

Resources for Families in Sonoma County

2-1-1 Sonoma <http://www.211wc.org/> Call 2-1-1

An information and referral call center that connects Sonoma County residents with health, human and disaster resources. Great web site!

Child Parent Institute (CPI/ CalParents) - www.calparents.org 585-6108

Offers parenting classes, in home consultations, Positive Parenting Program (Triple P), on line parenting classes, Psychological Assessment, and Counseling for individuals and families. Some services are covered by Medi-Cal insurance. Funding may also be available through the CHAT (Child Abuse and Trauma) program.

Parents Place- www.parentsplaceonline.org 571-2048

Offers **FREE** Positive Parenting Program (Triple P) for parents with children under 6 who are not enrolled in Kindergarten. (If a school age child has a younger sibling, the family is eligible.)

Also offers Parenting Workshops, Child and Family Counseling, Assessment and Evaluation, Occupational Therapy and much more.

West County Health Centers – <http://www.wchealth.org/> 824-9999

Offers primary medical care, dental care, mental health services, family planning and more.

Offers **FREE** well child exams and immunizations up to age 19 through CHDP (Child Health and Disability Prevention) program. Also accepts Medi-Cal, most major insurance and pay per service sliding scale for uninsured.

Offers **FREE** assistance with completing applications for Medi-Cal, Covered California, and CAL Fresh (money for food) for established patients.

Sonoma County Economic Assistance Center - 877-699-6868

<http://sonomacounty.ca.gov/Human-Services/Economic-Assistance/>

Provides families with help and links to applications for CALFresh (formerly food stamps), Medi-Cal, Covered California, and CMSP (County Medical Services Program).

Lomi Psychotherapy Clinic <http://www.lomi.org/> 579-0465

Provides low-fee psychotherapy to those in need.