



Community Resources  
**January 2026**



**Bucklelew Programs Sonoma**  
**Family Service Coordination**  
2235 Mercury Way, Suite 107  
Santa Rosa, CA 95407  
(707) 571-8452

## Useful Phone Numbers

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**Access Team:** \_\_\_\_\_ (707) 565-6900

The Access Team initiates services for Sonoma County Behavioral Health, provides assessment, linkage, information and referral for mental health services for children, youth, and adults.

**SCBH 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.

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

**NA Fellowship (24 Hour Hotline):** \_\_\_\_\_ (707) 324-4062

**AA Fellowship (24 Hour Hotline):** \_\_\_\_\_ (707) 544-1300

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

**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 24/7. People can receive support over the phone or request an in-person response.

**inRESPONSE:** \_\_\_\_\_ 707-575-HELP (4357)

Mobile support for individuals experiencing a mental health crisis in Santa Rosa.

**SAFE Team:** \_\_\_\_\_ 707-781-1234 (Petaluma)

**SAFE Rohnert Park:** 707-584-2612 | **SAFE Cotati & SSU:** 707-792-3611 | **San Rafael:** 415-458-7233

The SAFE team is a civilian first responder program addressing crisis response for vulnerable community members with mental health, substance abuse, and homelessness. To find out more about the program, please email [SAFE@petalumapeople.org](mailto:SAFE@petalumapeople.org).

**CSU (Crisis Stabilization Unit – 24 Hours):** \_\_\_\_\_ (707) 565-4970

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 improve the well-being of individuals and families.

**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

**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.

**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.

**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.

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

**VA Member Services (Santa Rosa):** \_\_\_\_\_ (707) 524-6232

**CPI (Child Parent Institute)** \_\_\_\_\_ (707) 284-3444

Offers a variety of parent education and family support services to help parents and caregivers provide a strong, loving, and healthy home for their children.

**988 Suicide & Crisis Lifeline:** \_\_\_\_\_ 988

Call or text 988 to connect with the Suicide & Crisis Lifeline for immediate, free, and confidential support available 24/7.

**Verity (Crisis Line):** \_\_\_\_\_ (707) 545-7273

24/7 Crisis line and support to anyone affected by sexual assault: survivors, their families, and friends.

## **Behavioral Health Crisis Support** (Mental Health, Substance Use, Suicide)

### **From any phone in the U.S. (24/7):**

**Call 911:** In medical emergency or imminent danger.

**Call 988:** Connect with a trained crisis counselor.

### **Sonoma County Mobile Support Team (MST) Crisis Call Center (24/7)**

**800-746-8181**

Phone support for anyone in Sonoma County. MST works closely with inRESPONSE and SAFE and can coordinate a mobile crisis response. Mobile crisis teams co-respond with law enforcement when safety is issue.

### **inRESPONSE Mental Health Support Team**

**Santa Rosa (24/7)**

**707-575-4357**

For Health System Navigation Assistance  
707-204-9756 or email: [inresponse@srcity.org](mailto:inresponse@srcity.org)  
8 am - 5 pm, weekdays

### **SAFE Teams (24/7)**

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-3611



**NAMI Sonoma County (9-5, Mon-Fri)**  
**866-966-6264 or [info@namisoco.org](mailto:info@namisoco.org)**  
**Non-crisis mental health education,**  
**support, information, referrals.**

## Apoyo en Crisis de Salud Conductual

(Salud Mental, Uso de Sustancias, Suicidio)

**Desde cualquier teléfono en los EE. UU. (24/7):**

Llame al 911: En caso de emergencia médica o peligro inminente.

Llame al 988: Conéctese con un consejero de crisis capacitado.

### **Equipo Móvil de Apoyo del Condado de Sonoma (MST)**

**Centro de Llamadas de Crisis (24/7): 800-746-8181**

Apoyo telefónico para cualquier persona en el Condado de Sonoma. El MST trabaja en estrecha colaboración con inRESPONSE y SAFE y puede coordinar una respuesta móvil de crisis. Los equipos móviles de crisis co-responden con las fuerzas del orden cuando hay un problema de seguridad.

### **Equipo de Apoyo de Salud Mental inRESPONSE**

**Santa Rosa (24/7) 707-575-4357**

Para asistencia de navegación del sistema de salud

707-204-9756 o correo electrónico:

[inresponse@srcity.org](mailto:inresponse@srcity.org)

Horario: 8 am - 5 pm, de lunes a viernes

### **Equipos SAFE (24/7)**

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-3611



**NAMI Condado de Sonoma (9-5, Lun-Vie)**  
**866-966-6264 o [info@namisoco.org](mailto:info@namisoco.org)** Educación  
en salud mental, apoyo, información y  
referencias no relacionadas con crisis.

# 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, Jan 6<sup>th</sup>  
Tue, Jan 13<sup>th</sup>  
Tue, Jan 20<sup>th</sup>  
Tue, Jan 27<sup>th</sup>

*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**





☒ Cal Fresh (Food Stamps) 

☒ Medi-Cal (Medical Insurance) 

☒ Cash Assistance  
(General Assistance/SonomaWORKs)

☒ Client-centered Counseling



**Call or Text Robby Moore**

**(707) 308-4815**

**rmoores@ccnwc.org**

**( Calendar on Reverse Side )**

Serving Sonoma and Lake Counties

*Catholic Charities is an equal opportunity provider*

# January 2026

Lake County

Sun Mon

Tue

Wed

Thu

Fri

Sat

## Robby's Community Outreach

Sonoma County

Sonoma County

Sonoma County

|    |                                                                                                                   |                                                                                               |                                                                                                |                          |                                                                                                            |                                        |    |
|----|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------|----|
|    |                                                                                                                   |                                                                                               |                                                                                                |                          | 1                                                                                                          | 2                                      | 3  |
|    |                                                                                                                   |                                                                                               |                                                                                                |                          | New Year's Day                                                                                             | SDTRC/DAAC<br>(not open to the public) |    |
| 4  | 5<br>The Living Room Life Center<br>(women only)<br>1335 North Dutton Ave<br>Santa Rosa<br>10:30 a.m. – 2:30 p.m. | 6<br>Los Voz de la Esperanza<br>14092 Lakeshore Dr.<br>Clearlake<br>10:00 a.m. – 12:00 p.m.   | 7<br>Interlink<br>1033 4th Street<br>Santa Rosa<br>10:30 a.m. – 2:30 p.m.                      | 8<br>Administrative Day  | 9<br>Face 2 Face<br>873 Second Street<br>Santa Rosa<br>10:00 a.m. – 3:00 p.m.                              |                                        | 10 |
| 11 | 12<br>Orenda Center<br>(not open to the public)                                                                   | 13<br>SWIM<br>3524 E. Hwy 20<br>Nice<br>10:00 a.m. – 12:00 p.m.                               | 14<br>Wellness & Advocacy<br>2245 Challenger Way<br>#104, Santa Rosa<br>12:30 p.m. – 3:30 p.m. | 15<br>Administrative Day | 16<br>ELAC<br>9:15 a.m. – 10:45 a.m.<br>(not open to the public)<br>SDTRC/DAAC<br>(not open to the public) |                                        | 17 |
| 18 | 19<br>MLK Jr. Day                                                                                                 | 20<br>Big Oak Peer Support Center<br>13300 CA-20<br>Clearlake Oaks<br>10:00 a.m. – 12:00 p.m. | 21<br>Interlink<br>1033 4th Street<br>Santa Rosa<br>10:30 a.m. – 2:30 p.m.                     | 22<br>Administrative Day | 23<br>Face 2 Face<br>873 Second Street<br>Santa Rosa<br>10:00 a.m. – 3:00 p.m.                             |                                        | 24 |
| 25 | 26<br>Orenda Center<br>(not open to the public)                                                                   | 27<br>Xamitin Haven<br>(not open to the public)                                               | 28<br>Wellness & Advocacy<br>2245 Challenger Way<br>#104, Santa Rosa<br>12:30 p.m. – 3:30 p.m. | 29<br>Administrative Day | 30                                                                                                         |                                        | 31 |

Schedule/Horario

LOCATIONS/IMPORTANT INFORMATION  
LUGARES/INFORMACIÓN IMPORTANTE

**Santa Rosa**

Resurrection Catholic Church Parish  
303 Stony Point Rd.  
Santa Rosa, CA 95401

**Windsor**

Calvary Chapel River Fellowship  
195 Windsor River Rd  
Windsor, CA 95492

**Cloverdale**

La Familia Sana  
439 N. Cloverdale Blvd.  
Cloverdale, CA 95425

**Sonoma**

La Luz Center  
17560 Greger St.  
Sonoma, CA 95476

**Graton**

Graton Day Labor Center  
2981 Bowen St.  
Graton, CA 95444

This clinic is first come ,first serve. You need to be at the clinic at the arrival time of 8:30AM.

**Our Services Include:**

**For Uninsured**

- Treatment of minor medical conditions
  - Limited chronic disease management
  - Women's health screenings such as pap smears, mammograms
  - Sports physicals
- Open to Anyone**
- Blood pressure and blood sugar screenings
  - Flu and COVID vaccines
  - Health and nutrition education
  - Information and referrals to community resources

**Esta clínica se atiende por orden de llegada, Debe estar en la clínica a la hora de llegada a las 8:30AM.**

**Nuestras servicios incluye:**

**Para los sin un seguro medico:**

- Tratamiento de condiciones médicas leves
  - Manejo limitado de enfermedades crónicas
  - Exámenes médicos para la mujer: la papanicolaou y mamografía
  - Exámenes físicos para deportes
- Abiertos para todos:**
- Exámenes de presión y azúcar en la sangre
  - Vacunas en contra de la gripa y COVID
  - Educación sobre la salud y nutrición
  - Información y referencias a recursos de la comunidad

PROVIDENCE MOBILE HEALTH WALK-IN CLINIC

OFFICE: 707-547-4612

FAX: 707-522-1289

ANSWERING SERVICE: 707-571-7025

EMAIL: HEALTH.MOBILE@PROVIDENCE.ORG

WEBPAGE: [WWW.PROVIDENCE.ORG](http://WWW.PROVIDENCE.ORG)



| MONDAY<br>LUNES                                                                     | TUESDAY<br>MARTES                                                                                                                                        | WEDNESDAY<br>MIÉRCOLES | THURSDAY<br>JUEVES                                                                  | FRIDAY<br>VIERNES                                                         |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
|  |                                                                                                                                                          |                        | 1<br>Clinic Closed                                                                  | 2<br>Clinic Closed                                                        |
| 5                                                                                   | 6<br><b><u>Windsor</u></b><br>Calvary Chapel<br>Arrive<br>Llegue<br>8:30am                                                                               | 7                      | 8<br><b><u>Santa Rosa</u></b><br>Resurrection Church<br>Arrive<br>Llegue<br>8:30am  | 9<br><b><u>Sonoma</u></b><br>La Luz Center<br>Arrive<br>Llegue<br>8:30am  |
| 12                                                                                  | 13<br><b><u>Windsor</u></b><br>Calvary Chapel<br>Arrive<br>Llegue<br>8:30am<br><b><u>Cloverdale</u></b><br>La Familia Sana<br>Arrive<br>Llegue<br>1:00pm | 14                     | 15<br><b><u>Santa Rosa</u></b><br>Resurrection Church<br>Arrive<br>Llegue<br>8:30am | 16<br><b><u>Sonoma</u></b><br>La Luz Center<br>Arrive<br>Llegue<br>8:30am |
| 19<br>Clinic Closed                                                                 | 20<br><b><u>Windsor</u></b><br>Calvary Chapel<br>Arrive<br>Llegue<br>8:30am                                                                              | 21                     | 22<br><b><u>Santa Rosa</u></b><br>Resurrection Church<br>Arrive<br>Llegue<br>8:30am | 23<br><b><u>Sonoma</u></b><br>La Luz Center<br>Arrive<br>Llegue<br>8:30am |
| 26                                                                                  | 27<br><b><u>Windsor</u></b><br>Calvary Chapel<br>Arrive<br>Llegue<br>8:30am                                                                              | 28                     | 29<br><b><u>Santa Rosa</u></b><br>Resurrection Church<br>Arrive<br>Llegue<br>8:30am | 30<br><b><u>Sonoma</u></b><br>La Luz Center<br>Arrive<br>Llegue<br>8:30am |

# STAY CONNECTED WITH OUR CHW COMMUNITY!



## COMMUNITY HEALTH WORKER MEETINGS

*We meet every 3<sup>rd</sup> Wednesday of the month at 12:30-2:00pm via Zoom.*

It's a space to:

- Share ideas & resources
- Learn from guest speakers on new programs & tools for CHWs
- Network & build connections!

**REGISTER NOW!**



## CHW MONTHLY NEWSLETTER

Stay up to date on:

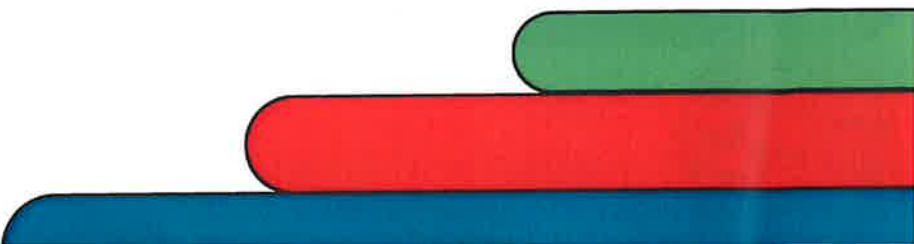
- Local resources
- Job opportunities
- Upcoming training & events in Sonoma County

**SIGN UP HERE:**



**Get the latest info every month, delivered straight to your inbox!**

Spanish  
translation  
available!



# ¡SIGUE CONECTADO CON NUESTRA COMUNIDAD DE PROMOTORES DE SALUD!



## REUNIONES DE PROMOTORES DE SALUD

*Nos reunimos cada tercer miércoles del mes de 12:30 PM a 2:00 PM por Zoom.*

Es un espacio para:

- Compartir ideas y recursos
- Aprender sobre nuevos programas
- Apoyarnos entre todos
- Conocer a otros promotores

**¡Regístrate aquí!**



## BOLETÍN MENSUAL PARA PROMOTORES DE SALUD

Cada mes compartimos:

- Recursos locales
- Ofertas de trabajo
- Eventos en el condado de Sonoma

**¡Suscríbete aquí!**



**El boletín llega el primer martes de cada mes. Es una forma fácil  
de estar informado y conectado con la comunidad.**

Traducción  
al Español  
disponible



## The Department of Rehabilitation (DOR)

The Department of Rehabilitation (DOR) is a state agency that supports individuals with disabilities to prepare for, find, and maintain meaningful employment. We work closely with businesses to connect them with qualified candidates and provide ongoing support to ensure successful placements. Through programs like Student Work Experience (SWEX) and On-the-Job Training (OJT), DOR helps create inclusive workplaces while supporting employers and job seekers every step of the way.

### SERVICES AVAILABLE

#### • **HIRING ASSISTANCE**

DOR connects your organization with qualified, job-ready candidates at no cost.

#### • **HIRING INCENTIVES**

Employers may be eligible for training reimbursement funds when hiring DOR job seekers. We'll guide you through available tax incentives and programs.

#### • **FREE WORKPLACE TRAININGS**

DOR offers complimentary disability awareness and inclusion trainings for staff to support a more inclusive workplace culture.

#### • **ACCOMMODATION ASSISTANCE**

We provide guidance on reasonable accommodations to help your employees succeed on the job.

#### • **CONTINUED SUPPORT**

DOR offers continued support to both employers and employees to ensure long-term success.

### PROGRAMS TO HELP YOUR BUSINESS GROW

#### **STUDENT WORK EXPERIENCE (SWEX)**

The Department of Rehabilitation has partnered with the Foundation for California Community Colleges (FCCC) to offer the SWEX Program. This allows students with disabilities an opportunity to gain hands-on work experience while earning wages. Employers serve as the worksite, while DOR covers wages, workers compensation and liability for 120 hours.

- ✓ No Cost to you.
- ✓ Limited Paperwork.
- ✓ Non-binding Agreement.
- ✓ DOR/FCCC is the employer of record.
- ✓ DOR/FCCC covers all wages and liabilities covered for 120 hours.

#### **ON-THE-JOB TRAINING (OJT)**

The Department of Rehabilitation's OJT program helps individuals with disabilities build job skills through hands-on experience. Employers receive a monthly training stipend—typically for 3 to 6 months—to help offset onboarding and training costs. This reduces financial risk while supporting long-term employment success.

- ✓ Limited Paperwork.
- ✓ Non-binding Agreement.
- ✓ Employer is the employer of record.
- ✓ DOR Training stipend paid monthly to employer.
- ✓ Tax credit incentives can be used in conjunction with the training.

**For more information, contact:**

Melanie Hunt

Regional Business Specialist

707-576-2267 | [Melanie.Hunt@dor.ca.gov](mailto:Melanie.Hunt@dor.ca.gov)

# STEP

## STUDENT TRAINING & EMPLOYMENT PROGRAM

ABOUT STEP:  
PROVIDES JOB PREPARATION AND  
TRAINING FOR STUDENTS WITH  
DISABILITIES AGES 16-21.

### Requirements :

- Resident of Sonoma County
- Age 16 - 21
- Enrolled in school or intent to enroll
- Have a disability; IEP or 504 Plan
- Right to Work in the U.S.

### Program Highlights :

- Up to \$592 in stipends to attend Job Readiness workshops
- Paid work-based learning experience starting at \$18/hr
- Career counseling and exploration
- Supportive Services



FOUNDATION *for* CALIFORNIA  
COMMUNITY COLLEGES



Equal Opportunity Employer  
Auxiliary aids and services available upon request  
TTY: call 711 or 1-800-735-2922



# Want to improve your Digital Skills?

## ¿Quieres mejorar tus habilidades digitales?

Earn incentives to support your digital journey

Gana incentivos para apoyar tu viaje digital

### Digital Basics

- Computer Basics
- Internet Basics
- Using email
- Windows
- Mac OS

### Los conceptos básicos

- Fundamentales de computadora
- Conceptos básicos de Internet
- Uso de correo electrónico
- Sistema operativo Windows
- Sistema operativo Mac

### Software Skills

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- Google Docs

### Habilidades de Software

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- Google Docs

### Tech in Daily Life

- Job Search
- Social Media
- Telehealth
- Your digital footprint

### Tecnología en la vida diaria

- Búsqueda de Empleo
- Redes Sociales
- Acceso a citas de telesalud
- Tu huella digital

Cohort starting Soon!!  
Funded by community donations

¡Grupo Comienza pronto!  
Financiado por donaciones de la comunidad

**Contact/  
Contacto**



**Goodwill**  
**Redwood Empire**

www.gire.org  
programs@gire.org  
707-523-0550



# GOODWILL<sup>®</sup> *Connect!*

Goodwill Connect! navigators are now in select Goodwill stores. We are here to assist you on a pathway to meaningful employment at no cost.

Let us connect you with:

## Employment Supports



Career exploration  
Resumes, cover letters  
On-line job searches  
Interview preparation

## Workshops



Career & Work  
Successful Behaviors  
Practical Work and Life Skills

## Digital Skills



Accessing the internet  
Computer fundamentals  
Advanced training and certifications

## Other Supportive Services



Training and education  
Other Goodwill programs  
Community resources



Thanks to our donors  
and customers for  
funding Goodwill  
services for our  
community.

### **Connect with us:**

[www.gire.org](http://www.gire.org)  
[programs@gire.org](mailto:programs@gire.org)  
O: 707-523-0550  
C: 707-867-9236

2007 Sebastopol Rd.  
Santa Rosa

476 Rohnert Park Expy  
Rohnert Park



# GOODWILL® *Connect!*

Los navegadores de ¡Goodwill Connect! ya están disponibles en tiendas Goodwill seleccionadas. Estamos aquí para ayudarle a encontrar un empleo significativo sin costo a usted. Permítenos conectarte con

## Apoyos laborales



Exploración de carreras  
Currículums, cartas de presentación  
Búsqueda de empleo en línea  
Preparación para entrevistas

## Talleres



Carrera y Trabajo  
Comportamientos exitosos  
Habilidades prácticas para el trabajo y la vida

## Habilidades Digitales



Accediendo a internet  
Fundamentos de computadora  
Capacitación avanzada y certificaciones

## Otros servicios de apoyo



Entrenamientos y educación  
Otros programas de Goodwill  
Recursos comunitarios



Gracias a nuestros donantes y clientes por financiar los servicios de Goodwill para nuestra comunidad.

### **Conecta con nosotros:**

[www.gire.org](http://www.gire.org)  
[programs@gire.org](mailto:programs@gire.org)  
O: 707-523-0550  
C: 707-867-9236

2007 Sebastopol Rd.  
Santa Rosa

476 Rohnert Park Expy  
Rohnert Park



# HAMMOCK HOMES

## SUPPORTIVE BRIDGE HOUSING

PROUD RECIPIENTS OF  
PARTNERSHIP HEALTHPLAN OF CALIFORNIA'S  
2025 CALAIM MAKE A DIFFERENCE AWARD



### AVAILABLE SERVICES:

- SOBER LIVING HOMES (SLEs)/ RECOVERY HOUSING.
- TRANSITIONAL HOUSING.
- RE-ENTRY HOUSING.
- DOMESTIC VIOLENCE SAFE HOUSING.
- RECUPERATIVE CARE HOUSING.
- HOUSING NAVIGATION SERVICES.
- CARE MANAGEMENT (ECM).

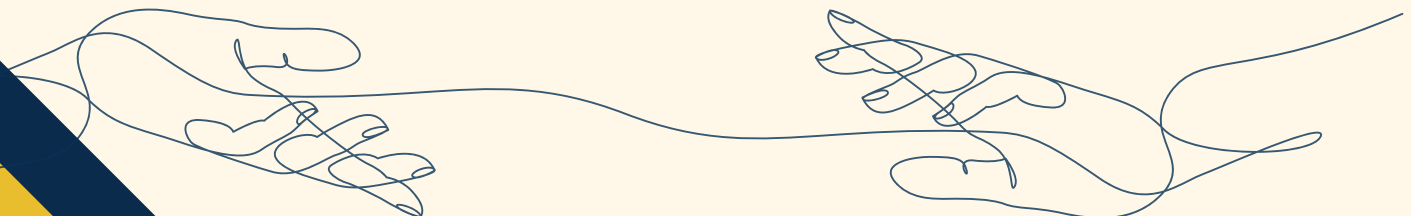
 707-563-9936



[WWW.HAMMOCKHH.COM](http://WWW.HAMMOCKHH.COM)



[INFO@HAMMOCKHH.COM](mailto:INFO@HAMMOCKHH.COM)





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Est. 2005

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the proper training and  
preparation to obtain your  
commercial drivers license.

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### CONTACT US NOW



707- 579-8577



[jgctruckdrivingtraining@gmail.com](mailto:jgctruckdrivingtraining@gmail.com)



3167 Santa Rosa Ave  
Santa Rosa, CA 95407

[www.jgctruckdrivingtraining.com](http://www.jgctruckdrivingtraining.com)



### TRAINING COST

CDL Class A: \$4,500

CDL Class B: \$4,000

Refresher Course: \$2,500

Additional fees can be paid out of  
pocket or added to the total cost.  
Additional fees consists of : DMV  
fees, DOT physical, Drug & Alcohol  
Screening

\*\*\*Training cost can change without prior notice\*\*\*



### TRAINING HOURS

Classes are held Monday through Friday  
8am to 4pm

**IT'S TIME TO SHIFT GEARS INTO  
A NEW CAREER!**

# Understanding and Supporting Youth Mental Health

Worried about your child's behavior or mental health?  
Wondering how to help your child?

## Consultation & Support for Parents & Caregivers

Receive 1:1 support and consultation with a mental health provider

- Free of charge in English and Spanish
- 1 to 3 sessions by phone or Zoom
- Fits your schedule - available many times and days each week
- Help finding resources at school or in your community
- Tools and strategies to support your child's mental health and well-being

**Register/Registrarse: (707) 522-3241**

Questions/Preguntas: [mchampion@scoe.org](mailto:mchampion@scoe.org)



## Entendiendo y apoyando la salud mental de los jóvenes

Está preocupado por la salud mental y el comportamiento de su hijo/a? Se pregunta cómo ayudar a su hijo/a?

## Apoyo para padres y cuidadores

Reciba apoyo y consulta individualizada con una terapeuta

- Ayuda gratuita en inglés y español
- 1 a 3 sesiones por teléfono o Zoom
- Disponible diferentes horas y días de la semana
- Ayuda para encontrar recursos en la escuela o su comunidad
- Herramientas y estrategias para ayudar la salud mental y bienestar de su hijo/a



**Sonoma County**  
Office of Education



*Rose Recovery*

## *Outpatient Drug-Free (ODF) Treatment Program*



Counseling (Individual & Group) | Case Management | SUD Crisis Intervention  
Care Coordination | Recovery Services

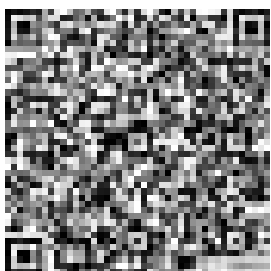
The Rose Recovery ODF Program provides structured treatment for substance use disorder for Sonoma County Medi-Cal beneficiaries. Care is delivered in a non-residential setting, allowing individuals to live at home and continue with work, school, and family responsibilities while engaging in regular therapeutic services.

ODF programs are best suited for individuals who need support in recovery but do not require inpatient treatment or medical detox.

At Rose Recovery, our approach is rooted in respect, dignity, and the belief in every person's inherent worth. We are committed to providing comprehensive, trauma-informed, and integrated behavioral health care that supports each person's journey toward wellness.

Our clinical team delivers services in alignment with California's Department of Health Care Services (DHCS) guidelines and the American Society of Addiction Medicine (ASAM) criteria, ensuring safe, effective, and evidence-based care.

Rose Recovery proudly welcomes Sonoma County Medi-Cal beneficiaries of all backgrounds and provides culturally responsive care in a safe, supportive, and healing environment.



**480 Tesconi Circle, Suite A, Santa Rosa, CA 95401**

**707.206.7268 ext 163.**

**[RoseRecovery@siyanclinical.com](mailto:RoseRecovery@siyanclinical.com)**

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

**FREE! REGISTER TODAY!**

# SANTA ROSA JUNIOR COLLEGE NONCREDIT COURSES

**CLASSES ARE TAUGHT IN SPANISH OR ENGLISH AND  
AVAILABLE ONLINE OR IN PERSON AT VARIOUS LOCATIONS.**

**SCAN THE QR CODES BELOW TO SEE FULL CLASS  
SCHEDULES!**



## GED/HISET PREPARATION

- CSKLS 731 & CSKLS 732
  - Instruction in Language Arts and Social Studies
- CSKLS 741 & CSKLS 742
  - Instruction in Math Reasoning & Science
- CSKLS 733
  - Develop knowledge and skills for GED/HISET subtests

## ENGLISH FOR MULTILINGUAL STUDENTS

- EMLS 701
  - Native Language Literacy (Spanish)
- EMLS 712
  - ESL Literacy (English)
- EMLS 713
  - Low Beginning
- EMLS 714
  - High Beginning
- EMLS 715
  - Low Intermediate
- EMLS 716
  - High Intermediate
- EMLS 781
  - Transitional

## SHORT-TERM CAREER EDUCATION

- Basic Computer Operations
- Computers for the Workplace
- Google Tools & Applications
- Child Care Provider
- Intro to Building & Construction
- Landscaping
  - Plants
  - Hardscape
  - Fire Resilient
- How to Start a Small Business
- Small Business Management
- Financial Literacy
- Tax Preparation



**Adult Education Program, Santa Rosa Junior College**  
Phone: 707.521.7962 | Website: [www.socoadulted.org](http://www.socoadulted.org)

NON-DISCRIMINATION POLICY: The Sonoma County Junior College District does not discriminate on the basis of race, religion, creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, marital status, genetic disorders, marital status, sex, gender, gender expression or identity, service, information or sexual orientation in any of its policies, procedures or practices, nor does it discriminate against any employee or applicant for employment on the basis of race, religion, creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, marital status, sex, gender, gender expression or identity, service, information or sexual orientation.

# WHAT IS KAVA?

## About Kava

Kava is a plant root traditionally used in the South Pacific to make a psychoactive beverage. The rootstock is made into a cloudy, milky pulp and consumed as a drink or processed into capsule form. It is often promoted as an herbal supplement.

## Why do people use it?

1. To induce relaxation, attempt to manage stress and anxiety
2. As an herbal alternative to alcohol or prescription medications

## Risks & Concerns

1. Can cause dizziness, drowsiness, headaches, and upset stomach
2. Linked to **serious liver damage** (even with short-term use)
3. Mixing with alcohol or medications is dangerous
4. Not regulated like prescription medications, products may vary in strength and purity
5. May experience numbing or tingling of the mouth upon drinking Kava

## Prevention & Awareness

1. Know that "natural" doesn't always mean safe
2. Kava might seem like stress relief, but it can hide underlying challenges
3. Safe stress relief comes in different forms, find your passion



**PREVENTION IS EDUCATION**  
Sonoma County Substance Use Prevention Program



# KRATOM

## ABOUT KRATOM

- A tropical plant from Southeast Asia
- Sold as powders, capsules, teas, and extracts
- Leaves contain active compounds that act on the brain's opioid receptors & can have similar effects as opioids
- Often marketed as “natural” or “herbal” but carries risks
- FDA has issued multiple warnings about kratom
- Kratom is banned in several states and restricted in others

## WHY PEOPLE USE IT

- Many people use it to self-medicate for pain, anxiety, or opioid withdrawal instead of getting proper medical care, which is dangerous
- Some chase its mood-boosting or “energy” effects

## RISKS & CONCERNS

- Can be addictive
- May cause nausea, seizures, liver damage, and in some cases, death
- Not FDA-approved, thus products are unregulated and may be contaminated

## PREVENTION TIPS

- Don't assume “natural” means safe
- Learn the risks before trying new substances
- Talk with a healthcare professional about safe alternatives

## COMMUNITY REMINDER

The Sonoma County Substance Use Prevention Program is here to support healthy choices. Find resources, learn more, and stay safe.



**PREVENTION IS EDUCATION**

Sonoma County Substance Use Prevention Program



# NITROUS OXIDE



## WHAT IS NITROUS OXIDE?

NOW

- A colorless gas with medical uses (dentistry, anesthesia)
- Misused by inhaled from whipped cream chargers, balloons, or cartridges
- Street names: whippets, NOS, laughing gas



## WHY IT'S RISKY

NOW

- Cuts off oxygen to your brain → can cause brain damage
- Can make you pass out and cause accidents
- Repeated use can cause nerve damage and memory problems
- Frostbite injuries if inhaled straight from the cannister
- *"It's illegal to sell or use nitrous oxide to get high"*



## NITROUS OXIDE (N<sub>2</sub>O) IS ADDICTIVE!

NOW

N<sub>2</sub>O primarily causes a strong psychological dependence. It's addictive potential is not immediately obvious, and the danger is often underestimated. Signs of N<sub>2</sub>O addiction can include: Intense cravings, withdrawal symptoms, neglect of responsibilities, increased spending on N<sub>2</sub>O, and use despite negative consequences.



## WHAT TO KNOW

NOW

- Just because you see it at a party or in a store doesn't mean it's safe
- The "quick high" is not worth the risks
- You have the power to make safer choices



## SONOMA COUNTY SUBSTANCE USE PREVENTION PROGRAM

NOW

We're here to support youth in making healthy decisions. Got questions? Reach out, we've got resources.



# ¿QUÉ ES KAVA?

## Sobre Kava

La Kava es una raíz vegetal que se utiliza tradicionalmente en el Pacífico Sur para elaborar una bebida psicoactiva. El rizoma se transforma en una pulpa lechosa que se consume como bebida o se procesa en cápsulas. A menudo se promociona como un suplemento herbal.

## ¿Por qué la gente lo usa?

1. Para inducir relajación, el intento de controlar el estrés y la ansiedad
2. Como alternativa herbal al alcohol o a los medicamentos recetados

## Riesgos & Preocupaciones

1. Puede causar mareos, somnolencia, dolor de cabeza y malestar estomacal
2. Se ha relacionado con **daño hepático grave** (incluso con un uso a corto plazo)
3. Mezclarlo con alcohol o medicamentos es peligroso
4. Dado que no está regulado como los medicamentos con receta, la potencia y la pureza de los productos pueden variar
5. Puede experimentar entumecimiento u hormigueo en la boca al beber kava

## Prevención y Concientización

1. Ten en cuenta que "natural" no siempre significa seguro
2. La Kava puede parecer un alivio del estrés, pero puede ocultar problemas subyacentes
3. El alivio seguro del estrés viene en diferentes formas; encuentra tu pasión



**LA PREVENCIÓN ES EDUCACIÓN**

Programa de Prevención del Consumo de  
Sustancias del Condado de Sonoma



# KRATOM

## **SOBRE KRATOM**

- Una planta tropical del Sudeste Asiático
- Se vende en polvos, cápsulas, té y extractos
- Las hojas contienen compuestos activos que actúan sobre los receptores opioides del cerebro y pueden tener efectos similares a los de los opioides
- A menudo se comercializa como "natural" o "herbal", pero conlleva riesgos
- La FDA ha emitido múltiples advertencias sobre el kratom
- El kratom está prohibido en varios estados y restringido en otros

## **¿POR QUÉ LA GENTE LO USA?**

- Muchas personas lo usan para automedicarse contra el dolor, la ansiedad o la abstinencia de opioides en lugar de buscar atención médica adecuada, lo cual es peligroso
- Algunos buscan sus efectos estimulantes o energizantes

## **RIESGOS & PREOCUPACIONES**

- Puede ser adictivo
- Puede causar náuseas, convulsiones, daño hepático y, en algunos casos, la muerte
- No está aprobado por la FDA, así que los productos no están regulados y podrían estar contaminados

## **SUSTANCIAS DESCONOCIDAS**

- No asuma que "natural" significa seguro
- Infórmese sobre los riesgos antes de probar nuevas sustancias
- Hable con un profesional de la salud sobre alternativas seguras

## **RECORDATORIO COMUNITARIO**

El Programa de Prevención del Consumo de Sustancias del Condado de Sonoma está aquí para apoyar opciones saludables. Encuentre recursos, aprenda más y manténgase seguro.



## **LA PREVENCIÓN ES EDUCACIÓN**

Programa de Prevención del Consumo de  
Sustancias del Condado de Sonoma



# ÓXIDO NITROSO



## ¿QUÉ ES EL ÓXIDO NITROSO?

AHORA

- Un gas con usos médicos (odontología, anestesia)
- Indebidamente usado en manera de inhalación de cargadores de crema batida, globos o cartuchas
- Nombres comunes: whippets, NOS, gas de la risa



## POR QUÉ ES RIESGOSO

AHORA

- Corta el suministro de oxígeno al cerebro y puede causar daño cerebral
- Puede causar desmayos y accidentes
- El uso repetido puede causar daño nervioso y problemas de memoria
- Lesiones por congelación si se inhala directamente de los tanques
- "Es ilegal vender o usar óxido nitroso para drogarse"



## ¡EL ÓXIDO NITROSO ES ADICTIVO!

AHORA

El  $N_2O$  causa principalmente una fuerte dependencia psicológica. Su potencial adictivo no es evidente a primera vista y su peligro suele subestimarse. Los signos de adicción al  $N_2O$  pueden incluir: antojos intensos, síntomas de abstinencia, descuido de responsabilidades, mayor gasto en  $N_2O$  y consumo a pesar de las consecuencias negativas.



## QUE SABER

AHORA

- El hecho que lo veas en una fiesta o en una tienda no significa que sea seguro
- No justifica los riesgos, no te arriesgues, no vale la pena
- Tienes el poder de tomar decisiones más seguras



## PROGRAMA DE PREVENCIÓN DEL CONDADO DE SONOMA

AHORA

Estamos aquí para ayudar a los jóvenes a tomar decisiones saludables. ¿Tienes preguntas? Contáctanos, tenemos recursos.





The Living Room

# The Living Room Life Center

*Services offered/Servicios ofrecidos*

**Whatever you need, we're here to support you~ Lo que necesitas, estamos aqui para apoyarte**

## Services:

- Housing and service navigation
- Financial workshops: banking and credit repair
- Resume writing support
- Skill building practices
- Mental health support
- DMV fee waivers
- Benefit enrollment (MediCal, CalFresh, General Assistance)
- Access to computer lab and printing
- Legal Aid of Sonoma County
- Veterinary services
- Pet supplies
- Domestic violence support
- Emergency clothing and showers
- Parenting and childcare support services
- Healthcare connection
- Home Cooked meal program access
- Food-to-go bags
- Heat to order meals
- Recovery and other support groups
- Art therapy
- 80+ partner agencies support services

## Servicios:

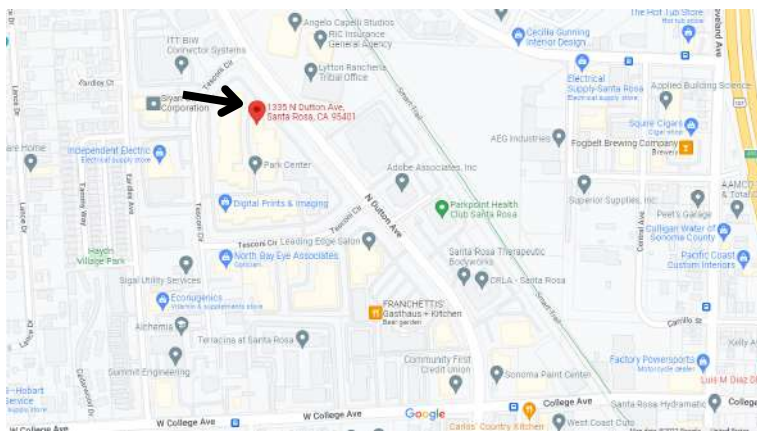
- Navegación de vivienda y recursos
- Talleres financieros: ayudas con cuentas de banco, reparación de crédito, ahorros combinados
- Habilidades para redactar currículums y entrevistas
- Prácticas de desarrollo de habilidades
- Apoyo a la salud mental
- Exenciones de tarifas del DMV
- Inscripción a beneficios (MediCal, CalFresh, Asistencia General)
- Acceso a computadoras y imprimadoras
- Asistencia Legal del Condado de Sonoma
- Especialistas pares/mentores
- Servicios veterinarios
- Suministros para mascotas
- Apoyo en casos de violencia doméstica
- Ropa de emergencia, duchas
- Clases para padres y servicios de apoyo
- Conexión y apoyo en materia de salud
- Acceso al programa de comidas caseras
- Bolsas de comida para llevar
- Grupos de recuperación y otros grupos de apoyo
- Terapia de Arte
- Más de 80 agencias asociadas brindan servicios de apoyo

Monday, Tuesday, Wednesday, Friday 9:00 AM - 3:00PM, Thursday 9:00AM-1:30PM

Lunes, Martes, Miercoles y Viernes de 9:00AM-3:00PM, Jueves 9:00AM-1:30PM

## Contact Us:

The Living Room Life Center  
Serving Women & Children  
Servicio de mujeres y niños  
1335 North Dutton  
Santa Rosa, CA 95401  
[www.thelivingroomsc.org](http://www.thelivingroomsc.org)  
707.579.0138



**MÁS INFORMACIÓN  
LEARN MORE**  
[WWW.THELIVINGROOMSC.ORG](http://WWW.THELIVINGROOMSC.ORG)



## Schedule of Activities/ Horario de Actividades



| Day                                         | Time            | Name                                 | Service                                                 |
|---------------------------------------------|-----------------|--------------------------------------|---------------------------------------------------------|
| Varies<br>(Please ask for information)      | 10:00 - 2:30pm  | Catholic Charities                   | Benefit Enrollment (CalFresh, WIC & General Assistance) |
| Mondays                                     | 12:00-1:00pm    | Head Start                           | Child Care Services                                     |
| Tuesdays & Wednesdays                       | 10:00 - 12:00pm | TLR Volunteer                        | Art Group                                               |
| Tuesdays & Thursdays                        | 10:30 - 11:30am | Women for Sobriety                   | Support Group                                           |
| Tuesdays                                    | 12:00 -1:00pm   | WaFd Bank                            | Financial Literacy                                      |
| 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday | 10:30am-11:30am | SoCo Library                         | Bibliobus                                               |
| Wednesdays                                  | 9:00am-10:00am  | Providence                           | Glucose & Blood Pressure Checks                         |
| Wednesdays                                  | 11:00-1:30pm    | TLR Volunteer                        | Resume Support                                          |
| Thursday                                    | 12:00-1:00pm    | TLR Volunteer                        | Finding Strength In The Quiet (Womens circle)           |
| 1st Thursday                                | 12:00 - 1:30pm  | Legal Aide                           | Assistance with Civil Legal Issues                      |
| On call                                     | N/A             | Families United Immigration Services | Immigration Services                                    |
| Varies<br>(please ask for information)      | 10:00 - 1:00pm  | Ruthless Kindness                    | Veterinary Care                                         |
| Friday                                      | 11:00 - 12:30pm | Redwood Gospel Mission               | Mobile Shower & Laundry Services                        |

| Día                                                | Tiempo            | Nombre                               | Servicio                                                     |
|----------------------------------------------------|-------------------|--------------------------------------|--------------------------------------------------------------|
| Varia<br>(Por favor de preguntar para informacion) | 10:00am-2:30pm    | Catholic Charities                   | Recursos para CalFresh, Medi-Cal, EBT, WIC, etc.             |
| Lunes                                              | 12:00pm-1:00pm    | Head Start                           | Servicios de Cuidado de Ninos                                |
| Martes y Miercoles                                 | 10:30am-12:00pm   | Voluntario de TLR                    | Arte Curativo                                                |
| Martes y Jueves                                    | 10:30am - 11:30am | Mujeres por la sobriedad             | Grupo de apoyo                                               |
| Martes                                             | 12:00pm- 1:00pm   | WaFd Bank                            | Educación financiera                                         |
| Primer y Tercer Martes del mes                     | 10:30am -11:30pm  | SoCo library                         | Biblioteca ambulante                                         |
| Miercoles                                          | 9:00am-10:00am    | Providence                           | Controles de glucosa y presión arterial                      |
| Miercoles                                          | 11:00am- 1:30pm   | Voluntario de TLR                    | Apoyo de Resume para trabajos                                |
| Jueves                                             | 12:00pm- 1:00pm   | Voluntario de TLR                    | Buscando Fuerza en el Silencio (grupo de apoyo para mujeres) |
| 1er Jueves del mes                                 | 12:00pm- 1:30pm   | Legal Aide                           | Asistencia con asuntos legales civiles.                      |
| De guardia                                         | 11:00am- 1:00pm   | Families United Immigration Services | Servicios de inmigración                                     |
| Varia<br>(Por favor de preguntar para informacion) | 10:00am- 1:00pm   | Ruthless Kindness                    | Atencion Veterinaria                                         |
| Viernes                                            | 11:00am- 12:30pm  | Redwood Gospel Mission               | Duchas móviles y servicios de lavandería                     |

*Where healing begins with a conversation.*

**A Place to Start**

# Domestic Violence & Trauma Support Groups

*Offered in English and Spanish*

**Available in-person and Zoom**

**8 Week Series**

**Monday - Thursday & Saturday**

**Times vary**

Support groups are educational, trauma-informed conversations where participants learn from and support one another.

**For more information**

call (707) 303-8411 or

email [therapy@ywcasc.org](mailto:therapy@ywcasc.org)

**Modules address:**

- Domestic Violence 101
- Types of Abuse
- Warning signs and Red Flags
- Financial Empowerment
- Safety Planning and Building Support
- Children and Domestic Violence
- Healthy Relationships and Setting Boundaries
- Self Care



24/7 DV CRISIS HOT LINE  
**707-546-1234**

**ywca**  
sonoma county

*a brand new day...*

*Donde la sanación comienza con una conversación.*

**Un lugar donde empezar**

# Grupos de Apoyo para la Violencia Doméstica y el Trauma

*Se ofrecen en Inglés ó Español*

**Disponible en persona y Zoom**

**Series de 8 Semanas**

**Lunes - Jueves & Sábado**

**Los horarios varían**

Los grupos de apoyo ofrecen conversaciones educativas, informadas sobre el trauma, donde los participantes aprenden y se apoyan mutuamente.

**Para más información llame al**

**(707) 303-8411 o envíe un correo electrónico**

**a [therapy@ywcasc.org](mailto:therapy@ywcasc.org)**

**Temas del Currículo:**

- Que es la Violencia Doméstica?
- Tipos de Abuso
- Señales de alerta y bandera rojas
- Autonomía financiera
- Planificación de Seguridad y encontrando apoyo
- Niños expuestos a la Violencia Doméstica
- Relaciones Saludables Límites
- Autocuidado



LÍNEA DE CRISIS PARA VIOLENCIA DOMÉSTICA 24/7  
**707-546-1234**

**ywca**  
sonoma county

*un nuevo día...*

