  
- **2:00-3:30** Games, Art & More

### Wednesday
- **12:00-1:00** Music Jam  
- **1:00-1:15** Wellness Announcements  
- **1:15-2:00** Fun With Words  
- **2:00-3:30** Palette Of Possibilities  
- **2:00-3:30** Games, Art & More

### Thursday
- **9:00-9:30** Retro TV  
- **9:30-10:00** AM Support  
- **10:00-10:15** Wellness Announcements  
- **10:15-11:00** Connection & Coffee  
- **11:15-12:00** Successful Living  
- **12:00-12:15** Wellness Announcements  
- **12:15-1:00** Health & Wellness Group  
- **1:15-2:00** Walking Thru Depression  
- **2:00-3:30** Games, Art & More

### Friday
- **9:00-9:30** Nature TV  
- **9:30-10:00** AM Support  
- **10:00-10:15** Wellness Announcements  
- **10:15-11:00** Connection & Coffee  
- **11:15-12:00** Exploring Emotions  
- **12:00-12:15** Wellness Announcements  
- **12:15-2:00** Open Mic  
- **2:00-3:30** Games, Art & More

---

The Wellness and Advocacy Center will be closed Wednesday June 19th in observance of Juneteenth Holiday.  

**June 2024**
Group Descriptions

**AM Support/Wellness Announcements**
Community announcements, and have an opportunity to check in as we gather together at the center.

**Connection & Coffee**
Come join us for coffee, chat and make new connections with your peers!

**Anxiety Support**
A group to process, collaborate, and support each other with an emphasis on tools used to reduce anxiety.

**Career Development**
This group will help you to gain support and knowledge if you are seeking to improve your resume or get back to work.

**Friendship Group**
A group that enables us all to be welcome. Bring your experiences and your ideas for relationships within our community.

**SMART Recovery**
“Self Management and Recovery Training” helps those seeking recovery to choose what works best for them. It uses tools based on methods for a variety of addictions.

**Wellness Bingo**
Join us for Bingo games in the main room and have a chance to win a small prize!

**Moving Forward**
This group focuses on learning the tools needed to go forward without dwelling on your past. Group members share what has helped them move forward.

**Mindfulness Matters**
Join us as we practice mindfulness through meditation, observation, describing, and participating in our thoughts so that we can live intentionally with awareness in the present moment.

**Visions & Voices**
A peer support group for those of us who experience things others may label as “hallucinations”. We can talk to each other, ask questions and find out we are not alone in a safe, supportive environment.
*For everyone's emotional safety, please speak with the facilitator beforehand.*

**Transitions**
We all encounter many transitions throughout our lives. This group is here to help people alleviate stress and learn coping skills to assist with these transitions.

**Peer Support**
This group provides a safe and supportive place for members to share their struggles and successes!

**Games, Art & More: Rotating weekly fun activities**
Come and enjoy board games and art in our main room and share in the process of social creativity! **More:** Monthly movies & popcorn, move & groove exercise, nature walk, charades, bean bag toss, YouTube trivia and Wii games coming our way!

**Music Jam**
Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

**Fun With Words**
Come have a blast choosing a phrase, person, tourist attraction etc. for others to guess. Test your knowledge and challenge yourself and your peers.

**Palette Of Possibilities**
Together we will explore creativity and expression using all types of materials, By bay area artist Jeff Rubin

**Successful Living**
This group explores issues surrounding successful living, including physical changes, health care, nutrition, social networks, relationships, attitudes, and mental health challenges.

**Health and Wellness Group**
No group description yet. Need to add

**Walking Thru Depression**
A support group for peers who have struggled with depression. We are able to find acceptance and experience self-discovery alongside others who have experienced the same.

**Exploring Emotions**
Let’s explore emotions by taking a mindful look at them like a passing rain cloud or the shining sun. Learn how to express them in ways that will help you understand others, overcome challenges, and improve your communication skills.

**Open Mic**
Share your creativity with the community. Whether you sing, play an instrument, read poetry or perform your own stand-up comedy; This is your time to have fun and shine! All are welcome–participants and listeners!
# El Horario del Wellness and Advocacy Center

2245 Challenger Way, Ste. 104, Santa Rosa, CA  
(707)565-7800

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**JUNIO 2024**
Descripciones de Grupos

**Apoyo por la Mañana/Anuncios de Bienestar**

Anuncios de la comunidad y tendrá la oportunidad de platicar mientras nos reunimos en el centro.

**Conexión y Café**

¡Únase con nosotros para tomar un café, hablar y hacer nuevas conexiones con sus compañeros!

**Apoyo de Ansiedad**

Un grupo para procesar, colaborar y apoyarse mutuamente con herramientas utilizadas para reducir la ansiedad.

**Desarrollo de Carrera**

Este grupo lo ayudará a obtener apoyo y conocimiento si busca mejorar su currículum o volver a trabajar.

**Grupo de Amistad**

Un grupo que nos permite a todos ser bienvenidos. Traiga sus experiencias y sus ideas para las relaciones dentro de nuestra comunidad.

**SMART Recovery**

La “Capacitación en autocontrol y recuperación” ayuda a quienes buscan recuperación a elegir lo que funciona mejor para ellos. Utiliza herramientas basadas en métodos para una variedad de adicciones.

**Bingo de Bienestar**

¡Únase a nosotros para jugar bingo en la sala principal y tenga la oportunidad de ganar un pequeño premio!

**Movimiento hacia Adelante**

Este grupo se enfoca en aprender las herramientas necesarias para seguir adelante sin pensar en su pasado. Los miembros del grupo comparten lo que les ha ayudado a seguir adelante.

**Asuntos de Conciencia**

Únase a nosotros mientras practicamos la atención de conciencia a través de la meditación, la observación, la descripción y la participación en nuestros pensamientos para que podamos vivir intencionalmente con conciencia en el momento presente.

**Voces y Visiones**

Un grupo de apoyo entre pares para aquellos de nosotros que experimentamos cosas que otros podrían etiquetar como "alucinaciones". Podemos hablar entre nosotros, hacer preguntas y descubrir que no estamos solos en un entorno seguro y de apoyo.

*Por la seguridad emocional de todos, por favor hable con el facilitador previamente.

**Transiciones**

Todos nos encontramos con muchas transiciones a lo largo de nuestras vidas. Este grupo está aquí para ayudar a las personas a que alivien el estrés y aprender habilidades de afrontamiento para ayudar con estas transiciones.

**Apoyo entre Compañeros**

¡Este grupo proporciona un lugar seguro y de apoyo para que los miembros compartan sus luchas y éxitos!

**Juegos, Arte, y Más! Actividades divertidas semanales rotativas**

¡Ven a disfrutar de juegos de mesa y arte en nuestra sala principal y comparte el proceso de creatividad social! **Más:** Películas y palomitas de maíz mensuales; ¡Ejercicio de movimiento y ritmo, caminadas por la naturaleza, charadas, lanzamiento de bolsas de frijoles, trivia de YouTube y juegos de Wii en camino!

**Sesiones de Música**

Traiga su instrumento, su voz o simplemente sus oídos y disfrute de la música con varios miembros y miembros del personal.

**Diversión con Palabras**

Ven a divertirte eligiendo una frase, persona, atracciones turísticas, etc. para que otros adviernen. Pon a prueba tus conocimientos y desafíate a ti mismo y a tus compañeros.

**Paleta de Posibilidades**

Juntos exploramos la creatividad y la expresión utilizando todo tipo de materiales. Con el artista de la área de la bahía, Jeff Rubin.

**Vida Exitosa**

Este grupo explora cuestiones relacionadas con una vida exitosa, incluidos los cambios físicos, la atención médica, la nutrición, las redes sociales, las relaciones, las actitudes y los desafíos de salud mental.

**Grupo de Salud y Bienestar**

Un grupo que habla sobre la salud y el bienestar. Una forma de obtener nuevas ideas sobre el tema.

**Caminando a través de la Depresión**

Un grupo de apoyo para compañeros que han luchado contra la depresión. Podemos encontrar aceptación y experimentar el autodescubrimiento junto a otras personas que han experimentado lo mismo.

**Explorando Emociones**

Exploremos las emociones mirándolas atentamente como una nube de lluvia pasajera o el sol brillante. Aprenda a expresarlas de maneras que le ayudarán a comprender a los demás, superar desafíos y mejorar sus habilidades de comunicación.

**Karaoke**

Comparte tu creatividad con la comunidad. Ya sea que cantes, toques un instrumento, leas poesía o realices tu propia comedia; ¡Este es tu momento de divertirte y brillar! ¡Todos son bienvenidos: participantes y oyentes!
Creative Expressions

1st & 3rd Thursdays 2-3:30
Projects Available for a Week

June 6th - Thursday (stays out for a week)
Men’s and Women’s Jewelry

June 20th - Thursday (stays out for a week)
Yarn and Acrylic Craft

July 5th - Friday (stays out for a week)
Marker & Ruler Firework

July 18th - Thursday (stays out for a week)
Dream Catchers
PALETTE OF POSSIBILITIES
Art Class Every Wednesday From 2 - 3:30pm

Together we will explore creativity and expression using all types of materials! This weekly class will be taught by our guest artist Jeff Rubin. He is an artist from the Bay Area with experience in many mediums and formats. As a class we will be working towards having a group art show! We hope you join us!!

May 8th - Geometric Shapes Painting Day #2
We will continue our geometric paintings we started last class and further explore color theory!

May 15th - Large Canvas Group Painting Day #1
All of us together will paint on a large canvas to be displayed in the art show later this October.

May 22nd - Large Canvas Group Painting Day #2
All of us together will paint on a large canvas to be displayed in the art show later this October.

May 29th - Ceramics Day #1
The class will explore ceramic sculptures again and make new pieces for the art show.

June 5th - Ceramics Day #2
Our small sculptures get painted in class today!

June 12th - Charcoal Drawing
The class will explore drawing with charcoal pastels on paper.

June 19th - Canvases For Gallery Show Day #1
We will begin working on our individual canvases for the group art show in October.

June 26th - Canvases For Gallery Show Day #2
We will continue working on our individual canvases for the group art show in October.
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<td>Connections Support Group</td>
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Grupo de Apoyo para Jóvenes LGBTQ

CADA PRIMER Y TERCER MIÉRCOLES 3:30-5:30
CENTRO JUVENIL "VOICES"
714 MENDOCINO AVE,
SANTA ROSA

LGBTQ Youth Support Group

EVERY FIRST AND THIRD WEDNESDAYS 3:30-5:30
VOICES YOUTH CENTER
714 MENDOCINO AVE,
SANTA ROSA
Cafecito Creativo

Nuestro propósito es reunirnos y brindar un espacio de seguridad, pertenencia y convivencia, al mismo tiempo que enseñamos y aprendemos unos de otros.

Cada Jueves de 10:00 - 11:00 am
1221 Farmers Lane Suite 200
Santa Rosa CA. 95405
(707) 393-8700
CLASE DE HATHA/YOGA SUAVE PARA PRINCIPIANTES
CON MAYTHE ORTIZ

TODOS LOS LUNES DE 10AM-11:15AM
LA INSCRIPCIÓN SE ABRE LOS MIÉRCOLES A LA 1:00 PM.

REGISTRATE AL 707-393-8700
Distribución de Pañales

Lunes a Jueves
8:00 - 4:30 pm
Tallas Disponibles 0-7, 2T-5T

1221 Farmers Lane Suite 200
Santa Rosa CA 95405
(707) 298-8700
SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

ADULT TALKING CIRCLE

EVERY 1ST & 3RD THURSDAY
*EXCLUDING HOLIDAYS

3:00PM-4:30PM ON ZOOM

THIS TALKING CIRCLE PROVIDES A SPACE FOR COMMUNITY HEALING, PEER SUPPORT AND SELF CARE STRATEGIES

BEGINNING JANUARY 4, 2024

To sign-up please contact the Aunties & Uncles Program:
Email: AUPEVENTS@SCIHP.org or call Carolyn at (707) 521-4559
ELDERS' SOCIAL CIRCLE

Location: SCIHP SENIOR SITE
Day: Friday’s
Time: 12:30PM - 1:30pm
SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

YOUTH TALKING CIRCLE

CHECK IN . PEER SUPPORT . CULTURAL TEACHINGS

FOR AGES 12-24

EVERY
1ST & 3RD
MONDAY
4:30-5:30PM
ON ZOOM

TO SIGN UP CONTACT THE
AUNTIES & UNCLE'S PROGRAM:
AUPEVENTS@SCIHP.ORG
ANGELINA 707-521-4554

YOU WILL RECEIVE A GIFT CARD FOR ATTENDING!
HEALTHY TRADITIONS DIABETES EDUCATION AND SUPPORT GROUP

This class is designed for SCIHP patients with type 2 diabetes to learn about our framework for diabetes education and support.

When: 1pm – 2pm
Where: 144 Stony Point Road, Santa Rosa, CA 95401
Upstairs Community Room
Contact Healthy Traditions at (707) 521-4502

Participants will receive a $10 gift card upon completion of the class. **Only Native SCIHP patients with a diagnosis of diabetes are eligible to receive a gift card.

2024 CLASS DATES

APRIL 25TH    JULY 25TH    OCT 24TH
MAY 16TH      AUG 22ND     NOV 14TH
JUNE 20TH     SEPT 26TH   DEC NO CLASS
SONOMA COUNTY INDIAN HEALTH PROJECT INC.

WEEKLY SUD RECOVERY GROUPS

~Recovery groups held~
In Person / Zoom
Tuesday & Thursday Evenings
6:00 PM - 8:00 PM

All meetings begin on-time & your promptness is appreciated. For more information call our Behavioral Health Department at: (707)-521-4550
SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

MATH TUTORING FOR GRADES K-12

DO YOU KNOW A NATIVE YOUTH WHO NEEDS SUPPORT WITH MATH?

Exciting News!
Meet our new math tutor, Donna Fernandez
Donna is here to provide
Free Math tutoring for grades K-12.

BEGINNING MONDAY, JANUARY 29, 2024
EVERY MONDAY
5:30PM-7:30PM
BEHAVIORAL HEALTH CONFERENCE ROOM
144 STONY POINT ROAD, SANTA ROSA

To sign up for tutoring contact:
Angelina (707)521-4554  aupevents@scihp.org
DO YOU NEED HELP WITH APPLYING FOR MEDI-CAL OR COVERED CALIFORNIA

WE CAN HELP YOU!

What is Medi-Cal?
Medi-Cal is California's version of the Federal Medicaid program. Medi-Cal offers no-cost and low-cost health coverage to eligible people who live in California.

Patient Registration & Services
All new patients meet with the Patient Services Specialist to determine eligibility and discuss SCIHP services. Our team can assist patients to review coverage options.

General Information
If you have not been seen by a SCIHP provider within three (3) years, you will be required to re-register. We require a patient registration form be updated annually.

To make an appointment please call Luis at (707) 521-4582 or Selena at (707) 521-4532
Office Hours: Monday-Friday 8am-5pm

Walk-In's Welcome
GET EXTRA GROCERY MONEY

Calfresh is a nutrition assistance program that helps families and individuals buy the food that they need.

Scan the QR code below to book an appointment with a Calfresh staff member from the Redwood Empire Food Bank or call/text 707-523-7903 for more information.

OBTÉNGA MÁS DINERO PARA ALIMENTOS

Calfresh es un programa de asistencia nutricional que ayuda a familias e individuos a comprar los alimentos que necesitan.

Escanee el código QR, para programar una cita con un miembro del Redwood Empire Food Bank o llame/envíe un mensaje de texto al 707-523-7903 para más información.
CALFRESH ASSISTANCE

How much money can I make and still get CalFresh?

<table>
<thead>
<tr>
<th>SIZE OF HOUSEHOLD</th>
<th>GROSS MONTHLY INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,430</td>
</tr>
<tr>
<td>2</td>
<td>$3,288</td>
</tr>
<tr>
<td>3</td>
<td>$4,144</td>
</tr>
<tr>
<td>4</td>
<td>$5,000</td>
</tr>
</tbody>
</table>

*additional member, add $858 each

WHO CAN APPLY?

Any US citizen or legal permanent resident, eligible immigration status, and living under the income guidelines. It’s important to know that there are different exemptions for students, seniors, people with disabilities, and families.

WHAT DO I NEED TO APPLY?

- Identification
- Social Security number
- Proof of income
- Students: EOP/EOPS letter + Financial Aid Award Letter
- Child care costs
- Medical receipts/statement (dental, medical insurance, prescriptions, equipment, and more)

CALL US TO APPLY: 707-523-7903

Food Connections Resource Center
Redwood Empire Food Bank
3990 Brickway Blvd., Santa Rosa, CA
fc@refb.org | 707-523-7903
Cuánto dinero puede recibir y todavía obtener CalFresh?

<table>
<thead>
<tr>
<th>TAMANO DE FAMILIA</th>
<th>INGRESO MENSUAL BRUTO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,430</td>
</tr>
<tr>
<td>2</td>
<td>$3,288</td>
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<td>3</td>
<td>$4,144</td>
</tr>
<tr>
<td>4</td>
<td>$5,000</td>
</tr>
</tbody>
</table>

*miembro adicional, agregue $858

¿Quién puede solicitar?

Cualquier ciudadano estadounidense o residente legal permanente, estatus migratorio elegible, y que viva por debajo las guías de ingresos. Es importante saber que hay reglas diferentes para estudiantes, personas mayores de edad, personas con incapacidad y familias.

¿Qué necesito para aplicar?

- Identificación
- Número de Seguro social
- Prueba de ingreso
- Recibo de alquiler + factura de PG&E
- Estudiantes: Carta EOP/EOPS + Carta de concesión de ayuda financiera
- Costos de cuidado infantil
- Recibos/estados de cuenta médicos (dental, seguro médico, recetas, equipo y más)

Llámanos para aplicar: 707-523-7903

Food Connections Resource Center
Redwood Empire Food Bank
3990 Brickway Blvd., Santa Rosa, CA
fc@refb.org | 707-523-7903
Now Introducing!
DAY RESPITE PROGRAM

FLEX CARE SERVICES

We are excited to announce a new fee-based Flex Care Respite Program that will provide:

• Staff who are trained to provide additional support for care needs

• Greater variety of activities and ability to choose group or independent activities

• Flexible program hours to accommodate personal schedules

SERVICES OFFERED MONDAYS, WEDNESDAYS & FRIDAYS

CONTACT US AT 707-525-0143
You could soon be eligible for full Medi-Cal benefits!

Starting January 1, 2024, more people will be eligible for full Medi-Cal benefits.

**Immigration status doesn’t matter.**

Full Medi-Cal covers:
- Doctor visits
- Prescribed medications
- Vaccines
- Mental health care
- Substance use care
- Vision care/eyeglasses
- Dental care
- Emergency services
- Referrals to specialists

**These services are free.** Everyone is welcome to apply. Applying for or using Medi-Cal will not affect your immigration status.

Enroll today online, by phone, or at your local Medi-Cal office. Help is available in multiple languages and through trusted community organizations.

---

**You may soon be eligible if you:**

- Live in California
- Are 26 to 49 years old*
- Meet household income eligibility requirements

*Californians under the age of 26 or over 49 are already eligible for full Medi-Cal.

Learn more at GetMedi-CalCoverage.dhcs.ca.gov

For more information, call: Aliados Health 707-789-7308 www.aliadoshealth.org/enrollment/
¡Pronto podría ser elegible para recibir todos los beneficios de full Medi-Cal!

A partir del 1 de enero de 2024, más personas serán elegibles para full Medi-Cal.

**Sin importar su estatus migratorio.**

Full Medi-Cal cubre:

- Citas médicas
- Medicamentos recetados
- Vacunas
- Atención de salud mental
- Atención por consumo de sustancias
- Cuidado de la vista/anteojos
- Cuidado dental
- Servicios de emergencia
- Remisiones a especialistas

**Estos servicios son gratuitos.** Todos son bienvenidos a solicitar. Solicitar o usar Medi-Cal no afectará su estatus migratorio.

Inscríbase hoy mismo en línea, por teléfono o en su oficina local de Medi-Cal. Hay ayuda disponible en diferentes idiomas y a través de organizaciones comunitarias de confianza.

Muy pronto podría ser elegible si:

- Vive en California
- Tiene entre 26 y 49 años*
- Cumple los requisitos de elegibilidad por ingresos del grupo familiar

*Los californianos menores de 26 y mayores de 49 ya son elegibles para full Medi-Cal.

Más información en: ObtengaMedi-Cal.dhcs.ca.gov

Para obtener más información, llame al:
Aliados Health
(707) 789-7308
www.aliadoshealth.org/enrollment/
We can help you with applications and renewals for Medi-Cal, CMSP, Covered California, and CalFresh (a nutrition assistance program). Our application assistance services are free and confidential.

<table>
<thead>
<tr>
<th>Location</th>
<th>Location Details</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cloverdale</td>
<td>Alexander Valley Healthcare 6 Tarman Dr. CA 95425</td>
<td>(707) 894-4229</td>
</tr>
<tr>
<td>Healdsburg &amp; Windsor</td>
<td>Alliance Medical Center 1381 University Ave. Healdsburg, CA 95448</td>
<td>(707) 433-5494 Ext.: 2044</td>
</tr>
<tr>
<td>Petaluma &amp; Rohnert Park</td>
<td>Petaluma Health Center 1179 North McDowell Blvd. Petaluma, CA 94954</td>
<td>(707) 559-7500</td>
</tr>
<tr>
<td></td>
<td>Rohnert Park Health Center 5900 State Farm Dr. 2nd floor Rohnert Park, CA 94928</td>
<td></td>
</tr>
<tr>
<td>Santa Rosa</td>
<td>Aliados Health (formerly RCHC) 1450 Guerneville Rd, CA 95407</td>
<td>(707) 565-6583</td>
</tr>
<tr>
<td></td>
<td>Santa Rosa Community Health – Lombardi 751 Lombardi Ct. CA 95407</td>
<td>(707) 547-3030</td>
</tr>
<tr>
<td></td>
<td>Santa Rosa Community Health – Dutton 1300 N Dutton Ave. CA 95407</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Santa Rosa Community Health – Vista 3569 Round Barn Circle, CA 95407</td>
<td></td>
</tr>
<tr>
<td>Sonoma</td>
<td>Sonoma Valley Community Health Center 19270 Sonoma Hwy. CA 95476</td>
<td>(707) 939-6070</td>
</tr>
<tr>
<td>West Sonoma County</td>
<td>Russian River Health Center 16387 First Street Guerneville, CA 95446</td>
<td>(707) 823-3204</td>
</tr>
</tbody>
</table>

Visit aliadoshealth.org for more information.

Ask to speak with a Certified Enrollment Counselor at the locations listed on your left.
Podemos ayudarlo con las solicitudes y renovaciones de Medi-Cal, CMSP, Covered California y CalFresh (un programa de asistencia nutricional). Nuestros servicios de asistencia de aplicaciones son gratuitos y confidenciales.

<table>
<thead>
<tr>
<th>Localidades</th>
<th>Teléfono</th>
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</tbody>
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Visite [aliadoshealth.org](http://aliadoshealth.org) para obtener más información.
### Program Eligibility by Federal Poverty Level for 2024

Your financial help and whether you qualify for various Covered California or Medi-Cal programs depends on your income, based on the Federal Poverty Level (FPL).

#### Federal Premium Tax Credit

<table>
<thead>
<tr>
<th>% FPL</th>
<th>0%</th>
<th>100%</th>
<th>138%</th>
<th>150%</th>
<th>200%</th>
<th>213%</th>
<th>250%</th>
<th>266%</th>
<th>300%</th>
<th>322%</th>
<th>400%*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$0</td>
<td>$14,580</td>
<td>$20,121</td>
<td>$21,870</td>
<td>$29,160</td>
<td>$31,056</td>
<td>$36,450</td>
<td>$38,783</td>
<td>$43,740</td>
<td>$46,948</td>
<td>$58,320</td>
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<tr>
<td>2</td>
<td>$0</td>
<td>$19,720</td>
<td>$27,214</td>
<td>$29,580</td>
<td>$39,440</td>
<td>$42,004</td>
<td>$49,300</td>
<td>$52,456</td>
<td>$59,160</td>
<td>$63,499</td>
<td>$78,880</td>
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<tr>
<td>3</td>
<td>$0</td>
<td>$24,860</td>
<td>$34,307</td>
<td>$37,290</td>
<td>$49,720</td>
<td>$52,952</td>
<td>$62,150</td>
<td>$66,128</td>
<td>$74,580</td>
<td>$80,050</td>
<td>$99,440</td>
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<tr>
<td>4</td>
<td>$0</td>
<td>$30,000</td>
<td>$41,400</td>
<td>$45,000</td>
<td>$60,000</td>
<td>$63,900</td>
<td>$75,000</td>
<td>$79,800</td>
<td>$90,000</td>
<td>$96,600</td>
<td>$120,000</td>
</tr>
<tr>
<td>5</td>
<td>$0</td>
<td>$35,140</td>
<td>$48,494</td>
<td>$52,710</td>
<td>$70,280</td>
<td>$74,849</td>
<td>$87,850</td>
<td>$93,473</td>
<td>$105,420</td>
<td>$113,151</td>
<td>$140,560</td>
</tr>
<tr>
<td>6</td>
<td>$0</td>
<td>$40,280</td>
<td>$55,587</td>
<td>$60,420</td>
<td>$80,560</td>
<td>$85,797</td>
<td>$100,700</td>
<td>$107,145</td>
<td>$120,840</td>
<td>$129,702</td>
<td>$161,120</td>
</tr>
<tr>
<td>7</td>
<td>$0</td>
<td>$45,420</td>
<td>$62,680</td>
<td>$68,130</td>
<td>$90,840</td>
<td>$96,745</td>
<td>$113,550</td>
<td>$120,818</td>
<td>$136,260</td>
<td>$146,253</td>
<td>$181,680</td>
</tr>
<tr>
<td>8</td>
<td>$0</td>
<td>$50,560</td>
<td>$69,773</td>
<td>$75,840</td>
<td>$101,120</td>
<td>$107,693</td>
<td>$126,400</td>
<td>$134,490</td>
<td>$151,680</td>
<td>$162,804</td>
<td>$202,240</td>
</tr>
</tbody>
</table>

#### American Indian / Alaska Native (AIAN) Zero Cost Sharing

- Silver 94 (100%-150%)
- Silver 87 (>150%-200%)
- Silver 73 (>200%-250%)

#### AIAN Limited Cost Sharing (over 300%)

Note: Most consumers up to 138% FPL will be eligible for Medi-Cal. If ineligible for Medi-Cal, consumers may qualify for a Covered California health plan with financial help including: federal premium tax credit, Silver (94, 87, 73) plans and Zero Cost Sharing and Limited Cost Sharing AIAN plans.

**Silver 94, 87 and 73 plans** have no deductibles, and lower co-pays and out-of-pocket maximum costs.

* Consumers at 400% FPL or higher may receive a federal premium tax credit to lower their premium to a maximum of 8.5 percent of their income based on the second-lowest-cost Silver plan in their area. See the chart on page 2 for more information.

---

Note: Most consumers up to 138% FPL will be eligible for Medi-Cal. If ineligible for Medi-Cal, consumers may qualify for a Covered California health plan with financial help including: federal premium tax credit, Silver (94, 87, 73) plans and Zero Cost Sharing and Limited Cost Sharing AIAN plans.

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* Consumers at 400% FPL or higher may receive a federal premium tax credit to lower their premium to a maximum of 8.5 percent of their income based on the second-lowest-cost Silver plan in their area. See the chart on page 2 for more information.
The column headings shaded in orange are associated with eligibility ranges for Medi-Cal programs:

Medi-Cal uses FPL limits for the current year, as calculated by the Department of Health Care Services, to determine eligibility for its programs:

- Medi-Cal for Adults: up to 138% FPL
- Medi-Cal for Children: up to 266% FPL
- Medi-Cal for Pregnant Individuals: up to 213% FPL
- MCAP (for Pregnant Individuals): over 213%–322% FPL
- CCHIP (for Children in San Mateo, San Francisco, and Santa Clara counties): over 266%–322% FPL

The unshaded column headings are associated with eligibility ranges for Covered California programs and financial help:

Covered California uses FPL limits from the previous year to determine eligibility for its programs:

- Federal Premium Tax Credit: 100%–400%+ FPL
- Silver 94: 100%–150% FPL
- Silver 87: over 150%–200% FPL
- Silver 73: over 200%–250% FPL
- AIAN Zero Cost Sharing: 100%–300% FPL
- AIAN Limited Cost Sharing: over 300% FPL

The cost of your Covered California premium is based on your household's Federal Poverty Level percentage and the cost of the plans available where you live.

<table>
<thead>
<tr>
<th>Household FPL Percentage</th>
<th>Percent of Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-150% FPL</td>
<td>0% household income</td>
</tr>
<tr>
<td>150-200% FPL</td>
<td>0-2% household income</td>
</tr>
<tr>
<td>200-250% FPL</td>
<td>2-4% household income</td>
</tr>
<tr>
<td>250-300% FPL</td>
<td>4-6% household income</td>
</tr>
<tr>
<td>300-400% FPL</td>
<td>6-8.5% household income</td>
</tr>
<tr>
<td>400%+ FPL</td>
<td>8.5% household income</td>
</tr>
</tbody>
</table>
Open enrollment is here! You can find affordable health insurance through Covered California.

And we can help!

Your plan’s premium will depend on your income and might be as low as $0 per month.

It’s easy! Call our Access Navigators at 707-547-3030 to get help with signing up for a new plan today.

Santa Rosa Community Health

srhealth.info/access
Ya inicio la inscripción abierta! Usted puede encontrar una aseguración de salud a un bajo precio a través de Covered California.

¡Y nosotros le podemos ayudar!

Su opción de planes dependerá de sus ingresos y podría ser tan bajo como $0 al mes.

¡Es fácil! Para obtener ayuda con su solicitud para inscribirse a un nuevo plan, llame a nuestros Navegadores de Acceso al 707-547-3030.
INSPIRAR EL AMOR POR LA LECTURA

Inscriba a su hija/o en Dolly Parton’s Imagination Library y obtenga un LIBRO GRATIS todos los meses hasta que cumpla 5 años.

A nuestra hija le ENCANTA LEER y también que le lean, y la VARIEDAD de libros que recibe de Imagination Library es una parte SIGNIFICATIVA de esto.

Dolly Parton’s Imagination Library se dedica a inspirar el amor por la lectura al regalar libros sin costo a niños desde el nacimiento hasta los cinco años, a través de fondos compartidos por Dolly Parton y socios comunitarios locales en los Estados Unidos, Canadá, el Reino Unido, Australia y la República de Irlanda.
INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton’s Imagination Library and get a FREE BOOK every month until their 5th birthday.

“Our daughter LOVES READING and being read to, and the VARIETY she receives from the Imagination Library is a SIGNIFICANT part of this.”

Dolly Parton’s Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.

First 5 Sonoma County
5340 Skylane Blvd, Santa Rosa, CA 95403
Telephone: 707-522-2020
SCIL@first5sonomacounty.org
SONOMACF.ORG/SCIL
**REGISTRATION FORM**

**FORMULARIO DE INSCRIPCIÓN**

---

**Child Information/Información del niño**

1st Child’s FULL Name

Nombre completo del 1er niño

Child’s Date of Birth

Fecha de nacimiento del niño

month/mes / day/día / year/año

2nd Child’s FULL Name

Nombre completo del 2do niño

Child’s Date of Birth

Fecha de nacimiento del niño

month/mes / day/día / year/año

Child’s Mailing Address

Dirección postal del niño

---

**Caretaker Information/Información del cuidador**

Authorized Adult Name

Nombre del adulto autorizado

please print/por favor escribir legible

Phone

Teléfono

Email Address

Dirección de correo electrónico

**Book Language Preference/Preferencia de idioma del libro:**

- [ ] English
- [ ] Bilingual English/Spanish

**Communication Preference/Preferencia de comunicación:**

- [ ] Inglés
- [ ] Español

---

**ENROLL YOUR CHILD TODAY!/¡INSCRÍBA A SU HIJO HOY!**

Simply fill out the above form and mail to First 5 Sonoma County,
5340 Skylane Blvd., Santa Rosa, CA 95403

Simplemente complete el formulario anterior y envíelo por correo a First 5 Sonoma County,
5340 Skylane Blvd., Santa Rosa, CA 95403

---

**OFFICE USE ONLY/SOLO USO DE OFICINA**

Date Received

Fecha de recepción

Notes

Notas

---

©2022 The Dollywood Foundation

imaginationlibrary.com
707-522-2020 | SCIL@first5sonomacounty.org
IT’S OKAY TO ASK FOR HELP

STOP THE STIGMA.
FREE MENTAL HEALTH SERVICES AVAILABLE

Tuesdays
10:00 am - 2:00pm
Caroline Valenzuela, LCSW

873 Second Street, Santa Rosa CA 95404
707-544-1581
ROMPAMOS PATRONES
SERVICIOS SEMANANLES GRATUITOS EN ESPAÑOL DE SALUD MENTAL DISPONIBLES.

Jueves
12:00 am - 4:00pm
Christina Zapata, LCSW
873 Second Street, Santa Rosa CA
95404
llamenos para pedir su cita al
707-544-1581

PEDIR
AYUDA ES
UN GRAN
PASO

FACE 2 FACE
ending HIV in Sonoma County
Stop the stigma.
Free mental health Services available

Thursday
12:00 am - 4:00pm
Christina Zapata, LCSW

(Service available in English and Spanish)

873 Second Street, Santa Rosa CA
95404
707-544-1581

It is okay to ask for help.
Are you currently homeless and looking for housing solutions?

The Sonoma County Coordinated Entry System, operated by HomeFirst, matches people experiencing homelessness who are most in need of assistance to available supportive housing programs. You can access the system at any of the points below. Just ask for a Coordinated Entry Assessment.

You can access the system through any provider below:

**Caritas Drop In Center**
301 6th Street (Corner of Morgan & 6th), Santa Rosa
Tues-Wed 1P-4PM, or call for appointment: 707-978-8329
host@srcharities.org

**Russian River Health Center**
16319 3rd St., Guerneville, CA 95446
Call for an appointment: 707-824-3398

**Downtown Streets Team: Serving People of South County**
Call for an appointment: 707-806-9066

**COTS Mary Isaak Center**
900 Hopper Street, Petaluma, CA 94952
Call for an appointment: 707-765-6530 ext. 207

**Rohnert Park HOST (Rohnert Park residents only)**
Call for an appointment: 707-978-8329
hostrp@srcharities.org

**Reach for Home**
443 Hudson Street, Healdsburg CA 95448
Call for an appointment: 707-433-6161
info@reachforhome.org

**Corazon Healdsburg**
16003 Healdsburg Avenue, Healdsburg
Mon-Fri 10AM-5PM (walk-ins available)
Or call for an appointment: 707-615-4567

**West County Community Services Sebastopol Outreach (Sebastopol residents only)**
Call for an appointment: 707-888-3804

**Homeless Outreach Team, Victim's Services (For victims of crime)**
Call for an appointment: 707-565-8260

**Social Advocates for Youth (Transition Aged Youth 18-24)**
Dream Center, 2447 Summerfield Rd.
Santa Rosa, CA 95405
Call for an appointment: 1-888-729-0012

**TLC Children and Family Services (Transition Aged Youth 18-24 or Transition Aged Youth with children)**
821 Mendocino Ave., Santa Rosa, CA 95401
Drop In Thursdays 1-3PM
Or call for an appointment: 707-480-9541

**Face 2 Face (HIV services)**
873 2nd Street, Santa Rosa, CA 95404
Call for an appointment: 707-544-1581

**Nation’s Finest (Veterans)**
444 10th Street, suite 102, Santa Rosa, CA 95401
Mon-Fri 8AM-5PM or call for an appointment: 1-833-468-9676

**Interfaith Shelter Network**
Call for an appointment: 707-546-7907, ext. 101

**Homeless Action Sonoma, Inc**
Call for an appointment: 707-991-0455
hassonomaorg@gmail.com

Having problems getting an assessment? Contact HomeFirst today! 866.542.5480 ce@homefirstscc.org
Sonoma County Coordinated Entry System

Access Points

Assessment → By-Name-List → Housing Referrals

Prioritized by Need

Sonoma County Coordinated Entry System

Access Points

Assessment → By-Name-List → Housing Referrals

Prioritized by Need

Sonoma County Coordinated Entry System

Access Points

Assessment → By-Name-List → Housing Referrals

Prioritized by Need

Sonoma County Coordinated Entry System

Access Points

Assessment → By-Name-List → Housing Referrals

Prioritized by Need
Participant FAQs about the Sonoma County Coordinated Entry System

1. What is a Coordinated Entry System (CES)?
   - Coordinated Entry matches people experiencing homelessness to available housing programs. It prioritizes those who are most in need of assistance.
   - Referrals are made only to permanent housing, not shelters.

2. What is a CES Assessment?
   - Used to determine eligibility for referrals to homeless permanent housing services.
   - Places you on a centralized By-Names-List so you don’t have to apply program by program.
   - Includes to the Vulnerability Index Survey (VI-SPDAT), a standard assessment tool used to measure a person’s vulnerability and housing needs.
   - Matches you with housing services that meet your needs when they are available, although an assessment does not guarantee a referral.

3. What is the Sonoma County Coordinated Entry System By-Name-List?
   - The By-Name-List is a list of individuals, families, and transitional age youth who are experiencing homelessness prioritized by vulnerability.
   - The By-Name-List is a dynamic waiting list and does not guarantee referrals to any particular service or program.
   - The most vulnerable, eligible, and most in need will be connected to available housing programs first.
   - If you do not accept the housing referral offered to you, you will maintain your placement on the By-Name-List and will be offered the next eligible referral.
   - The By-Name-List is stored in the Homeless Management Information System, which is not accessible to the public.

4. I’ve completed the CES Assessment. What should I do now?
   - Keep your contact and location information up to date with an Access Point
   - Stay in contact with a CES Access Point, shelter, or outreach team every 90 days to maintain your active status on the By-Name-List and eligibility for housing referrals.
   - Update your CES Assessment annually or when a major life event occurs.
   - Continue to pursue other housing options, services, and benefits. Many people who are on the list will NOT be offered a housing opportunity or will wait a very long time for a referral. This is currently due to the lack of housing opportunities.

5. What are my rights as a participant in Sonoma County CES?
   - The CES, Access Points and Cooperating Agencies must comply with the nondiscrimination provisions of federal civil rights laws, which bar discrimination on the basis of race, color, religion, national origin, sex, actual or perceived sexual orientation or gender identity, disability, familial status, marital status, citizenship (or lack thereof).
   - Depending on eligibility, cooperating agencies may refer a participant to a more appropriate agency.
   - You have the option for your information to be stored on the By-Name-List anonymously, and it can be removed at any time.

6. How do I submit a complaint or grievance?
   - Please contact the Coordinated Entry Operator HomeFirst at: ce@homefirstscc.org or 866-542-5480. HomeFirst does not have a say in housing decisions.
¿Está actualmente sin hogar y necesita una viviendapermanente?

El Sistema de Entrada Coordinada ayuda a las personas sin hogar que más necesitan asistencia con programas de vivienda de apoyo disponibles.

Puede acceder al sistema en cualquiera de los siguientes puntos:

**Caritas Drop In Center**
301 6th Street (Esquina de Morgan & 6th), Santa Rosa  
Martes–Mé 1P-4PM, o con cita previa: 707-978-8329  
host@srcharities.org

**Russian River Health Center**
16319 3rd St., Guerneville, CA 95446  
Llame para una cita: 707-824-3398

**Downtown Streets Team: Sirviendo a la gente del sur del condado**
Llame para una cita: 707-806-9066

**COTS Mary Isaak Center**
900 Hopper Street, Petaluma, CA 94952  
Llame para una cita al: 707-765-6530 ext. 207

**Rohnert Park HOST (Rohnert Park residents only)**
Llame para una cita: 707-978-8329  
hostrp@srcharities.org

**Reach for Home**
443 Hudson Street, Healdsburg CA 95448  
Llame para una cita al: 707-433-6161  
info@reachforhome.org

**Corazón Healdsburg**
16003 Avenida Healdsburg, Healdsburg  
Lunes-Viernes 10AM-5PM (No se requiere hacer una cita)  
O llame para una cita: 707-615-4567

**West County Community Services Sebastopol Outreach**  
(solo para residentes de Sebastopol)  
Llame para una cita: 707-888-3804

**Equipo de Alcance para Personas sin Hogar**  
(Servicios para Víctimas)  
Llame para una cita: 707-565-8260

**Defensores Sociales para jóvenes (18-24)**
Dream Center, 2447 Summerfield Rd., Santa Rosa, CA 95405  
Llame para una cita 24/7 1-888-729-0012

**Servicios para Niños y Familias de TLC (Jóvenes de edad 18-24 or Jóvenes de edad 18-24 con niños)**
821 Mendocino Ave., Santa Rosa, CA 95401  
Jueves 1-3PM o Llame para una cita 707-480-9541

**Cara a Cara (HIV services)**
873 2nd Street, Santa Rosa, CA 95404  
Llame para una cita: 707-544-1581

**Nation’s Finest (Veteranos)**
444 10th Street, suite 102, Santa Rosa, CA 95401  
Lunes-Viernes 8:00am-5:00pm  
o llame para una cita: 1-833-468-9676

**Interfaith Shelter Network**
Llame para una cita: 707-546-7907, ext. 101

**Homeless Action Sonoma, Inc**
Llame para una cita: 707-991-0455  
hassonomaorg@gmail.com

¿Tiene problemas para obtener una evaluación? Contáctenos HomeFirst hoy!  
866.542.5480  
ce@homefirstscc.org
Sistema de Entrada Coordinada del Condado de Sonoma

Puntos de acceso

Evaluación → Lista de Nombres → Referencias de vivienda priorizadas por necesidad
Preguntas más frecuentes sobre el Sistema de Entrada Coordinada del condado Sonoma

1. ¿Qué es un sistema de entrada coordinada (CES)?
   - La Entrada Coordinada es un sistema simplificado diseñado para hacer coincidir de manera eficiente a las personas sin hogar con los programas de vivienda disponibles. Da prioridad a los que más necesitan asistencia.
   - Las referencias se hacen solo a viviendas permanentes, no a refugios.

2. ¿Qué es una evaluación CES?
   - Se utiliza para determinar la elegibilidad para las referencias a servicios de vivienda para personas sin hogar, como vivienda de apoyo permanente y realojamiento rápido.
   - Lo coloca en una lista centralizada por nombres para que no tenga que aplicar programa por programa.
   - La lista por nombre es una lista de espera dinámica y no garantiza referencias a ningún servicio o programa en particular.
   - Incluye la Encuesta del Índice de Vulnerabilidad (VI-SPDAT), una herramienta de evaluación estándar que se utiliza para medir la vulnerabilidad y las necesidades de vivienda de una persona.

3. ¿Qué es la Lista de Nombres del Sistema de Entrada Coordinada del Condado de Sonoma?
   - La lista de nombres de CES es una lista dinámica de individuos, familias y jóvenes en edad de transición que están experimentando la falta de vivienda priorizada por la vulnerabilidad.
   - La lista por nombre es una lista de espera dinámica y no garantiza referencias a ningún servicio o programa en particular.
   - Los hogares elegibles que son los más vulnerables y los más necesitados se conectarán primero a los programas de vivienda disponibles.
   - Si no acepta la referencia de vivienda que se le ofrece, mantendrá su ubicación en la Lista de nombres y se le ofrecerá la próxima referencia elegible.
   - La lista de nombres se almacena en el Sistema de Información de Gestión de Personas sin Hogar (HMIS), que no es accesible al público.

4. ¿Cuáles son mis derechos como participante en el CES del Condado de Sonoma?
   - El CES, los Puntos de Acceso y las Agencias Cooperantes deben cumplir con las disposiciones de no discriminación de las leyes federales de derechos civiles, que prohíben la discriminación por motivos de raza, color, religión, origen nacional, sexo, orientación sexual o identidad de género real o percibida, discapacidad, estado familiar, estado civil, ciudadanía (o falta de)
   - Dependiendo de la elegibilidad, las agencias colaboradoras pueden referir a un participante a una agencia más apropiada.
   - Tiene la opción de que su información se almacene en la lista de nombres de forma anónima, y se puede eliminar en cualquier momento.

5. He completado la Evaluación CES. ¿Qué debo hacer ahora?
   - Continúe buscando otras opciones de vivienda, servicios y beneficios. A muchas personas que están en la lista NO se les ofrecerá una oportunidad de vivienda o esperarán mucho tiempo para una referencia.
   - Mantenga información de contacto y ubicación actualizada con un punto de acceso, que se encuentra en la volante.
   - Manténgase en contacto con un punto de acceso, refugio o equipo de alcance de CES cada 90 días para mantener su estado activo en la Lista de nombres y la elegibilidad para referencias de vivienda. Mantenga actualizada su información de contacto y ubicación. Actualice su evaluación ocurrir un evento importante en la vida.

6. ¿Cómo presento una queja?
   - Comuníquese con el Operador de Entrada Coordinada al: ce@homefirstscc.org o al 866-542-5480.
If you or someone you know is currently homeless or at-risk of becoming homeless, help is available to assist you.

SCAN
Scan this QR code for a comprehensive list of resources in Santa Rosa.

CALL
For food, vital services, shelter & housing:
- 211 from the 707 area code or text your zip code to 898211
- 707-978-8329 to reach HOST - Catholic Charities' Homeless Outreach Services Team

In the event of a mental health emergency:
- 707-575-4357 to reach the inRESPONSE mental health support team (paramedic, mental health clinician, homeless outreach specialist)

Domestic violence crisis line:
- 707-526-1234 for support, emergency shelter, and childcare

GO TO
Drop-In Center
301 6th St.; Mon.- Fri. 6am-5:30pm* & Sat. 8am-4pm
Showers, laundry, mail, health services, connections to shelter and housing resources.
*Thu. 12-5:30pm - mail collection and restroom access only

The Living Room
1335 N. Dutton Ave; Mon.-Fri. 9am-1:30pm
Day center for women and their children. Breakfast, lunch, classes, support groups, connections to shelter and housing resources.
Si usted o alguien que conoce actualmente no tiene hogar o corre el riesgo de quedarse sin hogar, la ayuda está disponible para asistirle.

**ESCANEAR**

Escanear este código QR para obtener una listacompleta de recursos en Santa Rosa.

**LLAMAR**

Para alimentos, servicios vitales, refugio y vivienda:
- 211 desde un código de área 707 o envíe un mensaje de texto con su código postal al 898211
- 707-978-8329 para llamar a HOST - Equipo de Servicios de Ayuda para Personas Sin Hogar de Caridades Católicas

En caso de emergencia de salud mental:
- 707-575-4357 para ponerse en contacto con el equipo de apoyo a la salud mental inRESPONSE (paramédico, clínico de salud mental, especialista en extensión para personas sin hogar)

Línea de crisis por violencia doméstica:
- 707-526-1234 para apoyo, refugio de emergencia y cuidado de niños

**VISITAR**

Centro de Recursos
En la calle 301 6th St.; de lunes a viernes, de 6am a 5:30pm*, y los sábados, de 8am a 4pm.
Duchas, lavandería, correo, servicios sanitarios, conexiones con refugios y recursos de vivienda.
*Los Jueves 12-5:30pm - sólo recogida de correo y acceso a los aseos

The Living Room
1335 N. Dutton Ave; Lun.-Vie. 9am-1:30pm
Centro de día para mujeres y sus hijos. Desayuno, almuerzo, clases, grupos de apoyo, conexiones a refugios y recursos de vivienda.
PROVIDENCE OUTPATIENT BEHAVIORAL HEALTH

RESTORING MENTAL WELLNESS, EMOTIONAL HEALTH, HOPE

Providence Outpatient Behavioral Health Services helps people suffering with mental health issues, such as: Anxiety, Depression, Bipolar Disorder, PTSD. Our programs offer small group therapy and individual support, in a safe and confidential outpatient clinic. Patients will receive individualized care from our team inclusive of: Psychiatrists, Nurses, Mental Health Providers, and Occupational Therapists. Medicare, Providence Health Plan and most Commercial Insurance accepted. Self-referrals accepted. Call 707-547-5450 for more information and to schedule an intake assessment to see if this program is the right fit for you or someone you know.
If you or anyone you know is in need of food, please come to one of our food distributions. The ones listed below are regular locations in North Sonoma County; however, we have 300+ locations where you can get free food. Please call (707) 523-7903 or visit getfood.refb.org to find a site near you. All food is free and all are welcome.

CLOVERDALE LOCATIONS & TIMES:

Cloverdale Citrus Fair
1 Citrus Fair Drive, Cloverdale
Groceries to Go & Senior Basket
Every Monday
4:00 pm - 5:00 pm

Cloverdale Rancheria
555 S Cloverdale Blvd #1, Cloverdale
Groceries to Go & Senior Basket
1st & 3rd Friday of the month
10:00 am - 11:00 am

St. Peter's Church
491 S. Franklin Street, Cloverdale
Groceries to Go & Senior Basket
2nd & 4th Thursday of the month
10:00 am - 11:00 am

WINDSOR LOCATIONS & TIMES:

Shiloh Neighborhood Church
5901 Old Redwood Hwy, Santa Rosa
Groceries to Go & Senior Basket
Every Wednesday
1:30 pm - 2:30 pm

Windsor Senior Center
9231 Foxwood Drive, Windsor
Groceries to Go & Senior Basket
1st & 3rd Friday of the month
10:00 am - 11:00 am

Cali Calmecac Language Academy
9491 Starr Road, Windsor
Groceries to Go & Senior Basket
Every Wednesday
10:00 am - 11:00 am

HEALDSBURG LOCATIONS & TIMES:

Corazon Healdsburg
1557 Healdsburg Avenue, Healdsburg
Groceries to Go & Senior Basket
Every Tuesday
9:30 am - 10:30 am

Healdsburg Senior Center
133 Matheson Street, Healdsburg
Groceries to Go & Senior Basket
1st & 3rd Wednesday
9:15 am - 10:00 am

Healdsburg City Hall
401 Grove Street, Healdsburg
Groceries to Go & Senior Basket
Every Monday
4:30 pm - 5:30 pm

Trinity Baptist Church
515 Powell Avenue, Healdsburg
Groceries to Go & Senior Basket
1st & 3rd Saturday of the month
8:00 am - 9:30 am

GEYSERVILLE LOCATIONS & TIMES:

Geyserville School
21485 Geyserville Avenue, Geyserville
Groceries to Go & Senior Basket
1st & 3rd Wednesday of the month
4:00 pm - 5:00 pm

Get Help Paying for Groceries:
Apply for CalFresh benefits today. Call our Food Connections team at (707) 523-7903.
Si usted o alguien que conoce necesita comida, visite a una de nuestras distribuciones de comida. Los sitios a continuación son ubicaciones consistentes, sin embargo, tenemos más de 300 sitios de distribución en los condados de Sonoma, Mendocino, Lake, Humboldt y Del Norte. Llame al (707) 523-7903 o visite getfood.refb.org para encontrar más ubicaciones de distribución de alimentos. Toda la comida es gratis y todos son bienvenidos.

**CLOVERDALE LUGAR Y HORA:**

**Cloverdale Citrus Fair**
1 Citrus Fair Drive, Cloverdale
Groceries to Go y Senior Basket
Cada lunes
4:00 pm - 5:00 pm

**Cloverdale Rancheria**
555 S Cloverdale Blvd #1, Cloverdale
Groceries to Go & Senior Basket
1er y 3er viernes del mes
11:00 am - 12:00 pm

**St. Peter's Church**
491 S. Franklin Street, Cloverdale
Groceries to Go y Senior Basket
2do y 4to jueves del mes
10:00 am - 11:00 am

**WINDSOR LUGAR Y HORA:**

**Shiloh Neighborhood Church**
5901 Old Redwood Hwy, Santa Rosa
Groceries to Go y Senior Basket
Cada Miercoles
1:30 pm - 2:30 pm

**Windsor Senior Center**
9231 Foxwood Drive, Windsor
Groceries to Go y Senior Basket
1er y 3er viernes del mes
10:00 am - 11:00 am

**Cali Calmecac Language Academy**
9491 Starr Road, Windsor
Groceries to Go y Senior Basket
Cada mierecoles
10:00 am - 11:00 am

**HEALDSBURG LUGAR Y HORA:**

**Corazon Healdsburg**
1557 Healdsburg Avenue, Healdsburg
Groceries to Go y Senior Basket
Cada martes
9:30 am - 10:30 am

**Healdsburg Senior Center**
133 Matheson Street, Healdsburg
Groceries to Go y Senior Basket
1er y 3er miercoles del mes
9:15 am - 10:00 am

**Healdsburg City Hall**
401 Grove Street, Healdsburg
Groceries to Go & Senior Basket
Cada lunes
4:30 pm - 5:30 pm

**Trinity Baptist Church**
515 Powell Avenue, Healdsburg
Groceries to Go 1er y 3er sábado del mes
Senior Basket 3er sábado del mes
8:00 am - 9:30 am

**GEYSERVILLE LUGAR Y HORA:**

**Geyersville School**
21485 Geyersville Avenue, Geyersville
Groceries to Go y Senior Basket
1er y 3er viernes del mes
4:00 pm - 5:00 pm

**Obtenga ayuda para pagar la comida:**

Solicite los beneficios de CalFresh hoy.
Llame a nuestro equipo de Food Connections al (707) 523-7903

REDWOOD EMPIRE FOOD BANK ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.

EDITADO JULIO 2023 | VISITE GETFOOD.REFB.ORG PARA INFORMACION O LLAME (707) 523-7903
A New Summer Food Program Coming in 2024

Learn how SUN Bucks can help you!

SUN Bucks, also known as Summer EBT (S-EBT), is a new program to help families buy food for their school-aged children during the summer. Families will get $120 for each eligible child to buy groceries during the summer. Families must use SUN Bucks within 122 days of funds being loaded to their card. Children who get SUN Bucks can still participate in other summer meal programs. SUN Bucks will not affect immigration status.

Will my child get SUN Bucks?

Your child will automatically get SUN Bucks if:

- They are age 6 - 18 years and get CalFresh, CalWORKs, or Medi-Cal; OR
- They are age 0 - 22 years, attending schools that are part of National School Lunch and/or School Breakfast Programs, AND are approved for free or reduced price meals. Check with your child’s school to make sure your free or reduced-price meal application or Alternative Income Form is on file.

Children who are attending Head Start, experiencing homelessness, living in foster care or part of a migrant family are also automatically eligible.

How do SUN Bucks work?

Eligible families will get SUN Bucks on an S-EBT card mailed to their home. You do not need to fill out an application. You will get one new SUN Bucks card for each eligible child. You can use SUN Bucks just like a debit card to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept CalFresh EBT benefits.

Have You Moved?

Make sure your mailing address is current, so your SUN Bucks are sent to the right place! Update your address by April 1, 2024.

- If you get CalWORKS, CalFresh, or Medi-Cal, change your address online at BenefitsCal.com, or call or visit your local county office.
- If you qualify for free or reduced-price meals, change your address at your child’s school of attendance. Not sure? Check with your child’s school.
If you or anyone you know is in need of food, please come to one of our food distributions. The ones listed below are consistent locations, however we have over 300 distribution sites throughout Sonoma, Mendocino, Lake, Humboldt and Del Norte Counties. Please call (707) 523-7903 or visit getfood.refb.org to find more food distribution locations. All food is free and all are welcome.

**HEALDSBURG LOCATION & TIME:**

**CORAZON HEALDSBURG**  
1557 Healdsburg Avenue, Healdsburg  
Every Tuesday  
9:30 am - 10:30 am

**MONTE RIO LOCATION & TIME:**

**MONTE RIO COMMUNITY CENTER**  
20488 CA-116, Monte Rio  
Every Wednesday  
3:00 pm - 4:00 pm

**PETALUMA LOCATIONS & TIMES:**

**NEW LIFE CHRISTIAN FELLOWSHIP**  
1310 Clegg Street, Petaluma  
Every Tuesday  
10:00 am - 11:00 am &  
Every Thursday  
3:00 pm - 4:00 pm

**PETALUMA FAIRGROUNDS**  
175 Fairgrounds Drive, Petaluma  
Every Friday  
9:00 am - 10:00 am

**ROHNERT PARK LOCATION & TIME:**

**PETALUMA HEALTH CENTER**  
5900 State Farm Drive Rohnert Park  
Every Monday  
8:45 am - 9:45 am

**ST. ELIZABETH SETON CHURCH**  
4595 Snyder Lane, Rohnert Park  
Every Wednesday  
4:00 pm - 5:00 pm

**ROHNERT PARK COMMUNITY CENTER**  
5401 Snyder Lane, Rohnert Park  
2nd & 4th Saturday of the month  
9:00 am - 10:30 am

**SEBASTOPOL LOCATION & TIME:**

**ST. SEBASTIAN’S CHURCH**  
7983 Covert Lane Sebastopol  
Every Thursday  
4:00 pm - 5:00 pm

**SONOMA VALLEY LOCATION & TIME:**

**ST. LEO’S CHURCH**  
601 W. Agua Caliente Road  
Every Tuesday  
8:30 am - 9:30 am

Altimira Middle School  
17805 Arnold Drive, Sonoma  
Every Tuesday  
5:00 pm - 6:00 pm

**SANTA ROSA LOCATIONS & TIMES:**

**BAYSIDE SANTA ROSA**  
3175 Sebastopol Road, Santa Rosa  
Every Monday  
8:00 am - 9:00 am  
2nd & 4th Saturday of the month  
8:00 am - 9:00 am

**SHILOH NEIGHBORHOOD CHURCH**  
5901 Old Redwood Highway, Santa Rosa  
Every Wednesday  
1:30 pm - 2:30 pm

**SANTA ROSA VETS MEMORIAL BUILDING**  
1351 Maple Avenue, Santa Rosa  
Every Thursday  
8:30 am - 10:00 am & 3:30 pm - 5:00 pm

Get help paying for groceries!  
Apply for CalFresh benefits today. Call our Food Connections team at (707) 523-7903

THE REDWOOD EMPIRE FOOD BANK IS AN EQUAL OPPORTUNITY PROVIDER.

LAST EDITED OCTOBER 2023 | VISIT GETFOOD.REFB.ORG FOR CURRENT INFO OR CALL (707) 523-7903
Si usted o alguien que conoce necesita comida, visite a una de nuestras distribuciones de comida. Los sitios a continuación son ubicaciones consistentes, sin embargo, tenemos más de 300 sitios de distribución en los condados de Sonoma, Mendocino, Lake, Humboldt y Del Norte. Llame al (707) 523-7903 o visite getfood.refb.org para encontrar más ubicaciones de distribución de alimentos. Toda la comida es gratis y todos son bienvenidos.

**HEALDSBURG LUGAR Y HORA:**

**CORAZON HEALDSBURG**
1557 Healdsburg Avenue, Healdsburg
Cada martes
9:30 am - 10:30 am

**SEBASTOPOL LUGAR Y HORA:**

**ST. SEBASTIAN’S CHURCH**
7983 Covert Lane Sebastopol
Cada jueves
4:00 pm - 5:00 pm

**MONTE RIO LUGAR Y HORA:**

**MONTE RIO COMMUNITY CENTER**
20488 CA-116, Monte Rio
Cada miércoles
3:00 pm - 4:00 pm

**SONOMA VALLEY LUGAR Y HORA:**

**ST. LEO’S CHURCH**
601 W. Agua Caliente Road
Cada martes
8:30 am - 9:30 am

**PETALUMA LUGAR Y HORA:**

**NEW LIFE CHRISTIAN FELLOWSHIP**
1310 Clegg Street, Petaluma
Cada martes
10:00 am - 11:00 am y
Cada jueves
3:00 pm - 4:00 pm

**ALTIMIRA MIDDLE SCHOOL**
17805 Arnold Drive, Sonoma
Cada martes
5:00 pm - 6:00 pm

**PETALUMA FAIRGROUNDS**
175 Fairgrounds Drive, Petaluma
Cada viernes
9:00 am - 10:00 am

**SANTA ROSA LUGAR Y HORA:**

**BAYSIDE SANTA ROSA**
3175 Sebastopol Road, Santa Rosa
Cada lunes
8:00 am - 9:00 am
2do y 4to sábado del mes
8:00 am - 9:00 am

**ROHNERT PARK LUGAR Y HORA:**

**PETALUMA HEALTH CENTER**
5900 State Farm Drive Rohnert Park
Cada lunes
8:45 am - 9:45 am

**SHILOH NEIGHBORHOOD CHURCH**
5901 Old Redwood Highway, Santa Rosa
Cada miércoles
1:30 pm - 2:30 pm

**ST. ELIZABETH SETON CHURCH**
4595 Snyder Lane, Rohnert Park
Cada miércoles
4:00 pm - 5:00 pm

**SANTA ROSA VETS MEMORIAL BUILDING**
1351 Maple Avenue, Santa Rosa
Cada jueves
8:30 am - 10:00 am y 3:30 pm - 5:00 pm

**ROHNERT PARK COMMUNITY CENTER**
5401 Snyder Lane, Rohnert Park
2do miércoles del mes
9:00 am - 10:30 am

**Obtenga ayuda para comprar alimentos!**

Aplique para beneficios de CalFresh hoy.
Llame nuestro equipo Food Connections al
(707) 523-7903

REDWOOD EMPIRE FOOD BANK ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.
SHARE Sonoma County is offering a Home Sharing Program to provide affordable housing and to help seniors “age in place”. SHARE (Shared Housing And Resource Exchange) facilitates secure home shares for homeowners and renters who are currently stressed financially, experiencing life transitions, looking for companionship, or needing basic assistance (service exchange) to help them thrive and remain safely at home.

SHARE Home Shares are living arrangements between two or more unrelated people, one of whom is 60 years of age or older, who agree to share a home or apartment for their mutual benefit. Each person has their own bedroom and possibly bathroom, while sharing common living areas.

Home Sharing benefits include:

- Generate additional income
- Companionship
- Security of not living alone
- Remain home and “age in place”
- Help with basic assistance
- Peace of mind for you and your family
- Homelessness protection
- Ongoing collaborative support services

SHARE is now accepting applications to screen, identify, and match potential Home Sharers.

For more information about the SHARE Sonoma County Home Sharing Program, please contact:

Phone: (707) 766-8800 · Fax: (707) 766-8899
Email: info@sharesonomacounty.org
Website: www.sharesonomacounty.org

By appointment only
SHARE Sonoma County
411 Russell Avenue
Santa Rosa, CA 95403

IT’S ALL ABOUT PROVIDING AFFORDABLE HOUSING
Supportive Outreach and Access to Resources (SOAR)
Early Psychosis Intervention Program

Clinical Criteria
Must include one or more of the following:

a. Experienced first episode of psychosis within the past two years; or,

b. Attenuated psychosis symptoms (of any duration); or,

c. Recent functional deterioration and have a parent or sibling with a history of a psychotic disorder; or,

d. Diagnosis of Mood/Bipolar Disorder (with either attenuated or psychotic level symptoms).

Referral Criteria
- County resident
- Kaiser/private insurance, Medi-Cal, or uninsured
- Ages 12-30
- IQ > 70
- Drug use eligible, but not drug dependence

To make a referral:

SOARinfo@aldeainc.org
707-224-8266

Aldea Children & Family Services is a 501(c)(3) nonprofit organization.
**County of Sonoma**
**Department of Child Support Services**

**Why should you open a Child Support case?**

We provide:
- Professional services and collection actions
- Flexible payment options
- Accurate Accounting
- Organized and clear record tracking
- Legal support and case assistance
- **Personal and Individual customer service**
- Quick, easy and free of charge* services

**What can Child Support Services do for you?**

- Find parents
- Determine parentage/genetic testing
- Establish and modify orders for financial and medical support
- Collect and distribute support
- **Work together to provide peace of mind through information and action**

*Maximum annual fee of $35.

**Contact us TODAY:**

**Online:** childsupport.ca.gov
**By phone:** 866-901-3212
**In person:**
Department of Child Support Services
3725 Westwind Blvd., Ste. 200, Santa Rosa, CA 95403
¿Por qué debería abrir un caso de manutención de hijos?

Ofrecemos:
- Servicios profesionales y acciones de cobro
- Opciones de pago flexibles
- Contabilidad precisa
- Seguimiento de registros organizado y claro
- Apoyo legal y asistencia de casos
- **Atención al cliente personal e individual**
- Servicios rápidos, fáciles y gratuitos *

¿Qué puede hacer el servicios de manutención de hijos para usted?

- Encontrar padres
- Determinar paternidad / pruebas genéticas
- Establecer y modificar ordenes de apoyo financiero y médico
- Recaudar y distribuir apoyo
- **Trabajar juntos para brindar tranquilidad a través de la Información y la acción**

* Cuota anual máxima de $35.

Contáctenos HOY:

**En línea:** childsupport.ca.gov

**Por teléfono:** 866-901-3212

**En persona:**
Departamento De Manutención De Hijos
3725 Westwind Blvd., Ste. 200, Santa Rosa, CA 95403
Live professional tutors 24/7/365
One-on-one support in 5 languages

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Need help? ¿Necesitas ayuda?
Student Success Tutorials
Tutoriales de Éxito Estudiantil

Student OneCard Prefix Finder
Buscador de prefijos Student OneCard

Your Student ID Number is also a Library Account!
Use your District prefix, student ID number, and PIN

¡Su número de identificación de estudiante también es una cuenta de la biblioteca!
Utilice el prefijo de su distrito, su número de identificación de estudiante y PIN

Visit: www.sonomalibrary.org/elibrary/atoz
Live professional tutors
1-10pm daily
One-on-one support in English & Spanish

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✔ Log in with your Student OneCard
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Visit: www.sonomalibrary.org/elibrary/atoz
MONTHLY MEETING
HOSTED BY:

SONOMA COUNTY
LIBRARY
BIBLIOTECA

Date: July 20, 2023
Time: 12 - 1: 30 pm
Location: Central Santa Rosa Library
211 E Street, Santa Rosa, CA 95404

This program is funded by Sonoma County Department of Health Services through the voter-approved Mental Health Services Act (Prop.63). It is one of several MHSA programs implemented by Sonoma County Behavioral Health, a county government organization working to improve mental health outcomes for individuals, families and communities. For more information, visit http://www.sonoma-county.org/hea
JUNTA MENSUAL
PROPORCIONADO POR:

SONOMA COUNTY
LIBRARY
BIBLIOTECA

Fecha: Julio 20, 2023
Hora: 12 - 1: 30 pm
Ubicación: Central Santa Rosa Library
211 E Street, Santa Rosa, CA 95404

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Dear Parents or Guardians,

Sonoma County’s *Free Lunch Program for Kids* returns! Summer meals for kids are available for pick-up all summer long at sites across our community. Grabbing a summer meal not only saves you time and money spent grocery shopping and meal prepping; it also helps our school and community get back on its feet.

**Summer Meals Program Details:**

- Meals are free for children and teens ages 18 and under.
- No application or registration required!
- Parents and guardians can pick up meals on their kids’ behalf.
- The meals served are healthy and follow USDA nutrition guidelines.

To find pick-up sites near you, visit [https://refb.org/summer-lunch.html](https://refb.org/summer-lunch.html), or text FOOD or COMIDA to 304-304. You can also call Redwood Empire Food Bank at 707-523-7903 for more information.

Have a safe and healthy summer!
Estimados padres o tutores,

¡Vuelve el programa de almuerzo gratuito para niños del condado de Sonoma! Las comidas de verano para niños están disponibles para recoger durante todo el verano en sitios de nuestra comunidad. Tomar una comida de verano no solo le ahorra tiempo y dinero gastado en compras y preparación de comidas; también ayuda a nuestra escuela y comunidad a recuperarse.

**Detalles del programa de comidas de verano:**
- Las comidas son gratuitas para niños y adolescentes menores de 18 años.
- ¡No se requiere solicitud ni registro!
- Los padres y tutores pueden recoger las comidas en nombre de sus hijos.
- Las comidas que se sirven son saludables y siguen las pautas de nutrición del USDA.


¡Que tengas un verano seguro y saludable!
<table>
<thead>
<tr>
<th>Site</th>
<th>Start Date</th>
<th>Close Date</th>
<th>Days</th>
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<td>17805 Arnold Dr</td>
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<td>M-F</td>
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<td>M-F</td>
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</table>
FAST FACTS
LifeWorks of Sonoma County - El Puente Program
LifeWorks of Sonoma County is a non-profit behavioral health private corporation that has been serving Sonoma County since 1996. Our mission is to provide high quality mental health services and education to support healthy, positive outcomes for the members of our community. We specialize in community based, bilingual, trauma-informed treatment models that involve the entire family in healing. We employ a diverse staff that reflects the communities with which we work and value the cultural assets that they bring to the agency. We also work to reduce barriers to treatment for the most vulnerable parts of our community with the hope that, through strengthening families, we can build a safer community for all.

CONTACT
Marbell Alvarez
Program Coordinator
1260 North Dutton Ave, Ste 220
Santa Rosa, CA 95401
(707) 568-2300 x110
alvarezm@lifeworkssc.org

PROGRAM SUCCESS
- Services free to 97% of clients
- 75% low-income households
- 1,200 people served last year
- 80% of families improved family functioning and communication
- 83% of clients reduced problematic behaviors

SNAPSHOT OF SERVICES
- El Puente - in-home counseling and parenting support for youth demonstrating risky or unmanageable behavior, including school truancy, gang involvement or drug/alcohol use.
- Counseling Center – individual, couple, and family therapy for people of all ages. Specialized support includes areas of trauma, parenting, mental health disorders. Group and educational classes are also offered.
- Therapeutic Behavioral Services – in-home counseling and behavioral support for children and teens displaying dangerous and disruptive behaviors.
- School Based Counseling – individual, group, and classroom-based counseling in the school environment.

ALL SERVICES ARE PROVIDED USING:
- Trauma-focused mental health treatment for individuals, couples, and families.
- Bilingual clinical services.
- In-home mental health treatment.
- Parent education and behavioral intervention.
- Associate clinician development and supervision.
- MediCal documentation and billing.

OUR MISSION
Our Mission is to provide high quality mental health services and education to support healthy, positive outcomes for the members of our community.