

## CALIFORNIA HOPE: SONOMA

# Free Counseling Services

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

  
**CA HOPE Partners**

  
council on aging  
living better, together.

  
**Goodwill**  
Redwood Empire

  
**PETALUMA PEOPLE SERVICES CENTER**

  
WEST COUNTY  
COMMUNITY SERVICES

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

Santa Rosa: 707 608 8805

Adults age 50 or better: 707 608 8804

North County: 707 608 8807

Sonoma Valley: 707 608 8806

South County: 707 608 8806

West County: 707 608 8807

Español: 707 608 8825

# California



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, 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.