



TEEN EYES ONLY

Resource Booklet for Young People

November 2019 Update

The Teen Health Advocacy Coalition (THAC) is a network of organizations that all work together to figure out what young people need most and how to respond to those needs and how to best spread needed information. As a coalition, we are committed to a system which promotes and protects the overall health and wellbeing of young people all over Sonoma County including sexual, reproductive and mental health.

Request copies at: thacdocs@gmail.com

Join our THAC meetings on the 3rd Tuesdays of every month at 8:30am at North City View Room in 625 5th Street Santa Rosa, CA 95404. **All are welcome!**

View this resource online at:
<https://sites.google.com/view/thac/resources>



@teeneyesonly

24-Hour Hotlines/Textlines

Alcohol or Drug Overdose	911
Child Protective Services	(707) 565-4304
Crisis Text Line	Text "HOME" to 741741
Cutting/Self Harm Support	1-800-366-8288
GLBT National Youth Talk	1-800-246-7743
HIV/AIDS Help Line	1-800-232-4636
National Runaway Hotline	1-800-786-2929
North Bay Suicide Hotline	1-855-587-6373
SAY Crisis Text Line	1-888-729-0012
Trans Lifeline	1-877-565-8860
Verity (Sexual Assault Victim Help)	(707) 545-7273

Multi Service Agencies

Services Provided Abbreviations

CS: Community Service

Edu: Education

P: Parenting Support

F: Finance

E: Employment

H: Housing and Shelter

PC: Primary Care

MH: Mental Health

LGBTQ+: Queer Support

CAP (Community Action Partnership)	(707) 544-6911
<i>CS, Edu, H, F, P</i>	Santa Rosa
SAY (Social Advocates for Youth)	(707) 544-3299
<i>CS, Edu, E, H, MH</i>	Santa Rosa
SRJC (Santa Rosa Junior College)	(707) 527-4011
<i>Edu, PC, MH</i>	Santa Rosa
Teen Services Sonoma	(707) 939-1452
<i>Edu, E, Food</i>	Sonoma
V.O.I.C.E.S.	(707) 579-4327
<i>Edu, E, F, Food, LGBTQ+</i>	Santa Rosa
Chop's Teen Club	(707) 284-2467
<i>CS, E</i>	Santa Rosa

Shelters/Housing

Coffee House Teen Shelter (SAY)	(707) 546-3432
Dream Center (SAY)	(707) 544-3299
CAP Sonoma: Pathways (Women/Children)	(707) 535-8765
COTS Center	(707) 765-6530
CSN-Sanctuary House	(707) 575-0979

Child and Parenting Resources

Child Parent Institute	(707) 585-6108
Teen Parent Connections	(707) 565-4440

Support Services

Becoming Independent	(707) 524-6600
Disability services	

Education and Employment

Chop's Teen Club	jobsmadereal.com
Department of Rehabilitation (employment)	(707) 576-2233
Job Link of Sonoma County	(707) 565-5550
SAY (Social Advocates for Youth)	(707) 939-1452
SoCo Adult Education	(707) 521-7962
The Center (employment)	(707) 838-6641
V.O.I.C.E.S.	(707) 579-4327
Youth Connections (CAP)	(707) 578-2034
<i>High School Diploma Program</i>	

Santa Rosa Junior College

HIGH SCHOOL STUDENTS ENROLL FOR FREE.

The \$46-per-unit registration fee is waived for high school students enrolled in 11 units or fewer.

Admission and Records	(707) 527-4685
Disability Resources	(707) 257-4278
Financial Aid	(707) 527-4471
Placement Test	(707) 527-4661

Sexual Assault

Family Justice Center	(707) 565-8255
Sonoma County Victim Assistance	(707) 565-8250
Verity	(707) 545-7273
YWCA (Domestic Violence)	(707) 546-9922
<i>24hr (707) 546-1234</i>	

Police and Sheriff Information

Police Department	Dispatch #'s
Cloverdale	(707) 894-2150
Cotati	(707) 792-4611
Healdsburg	(707) 431-3377
Petaluma	(707) 778-4372
Santa Rosa	(707) 528-5222
Santa Rosa Junior College <i>24hr</i>	(707) 527-1000
Sebastopol	(707) 829-4400
Sonoma County Sheriff	(707) 565-2650
	or (707) 565-2121
Rohnert Park Dept of Public Safety	(707) 584-2600

Mental Health

Aunties and Uncles (Native American)	(707) 521-4550
Aurora Santa Rosa Hospital	(877) 717-0085
Chrysalis	(707) 545-1670
Forestville Teen Clinic	(707) 887-0427
Kaiser Permanente (<i>members only</i>)	(707) 571-3778
Santa Rosa Community Health	(707) 303-3600
SAY (Social Advocates for Youth)	(707) 544-3299
SOS Counseling	(707) 284-3444

Teen Clinics

Alexander Valley	(707) 894-4229 <i>Cloverdale</i>
Alliance	(707) 433-5494 <i>Healdsburg</i>
Casa Grande	(707) 559-3484 <i>Petaluma</i>
Elsie Allen Campus	(707) 583-8777 <i>Santa Rosa</i>
Forestville Teen Clinic	(707) 887-0427 <i>Forestville</i>
Kaiser Permanente (members only)	(707) 393-4033 <i>Santa Rosa</i>
Phoenix Teen Clinic <i>Text/Call</i>	(707) 217-3383 <i>Petaluma</i>
Planned Parenthood	(707) 527-7656 <i>Santa Rosa</i>
Santa Rosa Junior College	(707) 527-4445 <i>Santa Rosa</i>
Sonoma County Indian Health	(707) 521-4545 <i>Santa Rosa</i>

Food

Elisha's Pantry	(707) 542-2569
FISH Food Pantry	(707) 527-5151
REFB Value Market	(707) 595-6500
Redwood Empire Food Bank (General Line)	(707) 523-7900

Immigration

North Bay Dreamer	info@northbaydreamers.org
SRJC Dream Center	(707) 521-7947

LGBTQIA+

LOCAL

Positive Images Santa Rosa

Support groups, resources
www.posimages.org

LGBTQ Connection Sonoma, Napa

Community, support groups, resources
www.lgbtqconnection.org

West County Health Center Gender Expansive Services Clinic Sebastopol

Healthcare, community, support groups, legal/documents help, resources
707-887-0427 x 4405

TRANSLIFE Community Conference Annual

Local conference for trans folks and families
translifeconference.org

Sonoma County; Santa Rosa

NATIONAL

Trans Lifeline (877)565-8860

Peer support hotline

InterACT

Support, resources for intersex youth
interactadvocates.org

Substance Abuse

Alcoholics Anonymous Hotline

Santa Rosa (707) 544-1300

Spanish (707) 623-6702

Al-A-Teen (Alcoholic Family Situations) (707) 515-6760

CP DAAC (Treatment & Needle Exchange) (707) 544-3295

Face to Face (Needle Exchange) (707) 544-1581

Refuge Recovery

refugerecoveryworldservices@refugerecovery.org

Narcotics Anonymous Hotline (707) 324-4062

www.sonomacountyna.org/home

SoCo Young People in AA

Local meetings and events
www.socypaa.org

Vaping (access to info and quitting program)

Youth/young adults can text "DITCHJUUL" to 88709

Parents and other adults looking to help young people can text "QUIT" to (202) 899-7550

Libraries

Each region of Sonoma County has their own library with **FREE** resources aside from books including:

- Homework Help
- College Prep Classes/Workshops
- Coding
- Manga/Anime Club
- Art/3D Printing
- Self Defense
- Movie Nights
- And so much more!

Visit sonomalibrary.org/teens for hours, locations, events and more info.

Helpful Sites

Birth Control Options

bedsider.org



Instagram

@bedsider

Bullying Help

stopbullying.gov

@stopbullyinggov

Food Help

<https://refb.org/our-work/getcalfresh.org>

@redwood.empire.food.

Gender and Sexuality

glsen.org

@glsen

trveorproject.org

@trevorproject

Mental Health

breaking-taboo.org

@breakingtaboo

projecturok.org

@projecturok

[recipes for self love](https://recipesforselflove.com)

@recipesforselflove

Rape/Sexual Assault

ourverity.org

@ourverity

futureswithoutviolence.org

Relationships

loveisrespect.org

@loveisrespectofficial

joinonelove.org

@join1love

Sexual Health Information

scarleteen.com

@scarleteenorg

teensource.org

@teensourceorg

plannedparenthood.org

@plannedparenthood

Substance Abuse

[Refuge Recovery \(SoCo local\)](https://RefugeRecovery.com)

@refugerecovery

Suicide/Self Harm

afsp.org/find-support

@afspnational