

SONOMA COUNTY SUPPORT GROUP RESOURCES

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

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: 07/20/2021

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

Last Verified On: 07/20/2021

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: 4th Friday of every month from
3 p.m. – 4:30 p.m.

Last Verified On: 07/20/2021



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: 2nd Thursday of every month
from 4 p.m. – 5:30 p.m.

Last Verified On: 07/20/2021

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: 4th Thursday of every month
from 3 p.m. – 4:30 p.m.

Last Verified On: 07/20/2021

Affirmations Group

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

Location: Zoom Group Call

Contact: (707) 571-8452

Dates/Hours: 1st Thursday of every month
from 4 p.m. – 5 p.m.

Last Verified On: 07/20/2021

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DISABILITY SUPPORT GROUPS

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: 07/20/2021

NAMI SONOMA COUNTY SUPPORT GROUPS

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: 07/20/2021

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: 07/21/2021

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: 07/21/2021



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POSITIVE IMAGES LGBTQ+ SUPPORT GROUPS

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: 07/21/2021

TransGender North Bay

“For trans women and transfeminine folks.”

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

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

Last Verified On: 07/21/2021

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: 1st Monday of every month from
7 p.m. – 8:30 p.m.

Contact: (202) 467-8194

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

Last Verified On: 07/21/2021

FTM Sonoma County Adult Trans Support Group

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

Dates/Hours: 1st & 3rd 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: 07/21/2021

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/>

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RESOURCES FOR THE BLIND

“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 1st and 3rd Thursday

11 a.m. – 1 p.m.

Last Verified On: 07/21/2021

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 3rd Monday

10:30 a.m. – 11:30 a.m.

Last Verified On: 07/21/2021

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 4th Friday

10 a.m. – 12 p.m.

Last Verified On: 07/21/2021

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 3rd Friday

1 p.m. – 3 p.m.

Last Verified On: 07/21/2021

Friends House Support Group

“For visually impaired adults”

Location: Crafts Room at Friends House

684 Benicia Dr.

Santa Rosa, CA 95409

Dates/Hours: Every 1st Monday

10:30 a.m. – 11:30 a.m.

Last Verified On: 07/21/2021

Sonoma Low Vision Support Group

“For visually impaired adults.”

Location: Vintage House

264 First St. E.,

Sonoma, CA 95476

Dates/Hours: Every 2nd Tuesday

1:30 p.m. – 3 p.m.

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RESOURCES FOR THE BLIND, Continued

Spring Lake Village Low Vision Group

“For visually impaired adults.”

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

Dates/Hours: Every 2nd Thursday
10:15 a.m. – noon

Last Verified On: 07/21/2021

VA Support Group

“Open to all veterans.”

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

Dates/Hours: Every 3rd Thursday
12:30 p.m. – 2 p.m.

Last Verified On: 07/21/2021

SENIOR PEER COUNSELING

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: 07/21/2021

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: 07/21/2021

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/>

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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: 07/21/2021

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: 07/21/2021

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: 07/21/2021

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: 07/21/2021

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: 07/21/2021

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>

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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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WELLNESS AND RECOVERY CENTERS

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: 07/19/2021

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: 07/19/2021

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: 07/19/2021