



Community Resources
July 2026



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

Useful Phone Numbers

Access Team: _____ (707) 565-6900

The Access Team initiates services for Sonoma County Behavioral Health, 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.

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
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
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

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 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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¿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.

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



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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, Jul 7th

Tue, Jul 14th

Tue, Jul 21st

Tue, Jul 28th

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

7 de julio
14 de julio
21 de julio
28 de julio

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



Are You Currently Homeless and Looking for Housing?

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



Find an Access Point Below to Get Started.

Caritas Drop In Center

301 6th Street
Corner of Morgan & 6th
Santa Rosa, CA 95401
Tues - Wed 1pm - 4pm
or call: 707-308-4684
host@ccnwc.org

TLC Children and Family Services

(Transition aged youth 18-24 or transition aged youth with children)

821 Mendocino Ave
Santa Rosa, CA 95401
Drop in Thur 1pm - 3pm
Call for an appt: 707-480-9541

Face 2 Face (HIV services)

873 2nd Street
Santa Rosa, CA 95404
Call for an appt: 707-544-1581

Nation's Finest (Veterans)

444 10th Street, Suite 102
Santa Rosa, CA 95401
Mon - Fri 8am - 5pm
Call for appt: 833-468-9676

Individual and Family Support Network

Drop in Wed 1pm - 4pm
Call for appt: 707-546-7907, ext 101

West County Health Center

(West County Community will be given priority for enrollments)

16312 3rd Street
Guerneville, CA 95446
Call for appt: 707-824-3398

West County Community Services Sebastopol Outreach

(Sebastopol community only)
Call for an appt: 707-888-3804

Reach for Home

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

Corazon Healdsburg

16003 Healdsburg Avenue,
Healdsburg, CA 95448
By appt only: Mon - Fri 10am - 5pm
Call for appt: 707-615-4567

COTS Mary Isaak Center

900 Hopper Street
Petaluma, CA 94952
Call for an appt: 707-765-6530 ext. 207

HomeFirst Petaluma Outreach Team

(South County community only)
Call for an appt: 707-277-1407

HomeFirst and SAVS Sonoma Valley Outreach Team

(Sonoma Valley community only)
Call for an appt: 707-277-1407

Rohnert Park HOST

(Rohnert Park community only)
Call for an appt: 707-800-2133
hostrp@ccnwc.org



How to Access Services



Coordinated Entry Access Points



Assessment



Dynamic Housing Roster



Housing Referrals Prioritized by Need



Frequently Asked Questions

1. What is a Coordinated Entry System (CES)?

- Coordinated Entry matches people experiencing homelessness to available housing programs. It prioritizes those who are most in need of assistance.
- Referrals are made to permanent housing services, not shelters.

2. What is a CES Assessment?

- Used to determine eligibility for referrals to homeless permanent housing services.
- Places you on a centralized Dynamic Housing Roster so you don't have to apply program by program.
- Includes a standard assessment tool used to measure a person's vulnerability and housing needs.
- Matches you with housing services that meet your needs when they are available, although an assessment does not guarantee a referral.

3. What is the Dynamic Housing Roster?

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

4. I've Completed my CES Assessment, Now What?

- Keep your contact and location information up to date with an Access Point
- Stay in contact with a Access Point, shelter, or outreach team every 90 days to maintain your active status on the Dynamic Housing Roster and eligibility for housing referrals.
- Update your Assessment annually or when a major life event occurs.
- Continue to pursue other housing options, services, and benefits. Most people who are on the list will NOT be offered a housing opportunity or will wait a very long time for a referral. This is currently due to the lack of housing opportunities.

5. What are My Rights as a Participant in Sonoma County's Coordinated Entry System?

- The Coordinated Entry System, Access Points and Cooperating Agencies must comply with the nondiscrimination provisions of federal civil rights laws, which bar discrimination on the basis of race, color, religion, national origin, sex, actual or perceived sexual orientation or gender identity, disability, familial status, marital status, citizenship (or lack thereof).
- You have the option for your information to be stored on the Dynamic Housing Roster anonymously, and it can be removed at any time.
- You can enroll in the Coordinated Entry System regardless of your legal status. Access Points and Cooperating Agencies have assistance in multiple languages
- The Release of Information you sign is valid for 3 years unless you state an expiration date prior to 3 years. Once your ROI expires, you will be dismissed from the system unless another ROI is signed to continue your enrollment.
- You can be dismissed from Coordinated Entry at any time. Any Access Point can be notified of the request and help facilitate the dismissal with Coordinated Entry staff.

6. How do I Submit a Complaint or Grievance?

- Please contact ce@homefirstsc.org or call (866) 542 5480 to file a complaint or grievance. HomeFirst does not have a say in housing decisions.



Frequently Asked Immigration Questions

Can Someone Who is Undocumented Enroll in Coordinated Entry?

- Yes, anyone who is undocumented can be enrolled in Coordinated Entry. Immigration status is not a barrier to enrollment.

Can Someone Who is Undocumented be Housed at any Coordinated Entry Referred Housing Program?

- While some programs do not take documentation status into account, there are some projects that require a person to be documented. A person's documentation status will not be used as a barrier for any referrals made through Coordinated Entry.

If I Receive a Housing Referral through Coordinated Entry, what Kind of Documents Do I Need to Give to the Housing Providers?

- The type of documentation that needs to be given to housing providers can vary from project to project. Typically, you will need to provide some form of identification and income verification.

What do You Do With a Person's Information Once Collected?

- Information is entered into the Homeless Management Information System (HMIS) which cannot be accessed by the public. We do not share your information with anyone outside of the cooperating agencies listed on the Release of Information.



¿Actualmente se encuentra sin hogar y busca vivienda?

El Sistema de Entrada Coordinada del Condado de Sonoma, administrado por HomeFirst, ayuda a las personas sin vivienda a conectarse con opciones de vivienda y servicios de apoyo. El sistema funciona dando prioridad a quienes tienen mayor necesidad y vinculándolos con los programas de vivienda disponibles.



Seleccione un punto de acceso de la siguiente lista para comenzar.

Centro de atención sin cita previa de Caritas

301 6th Street
Esquina de Morgan y 6th
Santa Rosa, CA 95401
Martes a miércoles: 1pm – 4pm
Llame: 707-308-4684
host@ccnwc.org

TLC Children and Family Services

(Jóvenes en transición de 18 a 24 años, o jóvenes con hijos)
821 Mendocino Ave
Santa Rosa, CA 95401
Atención sin cita: jueves 1pm – 3pm
Llame para cita: 707-480-9541

Face 2 Face (servicios de VIH)

873 2nd Street
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Lunes a viernes: 8am – 5pm
Llame para cita: 833-468-9676

Individual and Family Support Network

Atención sin cita: miércoles 1pm – 4pm
Llame para cita: 707-546-7907 ext. 101

West County Health Center

(Prioridad para la comunidad de West County)
16312 3rd Street
Guerneville, CA 95446
Llame para cita: 707-824-3398

West County Community Services Sebastopol Outreach

(Solo comunidad de Sebastopol)
Llame para cita: 707-888-3804

Reach for Home

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Healdsburg, CA 95448
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Correo: info@reachforhome.org

Corazón Healdsburg

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Solo con cita: lunes a viernes 10am – 5pm
Llame: 707-615-4567

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Petaluma, CA 94952
Llame para cita: 707-765-6530 ext. 207

HomeFirst Petaluma Outreach Team

(Solo comunidad del sur del condado)
Llame para cita: 707-277-1407

HomeFirst y SAVS Sonoma Valley Outreach Team

(Solo comunidad de Sonoma Valley)
Llame para cita: 707-277-1407

Rohnert Park HOST

(Solo comunidad de Rohnert Park)
Llame para cita: 707-800-2133
Correo: hostrp@ccnwc.org



Como acceder a los servicios



Puntos de Acceso del Sistema de Entrada Coordinada



Evaluación



Lista Dinámica de Vivienda



Referencias de vivienda priorizadas según la necesidad



Preguntas Frecuentes

1. ¿Qué es el Sistema de Entrada Coordinada (CES)?

- El CES conecta a las personas sin vivienda con programas de vivienda disponibles. Da prioridad a quienes tienen mayor necesidad.
- Las referencias son para vivienda permanente, no para refugios.

2. ¿Qué es una Evaluación del CES?

- Determina su elegibilidad para servicios de vivienda permanente.
- Lo incluye en una lista centralizada (Lista Dinámica de Vivienda), evitando que tenga que aplicar programa por programa.
- Utiliza una herramienta estándar para medir vulnerabilidad y necesidades de vivienda.
- Lo conecta con servicios disponibles, aunque la evaluación no garantiza una referencia.

3. ¿Qué es la Lista Dinámica de Vivienda?

- Es una lista de personas, familias, adultos mayores y jóvenes en transición sin vivienda, priorizada por nivel de vulnerabilidad.
- Es una lista de espera dinámica y no garantiza servicios específicos.
- Las personas con mayor necesidad reciben prioridad.
- Si rechaza una oferta de vivienda, mantendrá su lugar en la lista.
- Se almacena en el sistema HMIS, que no es público.

4. Ya completé mi evaluación, ¿qué sigue?

- Mantenga actualizada su información de contacto y ubicación con un punto de acceso.
- Comuníquese con un punto de acceso o equipo de apoyo cada 90 días.
- Actualice su evaluación anualmente o ante cambios importantes.
- Continúe buscando otras opciones de vivienda y servicios.
- (Nota: muchas personas no recibirán una oferta o esperarán mucho tiempo debido a la falta de vivienda disponible.)

5. ¿Cuáles son mis derechos como participante en CES del Condado de Sonoma?

- Protección contra discriminación (raza, religión, género, orientación sexual, discapacidad, etc.).
- Puede mantener su información de forma anónima.
- Puede participar sin importar su estatus migratorio.
- Su autorización de información es válida por 3 años.
- Puede retirarse del sistema en cualquier momento.

6. ¿Cómo presento una queja?

- Para presentar una queja o reclamo, comuníquese al ce@homerstsc.org o llame al (866) 542-5480. HomeFirst no toma decisiones sobre la asignación de vivienda.



Preguntas Frecuentes sobre Inmigración

¿Puede una persona indocumentada inscribirse en el Sistema de Entrada Coordinada?

- Sí. Cualquier persona indocumentada puede inscribirse en el Sistema de Entrada Coordinada. El estatus migratorio no es una barrera para la inscripción.

Si recibo una referencia de vivienda a través del Sistema de Entrada Coordinada, ¿qué tipo de documentos debo proporcionar a los proveedores de vivienda?

- El tipo de documentación que se debe proporcionar puede variar según el programa. Por lo general, deberá presentar algún tipo de identificación y verificación de

¿Puede una persona indocumentada acceder a vivienda en cualquier programa referido por el Sistema de Entrada Coordinada?

- Aunque algunos programas no toman en cuenta el estatus migratorio, existen ciertos proyectos que requieren que la persona tenga documentos. El estatus migratorio no se utilizará como una barrera para ninguna referencia realizada a través del Sistema de Entrada Coordinada.

¿Qué hacen con la información de una persona una vez que se recopila?

- La información se ingresa en el Sistema de Información de Gestión para Personas sin Hogar (HMIS), el cual no es accesible al público. No compartimos su información con nadie fuera de las agencias colaboradoras indicadas en la Autorización para Compartir Información.





GOODWILL[®] *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



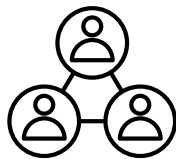
Career & Work
Successful Behaviors
Practical Work and Life Skills

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
programs@gire.org
O: 707-523-0550
C: 707-867-9236

2007 Sebastopol Rd. Santa Rosa
Monday-Friday, 9am-6pm

476 Rohnert Park Expy
Rohnert Park
Wednesday-Friday, 10am-6pm



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



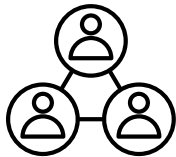
Carrera y Trabajo
Comportamientos exitosos
Habilidades prácticas para el trabajo y la vida

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
programs@gire.org
O: 707-523-0550
C: 707-867-9236

2007 Sebastopol Rd. Santa Rosa
Lunes-viernes 9-6

476 Rohnert Park Expy
Rohnert Park
Miércoles-viernes 10-6



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 telemedicina
- Tu huella digital

Cohort starting Soon!!
Funded by community donations

¡Grupo Comienza pronto!
Financiado por donaciones de la comunidad

Contact/
Contacto



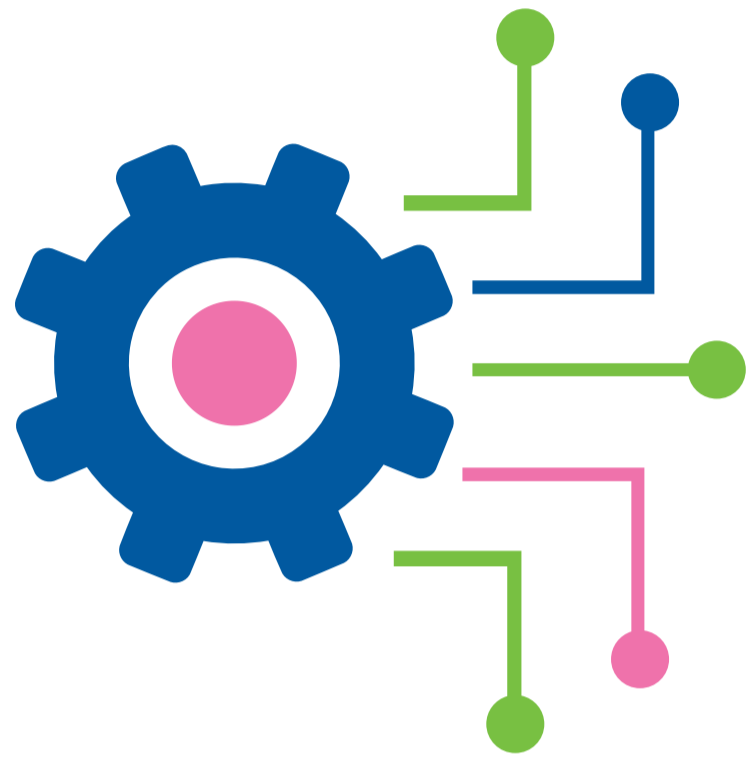
Goodwill
Redwood Empire

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

¡Únase a nosotros!

Para

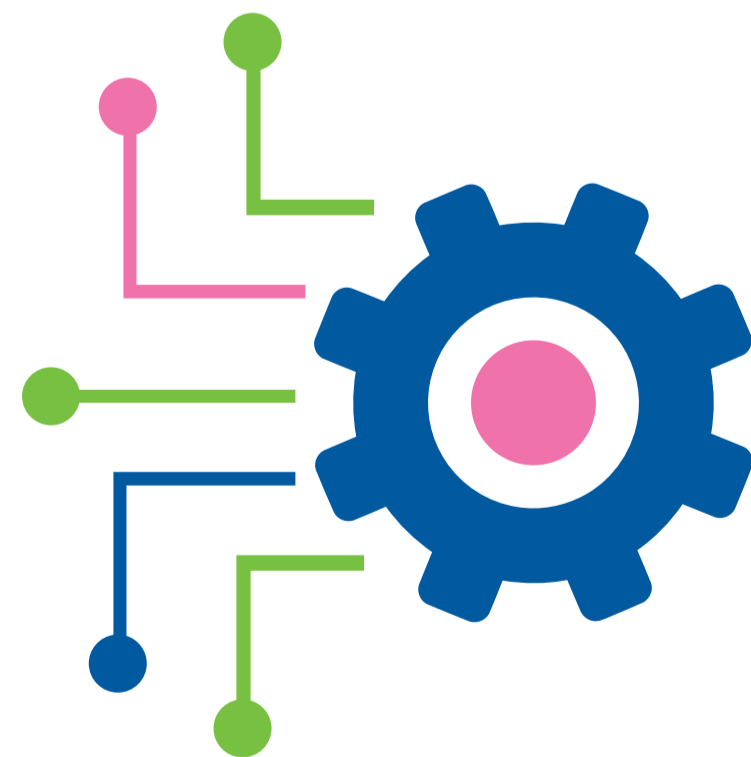
¡Conceptos básicos de informática!



De 2:30 PM a 3:30 PM los martes por la tarde en
Stony Point Goodwill Connect!

Los temas incluyen:

- Habilidades con el ratón
- Formas del ratón
- Corrección de errores tipográficos
- Teclas del teclado
- Unidades y archivos
- Movimiento
- Interacción con la pantalla
- Personalización y Actualizaciones
- Conexión a Internet



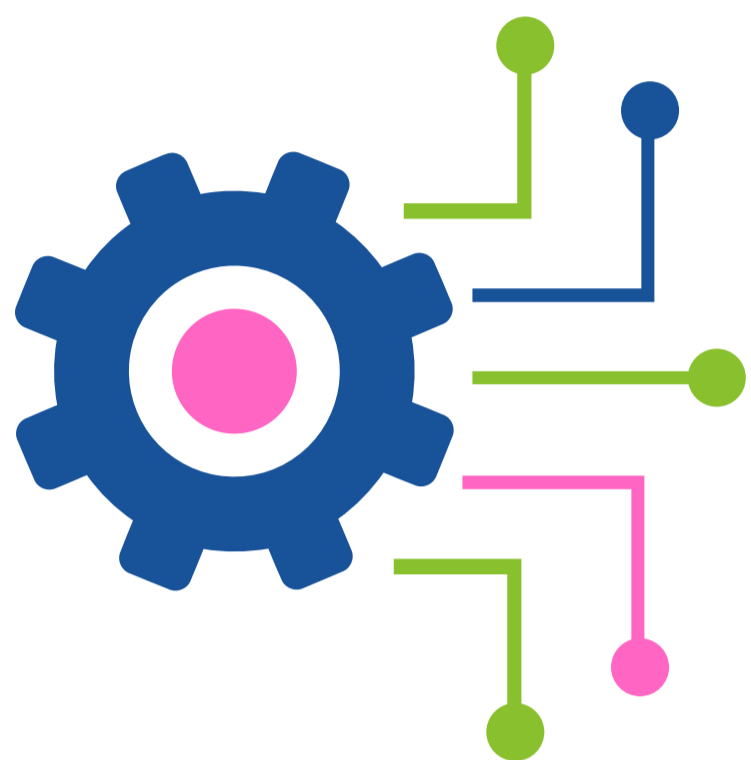
GOODWILL® *Connect!*

2007 Sebastopol Rd,
Santa Rosa, CA
(707) 523-0550

Come Join Us!

For

Computer Basics!

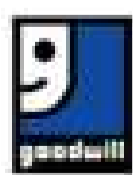
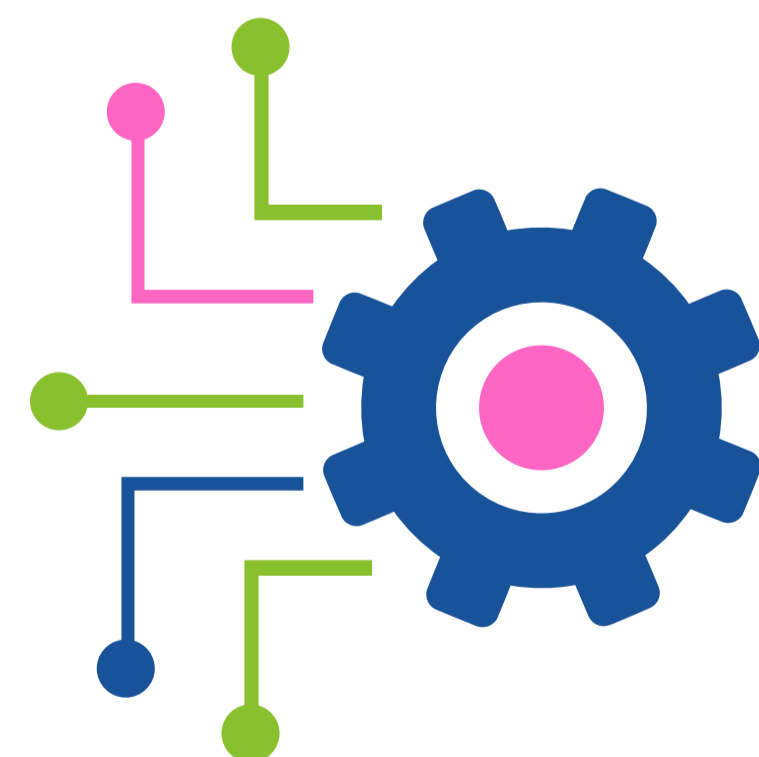


9:00 - 9:40 AM on Monday and Wednesday mornings
At Stony Point Goodwill Connect!

Topics include:

- Mouse Skills
- Mouse Shapes
- Fixing Typos
- Keyboard Keys
- Drives and File Movement
- Screen Interaction
- Customizing & Updates
- Connecting to the internet

& more!



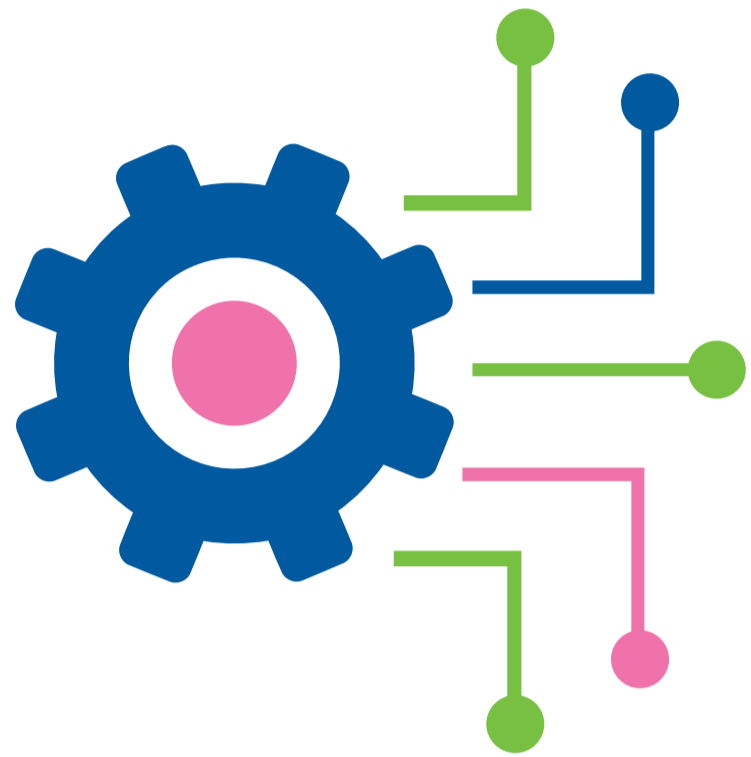
GOODWILL® *Connect!*

2007 Sebastopol Rd,
Santa Rosa, CA
(707) 523-0550

Come Join Us!

For

Microsoft PowerPoint



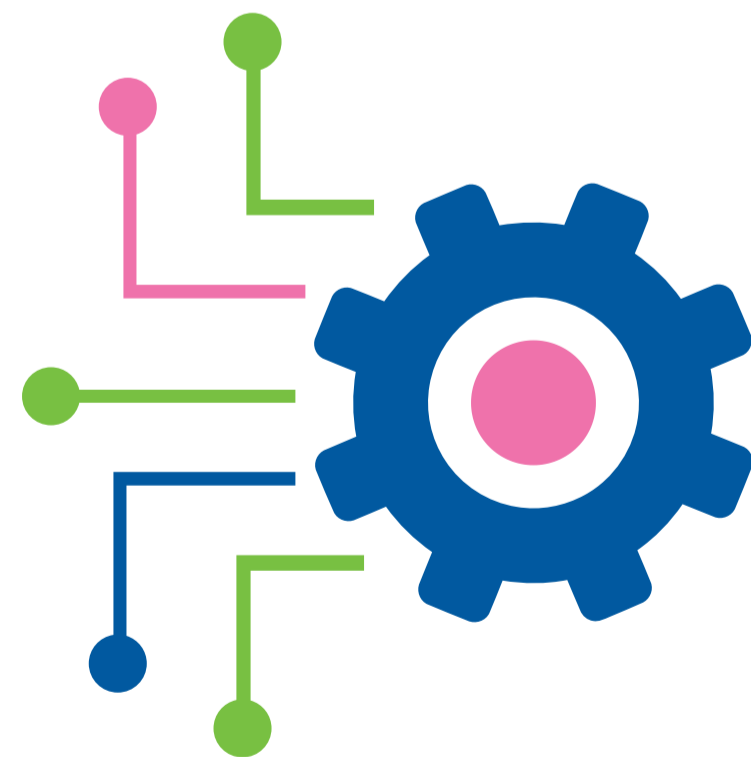
4:00-5:00 PM on Wednesday and Friday afternoons
Starting June 24th, 2026, for 5 weeks
At Rohnert Park Goodwill Connect!

Call or Email to save your seat! [707-523-0550](tel:707-523-0550) | programs@gire.org

Topics Include:

- Orientation
- Formatting Text
- Images and Text Boxes
- Etiquette
- Editing Text
- Transitions
- Printing and saving

All services provided to our community at no cost and with no eligibility requirements



GOODWILL® *Connect!*

476 Rohnert Park Expressway W.
Rohnert Park, CA
(707) 523-0550

Paid Internship Program

Why Goodwill ~ Redwood Empire?

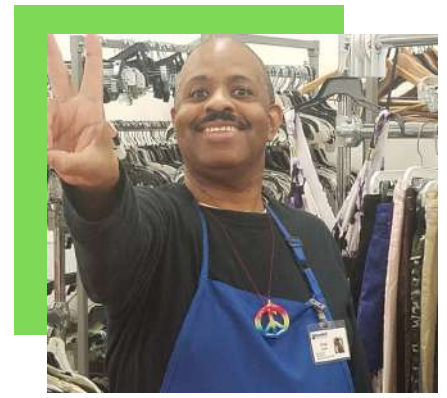
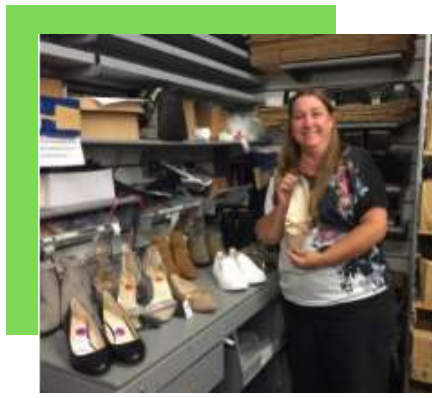
We have a strong Supported Employment Program and have been partnering with North Bay Regional Center for more than 30 years. We have a proven track record of successfully supporting clients with job coaching that enables clients to maintain competitive integrated employment.

The Supported Employment program at Goodwill:

- 67%: clients who work competitively in various community settings
- 33%: clients who work as fully integrated employees at Goodwill
- 84%: clients who have successfully maintained employment > 10 years
- CARF accredited since 1977
- DDS successful survey in 2021

Expanding Success to Include our Paid Internship Program

With experienced Job coaches, employment specialists who regularly help clients gain employment, and ties to employers in the community, Goodwill – Redwood Empire is well-equipped to help those clients looking to enter workforce. Additionally, we are a leader in providing training and skills building in our Retail Training Centers. Our training centers provide essential work skills, soft skills, and the opportunity to work in a fully integrated setting.



Paid Internship Program @ Goodwill:

- provides a person-centered approach to locating work experience sites that align with the individuals interests and goals.
- provides skills for future paid employment and/or full or part-time paid employment at the host business.
- assures full integration and allows interns the opportunity to build their work skills as they work alongside all employees with or without disabilities.
- Pays at a competitive wage commensurate with other employees doing the same work.

How can interns move forward to connect with businesses?

Individuals can be referred to Goodwill – Redwood Empire to begin the process of identifying areas of interest and potential internship locations.



For more information, please contact:

Goodwill ~ Redwood Empire

Stephanie Munson,
Assistant Director of Mission Education

707-523-0550 x277

smunson@gire.org

www.gire.org



Join our 5 week Job Readiness Class
Únase a nuestra clase de preparación laboral de 5 semanas

**Free to youth
ages 15-20**

- Career Exploration
- Resume Building
- Acing an Interview
- Employer Expectations
- Interpersonal Skills
- Social Media Etiquette



**Gratis para jóvenes de
15 a 20 años**

- Exploración de carreras
- Construir currículum laboral
- Cómo tener buenas entrevistas
- Expectativas de un empleador
- Aprende habilidades interpersonales
- Cómo portarse en las redes sociales



Earn a 3-month paid internship upon completion
Gana un puesto de práctica pagada

Apply today for classes starting soon
Aplica hoy, clases empiezan pronto



Contact us/Contactanos: programs@gire.org
Tel: 707-523-0550 www.gire.org/programs
Follow our socials @goodwillredwoodempire



Ready, Set, Enroll!

¡Listos para empezar! Inscríbete en

Head Start

We provide a safe, nurturing, and high-quality learning environment to help children and families thrive!

¡Brindamos un entorno de aprendizaje seguro, enriquecedor y de alta calidad para ayudar a los niños y las familias a prosperar!



WE OFFER

- Support for Families from Prenatal Through Age 5
- Home Visits & Parenting Support
- Nutritious Meals
- Health & Developmental Screenings
- Our program serves children of all abilities, including those with special needs.
- Serving Families in Sonoma County

NUESTROS SERVICIOS

- Visitas al hogar y orientación para familias
- Alimentos nutritivos
- Evaluación de la salud y el desarrollo
- Apoyo inclusivo para niños con necesidades especiales
- Apoyando a las familias de nuestra comunidad en el Condado de Sonoma
- Apoyo para familias desde el embarazo hasta los 5 años





In- Home Visiting Program for Pregnant & Post Partum Parents



Are you expecting a baby or have you recently had a child?

Healthy Families CPI provides support to families during pregnancy, post partum and early childhood!

We offer parents the support and guidance to:

-  Promote healthy child growth and development
-  Achieve a healthy pregnancy
-  Strengthen nurturing parent- child relationships
-  Build family strengths & protective factors
-  Set & accomplish family goals
-  Connect to local resources
-  Promote Positive Parenting
-  Navigate the healthcare system

Support for Your Little One, Every Step of the Way!

If you decide to join, we'll be by your side long-term – through all the beautiful (and challenging) milestones of early childhood.

Enroll today to give your family the support you deserve!

Call Katherine at (707) 585-6108 x 1186 or email Katherineb@calparents.org or scan the QR code



Link to register: [HFA Referral Form](#)



Programa de Visitas Domiciliarias Maternas, Infantiles y de la Primera Infancia

¿Estás esperando un bebé o has tenido un bebe recientemente?

El programa Familias Saludables es un servicio que apoya familias y madres embarazadas desde el embarazo hasta los primeros años de vida.

Ofrecemos apoyo para:

-  Promover el crecimiento y educación sobre desarrollo infantil
-  Mantenerte saludable durante el embarazo y prepararte para el parto
-  Cultivar y fortalecer las relaciones enriquecedoras entre padres e hijos
-  Mejorar el funcionamiento familiar creando factores de protección.
-  Alcanzar metas familiares
-  Conectar a tu familia con otros servicios y recursos en tu comunidad
-  Promover la crianza positiva
-  Navegar la sistema de salud

¡Apoyo para tu bebe, cada paso del camino!

Si decide unirse, estaremos a su lado a largo plazo, durante todos los hermosos (y difícil momentos) de la primera infancia.

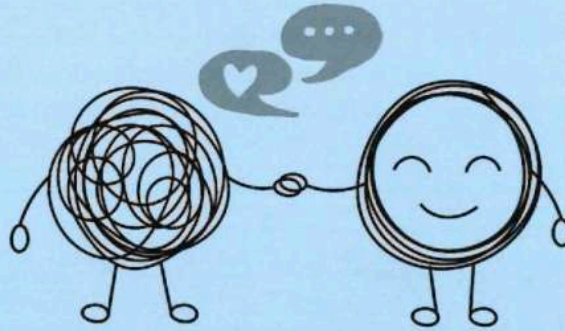
Llama a Katherine al (707) 585-6108 ext. 1186 o envía un correo electrónico a Katherineb@calparents.org o escanea el código QR  visita: [Forma de Referencia](#)





THERAPY SERVICES

RECEIVE UP TO 12 FREE SESSIONS
AVAILABLE WITH JCFC



WE ARE PLEASED TO ANNOUNCE THE EXPANSION OF MENTAL HEALTH SERVICES AT THE JEWISH COMMUNITY FREE CLINIC. THANKS TO A MEASURE O GRANT THROUGH SONOMA COUNTY YOUTH AND FAMILY SERVICES, WE ARE OFFERING 12 SESSIONS OF THERAPY AT NO COST FOR CHILDREN, YOUTH, AND FAMILIES. WE OFFER TIMES CONVENIENT FOR YOU AND CAN MEET VIA TELEHEALTH OR IN PERSON.

ISSUES MAY INCLUDE BEHAVIORAL CONCERNS, ANXIETY, BULLYING, SCHOOL PERFORMANCE OR FAMILY CONFLICT AND STRESS. WE OFFER THE SUPPORT TO ADDRESS THE MENTAL HEALTH NEEDS OF YOU OR YOUR FAMILY. LIFE CAN BE COMPLICATED AND CONFUSING. WE ARE HERE TO HELP!

Call **707 585-7780**
to find out if you are eligible.
www.jewishfreeclinic.org



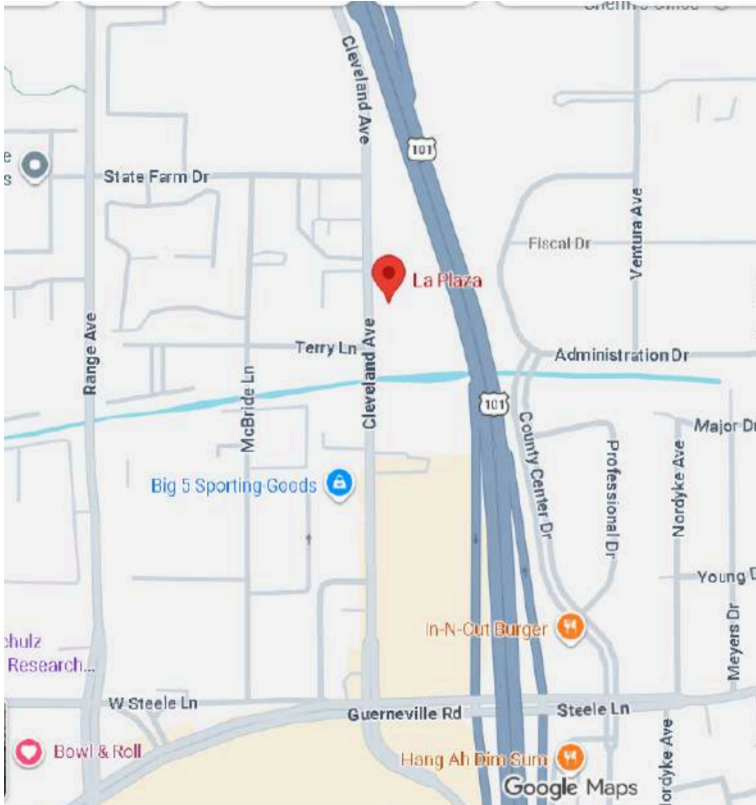
SONOMA COUNTY
MEASURE 
Tax Dollars at Work

NECESITA AYUDA CON PLANES DE PREPARACION FAMILIAR?

La Plaza le puede ayudar, sin ningun costo, en su idioma, a completar su Plan de Preparacion Familiar*.



Llame o Visite La Plaza para mas informacion:



HORARIO DE OFICINA:

SIN CITA PREVIA (DE LUNES A VIERNES, DE 9 A.M. A 4:30 P.M.)

**2800 CLEVELAND AVENUE
SUITE C
SANTA ROSA, CA 95403**

**CORREO ELECTRONICO:
INFO@LAPLAZANCC.ORG**

**TELEFONO:
(707) 393-8700**

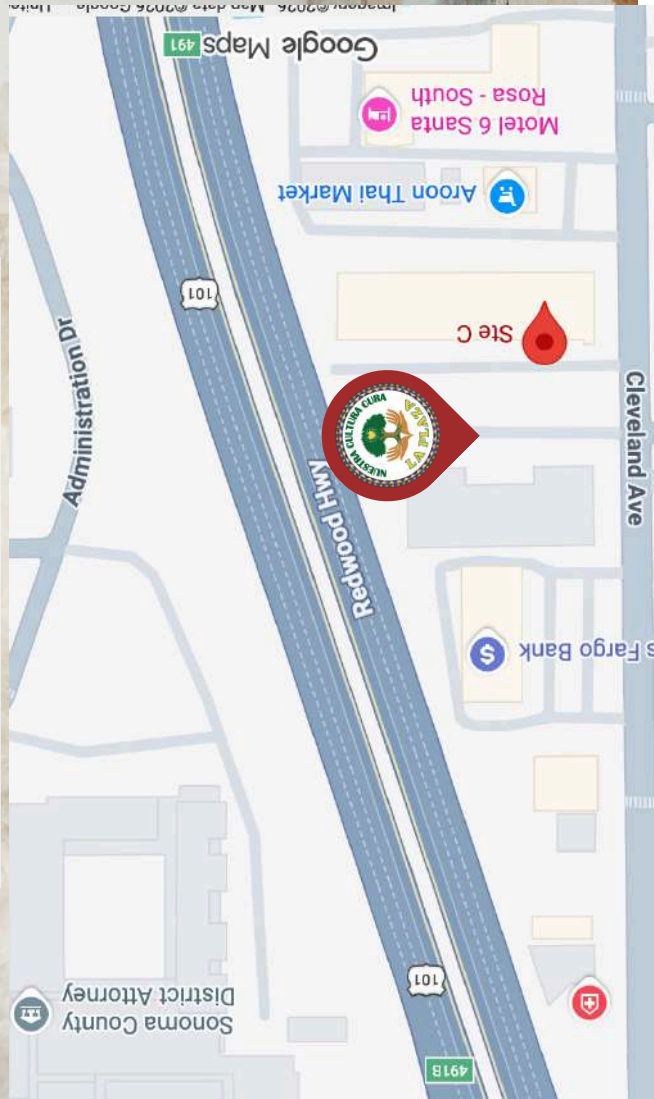
***La Plaza no provee consejo legal.
Consulte siempre con un abogado para su situacion particular.**

¿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





Mobile Health Walk-in Clinic



Free medical services for uninsured individuals. Our services include:

- Primary Care-limited
- Women's Health Screenings
- Sports Physicals
- Flu and Tetanus Vaccines
- Health Education
- Community Resources



July-December 2026 Schedule & Locations

Questions: 707-547-4612

Windsor (Every *Tuesday*) Arrive at 8:30am

Calvary Chapel River Fellowship
195 Windsor River Rd. Windsor, CA 95476

July	Aug	Sept	Oct	Nov	Dec
7	4	1	6	3	1
14	11	8	13	10	8
21	18	15	20	17	15
28	25	22	27	24	22
		29			29 Closed

Santa Rosa (Every *Thursday*) Arrive at 8:30am

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

July	Aug	Sept	Oct	Nov	Dec
2	6	3	1	5	3
9	13	10	8	12	10
16	20	17	15	19	17
23	27	24	22	26 Closed	24 Closed
30			29		31 Closed

Every third **Friday** of the month. Arrive at 2:30pm

July	Aug	Sept	Oct	Nov	Dec
17	21	18	15	Closed	Closed

Sonoma (Every *Friday*) Arrive at 8:30am

La Luz Bilingual Center
17560 Greger St. Sonoma, CA 95476

July	Aug	Sept	Oct	Nov	Dec
3 Closed	7	4	2	6	4
10	14	11	9	13	11
17	21	18	16	20	18
24	28	25	23	27 Closed	25 Closed
31			30		



Mobile Health Walk-in Clinic



Servicios médicos gratuitos para personas sin seguro.

Nuestros servicios incluyen:

- Cuidado primario-limitado
- Exámenes de salud para la mujer
- Exámenes físicos para deportes
- Vacunas de gripe y tétanos
- Educación de salud
- Referencias a recursos de la comunidad

Preguntas: 707-547-4612

Julio-Diciembre 2026 Horario y Lugares

Windsor (Cada martes) Llegue a las 8:30am

Calvary Chapel River Fellowship
195 Windsor River Rd. Windsor, CA 95476

Julio	Ago	Sept	Oct	Nov	Dic
7	4	1	6	3	1
14	11	8	13	10	8
21	18	15	20	17	15
28	25	22	27	24	22
		29			29 Cerrado

Santa Rosa (Cada jueves) Llegue a las 8:30am

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

Julio	Ago	Sept	Oct	Nov	Dic
2	6	3	1	5	3
9	13	10	8	12	10
16	20	17	15	19	17
23	27	24	22	26 Cerrado	24 Cerrado
30			29		31 Cerrado

Cada tercer **viernes** del mes. Llegue a las 2:30pm

Julio	Ago	Sept	Oct	Nov	Dic
17	21	18	15	Cerrado	Cerrado

Sonoma (Cada viernes) Llegue a las 8:30am

La Luz Bilingual Center
17560 Greger St. Sonoma, CA 95476

Julio	Ago	Sept	Oct	Nov	Dic
3 Cerrado	7	4	2	6	4
10	14	11	9	13	11
17	21	18	16	20	18
24	28	25	23	27 Cerrado	25 Cerrado
31			30		

SAFETY PLAN



Safety Plan is a free, confidential, and easy-to-use mobile app designed for anyone who has experienced thoughts about suicide or self-harm. This app helps you make a step-by-step action plan to keep yourself safe during a crisis, share your plan with loved ones, and use tools to manage distress.

Safety Plan is not meant to replace professional help. If at any time you feel that you cannot keep yourself safe, **please dial 988 (press 1 if you are a Veteran) or call 911.**

CREATE MY SAFETY PLAN

- Identify warning signs, ways you can cope with stress, places you can go for a distraction, and people you can call for help.
- Put time and space between yourself and dangerous objects until a crisis passes - create your own or choose from a list of strategies, such as securing firearms and safely storing medications.
- Use your Safety Plan when you start to notice your personal warning signs, or whenever you think it might be helpful. Continue to use your plan until suicidal thoughts decrease and become more manageable.
- Print or export your Safety Plan from the app to share it with your healthcare providers and/or loved ones. To share your Safety Plan, select the menu button (three horizontal lines in the top left corner of the home screen) and then select Manage Data.

TOOLS

- Make a list of your personalized reasons to live and include photos, videos, or audio.
- Try different tools for coping with distress in the moment.
- Use tools and activities to help you manage strong emotions and increase your social support.

MY JOURNEY

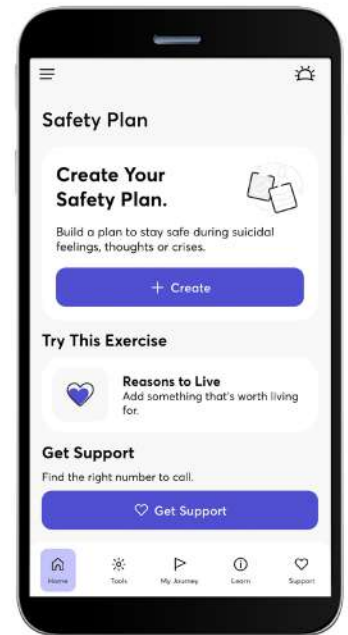
- Track your mood and mental health symptoms.
- Create journal entries – type them or dictate them to your device.
- Set personalized goals and track your progress over time.

LEARN

- Learn about Safety Planning, managing tough emotions, and how to seek help.

GET SUPPORT

- Access crisis support resources, like the 988 Suicide and Crisis Lifeline.
- Find resources for getting connected to mental health treatment.



Scan the QR code to download Safety Plan



It is important to create your Safety Plan when you're not in distress, so you can think through each step of the plan. While the Safety Plan app can be used on its own, creating your plan with a mental health provider can be helpful.



BECOME A VETERAN PEER SUPPORT GROUP FACILITATOR!

Are you a Veteran interested in supporting other Veterans? We are looking for volunteers to facilitate a weekly virtual peer group to develop connection and camaraderie amongst local Veterans. With your help, we can promote Veteran wellness through strength sharing and mutual support to develop effective solutions to life's challenges.

Serving as a facilitator will develop your leadership skills while connecting with like-minded peers, to help build a critical community resource to support Veteran mental health and resiliency.

This opportunity is supported by NAMI SF and provides a free 2 hour virtual training to selected applicants.

TRAINING WILL BE DELIVERED ON WEEKDAYS VIA ZOOM!

Interested? Contact Keesha at
keesha@namisf.org or 707-654-3645.
We are excited to connect with you!





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:

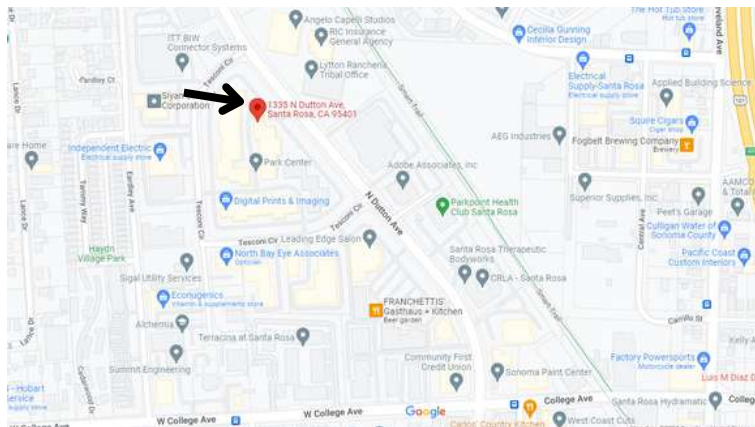
- Navegación de vivienda y recursos
- Talleres financieros: ayudas con cuentas de banco, reparación de crédito, ahorros combinados
- Habilidades para redactar currículums y entrevistas
- Prácticas de desarrollo de habilidades
- Apoyo a la salud mental
- Exenciones de tarifas del DMV
- Inscripción a beneficios (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
 707.579.0138



MÁS INFORMACIÓN
LEARN MORE
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 st and 3 rd 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

24/7, confidential crisis support for Veterans and their loved ones



If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone— the Veterans Crisis Line is here for you.



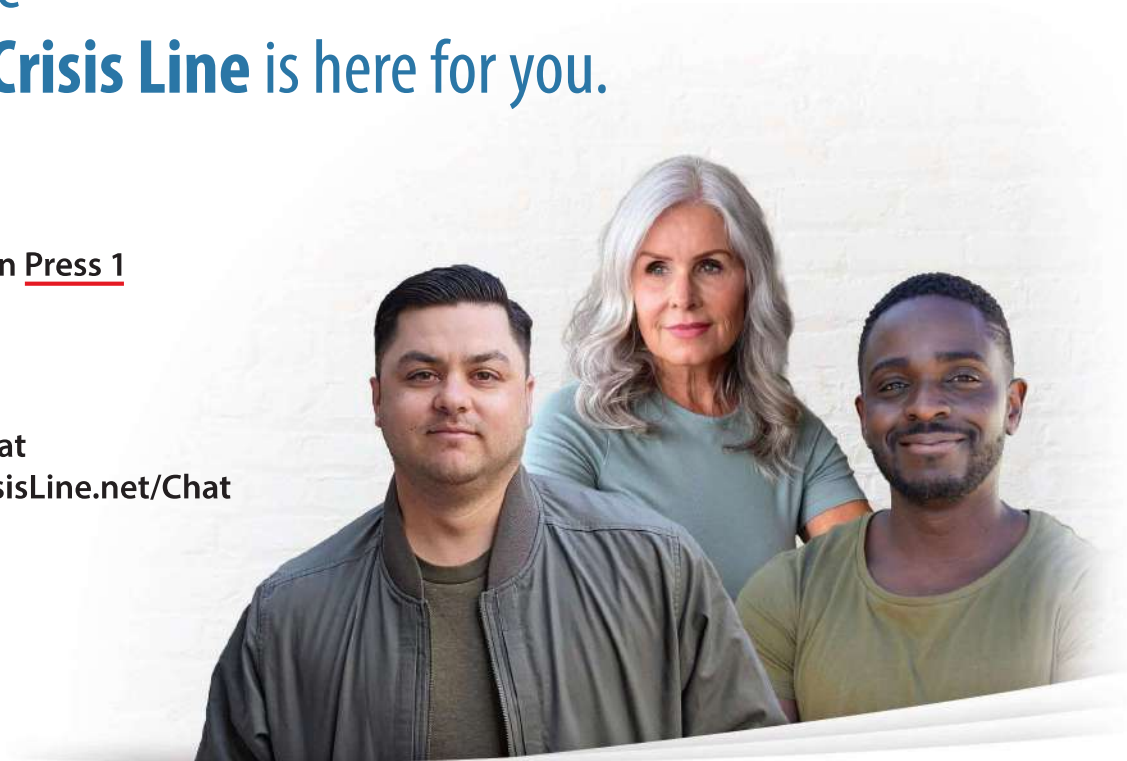
Dial 988 then Press 1



Chat online at
VeteransCrisisLine.net/Chat



Text 838255



U.S. Department
of Veterans Affairs

Scan the QR code to download
Veterans Crisis Line resources.

