

**Windsor-Area Mental Health Resources for more resources see: [www.windsorwellness.org](http://www.windsorwellness.org)**

**1. Chrysalis Community Counseling Services**

1821 4<sup>th</sup> Street, SR. [www.chrysaliscounseling.org](http://www.chrysaliscounseling.org)  
Phone: (707) 545-1670 (Ext. 201)

Counseling for women, men, couples, and children (individual and group). Anger management, life transitions, self-esteem, relationship issues. Sliding-scale, short-term subsidies.

**2. Humanidad Therapy and Counseling Services**

95 Montgomery Drive, Suite 112, Santa Rosa.  
Phone: (707)525-1515 [www.srosahentes.org](http://www.srosahentes.org)

Counseling for families and individuals of any age.  
Specialties: parenting, couples and family education/counseling groups. Mentorship for youth and supervised visitation monitoring and co-parenting education. Sliding scale services. Bilingual.

**3. SOS Community Counseling**

319 South E Street, Santa Rosa, and Windsor  
Phone: (707) 284-3444 [www.soscounseling.org](http://www.soscounseling.org)

Counseling for individuals, couples, families, youth, and groups. Insurance, Medicare and Medi-Cal not accepted. Sliding Scale Fees and time-limited free counseling sessions (4-6 sessions). For insurance, receipt provided for insurance reimbursement.

**4. Alliance Medical Center (Windsor)**

8465 Old Redwood Hwy, Windsor.  
Phone: (707) 687-2498 [www.alliancemed.org](http://www.alliancemed.org)

Provides Bilingual Counseling and Psychiatric services for Alliance Medical Center Clients. Medi-Medi, Partnership, MediCAL, Medicare, Sliding scale.

**5. Al-Anon/ Alateen**

PO Box 2412 Santa Rosa.  
Phone: (707) 575-6760 [www.sonapalanon.com](http://www.sonapalanon.com)

24 HR Support Lines: (707) 823- 7840  
Group meetings throughout the week for the friends and family members of problem drinkers

**6. Alzheimer's Association**

1211 North Dutton Ave Ste A Santa Rosa.  
Phone: (707) 573-1210 [www.communityresourcefinder.org](http://www.communityresourcefinder.org)

24/7 Helpline: 1(800) 272-3900  
Offers support groups for family, caregivers, and individuals living with Alzheimer's disease.

**7. Positive Images**

200 Montgomery Drive Suite C, Santa Rosa, CA 95404  
Phone: (707) 568- 5830 [www.posimages.org](http://www.posimages.org)  
Provides support and advocacy for LGBTIQ individuals, ages 14-24. Support group meets weekly.

**8. Alcohol/ Drug Issues: Alcoholics Anonymous**

750 Mendocino Ave. SR. [www.sonomacountyaa.org/aa-meetings/](http://www.sonomacountyaa.org/aa-meetings/)  
24 HR Hotlines: Santa Rosa: (707) 544-1300  
Spanish: (707) 623-6702  
Meetings are available throughout the week

**9. NAMI Warmline and Peer Support**

182 Farmers Lane, Suite 202, Santa Rosa.  
Phone: (866) 960- 6264 Mon-Fri 9am – 5pm  
Provides confidential telephone and walk-in services to individuals with a mental health condition and their loved ones.

**10. Peer Warmline Connection of Sonoma County**

Phone: (707) 565-4466 Fri-Sun 5:30pm-9:30pm  
A confidential peer-run service operated by, and for, mental health consumers. Emphasizes self-help and resources.

**11. Santa Rosa Community Health Centers**

Including **Vista- 3569 Round** Barn Cir, SR. Phone: 707-303-3600 and **Brookwood-** 983 Sonoma Ave., SR. Phone: 707-583-8700  
[www.srhealthcenters.org/](http://www.srhealthcenters.org/)

Counseling and mental health services for people of all ages; uninsured or underinsured; drop-in or pre-set appointments

**12. Child Parent Institute**

3650 Standish Avenue, Santa Rosa.  
Phone: (707) 585-6108 [www.calparents.org/](http://www.calparents.org/)  
Bilingual services of In-Home Parenting, Classes, Children's Counseling and Child Abuse and Trauma treatment for ages 0 – 18., Medi-Cal accepted for most services.

**13. Lomi Psychotherapy Clinic**

534 B Street Santa Rosa. Phone: (707) 579- 0465 [www.lomi.org](http://www.lomi.org)  
Affordable psychotherapy services, group therapy and educational classes. Sliding scale

**14. Family Services Resource Clinic Buckelew Programs**

**Sonoma:** 144 South E St. Suite 200, Santa Rosa.  
Phone: (707) 571- 8452 Bilingual  
Any family member or consumer may come to a resource clinic for help with understanding or assistance in accessing services for themselves or their loved one. Every Tuesday 3pm-4:30pm

**15. Interlink Self Help Center**

1033 Fourth Street Santa Rosa.  
Phone: (707) 546- 4481 [www.interlinkselfhelpcenter.org](http://www.interlinkselfhelpcenter.org)  
Self-help center providing a safe environment for those facing mental health challenges and helping improving quality of life through self-help, mutual support, and empowerment. Offers Peer Support, Mental health and Addiction Groups.

**16. Wellness and Advocacy Center (Goodwill)**

Phone: (707)565-7800 [www.gire.org/wellad.htm](http://www.gire.org/wellad.htm)  
Client-run drop-in center for all behavioral health consumers, including a career center, computer lab, job counseling, workshops, education forums, art studio, community garden, and self-help groups.

**17. St. Joseph Health: Hospice Services**

Memorial Hospice: 439 College Avenue S.R.  
Phone: (707) 568-1094  
North County Hospice: 205 East Street Healdsburg.  
Phone: (707) 431-1135 [www.sonomacountyhospice.org](http://www.sonomacountyhospice.org)  
Free. Bilingual grief support, regardless of whether or not a family member utilized St. Joseph's hospice services.

**18. Santa Rosa VA Outpatient Clinic**

3841 Brickway Boulevard Santa Rosa.  
Phone: (707) 569- 2300 Mon-Fri 8am- 4:30 pm. Preventative and primary care, including: Mental Health Services, Military Sexual Trauma, Integrated Care, Telemental health services, PTSD/Anxiety disorders, Substance abuse and Pain/Anger management.

**19. Casa Calmecac**

3555 Sonoma Highway Santa Rosa. Phone: (707) 568-7679  
Adult male alcohol and drug treatment Bilingual program, 90 days, 6-month aftercare. County referrals or private pay only

**20. LifeWorks**

1200 College Avenue, Santa Rosa.  
Phone: (707) 568-2300 [www.lifeworkssc.org/](http://www.lifeworkssc.org/)  
Family Education, School-based counseling, drug & alcohol dependence, severe emotional and behavioral problems, gang intervention/ prevention, for individuals with Asperger's Syndrome or Nonverbal Learning disability, and confidential services provided by Licensed Therapists. Sliding scale and Medi-Cal.

**21. California Human Development**

3315 Airway Drive, Santa Rosa. Phone: (707) 523-1155  
[www.cahumandevlopment.org/treatment.php](http://www.cahumandevlopment.org/treatment.php) Inpatient and outpatient drug treatment.

**22. Drug Abuse Alternatives Center**

2403 Professional Drive, Suite 101, SR.  
Phone: (707) 544-3295 [www.daacinfo.org/](http://www.daacinfo.org/)  
Bilingual outpatient and inpatient treatment, education, intervention and prevention for adults and adolescents with alcohol and/or chemical dependency problems. HIV/Hepatitis C testing clinic, syringe exchange available.

**23. YWCA**

811 Third Street, Santa Rosa. [www.ywcasc.org/](http://www.ywcasc.org/) Domestic Violence Crisis Line and info, 24/7: 707.546.1234 Therapy, Support, Safe House Services, related to Domestic Violence. Services free/sliding-scale.

**24. West County Senior Services: Senior Counseling Program**

16390 Main St., Guerneville.  
Phone: (707) 823.1640 ext. 380  
Support groups/individual counseling for ages 55+ with issues of aging, isolation and depression. Trained senior peer counselors meet in your home, or other agreed-upon location, for 12 one-hour sessions. Services are low cost or free.

**25. Verity**

835 Piner Road, Suite D Santa Rosa.  
Phone: (707) 545-7270 [www.ourverity.org](http://www.ourverity.org)  
Fee-based Individual counseling and free support groups for sexual assault survivors.