Community Resources Guide

Sonoma County 2026 - 2027

A quick-reference directory of local physical health, food, mental health, tutoring, and media literacy resources.

IN A CRISIS RIGHT NOW?

988 Suicide & Crisis Lifeline — Call or text 988 *24/7 support for suicidal, substance use, or mental health crises*

Crisis Text Line — Text HOME to 741741 *24/7 support from trained counselors*

InResponse Mental Health Support Team — (707) 575-4357 *24/7 crisis response, Santa Rosa*

North Bay Suicide Prevention Hotline — (855) 587-6373 *24/7*

Emergency — Call 911

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Digital & Media Literacy
Tools and lessons for spotting deepfakes and misinformation

Physical Health

Medical Care & Immunizations

Sonoma County Health Services — list of community clinics for immunizations & medical care

Planned Parenthood

Address: 1140 Sonoma Ave Building 3, Santa Rosa, CA 95405 | **Phone:** (707) 527-7656

Offers a wide range of services related to reproductive health, gender-affirming care, vaccines, mental health, and wellness.

❖ *Pay: Accepts insurance, but insurance is not required to receive services*

Fitness

YMCA

scfymca.org

Offers fitness classes, childcare, healthy recipes, physical fitness groups, and stress-reduction seminars.

- Youth memberships: $29–39/month
- Family memberships: $94–129/month

Crunch Fitness (Santa Rosa)

Memberships starting around $9.99/month. Known for being affordable but can be very crowded.

Planet Fitness (Rohnert Park, Petaluma, Santa Rosa)

Generally $15/month for new members — a low-cost, beginner-friendly environment.

24 Hour Fitness (Santa Rosa, Rohnert Park)

Traditional gym equipment, including basketball courts and pools. Membership pricing varies.

Stan Bennett's Health & Fitness (Santa Rosa)

A well-equipped local option known for being less crowded than chain gyms.

❖ *Tip: Always ask about student discounts!*

Food Resources

Food Distribution Sites (Free Groceries)

Redwood Empire Food Bank (REFB) Sites

- Bayside Church — 3175 Sebastopol Rd — Mondays, 8:00–9:00 a.m.
- Spring Hills Church — 3700 Fulton Rd — Mondays, 11:00 a.m.–12:00 p.m.
- Santa Rosa Veterans Memorial Hall — 1351 Maple Ave — Thursdays, 3:30–5:00 p.m.

For a list of Sonoma County-only food distributions by zip code, text "FOOD" to (707) 353-3882 or visit textfood.org.

Food For Thought

Address: 6550 Railroad Ave., Forestville, CA 95436 | **Contact:** Crista Facciolla, Client Services Manager — (707) 887-1647 ext. 118

Accessible languages: English, Spanish, and translation services available for additional languages (Medi-Cal patients).

Food Pantries

St. Vincent de Paul Society Food Pantry

1007 W College Ave — Wednesdays, 10:00–11:00 a.m.

F.I.S.H. of Santa Rosa

3180 Airway Dr — Monday–Friday, 12:00–2:00 p.m.

Salvation Army – Santa Rosa

Offers food boxes — contact directly for details.

2-1-1 Sonoma County

Dial 2-1-1 or (800) 325-9604 for 24/7 assistance finding the nearest food pantry or meal service.

Food Stamps (CalFresh)

- CalFresh Info Brochure — available from Sonoma County Human Services
- Apply online through the CalFresh application portal

Mental Health

Low-Cost, Free & Insurance-Based Therapy

Boys & Girls Club of Sonoma Valley

Director of Mental Health Services: Natalie Goddard — ngoddard@bgcsonoma.org | **Phone:** (707) 779-9935

bgcsonoma.org/mental-health-services

Offers FREE mental health services for Sonoma Valley youth and teens, including individual counseling and group therapy in a nurturing, community-based environment during after-school hours.

❖ *Free mental health services*

Humanidad Therapy and Education Services

Address: 1260 N Dutton Ave Suite 230, Santa Rosa, CA 95401 | **Phone:** (707) 525-1515

srosahtes.org

A non-profit multicultural community mental health agency and Marriage/Family Therapy Training Program offering low-fee counseling for individuals, couples, teens, and children, plus mentorship for bicultural therapists.

❖ *Spanish speaking clinicians*

❖ *Sliding scale fees starting at $35; Medi-Cal or Partnership accepted*

❖ *Waitlist open*

❖ *Serves ages 12+ for individual counseling*

Siyan Clinical Corporation

Address: 480 Tesconi Circle, Suite B, Santa Rosa 95401 | **Phone:** (707) 329-3725

siyanclinical.com

Provides psychological testing, medication management, Spravato treatment, intensive outpatient care, and individual/group psychotherapy for depression, anxiety, bipolar disorder, PTSD, trauma, OCD, ADHD, and life transitions.

❖ *Accepts Anthem Blue Cross, Blue Shield of CA, Cigna, Aetna, MHN, HealthNet, Magellan, and Medicare with a supplement*

Santa Rosa Community Health — Mental Health Services

Admin Office: 3569 Round Barn Circle, Santa Rosa 95403 | **Phone:** (707) 303-3600

srhealth.org/service/mental-health

Provides individual and group therapy, stress management classes, depression support groups, and substance use/addiction recovery programs for patients of all ages. Existing SRCH patients can ask their primary care provider about referrals.

❖ *Accepts Medi-Cal/Partnership Health Plan, CMSP, MCAP, Medicare, Anthem Blue Cross, HealthNet, Covered California, Blue Shield, FamilyPACT, Every Woman Counts, Aetna (PPO), Cigna (PPO), United Health Care (PPO), Western Growers, and sliding scale fees*

Note: PPO plans must be assigned to an SRCH Provider; HMO and EPO plans must be assigned to SRCH and an SRCH Provider.

Santa Rosa Center for Cognitive Behavioral Therapy

Address: 3436 Mendocino Ave, Suite C, Santa Rosa 95403 | **Phone:** (707) 545-4600

srcbt.org/faq

Treatment for children, teens, and adults using a collaborative approach to define goals and develop treatment plans, with regular progress monitoring. Clients often see meaningful change in a relatively short number of sessions.

❖ *Sliding scale available to see a pre-licensed therapist*

InTune Family Counseling

intunefamily.com

❖ *Accepts Medi-Cal and sliding scale fees*

Child Parent Institute

Address: 3642 & 3650 Standish Ave, Santa Rosa 95407 | **Phone:** (707) 585-6108

calparents.org — Child & Family Therapy

Therapy for individuals ages 6–21 struggling with depression, anxiety, trauma, and other difficult life issues, using play, art, sand tray, and talk therapies. Parents, caregivers, and professionals may all request appointments or make referrals.

❖ *Private pay using sliding scale, Victim Assistance, and Carelon (Medi-Cal/Partnership)*

❖ *Waitlist currently closed for Carelon*

Lomi Psychotherapy Clinic

Address: 320 10th St Suite 200, Santa Rosa, CA 95401 | **Intake Line:** (707) 579-0465 ext. 227 | **Email:** info@lomi.org

lomi.org

Mindful, body-centered psychotherapy supporting grief, anxiety, trauma, depression, and feeling stuck — helping clients build emotional intelligence, self-compassion, and a renewed sense of safety.

❖ *Immediate openings for Medi-Cal (Partnership/Carelon)*

❖ *Low-cost sliding scale based on income*

Sonoma County Behavioral Health

sonomacounty.gov — Behavioral Health Resource Map

North Bay Youth Counseling Services (Side by Side)

Address: 1360 North Dutton Avenue Unit C, Santa Rosa, CA 95401 | **Phone:** (415) 457-3200, Monday–Friday 9 a.m.–5 p.m.

sidebysideyouth.org — Community Counseling

Serves children, teens, and young adults ages 5–26 in Sonoma County, ranging from short-term crisis intervention to long-term case management. For mild-to-moderate needs (depression, anxiety), services include individual/group therapy via telehealth, office, school, or community sites. For moderate-to-severe needs (PTSD, bipolar disorder, early-onset psychosis), services include counseling, rehabilitation, crisis stabilization, and medication management.

❖ *Medicaid and Medi-Cal accepted at reduced cost*

North Bay Regional Center

Address: 520 Mendocino Avenue, Santa Rosa, CA 95401 | **Intake Line:** (707) 256-1180 | **Main Line:** (707) 569-2000

Provides advocacy, services, support, and care coordination for children and adults with intellectual and developmental disabilities, partnering with community-based organizations and agencies.

❖ *Most services are no-cost; some sliding scale*

Verity

Address: 1311 W. Steele Lane, Santa Rosa | **Phone:** (707) 545-7270 | **24/7 Sexual Assault Crisis Support:** (707) 545 - 7273

https://www.ourverity.org/our-work

No matter when or where the assault occurred, our services are available throughout a survivor's healing journey. We offer support to individuals, couples, families, friends, and any other support systems affected by sexual violence. There is no minimum amount of time you have to be in Sonoma County before you can receive Verity services. Crisis support services offered in English and Spanish.

❖ *Verity services are free to clients*

Online Therapist Directories (Insurance-Based)

- Grow Therapy
- Rula
- Headway
- Psychology Today

Support Groups

Buckelew Programs — Youth SOS: Survivors of Suicide Bereavement Support Group (Virtual)

Meets the 1st & 3rd Wednesday of every month at 6 p.m. on Zoom. Free and open to youth and young adults ages 14–24 who've lost a friend, family member, classmate, co-worker, or partner to suicide.

Contact: Shriya Ambre — Shriyaa@buckelew.org, (415) 328-3382

Sonoma County Behavioral Health Family Education and Support Group

A monthly Zoom education and support group to build understanding of mental illness and its interaction with substance use, encourage supportive dialogue, and strengthen family members' coping strategies.

Contact: Family Service Coordination Team — MarisabelM@Buckelew.org, (707) 513-5135

Positive Images — LGBTQIA+ Youth Support Groups

Thursdays, 6:30–8:30 p.m. Drop-in weekly group for youth ages 12–18.

Address: 1000 Apollo Way #110, Santa Rosa, CA 95407

posimages.org

Crisis Resources

If you or someone you know is in crisis

988 Suicide & Crisis Lifeline — Call or text 988, or visit 988lifeline.org *24/7 support for suicidal ideation, substance use, and mental health crises*

InResponse Mental Health Support Team (Santa Rosa) — (707) 575-4357 *24/7 crisis response for suicidal ideation, unsheltered crisis, welfare checks, and more*

County of Sonoma Mobile Support Teams (MST) — Santa Rosa/Windsor/Sonoma Valley: (707) 565-4794 · Petaluma: (707) 565-1717 · Guerneville: (707) 565-1215 *Mon–Fri, 12–10 p.m. Responds after a 911 call using a law-enforcement-first model*

North Bay Suicide Prevention Hotline — (855) 587-6373 *24/7*

Crisis Text Line — Text HOME to 741741 *24/7, live trained counselors*

Crisis Stabilization Unit (CSU) — (707) 576-8181 — 2225 Challenger Way, Santa Rosa, CA 95407 *24/7 crisis intervention, assessment, medication, and up to 23 hrs of supportive care for children, youth, and adults*

Emergency Services — Call 911

Tutoring & Educational Support

Sonoma County Library (via Tutor.com)

❖ *Free for everyone*

Students with a Sonoma County Library card or a "Student OneCard" get free one-to-one online tutoring in 40+ subjects, homework help, and essay/math drop-off and test prep support. Available for any grade K–12, daily from 1–10 p.m., with just a device and internet connection.

Santa Rosa Junior College (SRJC) — Tutorial Center & Online Tutoring (NetTutor)

Free drop-in or by-appointment tutoring in math, sciences, writing/English, and Spanish/ESL, plus writing labs, group tutoring, study-skill workshops, and 24/7 online NetTutor help for enrolled SRJC students.

Location: Doyle Library, Room 151, Santa Rosa campus | **Phone:** (707) 527-4491

❖ *Best for: current SRJC students or dual-enrolled high schoolers needing coursework help*

Learn To Be Foundation

Free 1-on-1 online tutoring for K–12 students in math, reading, and many other subjects. Students are matched with a volunteer tutor, often a college student, entirely online — removing travel constraints.

Khan Academy

Free/donation-based online tutoring in multiple subjects.

Kumon (Windsor)

Located about 15 minutes from Quest Forward. Offers math and reading programs.

- $160–180 per subject per month
- $80 registration fee
- $20 materials fee

Care.com

Independent local tutors — a good option for a peer tutor or lower-cost one-on-one in-person tutoring, with flexible scheduling. You'll need to vet the tutor yourself.

Full-Pay Options

- Mathnasium
- Sylvan Learning of Santa Rosa
- The Tutoring Center of Santa Rosa

MindGarden Tutoring (Santa Rosa)

A local private tutoring service offering homework support, organization and study-skills help, test/test-anxiety support, and time management for more personalized help. As a private service it isn't always free, but you can ask about sliding scale, discounts, or payment plans.

Digital & Media Literacy

Resources for students, teachers, and school administrators on spotting deepfakes and building media literacy skills.

MediaSmarts — Canada's Centre for Digital/Media Literacy

mediasmarts.ca

MIT Media Lab — Spotting Deepfakes

media.mit.edu/projects/detect-fakes/updates

Free Virtual MIT Course: "Media Literacy in the Age of Deepfakes"

deepfakes.virtuality.mit.edu

Uncovering Deepfakes — Classroom Guide and Discussion Questions

aiforeducation.io/ai-resources/uncovering-deepfakes

Social Institute — Webinar on Deepfakes, AI, and Cyberbullying

View the webinar on Vimeo

Social Institute — Playbook for Educators and Administrators

thesocialinstitute.com/solutions/the-cyberback-toolkit

Deepfake Detection & Media Literacy Tools

- SchoolAI — lets educators create safe, monitored environments where students practice identifying AI-generated content in real time
- Deepware Scanner — a user-friendly tool to scan videos for signs of manipulation
- Reality Defender — detects deepfakes in real time across video, audio, and images
- InVID — verifies videos by checking metadata, encoding patterns, and upload times; suitable for classroom demonstrations