

HOPE: SONOMA COUNTY

Free Counseling Services

Providing Sonoma County Fire and Flood survivors with FREE, confidential counseling and disaster education.



*Eat Well,
Move Daily,
Hydrate Often,
Sleep More,
Love, Laugh, and
Connect*

English: 707 291 3788
Español: 707 291 6459

HOPE

Sonoma County

Helping Outreach Possibilities Empowerment

If you were involved in a disaster, you may be affected personally regardless of whether you were hurt or lost a loved one. Since the Fires and Flood, have you experienced:

- Headaches, stomachaches
- Difficulty sleeping or frequent crying
- Feelings of anxiousness, anger, sadness, or guilt
- Difficulty concentrating, remembering things, or making decisions

You are not alone in this experience. We can help. Please call to talk to a Counselor or set up an appointment.

Services available in Spanish.