

# SONOMA COUNTY LGBTQ+ RESOURCES

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

## HOTLINE PHONE NUMBERS

---

### LGBT National Hotline

“For all ages about coming-out issues, relationship concerns, HIV/AIDS, anxiety, safer sex practices & more.”

**Phone:** (888) 843-4564

**Email:** [help@LGBThotline.org](mailto:help@LGBThotline.org)

**Website:** <https://www.glbthotline.org/national-hotline.html>

Last Verified On: 04/05/2021

### LGBT National Youth TalkLine

“Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger.”

**Contact:** (800) 246-7743

**Email:** [help@LGBThotline.org](mailto:help@LGBThotline.org)

**Website:**

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021

### National Suicide Prevention Line

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.”

**Call/Text:** (800) 273-8255

**Website:**

<http://www.suicidepreventionlifeline.org/>

Last Verified On: 04/05/2021

## ALCOHOLICS ANONYMOUS

---

### Gravenstein Gays

“An open, gay AA meeting sponsored by Sonoma Intergroup Fellowship.”

*Temporarily online meetings.*

**When:** Every Wednesday at 7 p.m.

**Website:**

<http://sonomacountyaa.org/meetings2/meetings/gravenstein-lgbtq/?tsml-day=3>

Last Verified On: 04/05/2021



### Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

**Contact:** (866) 488-7386

**Text:** START to 678-678

**Website:** <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 04/05/2021



# SONOMA COUNTY LGBTQ+ RESOURCES

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

## COUNSELING SERVICES

---

### LGBTQ Connection - Free LGBTQ Counseling on Mondays

“Free, no hassle LGBTQ counseling  
appointments on Mondays.”

**Call to schedule:** (707) 595-8961

**When:** Every Monday; 1-hour appointments  
from 1 p.m. – 6 p.m.

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

Last Verified On: 04/05/2021

### SOS Counseling Clinic

“Provide therapy to individuals, couples,  
families, and youth”

**Location:** 319 South E Street  
Santa Rosa, CA 95401

**Contact:** (707) 284-3444

**Website:**

<http://soscounseling.org/contact/windsor/>

Last Verified On: 04/05/2021

### Life Works of Sonoma County – Counseling Center

“Provides therapy services to promote the  
healthy emotional development of children,  
adolescents, adults, couples, and families”

**Location:** 1260 N. Dutton Ave, Suite 105  
Santa Rosa, CA 95401

**Contact:** (707) 568-2300

**Website:**

<https://www.lifeworkssc.org/counseling-center>

Last Verified On: 04/05/2021

## LGBTQ RESOURCE CENTERS

---

### LGBTQ Connection – Sonoma

“Free paperless counseling, intergenerational  
community events, resources & referrals.”

**Location:** 714 Mendocino Avenue, Santa  
Rosa, CA

**Contact:** (707) 579-4327

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

Last Verified On: 04/05/2021

### Positive Images

“Multiple weekly support groups, a youth  
leadership development program, mentorship  
opportunities, an LGBTQIA+ Library and  
referral station, and a Transformation Station.”

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

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

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

Last Verified On: 04/05/2021



# SONOMA COUNTY LGBTQ+ RESOURCES

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

## LEGAL RESOURCES

---

### California Courts – How to Change Your Names AND Gender (Adult)

“Official government information on name and gender changes, including instructions and downloadable forms.”

Website:

<https://www.courts.ca.gov/25797.htm?rdeLocalAttr=en>

Last Verified On: 04/05/2021

### National Center for Lesbian Rights (NCLR)

“A national nonprofit law firm that protects the legal and human rights of lesbians, gay men, bisexual & transgender people across the United States through impact litigation, public policy, advocacy, public education, & direct legal services.”

**Contact:** (415) 392-6257

**Website:** <http://www.ncrlrights.org/>

Last Verified On: 04/05/2021

### Oasis Legal Services

“Comprehensive legal services to assist LGBTQIA+ immigrants. Our services include: screening for immigration relief, affirmative asylum, residency, citizenship, family petitions.”

**Location:** 1900 Addison Street, Suite 100  
Berkeley, CA 94704

**Contact:** (510) 666-6687

**Website:**

<https://www.oasislegalservices.org/home>

Last Verified On: 04/05/2021

### California Rural Legal Assistance, Inc.

“Employment, Housing, Public Benefits, K-12 Housing”

Contact: 1 (800) 337-0690

**Website:** <http://www.crla.org/>

Last Verified On: 04/05/2021

## PHC MEMBER BENEFITS

---

### Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

**Website:**

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFAQItem28>

Last Verified On: 10/08/2021

# SONOMA COUNTY LGBTQ+ RESOURCES

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

## RESOURCE DIRECTORIES

---

### **Pink Spots – The LGBTQ Directory**

**Website:** <https://www.gaypinkspots.com/>

Last Verified On: 04/05/2021

## SENIOR RESOURCES

---

### **LGBTQI Elder Resource Center**

“Provides county-wide, LGBTQI-specific, culturally sensitive, telephone & email based information and assistance to LGBTQI elders.”

**Location:** 167 North High Street,  
Sebastopol, CA 95472

**Contact:** (707) 829-2440

**Website:**

<https://www.sebastopolseniorcenter.org/lgbtqi-elder-resources>

Last Verified On: 04/05/2021

### **LGBT National Senior Hotline**

“No matter where they live, LGBT seniors have a place to call when they need peer support, information and local resources.”

**Contact:** (888) 234-7243

**Website:**

<https://www.glbthotline.org/senior.html>

Last Verified On: 04/05/2021

### **Santa Rosa LGBTIQ Seniors**

“Join us for lively discussions, mutual support, sharing information, and all the while celebrating who we are.”

**When:** 4<sup>th</sup> Tuesday of every month from  
1 p.m. – 3 p.m.

**Location:** Glaser Center at UUCM

547 Mendocino Avenue  
Santa Rosa, CA 95401

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

Last Verified On: 04/05/2021

### **SAGE’s National LGBT Elder Hotline**

“National LGBT Elder Hotline available 24 hours a day, 7 days a week.”

**Contact:** (877) 360-LGBT (5428)

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

Last Verified On: 04/05/2021

### **SAGE**

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

**Contact:** (212) 741-2247

**Hotline:** (877) 360-5428

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

Last Verified On: 04/05/2021

### **Sonoma Valley LGBTQ Seniors**

“All ages and abilities welcome! Come join us and feel free to bring a friend or neighbor.”

**When:** 3<sup>rd</sup> Friday of every month from  
10 a.m. – noon

**Location:** Vintage House Senior Center at  
264 1st Street East,  
Sonoma, CA 95476

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

Last Verified On: 04/05/2021

### **National Resource Center on LGBTQ Aging**

“Technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.”

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

Last Verified On: 04/05/2021

# SONOMA COUNTY LGBTQ+ RESOURCES

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

## SOCIAL GROUPS

---

### Transgender Sonoma County

“Social group for anyone on the transgender spectrum, including FTM, MTF, genderqueer, non-binary and questioning. Get-togethers and Facebook page.”

**Email:** [orlandokaioshea@gmail.com](mailto:orlandokaioshea@gmail.com)

**Facebook:**

<https://www.facebook.com/transgendersonomacounty/>

Last Verified On: 04/05/2021

## SUPPORT GROUPS

---

### PFLAG Santa Rosa

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

**Location:** 200 Montgomery Drive, Ste. C  
Santa Rosa, CA

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

**Email:** [pflag.santarosa@gmail.com](mailto:pflag.santarosa@gmail.com)

**Website:** <https://pflag.org/chapter/pflag-santa-rosa>

Last Verified On: 04/05/2021

### FTM Sonoma County

“Free, drop-in, confidential support meetings and social gatherings...FTM Sonoma County includes people anywhere on the transmasculine continuum (or questioning).

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

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Sunday of every month from 3:30 p.m. – 5 p.m.

**Website:** <http://www.ftmsc.org/>

Last Verified On: 04/05/2021

### The Santa Rosa Trans Latina

“We are open to anyone who needs support, you will be received with open arms.”

**When:** 1<sup>st</sup> Thursday of every month from 6 p.m. – 8 p.m.

**Location:** Abraham Lincoln Elementary School

**When:** 1<sup>st</sup> Thursday of the month

**Location:** Santa Rosa Community Health Center

751 Lombardi Court  
Santa Rosa, CA

**Website:** <https://srhealth.org/service/other-services/gender-clinic/>

Last Verified On: 04/05/2021

### Transgender North Bay

“Santa Rosa support groups for trans-feminine adults and their adult family members.”

**Contact Jacqui:** (707) 334-4515

**Email:** [tgnbsupport@gmail.com](mailto:tgnbsupport@gmail.com)

Last Verified On: 07/21/2020



# SONOMA COUNTY LGBTQ+ RESOURCES

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

## SUPPORT GROUPS, Continued

---

### Gender Spectrum – Groups

“Free online groups for pre-teens, teens, parent, caregivers and other family members and adults.”

Website:

<https://www.genderspectrum.org/articles/gender-spectrum-groups>

Last Verified On: 04/05/2021

### LGBTQ+ Support Groups - TransFamily Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

**Contact:** 858-304-0085

**Email:** [Info@TransFamilySOS.org](mailto:Info@TransFamilySOS.org)

**Website:**

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 01/06/2022

## TEEN RESOURCES

---

### LGBT National Youth TalkLine

“Telephone & email peer- counseling, factual info & local resources for cities across the U.S.”

**Contact:** (800) 246-7783

**Email:** [help@LGBT hotline.org](mailto:help@LGBT hotline.org)

**Website:**

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021

### Trevor Space

“An affirming international community for LGBTQ young people ages 13-24.”

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

Last Verified On: 04/05/2021

### Forestville Teen Clinic

“Confidential family planning, STD/HIV testing and treatment, Pregnancy testing, Emergency contraception, Free condoms, Mental health counseling, Peer education and comprehensive sexual health presentations”

**Location:** 6570 1<sup>st</sup> Street

Forestville, CA 95436

**Contact:** (707) 887-0427

**Website:**

<https://www.wchealth.org/location/Forestville-teen-clinic/>

Last Verified On: 04/05/2021





# SONOMA COUNTY LGBTQ+ RESOURCES

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

## TRANSGENDER RESOURCES

---

### Transgender Clinic – Santa Rosa Community Health Center

“Health resources for transgender and non-conforming individuals. All are welcome”

**Contact:** (707) 547-2222 and ask for Gender Clinic

**Website:** <https://srhealth.org/service/other-services/gender-clinic/>

Last Verified On: 04/05/2021

### Gender Expansive Services – West County Health Centers

“For gender expansive folks and their loved ones, a pipeline to gender specialized/sensitive primary care, community building, hormone management, surgery referrals, legal navigation help, social and emotional support, and education”

**Location:** Gravenstein Community Clinic  
652 Petaluma Avenue, Ste. F  
Sebastopol, CA 95472

**When:** 1<sup>st</sup> Wednesday of every month

**Time:** 5:30 p.m. – 7:30 p.m.

**Contact:** (707) 887-0427 ext. 4405

**Website:**

<https://www.wchealth.org/service/gender-expansive-services/>

Last Verified On: 04/05/2021

### Trans Resilience

“Helps trans and genderqueer/gender non-conforming people to navigate the world and find joy and happiness in their lives, through providing tools to develop self-love, self-compassion, and conscious communication.”

**Contact:** 510-842-7088

**Website:** <https://transresilience.com/>

Last Verified On: 04/05/2021

### Trans Lifeline

“Fight the epidemic of trans suicide and improves overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. For trans people, by trans people.”

**Contact:** 1 (877) 565- 8860

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

Last Verified On: 04/05/2021

### FTM International

“Find out about legal rights, female-to-male transition, health and successful FTMs in all walks of life”

**Website:** <http://www.ftmi.org/>

Last Verified On: 04/05/2021

### TransPulse Transgender Resource Locator

“Worldwide database including doctors, therapists, and other businesses that welcome transgender clientele.”

**Website:** <https://www.transgenderpulse.com/>

Last Verified On: 04/05/2021

### Transgender Map

“This free website shows how to make a gender transition”

**Website:** <https://www.transgendermap.com/>

Last Verified On: 04/05/2021