

SONOMA COUNTY SUPPORT GROUP RESOURCES

BUCKELEW PROGRAMS, SUPPORT GROUPS

Bilingual Community Resource Clinic / Clínica Bilingüe de Recursos Comunitarios

“Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one. The Resource Clinic can assist you with finding food, shelter, housing, mental health support and more! / 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. La Clínica de Recursos puede asistirte a encontrar comida, refugio, vivienda, apoyo para la salud mental y más.”

Location: 2235 Mercury Way Suite 107.
Santa Rosa, CA 95407

Contact: (707) 571-8452

Dates/Hours: Every Tuesday of the month
from 3 p.m. – 4:30 p.m.

Last Verified On: 07/23/2025

Sonoma County Behavioral Health Family Education & Support Group

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

Location: 2235 Mercury Way Suite 107.
Santa Rosa, CA 95407

Contact: (707) 571-8452

Dates/Hours: 2nd Monday of every month from
4 p.m. – 6 p.m.

Last Verified On: 07/23/2025



Buckelew SOS Support Group: Allies for Hope (Ages 14-25)

“Peer support for Teens and Young Adults
Coping with Suicide Loss”

Location: Online, to join, please contact

Dates: 1st and 3rd Wednesday of every month

Contact: (415) 444 – 6000

Email: SOSinfo@Buckelew.org

Last Verified On: 07/23/2025

Buckelew SOS Support Group: Allies for Hope (Ages 25+)

“Peer support for Adults aged 25+ Coping with
Suicide Loss”

Location: Online, to join, please contact

Dates: 2nd and 4th Wednesday of every month

Time: 7 p.m. – 8:30 p.m.

Contact: (415) 444 – 6000

Email: SOSinfo@Buckelew.org

Last Verified On: 07/23/2025

SONOMA COUNTY SUPPORT GROUP RESOURCES

DISABILITY SUPPORT GROUPS

Disability Peer Support Group – Disability Services and Legal Center

“For children, adults, seniors with disabilities and their families, regardless of what disability they have. This will be a welcoming and safe place to share, encourage each other and provide available resources for the support.”

Location: Zoom

Dates/Hours: Every Friday

Contact: (707) 528-2745

Website:

<https://www.mydslc.org/services/disability-peer-support-group.php>

Last Verified On: 07/23/2025

NAMI SONOMA COUNTY SUPPORT GROUPS

NAMI Support Groups

“NAMI's support groups follow a structured model to ensure you and others in the group have an opportunity to be heard and to be helped. These groups are not therapy, but rather offer the unique support and perspectives of others who have been there too.”

Contact: (866) 960-6264

Website:

<https://namisonomacounty.org/groups/>

Last Verified On: 07/23/2025

NAMI Connection, Recovery Support Group

“This is a free support group for adults in recovery from mental health challenges. A confidential place to be heard and share coping strategies, encouragement, and understanding.”

Dates/Hours: Last Friday of the month from 2:00 p.m. – 3:30 p.m.

Website:

<https://namisonomacounty.org/event/nami-connection-monthly-in-person/2025-06-27/>

Last Verified On: 07/23/2025

PARENTING SUPPORT GROUPS

Early Learning Institute – PEAS Parent Support Program

“Flexible, short term one-to-one parent support service for Sonoma County families with young children receiving developmental services.”

Contact: (707) 591-0170

Website:

<https://www.earlylearninginstitute.com/parent-support>

Last Verified On: 07/23/2025



SONOMA COUNTY SUPPORT GROUP RESOURCES

PERINATAL SUPPORT GROUPS

Nursing with Nurses | Lactancia Materna para padres

“Free breast/chestfeeding support and community with Public Health Nurses. Come get answers to your breast/chestfeeding questions. Information about other community resources for parents and families will also be available. | Apoyo gratuito/para la lactancia materna con enfermeras de Salud Pública y comunidad. Venga y obtenga respuestas a sus preguntas sobre lactancia materna. También habrá información disponible sobre otros recursos comunitarios para padres y familias.”

Dates / Hours | Fechas / Horas: Thursdays from 10:30 a.m. – noon / todos los Jueves de 10:30 a.m. – 12 p.m.

Location | Dónde: 625 5th Street, Santa Rosa, CA 95404

Questions? Call: | ¿Preguntas? Llame: 707-565-4440

Website: <https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/public-health/maternal-child-and-adolescent-health/breastchestfeeding#:~:text=Sarah%20provides%20information%20on%20what,support%20resources%20and%20breastfeeding%20events>

Last Verified On: 07/23/2025



SONOMA COUNTY SUPPORT GROUP RESOURCES

POSITIVE IMAGES LGBTQ+ SUPPORT GROUPS

LGBTQIA+ Youth Peer Support Groups

“Positive Images holds weekly drop-in peer support groups for LGBTQIA+ youth ages 12-18. Join us every Thursday from 6:30-8:30pm. We host the first and third Thursdays on zoom and the second and fourth Thursdays in person.”

Contact: (707) 568-5830

Website: <https://www.posimages.org/lgbtqia-support-groups>

Last Verified On: 07/23/2025

LGBTQIA+ Adult Peer Support Groups

“Positive Images holds weekly drop-in peer support groups for LGBTQIA+ adults ages 18+. Join us every Friday from 6:30-8:30pm. We host the first three Fridays on Zoom and the fourth Friday in person.”

Contact: (707) 568-5830

Website: <https://www.posimages.org/lgbtqia-support-groups>

Last Verified On: 07/23/2025

LGBTQIA+ Bilingual and Bicultural Support Groups

“Positive Images holds monthly drop-in bilingual and bicultural accessible support groups for LGBTQIA+ adults and families in addition to our monthly community-based events. These events rotate throughout Sonoma County to promote accessibility in rural areas and language justice..”

Contact: (707) 568-5830

Website: <https://www.posimages.org/lgbtqia-support-groups>

Last Verified On: 07/23/2025

Bilingual Program: Hora Social

“Welcome to our Bilingual Queer Social Hour! This is your time to relax, meet new people and enjoy good conversation in a relaxed and friendly atmosphere.”

Location: 200 Montgomery Drive Suite C
Santa Rosa, CA 95404

Dates: Third Thursday of the month

Contact: (707) 568-5830

Website: <https://www.posimages.org/lgbtqia-support-groups>

Last Verified On: 07/23/2025

SUPPORT HOTLINES

Grief Counseling Hotline – Buckelew Programs

Contact: (415) 499-1195

Last Verified On: 07/23/2025

Miracle Friends Program

“Miracle Friends is a phone buddy program for individuals experiencing homelessness.”

Hotline: 800-MISS-YOU

Website:

<https://www.miraclemessages.org/friends>

Last Verified On: 07/23/2025

Institute on Aging - Senior Intervention Hotline

“Friendship Line has been a vital lifeline for people aged 60 years and older and adults living with disabilities to connect with a caring, compassionate voice ready to listen and provide emotional support.”

Contact: 1 (888) 670-1360

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 07/23/2025



SONOMA COUNTY SUPPORT GROUP RESOURCES

SUPPORT SERVICES

Reunion Services – Miracle Messages

“Miracle Messages has reunited over 800 people experiencing homelessness with their loved ones, with an average time separated of over 15 years.”

Website: <https://www.miraclemessages.org>

Last Verified On: 07/23/2025

Dad Support Group – Postpartum Support International

“Our online groups are here to help you connect with other dads who have newborns up to toddlers. Our groups allow you to talk and listen to other dads as they process their experiences.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-4773

Website:

<https://www.postpartum.net/group/dad-support-group/>

Last Verified On: 07/23/2025

SENIOR PEER COUNSELING

Council on Aging – Senior Peer Support

“A 12-week supportive program for adults age 60+ that matches peer volunteers for home visits with older adults facing challenges such as depression, isolation, grief and caregiver stress..”

Contact: (707) 525-0143 ext.106

Website:

<https://www.councilonaging.com/social-services>

Last Verified On: 07/23/2025

West County Community Services – Senior Peer Counseling

“Supportive counseling (not therapy) between two people who have something in common. Provide goal-oriented counseling on a short-term basis to address problems and life adjustments. Emphasis is on developing coping skills and expanding one’s knowledge and use of resources.”

Location: 16390 Main Street
Guerneville, CA 95446

Contact: (707) 823-1640 ext. 380

Website:

<https://www.westcountyservices.org/senior-peer-counseling-older-adult-collaborative/>

Last Verified On: 07/23/2025



SONOMA COUNTY SUPPORT GROUP RESOURCES

SUBSTANCE ABUSE SUPPORT GROUPS

Sonoma County Alcoholics Anonymous (AA) Intergroup Fellowship

"Fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help other recover from alcoholism."

24-Hour Santa Rosa Hotline: (707) 544-1300

24-Hour Spanish Hotline: (707) 623-6702

Website: <http://www.sonomacountyaa.org/aa-meetings/>

Last Verified On: 07/23/2025

Pura Vida Recovery Services Family and Friends Support Group

"A free, drop-in support circle for people wanting support around their loved one's addiction and recovery."

Location: 2901 Cleveland Ave, Suite 202
Santa Rosa, CA, 95403

Contact: (707) 879-8432

Website:

<https://pvrecovery.com/services/family-support/>

PDF: <https://pvrecovery.com/wp-content/uploads/2022/06/FF-Flyer.pdf>

Last Verified On: 07/23/2025

Sonoma County Codependents (CoDA) Anonymous Meeting

"Dedicated to everyone who struggles with issues of codependence."

Contact: (415) 905-6331

Website:

<http://www.sfbaycoda.net/Sonoma.htm>

Last Verified On: 07/23/2025

Narcotic Anonymous of Sonoma County

"Fellowship of men and women who are learning to live without drugs."

NA 24-hour Hotline: (707) 324-4062

Website:

<http://www.sonomacountyna.org/meetings>

Last Verified On: 07/23/2025

AI-Teen Support Groups

"Alateen meetings are for young people aged 13 to 18 who have been affected by someone else's drinking. Teens run the meeting with the guidance of adult AI-Anon members who have been through a certification process."

Local 24 Hour Support Line: (707) 575-6760

Website: <https://sonapal-anon.org/alateen/>

Last Verified On: 07/23/2025

WELLNESS AND RECOVERY CENTERS

The Wellness and Advocacy Center

"This program in Santa Rosa is a non-profit Mental Health consumer-operated self-help center featuring one-to-one peer support, a wide variety of support groups and socialization activities, an open art studio, computer lab, as well as shower and laundry services on site."

Location: 2245 Challenger Way # 104
Santa Rosa, CA. 95407

Contact: (707) 565-7800

Website:

<https://westcountyservices.org/wellness-and-advocacy-center/>

Last Verified On: 07/23/2025

Interlink Self-Help Center

"Provide a safe environment in which those of us facing out mental health challenges can improve out quality of life through self-help, mutual support, and empowerment."

Location: 1033 Fourth Street
Santa Rosa, CA 95404

Contact: (707) 546-4481

Website:

<https://interlinkselfhelpcenter.org/index.html>

Last Verified On: 07/23/2025



SONOMA COUNTY SUPPORT GROUP RESOURCES

WELLNESS AND RECOVERY CENTERS, Continued

Petaluma Peer Recovery Center

“Our center is available to members for drop-in services, including: round table discussions, support groups, art, guest presentations, and more. We are a center of adults (18+) with lived mental health challenges. Membership to all is free.”

Location: 5350 Old Redwood Highway N,
Suite 600 Petaluma, CA 95407

Contact: (707) 565-1299

Website: <https://petalumaprp.wordpress.com/>

Last Verified On: 07/23/2025