

# SONOMA COUNTY SUPPORT GROUP RESOURCES

## BUCKELEW PROGRAMS, SUPPORT GROUPS

### Community Resource Clinic

“Anyone looking for support and services in our community resource clinic for assistance with understanding and accessing support and services,”

**Location:** 2300 Northpoint Parkway  
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: 07/27/2023



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

“Monthly education and support groups to increase understanding of the nature of mental illness”

**Location:** Main Conference Room  
2245 Challenger Way  
Santa Rosa, CA 95407

**Contact:** (707) 571-8452

**Dates/Hours:** 2<sup>nd</sup> Monday of every month from  
4 p.m. – 6 p.m.  
Last Verified On: 07/27/2023

### Petaluma Education & Support Group

“Increasing understanding of the nature of mental health and trauma”

**Location:** First Presbyterian Church, Fireside Room  
939 B Street  
Petaluma, CA 94952

**Contact:** (707) 571-8452

**Dates/Hours:** 2<sup>nd</sup> Thursday of every month  
from 4 p.m. – 5:30 p.m.  
Last Verified On: 07/27/2023

### West County Care and Share

“Free, on-going, drop-in support group, led by trained family members for family members or friends with mental illness or emotional disorder.”

**Location:** O’Reilly Media, Inc. Tarsier Conference Room  
1005 Gravenstein Highway North  
Sebastopol, CA 95472

**Contact:** (707) 571-8452

**Dates/Hours:** 4<sup>th</sup> Friday of every month from  
3 p.m. – 4:30 p.m.  
Last Verified On: 07/27/2023

### Petaluma Family and Ally Education and Support Group

“Join us in increasing our understanding of the nature of mental illness.”

**Location:** Zoom Group Call  
**Contact:** (707) 571-8452

**Dates/Hours:** 4<sup>th</sup> Thursday of every month  
from 3 p.m. – 4:30 p.m.  
Last Verified On: 07/27/2023

### Affirmations Group

“Lighthearted and fun way to connect with ourselves and community.”

**Location:** Zoom Group Call  
**Contact:** (707) 571-8452

**Dates/Hours:** 1<sup>st</sup> Thursday of every month  
from 4 p.m. – 5 p.m.  
Last Verified On: 07/27/2023

# SONOMA COUNTY SUPPORT GROUP RESOURCES

## DISABILITY SUPPORT GROUPS

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### Disability 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:** 521 Mendocino Ave  
Santa Rosa, CA 95401

**Dates/Hours:** Every Friday at 2 p.m.

**Contact:** (707) 636-3063

**Website:** <http://mydslc.org/disability-support-group/>

Last Verified On: 07/27/2023

## NAMI SONOMA COUNTY SUPPORT GROUPS

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### NAMI Family Support Groups

“For family members, friends, and caregivers and loved ones of individuals living with serious mental illness.”

**Dates/Hours:** Every Thursday of the month from 2 p.m. – 3 p.m.

**Contact:** (707) 527-6655

**Website:** <https://namisonomacounty.org/nami-family-support-group/>

Last Verified On: 07/27/2023

### NAMI Connection Recovery Support Group – Thursdays

“For adults (18+) in recovery from a mental health condition.”

**Dates/Hours:** Every Thursday of the month from 5:30 p.m. – 7 p.m.

**Website:** <https://namisonomacounty.org/event/nami-connection-recovery-support-group-2/all/>

Last Verified On: 07/27/2023

### NAMI Connection, Recovery Support Group – Tuesdays

“Free, peer-led support group for adults living with mental illness.”

**Dates/Hours:** Every Tuesday of the month from 5:00 p.m. – 6:00 p.m.

**Website:** <https://namisonomacounty.org/nami-connection/>

Last Verified On: 07/27/2023



# SONOMA COUNTY SUPPORT GROUP RESOURCES

## PARENTING SUPPORT GROUPS

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### 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.”

**Location:** 311 Professional Center Drive, Suite 100

Rohnert Park, CA 94928

**Contact:** (707) 591-0170

**Website:**

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

Last Verified On: 07/27/2023

### La Luz Center – Group and Individual Therapy

“Provide quality mental health resources workshops, counseling, and therapy.”

**Location:** 17560 Greger Street  
Sonoma, CA 95476

**Contact:** (707) 938-5131

**Website:** <https://www.laluzcenter.org>

Last Verified On: 07/27/2023

## PERINATAL SUPPORT GROUPS

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### Perinatal Support Group – Cherished Mom

“Peer support group, led by volunteers”

**Dates/Hours:** Tuesdays 11 a.m.

**Website:** <https://www.cherishedmom.org/peer-support-groups/>

**Register:**

<https://us02web.zoom.us/meeting/register/tZUlc--srzMuE9fCztlEuaaZQ-JjpStDv6g2>

Last Verified On: 07/27/2023

### Perinatal Grief & Loss Support Group – Cherished Mom

“Currently on Hold”

**Dates/Hours:** Last Friday of every month at 4 p.m. EST (Starts April 30, 2021)

**Website:** <https://www.cherishedmom.org/peer-support-groups/>

**Register:**

[https://secure.lglforms.com/form\\_engine/s/D6HaOALGf7dE8Sj0zzJEtA?t=1617044612](https://secure.lglforms.com/form_engine/s/D6HaOALGf7dE8Sj0zzJEtA?t=1617044612)

Last Verified On: 07/27/2023

### 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 5<sup>th</sup> Street, Santa Rosa, CA 95404

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

Last Verified On: 07/27/2023



# SONOMA COUNTY SUPPORT GROUP RESOURCES

## POSITIVE IMAGES LGBTQ+ SUPPORT GROUPS

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### Adult Support Group

“LGBTQ+ Adult Support Group (20s&30s)”

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

**Dates/Hours:** Every Friday from 6:30 p.m. – 8 p.m.

**Contact:** (707) 568-5830

**Website:** <https://posimages.org/trans-support-groups/>

Last Verified On: 07/27/2023

### TransGender North Bay

“For trans women and transfeminine folks.”

**Dates/Hours:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
from 6 p.m. – 7:30 p.m.

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

Last Verified On: 07/27/2023

### PFLAG Santa Rosa

“Promotes LGBTQ well-being along with families and friends through support, education and advocacy”

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

**Dates/Hours:** 1<sup>st</sup> Monday of every month from  
7 p.m. – 8:30 p.m.

**Contact:** (202) 467-8194

**Website:** <https://pflag.org/>

Last Verified On: 07/27/2023

### FTM Sonoma County Adult Trans Support Group

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

**Dates/Hours:** 1<sup>st</sup> & 3<sup>rd</sup> Sundays of every  
month from 3:30 p.m. – 5 p.m.

**Contact:** (707) 568-5830

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

Last Verified On: 07/27/2023

### LGBTQ+ Youth Support Group

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

**Dates/Hours:** Every Thursday of the month  
from 7 p.m. – 9p.m.

**Contact:** (707) 568-5830

**Website:** <https://posimages.org/lgbtq-support-groups/>

Last Verified On: 07/27/2023



# SONOMA COUNTY SUPPORT GROUP RESOURCES

## RESOURCES FOR THE BLIND

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“Please note that support group schedules may vary and not all groups meet at all times. For current schedules or more information, contact the Earle Baum Center”

**Contact:** (707) 523-3222.

**Website:** <https://earlebaum.org/support-groups/>

### **Earle Baum Center (EBC) Low Vision Group**

“For visually impaired adults”

**Location:** Earle Baum Center

4539 Occidental Rd.,

Santa Rosa, CA 95401

**Dates/Hours:** Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday

11 a.m. – 1 p.m.

Last Verified On: 07/27/2023

### **Oakmont Gardens Support Group**

“For visually impaired adults”

**Location:** Activities Room at Oakmont

Gardens

301 White Oak Dr.

Santa Rosa, CA 95409

**Dates/Hours:** Every 3<sup>rd</sup> Monday

10:30 a.m. – 11:30 a.m.

Last Verified On: 07/27/2023

### **Petaluma Senior Center Low Vision Support Group**

“For visually impaired adults”

**Location:** Petaluma Lucchesi Senior Center

211 Novak Dr.

Petaluma, CA 94954

**Dates/Hours:** Every 4<sup>th</sup> Friday

10 a.m. – 12 p.m.

Last Verified On: 07/27/2023

### **Redwood Empire Chapter of the California Council of the Blind**

“An Advocacy group open to anyone interested in issues pertaining to the blind.”

**Location:** Earle Baum Center

4539 Occidental Rd.,

Santa Rosa, CA 95401

**Dates/Hours:** Every 3<sup>rd</sup> Friday

1 p.m. – 3 p.m.

Last Verified On: 07/27/2023

### **Friends House Support Group**

“For visually impaired adults”

**Location:** Crafts Room at Friends House

684 Benicia Dr.

Santa Rosa, CA 95409

**Dates/Hours:** Every 1<sup>st</sup> Monday

10:30 a.m. – 11:30 a.m.

Last Verified On: 07/27/2023

### **Sonoma Low Vision Support Group**

“For visually impaired adults.”

**Location:** Vintage House

264 First St. E.,

Sonoma, CA 95476

**Dates/Hours:** Every 2<sup>nd</sup> Tuesday

1:30 p.m. – 3 p.m.

Last Verified On: 07/27/2023



# SONOMA COUNTY SUPPORT GROUP RESOURCES

## RESOURCES FOR THE BLIND, Continued

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### Spring Lake Village Low Vision Group

“For visually impaired adults.”

**Location:** Spring Lake Village  
5555 Montgomery Drive,  
Santa Rosa, CA 95409

**Dates/Hours:** Every 2<sup>nd</sup> Thursday  
10:15 a.m. – noon

Last Verified On: 07/27/2023

### VA Support Group

“Open to all veterans.”

**Location:** Earle Baum Center  
4539 Occidental Road,  
Santa Rosa, CA 95401

**Dates/Hours:** Every 3<sup>rd</sup> Thursday  
12:30 p.m. – 2 p.m.

Last Verified On: 07/27/2023

## SENIOR PEER COUNSELING

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### Council on Aging – Senior Peer Support

“Trained volunteers who help seniors struggling with serious mental illness to access services and programs.”

**Location:** 30 Kawana Springs Road  
Santa Rosa, CA 95404

**Contact:** (707) 525-0143 ext.124

**Website:** <http://www.councilonaging.com>

Last Verified On: 07/27/2023

### West County Community Services – Senior Peer Counseling

“Supportive counseling (not therapy) between two people who have something in common.”

**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: 07/27/2023

### Petaluma People Services Center – Senior Counseling Services

“Counseling services for seniors in our community who are experiencing difficulties.”

**Location:** 1500A Petaluma Boulevard South  
Petaluma, CA 94952

**Contact:** (707) 765-8488

**Website:**

<https://petalumapeople.org/counseling/senior-counseling-services/>

Last Verified On: 07/27/2023



# SONOMA COUNTY SUPPORT GROUP RESOURCES

## SUBSTANCE ABUSE SUPPORT GROUPS

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### 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: 07/27/2023

### 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:** 130 Stony Point Rd., Suite D  
Santa Rosa, CA 95401

**Contact:** (707) 799-0933

**PDF:**

<http://www.daacinfo.org/downloads/FAMILY%20AND%20FRIENDS%20SUPPORT%20GROUP.pdf>

Last Verified On: 07/27/2023

## SUPPORT HOTLINES

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### Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

**Hotline:** 1-800 – MISS-YOU

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

Last Verified On: 07/27/2023

### Sonoma County Codependents (CoDA) Anonymous Meeting

“Dedicated to everyone who struggles with issues of codependence.”

**Contact:** (408) 872-0733

**Website:**

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

Last Verified On: 07/27/2023

### Narcotic Anonymous of Sonoma County

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

**NA Hotline:** (707) 324-4062

**Website:**

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

Last Verified On: 07/27/2023

### AI-Anon/AI-Teen Support Groups

“If you’ve been affected by someone else’s drinking, or know someone who has, you’ve come to the right place.”

**Sonoma County Meetings:** <https://sonapal-anon.org/meeting/scounty/>

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

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

Last Verified On: 07/27/2023





# SONOMA COUNTY SUPPORT GROUP RESOURCES

## SUPPORT SERVICES

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### Miracle Messages Program

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer “digital detectives” attempt to locate the loved one and deliver the message. To date, we’ve reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

**Hotline:** 1-800 – MISS-YOU

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

Last Verified On: 07/27/2023

## WELLNESS AND RECOVERY CENTERS

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### The Wellness and Advocacy Center

“Peer-operated programs enable member to recognized and accept their inherent value, purpose and independence by encouraging them to make choices with self-determination, self-responsibility, peer-support, and peer advocacy.”

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

**Contact:** (707) 565-7800

**Website:**

<https://www.wellnessandadvocacy.org/>

Last Verified On: 07/27/2023

### 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: 07/27/2023

### Petaluma Peer Recovery Center

“Advocacy, Calming Our Anxiety, Emotional Balance, Health, Wealth, and Happiness, Music/Drum Circle, Positive Thinking, SMART Goal Setting, TED Talk Series”

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

**Contact:** (707) 565-1299

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

Last Verified On: 07/27/2023