

MENDOCINO COUNTY SUPPORT GROUP RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

WELLNESS & SUPPORT GROUPS

Cancer Resource Centers of Mendocino County – Support Groups

Fort Bragg Office: 510 Cypress Street B-200
Fort Bragg, CA 95437

Contact: (707) 937-3833

Ukiah Office: 275 Gobbi Street,
Ukiah, CA 95482

Contact: (707) 467-3828

Email: info@crcmendocino.org

Website:

<https://www.crcmendocino.org/support-groups>

Last Verified On: 07/20/2021



SUBSTANCE USE DISORDER SUPPORT GROUPS

Mendocino Coast Alcoholic Anonymous Intergroup

“A recovery resource for alcoholics living in or
visiting the Mendocino Coastal area.”⁸⁶

A.A. Hotline: (877) 546-9286

Website:

<https://mendocinocoastaa.com/meetings/>

Last Verified On: 07/20/2021

Mendocino Inland Intergroup Alcoholic Anonymous

“Serving and supporting the Inland Mendocino
County area A.A. community.”

A.A. Hotline: (707) 462-7123

Website: <http://www.aaukiah.org/>

Last Verified On: 07/20/2021

Mendocino Area Narcotics Anonymous

“As addicts, we know the pain of addiction. But
we also know the joy of recovery we have
found in Narcotics Anonymous. Narcotics
Anonymous is a fellowship of recovering
addicts who are living their lives, one day at a
time, without the use of drugs. We meet
regularly to help each other stay clean. It costs
nothing to become a member of N.A. The only
requirement for membership is a desire to stop
using.”

Website: <http://mendona.org/>

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SUPPORT GROUPS

NAMI of Mendocino County

“To support, educate and advocate for ourselves, our families and our community.”

Mental Health Crisis Line Contact:

(855) 838-0404

Website:

<http://www.namimendocino.org/content/community-resources>

Last Verified On: 07/20/2021

Ukiah Senior Center – Senior Peer Counseling

“This program utilizes the skills and life experiences of older adults to provide emotional support to their peers.”

Location: 499 Leslie Street

Ukiah, CA 95482

Contact: (530) 368-6176

Website:

<http://www.ukiahseniorcenter.org/services/senior-peer-counseling/>

Last Verified On: 07/20/2021

Cancer Resource Centers of Mendocino County – Women’s Cancer Support Group

“For women of any age, any type or stage of cancer. A safe, confidential space to discuss concerns and share experiences”

When: 1st and 3rd Monday at 11 a.m.

Contact: (707) 467-3828

Website:

<https://www.crcmendocino.org/support-groups>

Last Verified On: 07/20/2021

Redwood Coast Senior Center – Peer Counseling

“We are pleased to offer Senior Peer Counseling to our community.”

Location: 490 North Harold Street
Fort Bragg, CA 95437

Contact: (707) 964-0443

Website:

https://www.rcscenter.org/?page_id=545

Last Verified On: 07/31/2020

Cancer Resource Centers of Mendocino County – Inland Men’s Cancer Support Group

“For men of any age with any type of cancers. A safe, confidential space to discuss concerns and share experiences.”

When: 1st and 3rd Tuesdays at 5 p.m.

Contact: (707) 467-3828

Website:

<https://www.crcmendocino.org/support-groups>

Last Verified On: 07/20/2021

Cancer Resource Centers of Mendocino County – Coastal Men’s Cancer Support Group

“A safe, confidential space to discuss concerns and share experiences”

When: 2nd Thursday at 10 a.m.

Contact: (707) 937-3833

Website:

<https://www.crcmendocino.org/support-groups>

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SUPPORT GROUPS

Call to Connect – Telephone Based Emotional Support System

“A program of the Frank R. Howard Foundation’s Avenues to Wellness. CTC is a program that will match you to another person who will listen in a non-judgmental way.”

Location: 3 Marcela Drive Suite A
Willits, CA 95490

Contact: (707) 459-2777

Flyer: https://8e699899-ca16-4baf-b711-d185f4a1d7a7.filesusr.com/ugd/9ba344_cb9cb5562ede4d548759d3e2b2079cd7.pdf

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

Last Verified On: 07/20/2021

PERINATAL SUPPORT GROUPS

Perinatal Support Group – Cherished Mom

“Peer support group, led by volunteers”

Dates/Hours: First Monday of the month at 4 p.m. EST or Third Thursday of the month at 11 a.m. EST

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

Register:

<https://us02web.zoom.us/meeting/register/tZU1c--srzMuE9fCztlEuaaZQ-JjpStDv6g2>

Last Verified On: 07/20/2021

NICU Support Group – Cherished Mom

“Find community with others who currently or have previously had babies in the NICU”

Dates/Hours: First Monday of the month at 7:30 p.m. EST

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

Register:

<https://us02web.zoom.us/meeting/register/tZAqdu2srDlpH9I0Pxao1jRBmFsygHHt9ImX2>

Last Verified On: 07/20/2021

Perinatal Grief & Loss Support Group – Cherished Mom

“Begins April 30th, will be closed after 2 months”

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

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RESOURCES FOR THE BLIND

Ukiah Support Group

“Open to visually impaired seniors age 55+.”

Location: Walnut Village, Community Room
1240 N. Pine St., Ukiah CA 95482

Dates/Hours: Every 1st Tuesday of the month
1:00 pm – 3:00 pm

Contact: (707) 523-3222

Note: Schedule may change on short notice.
Call to confirm.

Flyer: <https://earlebaum.org/wp-content/uploads/Low-Vision-Support-Group-Ukiah-Flier-REVISED-WEB.png>

Last Verified On: 07/20/2021

Earle Baum Center For The Blind – Support Groups

“Groups are open to anyone who is legally blind, with a focus on our senior population. The groups are informal and participants are encouraged to share their experiences in a friendly atmosphere.”

Location: 4539 Occidental Road
Santa Rosa, CA 95401

Contact: (707) 523-3222

Website: <https://earlebaum.org>

Last Verified On: 07/20/2021

SUPPORT HOTLINES

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: 07/20/2021

SUPPORT SERVICES

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>

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