



Community Resources  
**March 2026**



Buckelew 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.**



### What is the Mobile Support Team (MST)?

MST is the Sonoma County Behavioral Health crisis response services program supported by the Board of Supervisors and Measure O. We are a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises in the community since 2012.

### Call Center: 800-746-8181

The new MST Crisis Call Center is staffed **24/7 and** triages crisis calls from the community. Staff provide support over the phone and deploy a crisis response team to the crisis location when needed.

### New Expanded Response

MST can:

- Provide de-escalation, safety planning, crisis assessment, 5150 assessment, and provide a follow-up service for all calls.
- Respond without Law Enforcement to mental health and substance use calls where there is no safety concern for the individual or crisis response team.
- Securely transport individuals to an appropriate crisis care facility when safe to do so.
- Co-respond with Law Enforcement when there is a safety concern and/or when requested by Law Enforcement.

### 24/7 County-Wide Mobile Crisis Services

MST mobile crisis response teams are available to provide on-scene support 24/7 and our Call Center will coordinate with other crisis response teams to ensure a 'no wrong door' approach to providing county-wide crisis services.

# 800-746-8181



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# 800-746-8181



### ¿Qué es el Equipo de Apoyo Móvil (MST)?

MST es el programa de servicios de respuesta a crisis de Salud Mental del Condado de Sonoma, apoyado por la Junta de Supervisores y la Medida O. Somos un grupo de profesionales dedicados y compasivos que brindan apoyo a personas y familias que están atravesando una crisis de salud conductual. Hemos estado respondiendo a crisis en la comunidad desde 2012.

#### **Centro de Llamadas: 800-746-8181**

El nuevo Centro de Llamadas de Crisis de MST está disponible las 24 horas, los 7 días de la semana, y se encarga de clasificar las llamadas de crisis de la comunidad. El personal brinda apoyo por teléfono y despliega un equipo de respuesta en caso de crisis cuando es necesario.

#### **Nueva Respuesta Ampliada**

MST puede:

- Brindar desescalamiento, planificación de seguridad, evaluación de crisis, evaluación para detención 5150 y seguimiento para todas las llamadas.
- Responder sin la presencia de la policía a llamadas relacionadas con salud mental y uso de sustancias, cuando no hay preocupación de seguridad para la persona ni para el equipo respondiendo.
- Transportar de manera segura a las personas a un centro de atención de crisis apropiado, cuando sea seguro hacerlo.
- Responder junto con la policía cuando haya una preocupación de seguridad y/o cuando la policía lo solicite.

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#### **Servicios de Crisis Móviles en Todo el Condado, 24/7**

Los equipos móviles de respuesta a crisis de MST están disponibles para brindar apoyo en la escena las 24 horas del día, los 7 días de la semana. Nuestro Centro de Llamadas coordina con otros equipos de respuesta a crisis para asegurar un enfoque de “ninguna puerta equivocada” al proporcionar servicios de crisis en todo el condado.

# 800-746-8181



### ¿Qué es el Equipo de Apoyo Móvil (MST)?

MST es el programa de servicios de respuesta a crisis de Salud Mental del Condado de Sonoma, apoyado por la Junta de Supervisores y la Medida O. Somos un grupo de profesionales dedicados y compasivos que brindan apoyo a personas y familias que están atravesando una crisis de salud conductual. Hemos estado respondiendo a crisis en la comunidad desde 2012.

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#### **Nueva Respuesta Ampliada**

MST puede:

- Brindar desescalamiento, planificación de seguridad, evaluación de crisis, evaluación para detención 5150 y seguimiento para todas las llamadas.
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- Transportar de manera segura a las personas a un centro de atención de crisis apropiado, cuando sea seguro hacerlo.
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# 800-746-8181

# 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, Mar 3<sup>rd</sup>  
Tue, Mar 10<sup>th</sup>  
Tue, Mar 17<sup>th</sup>  
Tue, Mar 24<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**



# CLINICA BILINGUE DE RECURSOS COMUNITARIOS

*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 Programs  
2235 Mercury Way  
Suite 107  
Santa Rosa, CA 95407

## Cuando:

Cada Martes a las 3pm  
3 de marzo  
10 de marzo  
17 de marzo  
24 de marzo

*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**





Cal Fresh (Food Stamps) 

Medi-Cal (Medical Insurance) 

Cash Assistance  
(General Assistance/SonomaWORKs)

Client-centered Counseling



**Call or Text Robby Moore**

**(707) 308-4815**

**rmoore@ccnwc.org**

**( Calendar on Reverse Side )**

Serving Sonoma and Lake Counties

*Catholic Charities is an equal opportunity provider*

# March 2026

# Robby's Community Outreach

Lake County

Sonoma County

Sonoma County

Sonoma County

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
	<b>Behavioral Health Bridge Housing</b> <i>(not open to the public)</i>	<b>Big Oak Peer Support Center</b> 13300 CA-20 Clearlake Oaks 11:00 a.m. – 1:00 p.m.	<b>Interlink</b> 1033 4th Street Santa Rosa 10:30 a.m. – 2:30 p.m.	<b>Administrative Day</b>	<b>SDTRC/DAAC</b> <i>(not open to the public)</i>	
8	9	10	11	12	13	14
	<b>The Living Room Life Center</b> <i>(women only)</i> 1335 North Dutton Ave Santa Rosa 10:30 a.m. – 2:30 p.m.	<b>Los Voz de la Esperanza</b> 14092 Lakeshore Dr. Clearlake 11:00 a.m. – 1:00 p.m.	<b>Wellness &amp; Advocacy</b> 2245 Challenger Way #104, Santa Rosa 12:30 p.m. – 3:30 p.m.			
15	16	17	18	19	20	21
	<b>Orenda Center</b> <i>(not open to the public)</i>	<b>SWIM</b> 3524 E. Hwy 20 Nice 11:00 a.m. – 1:00 p.m.	<b>Interlink</b> 1033 4th Street Santa Rosa 10:30 a.m. – 2:30 p.m.	<b>Administrative Day</b>	<b>SDTRC/DAAC</b> <i>(not open to the public)</i>	
22	23	24	25	26	27	28
	<b>The Living Room Life Center</b> <i>(women only)</i> 1335 North Dutton Ave Santa Rosa 10:30 a.m. – 2:30 p.m.	<b>Circle of Native Minds</b> 525 N. Main St. Lakeport 11:00 a.m. – 1:00 p.m.	<b>Wellness &amp; Advocacy</b> 2245 Challenger Way #104, Santa Rosa 12:30 p.m. – 3:30 p.m.	<b>Administrative Day</b>	<b>Face 2 Face</b> 873 Second Street Santa Rosa 10:00 a.m. – 3:00 p.m.	
29	30	31				

# March/Marzo

# 2026

## Schedule/Horario

LOCATIONS/IMPORTANT INFORMATION  
LUGARES/INFORMACIÓN IMPORTANTE

### Santa Rosa

Resurrection Catholic Church  
Parish  
17560 Greger St.  
Sonoma, CA 95476

303 Stony Point Rd.  
Santa Rosa, CA 95401

### Graton

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

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

### Windsor

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

2981 Bowen St.  
Graton, CA 95444

### Cloverdale

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

**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)



03 / 2026

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
2	3 <u>Windsor</u> Calvary Chapel Arrive Llegue 8:30am	4	5 <u>Santa Rosa</u> Resurrection Church Arrive Llegue 8:30am	6 <u>Sonoma</u> La Luz Center Arrive Llegue 8:30am
9	10 <u>Windsor</u> Calvary Chapel Arrive Llegue 8:30am <u>Cloverdale</u> La Familia Sana Arrive Llegue 1:00pm	11	12 <u>Santa Rosa</u> Resurrection Church Arrive Llegue 8:30am	13 <u>Sonoma</u> La Luz Center Arrive Llegue 8:30am
16	17 <u>Windsor</u> Calvary Chapel Arrive Llegue 8:30am <u>Graton</u> Graton Day Labor Center Arrive/Llegue 8:00am	18	19 <u>Santa Rosa</u> Resurrection Church Arrive Llegue 8:30am	20 <u>Sonoma</u> La Luz Center Arrive Llegue 8:30am
23	24 <u>Windsor</u> Calvary Chapel Arrive Llegue 8:30am	25	26 <u>Santa Rosa</u> Resurrection Church Arrive Llegue 8:30am	27 <u>Sonoma</u> La Luz Center Arrive Llegue 8:30am
30	31 <u>Windsor</u> Calvary Chapel Arrive Llegue 8:30am			

# Community NEEDS ASSESSMENT

**JOIN US IN SHAPING A HEALTHIER SONOMA  
COUNTY. YOUR VOICE MATTERS.  
*TAKE OUR 5-MINUTE SURVEY!***

## **WHO SHOULD TAKE IT?**

- ◆ Sonoma County residents
- ◆ Youth and young adults
- ◆ Parents and caregivers
- ◆ Service providers and educators

## **WE WANT YOUR INSIGHTS ON:**

- ◆ Youth and community well-being
- ◆ Substance use trends and concerns
- ◆ Access to prevention and support services
- ◆ Gaps and opportunities for improvement

**SCAN  
or  
CLICK**



 socoprevention

 SUDPrevention@sonomacounty.gov

 sonoma county  
DEPARTMENT OF HEALTH SERVICES



# Evaluación de Necesidades Comunitarias

ÚNASE A NOSOTROS PARA MOLDEAR UN CONDADO DE SONOMA MÁS SALUDABLE. SU OPINIÓN ES IMPORTANTE.  
**¡PARTICIPE EN NUESTRA ENCUESTA DE 5 MINUTOS!**

## ¿QUIÉNES DEBERÍAN PARTICIPAR?

- ◆ Residentes del condado de Sonoma
- ◆ Padres y Cuidadores de familia
- ◆ Jóvenes
- ◆ Proveedores de servicios y educadores


## DESEAMOS CONOCER SUS PERSPECTIVAS SOBRE:

- ◆ Bienestar juvenil y comunitario
- ◆ Tendencias y aspectos preocupantes del consumo de sustancias
- ◆ Acceso a servicios de prevención y apoyo
- ◆ Ideas para ayudar a que el condado de Sonoma prospere

SCAN  
or  
CLICK



 socoprevention

 SUDPrevention@sonomacounty.gov

 sonoma county  
DEPARTMENT OF HEALTH SERVICES



# YOUR VOICE CAN SHAPE THE FUTURE FOR MOMS IN OUR COMMUNITY



First 5 Sonoma County has dedicated funding to support moms and families, and we want to hear directly from you.

Your experience as a mom of a child under three will help guide future resources and support for moms now and for generations to come.

Take this survey and make a difference for moms in Sonoma County.



# TU VOZ PUEDE DAR FORMA AL FUTURO DE LAS MAMÁS EN NUESTRA COMUNIDAD



First 5 del Condado de Sonoma a destinando fondos para apoyar a las mamás y a las familias, y queremos escuchar directamente de ti.

Tu experiencia como mamá de un niño o niña menor de tres años ayudará a mejorar los apoyos y recursos para las mamás de hoy y de las generaciones que vienen.

Participa en esta encuesta y ayúdanos a fortalecer el apoyo para las mamás del Condado de Sonoma.



ESCANEA AQUÍ



# HOW to PAY for COLLEGE WITHOUT BREAKING the BANK

Note: This program  
is not recommended  
for parents of seniors.



## FOR PARENTS OF HIGH SCHOOL FRESHMEN, SOPHOMORES & JUNIORS OR YOUNGER

College costs are rising fast, but families who plan early have more options than they realize.

We'll give you clear, practical guidance to understand college costs, financial aid, and how to avoid unnecessary debt. Get proven strategies to reduce out-of-pocket costs, make smarter college choices, and protect your family's financial future.

## EVEN HIGH INCOME FAMILIES CAN GET FINANCIAL AID

Think your family earns too much to receive aid? Many families still qualify, once they understand how the system really works.

We'll show you how planning, timing, and smart school selection can significantly impact what you actually pay for college—without jeopardizing retirement or long-term financial goals.

# COLLEGE PLANNING MASTER CLASS

- How to pay for college in a difficult economy while protecting your retirement
- How to choose colleges that offer strong financial aid packages, not just big sticker prices
- The most common FAFSA and Student Aid Index (SAI) mistakes and how to avoid them
- How some private colleges can cost less than in-state public schools
- How to save thousands in out-of-pocket costs and maximize aid from each school
- How college costs really affect retirement, and how to protect both
- Why certain 529 strategies can increase costs, and what to do instead
- How to avoid scholarship scams, predatory loans, and unnecessary debt
- How to create a clear plan to graduate without sacrificing education quality



REGISTER

This workshop  
is presented by  
Elite Collegiate  
Planning & not  
sponsored by the  
school district.

## SAVE YOUR SPOT. REGISTER TODAY.

[HTTPS://BIT.LY/REGISTER-JE](https://bit.ly/register-je)

# CÓMO PAGAR LA UNIVERSIDAD SIN TENER QUE ROMPER EL BANCO

Nota: Este programa no es recomendado para padres de personas mayores.



## PARA PADRES DE ESTUDIANTES DE SECUNDARIA O PREPARATORIA.

Los costos universitarios están aumentando rápidamente, pero las familias que planifican con anticipación tienen más opciones de las que imaginan.

Le brindaremos orientación clara y práctica para comprender los costos universitarios, la ayuda financiera y cómo evitar deudas innecesarias. Descubra estrategias comprobadas para reducir los gastos de bolsillo, tomar decisiones universitarias más inteligentes y proteger el futuro financiero de su familia.

## INCLUSO LAS FAMILIAS DE ALTOS INGRESOS PUEDEN OBTENER AYUDA FINANCIERA.

¿Cree que su familia gana demasiado para recibir ayuda financiera? Muchas familias aún califican, una vez que comprenden cómo funciona realmente el sistema.

Le mostraremos cómo la planificación, el momento oportuno y la elección inteligente de la universidad pueden influir significativamente en lo que realmente pagará por la educación superior, sin poner en riesgo su jubilación ni sus objetivos financieros a largo plazo.

## Taller de planificación universitaria

- Cómo pagar la universidad en una economía difícil protegiendo al mismo tiempo sus ahorros para la jubilación
- Cómo elegir universidades que ofrezcan buenos paquetes de ayuda financiera, y no solo precios elevados
- Los errores más comunes en la solicitud FAFSA y el Índice de Ayuda Estudiantil (SAI) y cómo evitarlos
- Cómo algunas universidades privadas pueden costar menos que las universidades públicas estatales
- Cómo ahorrar miles de dólares en gastos de bolsillo y maximizar la ayuda de cada universidad
- Cómo los costos universitarios afectan realmente la jubilación y cómo proteger ambos aspectos
- Por qué ciertas estrategias de los planes 529 pueden aumentar los costos y qué hacer en su lugar
- Cómo evitar estafas de becas, préstamos abusivos y deudas innecesarias
- Cómo crear un plan claro para graduarse sin sacrificar la calidad de la educación



REGISTER

Este taller es presentado por Elite Collegiate Planning y no está patrocinado por el distrito escolar.

## GUARDA TU LUGAR. REGISTRATE HOY.

[HTTPS://BIT.LY/REGISTER-JE](https://bit.ly/register-je)

# Free Laundry

## SERVICE

FOR THE UNSHELTERED



***Dutton Coin Laundry***

**443 Dutton Ave Santa Rosa**

**In between Sebastopol Rd & Dutton Ave**

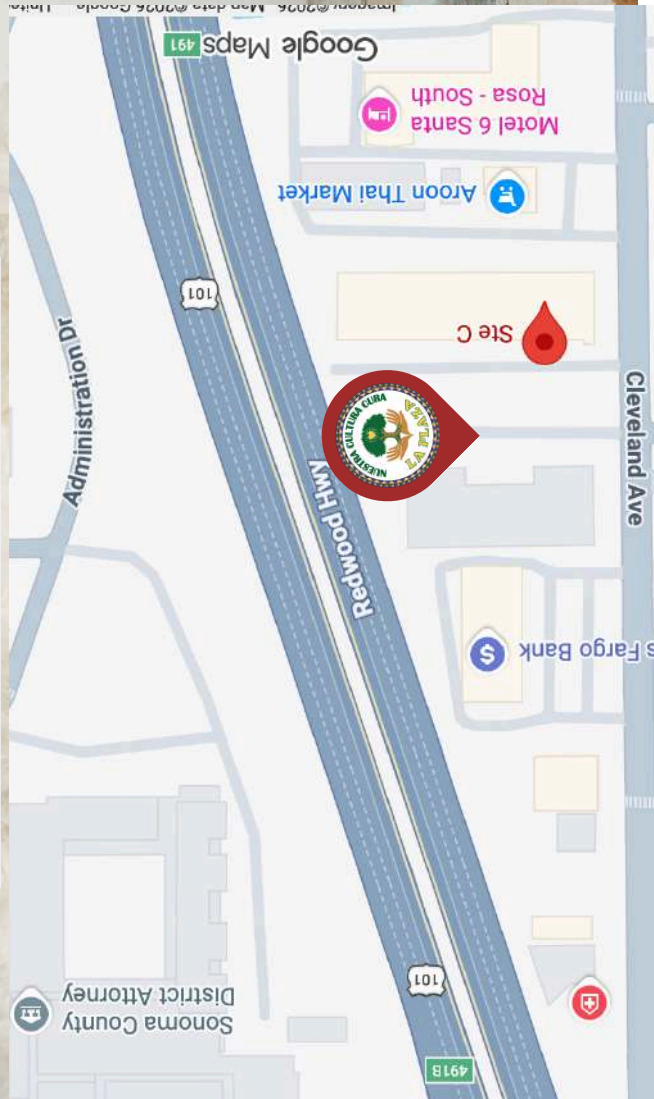
**WED 12pm**

# ¿Necesitas pañales y toallitas para tus peques?



2800 Cleveland Ave Suite C  
Santa Rosa CA 95403  
(707) 393-8700

Apoyo disponible para familias y personas cuidadoras con niña/o/es de 0 a 5 años que residen en el Condado de Sonoma. Llámanos para más información.



Este programa es posible gracias al apoyo de First 5



# Medi-Cal Changes Calendar

Federal & state benefit changes are coming to Medi-Cal, see below for upcoming deadlines:

## 2026

January 1



### Medi-Cal Enrollment Freeze Begins

Starting January 1, 2026 **Medi-Cal enrollment freeze begins**, impacting the expansion population, **undocumented individuals 19 years & older**.

A **three-month grace period** for re-enrollment is available for those who fall off.

**Exceptions:** foster youth under 26 and pregnant/post-pregnant people up to one year after pregnancy.

July 1



### Dental Benefits

Starting July 1, 2026 **full scope dental care benefits will end for Medi-Cal members ages 19+ who are undocumented**.

**Emergency dental care** for severe pain or infection and tooth extractions **remain covered for everyone**, regardless of immigration status.

**Undocumented pregnant individuals** keep full dental benefits during pregnancy and one year postpartum.

October 1



### New Restrictions for Lawfully Present Immigrants & Children

Starting October 1, 2026, **lawfully present immigrants (e.g., asylees, refugees, human trafficking victims) currently on full-scope Medi-Cal will shift to restricted-scope Medi-Cal**.

The following lawful immigrants will no longer be eligible for Medicaid and the Children's Health Insurance Program (CHIP) services:

- **Permanent residents, under the 5 year bar**
- **Victims of human trafficking**
- **Domestic violence victims under U visas and T visas**

## 2027

January 1



### Medi-Cal Renewal Changes from Once to Twice a Year

Starting January 1, 2027, **Medi-Cal redetermination will occur every six months** for adults enrolled in Medi-Cal.

January 1



### Work Requirements Begin

Starting January 1, 2027, **Medi-Cal recipients ages 19-64 must fulfill** one of the following criteria to qualify:

- **Work 80 hours monthly**
- **Engage in a qualifying activity for an equivalent duration**
- **Or earn 80 hours' federal minimum wage**

July 1



### Medi-Cal Premiums Begin

Beginning on July 1, 2027, **Medi-Cal enrollees ages 19-59 who are undocumented will have a \$30 monthly premium**.

**Failure to pay within the 90-day grace period** will result in the loss of Full Scope Medi-Cal, but emergency Medi-Cal may still be available.

# KEEP YOUR MEDI-CAL

## IMPORTANT UPDATE FOR UNDOCUMENTED ADULTS



**STARTING JANUARY 1, 2026**

**MEDI-CAL WILL BE CHANGING FOR UNDOCUMENTED ADULTS, AND WE'RE HERE TO HELP YOU UNDERSTAND WHAT THAT MEANS.**

### ALREADY HAVE MEDI-CAL?

**You can keep it**, as long as you stay signed up by continuing to renew and you still qualify.

Children (ages 0-18) and pregnancy services are still fully covered. Emergency services are also covered, but only for serious or life-threatening needs.



#### Update Your Info

You can do this with your local county office, online or in person.



#### Renew On Time

Look for a yellow envelope. Send your forms back on time.



#### Missed Renewal?

You have 90 days after your due date to turn in late forms.

### KEEP SEEING YOUR DOCTOR

Keep up with your care. If you are not comfortable leaving home, call your doctor to find out if you can access telehealth care.

#### Feeling stress, worry, or sadness?

Call or text CalHOPE at **(833) 317-4673** for free support.

### IF YOU DON'T ALREADY HAVE MEDI-CAL, APPLY NOW

Most undocumented adults (ages 19+) will not be newly approved for full-scope Medi-Cal coverage after January 1, 2026.

For more information and resources, visit: [Keep Your Medi-Cal](#)



**<<<**  
**We Are  
Here to  
Help**



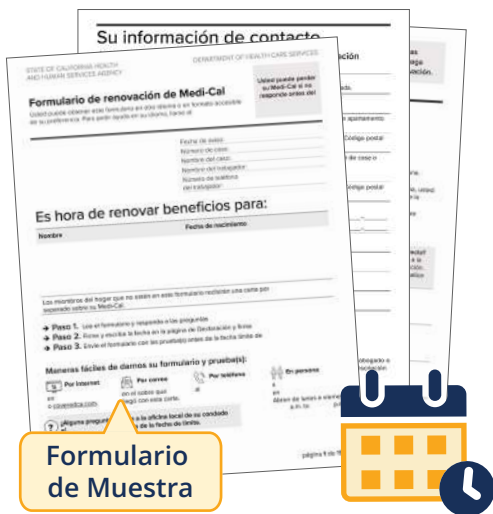
## AVISO IMPORTANTE PARA ADULTOS INDOCUMENTADOS

A partir del primero de enero de 2026, habrá algunos cambios en Medi-Cal. La mayoría de los miembros de Medi-Cal no verán ningún cambio.

### LO MÁS IMPORTANTE QUE DEBES SABER ES ESTO:

Si ya tienes Medi-Cal, puedes conservar tus beneficios, sin importar tu estatus migratorio.

Si eres un adulto indocumentado, así es como puedes mantener tu Medi-Cal:



- ✓ **Renovar a tiempo**
- ✓ **Revise su correo para ver si tiene el formulario de renovación**
- ✓ **Seguir cumpliendo con los requisitos de Medi-Cal, como vivir en California**

Si renuevas a tiempo, tus beneficios se mantienen igual.

Si tu **cobertura de Medi-Cal termina** por cualquier motivo, **todavía tienes 90 días** para corregir el problema y recuperar tu **cobertura completa**.

**Pero si pierdes ese plazo de 90 días**, ya no podrás volver a obtener Medi-Cal de cobertura completa. Solo podrías ser elegible para Medi-Cal restringido, que cubre:

- Atención de emergencia
- Servicios relacionados con el embarazo
- Cuidado en un asilo de ancianos

Los niños menores de 19 años y las personas embarazadas **aún** pueden recibir **Medi-Cal de cobertura completa** si cumplen con los requisitos de elegibilidad.

**Renovar a tiempo** es la clave para mantener tu Medi-Cal.

**Estamos aquí para ayudarte.** Visita [PartnershipHP.org](http://PartnershipHP.org) para más información.



Estamos aquí para ayudarte

MEMBER SCHOLARSHIPS 2026

# Apply for up to \$10,000 toward higher education!

Partnership HealthPlan of California is now accepting applications for the **2026 Partnership Member Scholarship Program!** This program provides one \$10,000 scholarship and four \$5,000 scholarships. Scholarships are awarded on the basis of: the quality of responses to essay questions; the strength of the applicant's expression of interest in a career in health care, social service, or public service; and a letter of recommendation.

**Who can enter:** Current Partnership members, those who were Partnership members within the past 12 months, or foster care youth who were Partnership members within the past three years. The entrant must show they intend to pursue a career in health care, social service, or public service and must be enrolled at or applying to a higher education institution and enrolled within one year of the application due date.

**How to enter:** Entrants must complete the application form, including essay questions; obtain one letter of recommendation; and sign a waiver of confidentiality and release, as well as an accuracy statement. **Applications can be submitted from January 21 through March 18, 2026.**

**Essay questions:** (See application for details and word limits.)

1. How will your studies further your plans for a career in health care and/or human/public/social services fields? What are your career goals?
2. How has Partnership HealthPlan of California been a partner in your health/life? (This can be medical care, services, and/or supports that Partnership has helped provide.)
3. Optional: Is there anything else you want to share that makes you a good candidate to receive this award?

**Scholarship winners:** Partnership will review all entries and determine recipients. Scholarship winners will be announced in Summer 2026.

 For more information, visit our [Member Scholarship Program webpage](#).

 If you have additional questions, email [Communications@partnershiphp.org](mailto:Communications@partnershiphp.org)

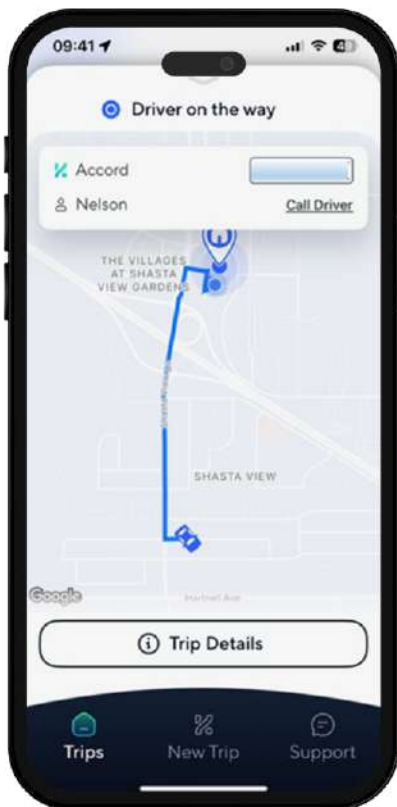


## Transportation Services App

### Book rides to your Medi-Cal-covered services from your phone!

#### What is it?

Partnership HealthPlan of California’s transportation app makes it easy for members to schedule rides to Medi-Cal-covered services quickly and securely — right from your iPhone or Android device.



#### Why use the app?

- Easily schedule rides to your Medi-Cal-covered services
- See live trip status updates
- See where your driver is

#### How to get started

- Call Partnership’s Transportation Department at **(866) 828-2303** and ask to enroll in the transportation services app. A transportation representative will then help you enroll.
- Download the app from your device’s app store.
- Create your account.
- Start requesting rides to upcoming appointments and services.

#### Need help?

Contact us at **(866) 828-2303**, Monday – Friday, 7 a.m. – 7 p.m. Your ride is just a tap away!



# You can't plan when you'll need care.

We know that getting sick or injured doesn't always happen during business hours. Our urgent cares treat most minor ailments and illnesses that require time-sensitive care on a walk-in basis and most insurance is accepted.

## THE MEDICAL TEAMS AT OUR URGENT CARE CENTERS CAN CARE FOR CONDITIONS OR NEEDS INCLUDING:

- Sprains
- Cold and flu symptoms
- Minor cuts and burns
- Sinus infections and sore throats
- Fever or rash
- Animal bites
- Ear infections
- Allergic reactions
- Minor work-related injuries
- Mild asthma

For life-threatening emergencies, call 911 or go to the nearest emergency room.



# Visit one of our convenient urgent care locations.



## **NAPA**

1621 W. Imola Ave.  
Napa, CA 94559  
**707-251-4280**

## **SANTA ROSA**

500 Doyle Park Dr., Suite 106  
Santa Rosa, CA 95405  
**707-921-2500**

## **WINDSOR**

6580 Hembree Ln., Suite 270  
Windsor, CA 95492  
**707-838-2044**

To learn more visit [providence.org/urgentcare](https://www.providence.org/urgentcare)



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:

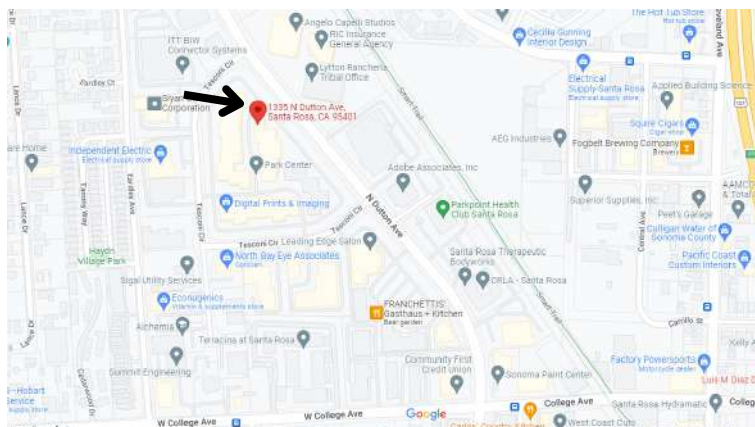
- Navegación de vivienda y recursos
- Talleres financieros: ayudas con cuentas de banco, reparación de crédito, ahorros combinados
- Habilidades para redactar currículums y entrevistas
- Prácticas de desarrollo de habilidades
- Apoyo a la salud mental
- Exenciones de tarifas del DMV
- Inscripción a beneficios (MediCal, CalFresh, Asistencia General)
- Acceso a computadoras y imprimidoras
- 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 (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 (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 (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 (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



# Trauma Informed Approach Public Health Nursing

TIA PHN serves **pregnant people and families who are parenting children 0 - 5 years old**. Our team of nurses and community health workers are specifically trained to work with families who have experienced trauma. We meet with families 1-2 times a month in their home (or a location that they choose) to support them in setting and meeting their own goals.

TIA PHN services include:

- Education about pregnancy, birth, breastfeeding, newborn care, and parenting
- Support for complex medical or social situations
- Connection to medical and dental care
- Mental health screening and referral
- Developmental screening for children
- Referrals to community resources including housing, food, and childcare
- Legal assistance
- Support and education for healthy lifestyle, stress management, and resilience

All services are **FREE, voluntary, and confidential**

For more info:





## Enfoque Informado Sobre Trauma Enfermería de Salud Publica

TIA PHN atiende a **personas embarazadas y familias que tienen niños de 0 a 5 años**. Nuestro equipo de enfermeras y promotores de salud están específicamente capacitados para trabajar con familias que han experimentado un trauma o experiencias negativas de la vida. Nos reunimos con familias 1-2 veces al mes en su casa (o un lugar que ellos elijan) para apoyarlos en el establecimiento y cumplimiento de sus propios objetivos.

TIA PHN servicios incluyen:

- Educación sobre el embarazo, el parto, la lactancia, el cuidado del recién nacido y la crianza de los hijos
- Apoyo en situaciones medicas o sociales complejas
- Conexión con la atención medica y dental
- Detección y derivación de salud mental
- Evaluación del Desarrollo de niños
- Referencias a recursos comunitarios que incluyen vivienda, comida y cuidado infantil
- Asistencia legal
- Apoyo y educación para un estilo de vida saludable, manejo del estrés y resiliencia

Todos los servicios son **GRATUITOS**,  
**voluntario y confidenciales**

Para mas  
información:



senderos  naturales

un proyecto de Sonoma Ecology Center

# OBSERVACIÓN DE AVES



## SÁBADO 7 DE MARZO

### SUGARLOAF RIDGE STATE PARK

9:00 AM- 12:00 PM

¿Qué tipo de pájaro es ese? Agarra tus binoculares y tu familia y acompáñanos en una aventura aviaria el sábado 7 de marzo 2026. **Evento Gratuito**; Para más información y registraci3n abre la c3mara de tu tel3fono y enf3calo en el c3digo QR:



Para preguntas, escribenos a [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org) o llama a Mario al 707.387.4087 o Alma al 707-247-5767.



senderos  naturales

un proyecto de Sonoma Ecology Center

# BIRD WATCHING



## SATURDAY, MARCH 7

### SUGARLOAF RIDGE STATE PARK

9:00 AM- 12:00 PM

¿What bird is that? Grab your binoculars and your family to join us for a Spanish speaking avian adventure on Saturday, March 7, 2026. **Free event**; more information and registration at QR code:



Questions? Write to us at [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org) or call Mario at 707.387.4087 or Alma at 707-247-5767.



# senderos naturales

un proyecto de Sonoma Ecology Center



¡Invitamos a las familias latinas a acompañarnos en el programa Senderos Naturales en **Sugarloaf Ridge State Park**! Este programa gratuito se dedica a educar familias sobre la naturaleza a través de caminatas, talleres, campamentos, y otras actividades guiadas en español. **Transporte gratuito disponible**; detalles en nuestro sitio web, con el código QR, por email en [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org), o llamando a Mario al 707-387-4087 o Alma al 707-247-5767.

## Próximos eventos en 2026



7 de marzo: Observación de aves

4 de abril: Flora

12 de abril: Senderos en Van Hooser

9 de mayo: Fauna

24 de abril: Desafío de la naturaleza urbana en Jack London State Park

25 de abril: Desafío de la naturaleza urbana en Sugarloaf



# senderos naturales

un proyecto de Sonoma Ecology Center



We invite Latino families to join us in Senderos Naturales at Sugarloaf Ridge State Park! Families enjoy and learn about nature through **free events** such as hikes, workshops, campouts, and other activities led by Latino leaders in Spanish or bilingually. Free transportation is available; details in our website, through the QR code, by emailing [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org), or by calling Mario (707-387-4087) or Alma (707-247-5767).

## Upcoming events in 2026



March 7: Bird Watching

April 4: Flora

April 12: Senderos in Van Hooser

April 24: City Nature Challenge at Jack London State Historick Park

April 25: City Nature Challenge At Sugarloaf

May 9: Fauna



# COMO OBTENER TU PASE ANUAL PARA SUGARLOAF RIDGE STATE PARK



## 1. PASE ANUAL PARA PERSONAS CON INGRESOS LIMITADOS



Para hogares que...

1. Califique para el **programa escolar de almuerzo gratis**
2. Califique si recibe **asistencia del seguro social (SSI)**
3. Califique para un pase de entrada para vehículos a los parques regionales de Sonoma

## 2. PARTICIPA EN EVENTOS MENSUALES DE SENDEROS NATURALES



- Senderos Naturales: **programa gratuito para familias y todos edades.** Ofrece caminatas, talleres, campamentos, y otras actividades guiadas en español en Sugarloaf
- **Asiste a 4 eventos** de Senderos Naturales, para ganar un pase anual para Sugarloaf Ridge State Park
- **Transporte gratuito disponible** a través de Uber

Para preguntas, escríbenos a [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org) o llama a Mario al 707.387.4087 o Alma al 707-247-5767

**senderos naturales**  
un proyecto de Sonoma Ecology Center



# HOW TO GET YOUR ANNUAL PASS FOR SUGARLOAF RIDGE STATE PARK



## 1. LIMITED INCOME ANNUAL PASS



For households that...

1. Qualify for **Free Lunch Program**
2. Receive **Supplemental Security Income (SSI)**
3. Qualify for a Sonoma County Regional Parks Vehicle Entry Pass

## 2. PARTICIPATE IN MONTHLY SENDEROS NATURALES EVENTS



- Senderos Naturales: **Free program for families and all ages.** Offers hikes, workshops, camps, and other guided activities in Spanish at Sugarloaf
- **Attend 4 Senderos Naturales events** to earn your annual pass to Sugarloaf Ridge State Park
- **Free transportation available** through Uber

Questions? Write to us at [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org)  
or call Mario at 707.387.4087 or Alma at 707-247-5767.

**senderos**  **naturales**  
un proyecto de Sonoma Ecology Center



**"THEY'RE  
SAFE...  
I GOT  
THEM FROM  
A FRIEND."**



## **WOULD YOUR TEEN KNOW BETTER?**

Fake prescription pills made with fentanyl and other dangerous chemicals are being sold on social media every day—and they look exactly like the real things. Our short, expert-informed videos give teens the facts without a long lecture. Pick one. Text it to your teen. Then bring it up at dinner or on your next car ride to start an open conversation that builds awareness and safety.

**LEARN MORE**

<https://bit.ly/4brMVeg>

**“SON  
SEGURAS...  
UN AMIGO  
ME LAS  
CONSIGUIÓ”**



## **¿TU HIJO ADOLESCENTE SABRÍA DISTINGUIRLO?**

Cada día se venden pastillas falsas de prescripción en las redes sociales hechas con fentanilo y otros químicos peligrosos, y se ven exactamente igual que las verdaderas. Nuestros videos cortos, creados con la orientación de expertos, les dan a los adolescentes la información que necesitan, sin sermones. Elige uno. Envíaselo por mensaje de texto. Luego, platiquen durante la cena o en su próximo viaje en auto para iniciar una conversación abierta que fomente la conciencia y la seguridad.

**MÁS INFORMACIÓN**

<https://bit.ly/4brMVeg>



## Enhanced Care Management (ECM)

for Medi-Cal Members



**FREE** services to help you get the care & support you need.

Vynca care managers are specially trained to help:

Find and apply for housing & food benefits



Connect to community supports & resources



Find doctors & schedule appointments



Access mental health & addiction services



Get follow up services after a hospital stay



Coordinate transportation to appointments



ECM may be right for you if you have Medi-Cal and say YES to any of these:

- ✓ Do you have multiple chronic conditions and/or a mental health condition for which you need regular doctor's care?
- ✓ Do you need long-term care services?
- ✓ Have you been to a nursing facility three or more times in the last six months?
- ✓ Do you need help finding a safe place to live?
- ✓ Are you ready to move out of a nursing facility?
- ✓ Have you visited an emergency room or hospital five or more times in the last six months?
- ✓ Are you currently pregnant or had a baby in the last 12-months?
- ✓ Are you under 21 and living in foster care or enrolled in CA Child Services (CCS)?

Live more quality days, sign up now!

Phone: 888-242-1588 | Email: [hello@vyncacare.com](mailto:hello@vyncacare.com) | Fax: 866-403-0846

# Gestión Mejorada de la Atención (ECM)

Para miembros de Medi-Cal



**GRATUITOS** para ayudarle a obtener la atención y el apoyo que necesita.

Coordinador de casos de Vynca están especialmente capacitados para ayudarle a:

Encontrar y solicitar beneficios para vivienda y alimentos



Conectarse con apoyos y recursos comunitarios



Encontrar médicos y programar citas



Conectarse a servicios de salud mental y adicciones



Obtener servicios de seguimiento después de una hospitalización



Coordinar transporte para sus citas médicas.



ECM puede ser adecuado para usted si tiene Medi-Cal y responde Sí a una o más de las siguientes preguntas:

- ✓ Tiene múltiples condiciones crónicas y/o una condición de salud mental que requiere atención médica regular?
- ✓ Ha visitado una sala de emergencias o ha sido hospitalizado cinco veces o más en los últimos seis meses?
- ✓ Está listo para mudarse de un centro de cuidado de enfermería?
- ✓ Tiene menos de 21 años o tiene un hijo involucrado en una agencia de bienestar de menores, o está inscrito en el programa de Servicios para Niños de California (CCS) o el Modelo Whole Child (WCM)?
- ✓ Necesita servicios de atención a largo plazo?
- ✓ Ha visitado una sala de emergencias o ha sido hospitalizado cinco veces o más en los últimos seis meses?
- ✓ Necesita ayuda para encontrar un lugar seguro donde vivir?
- ✓ Está actualmente embarazada o ha tenido un bebé en los últimos 12 meses?

**Viva más días de calidad – regístrate ahora!**

Teléfono: 888-242-1588 | Correo electrónico: hello@vynccare.com | Fax: 866-403-0846



Early Intervention • Mentorship • Family Support • Youth Development

*Keeping Youth On Track — Building Strong Futures*

### What is it?

Upstream Academy is a prevention-focused community program supporting Sonoma County youth before gang involvement, court involvement, or school disconnection occurs. We work with youth and families to build stability, skills, and positive pathways for the future.

# UPSTREAM ACADEMY PROGRAM

### Who It's For?

Youth ages 12–17 • Countywide referrals • Not currently involved in the justice system needing mentorship, structure, and support.

Referrals accepted from: Schools • Families • Probation • Community partners • Law enforcement • Service agencies

### We Provide:

Trauma-informed mentoring  
School support & tutoring  
Emotional regulation & CBT skills  
Family engagement & parent support  
Mental health referrals & support  
Career readiness & life skills  
LGBTQ+ affirming and  
Bilingual services  
Transportation support as needed



### For More Information

Juan Avila

[juan.avila@circuitridercs.org](mailto:juan.avila@circuitridercs.org)

707-838-6641 Ext. 500

