



Teen Eyes Only Youth Services Booklet

February 2017

The Teen Health Coalition (THAC) is a Collaborative coalition of youth serving agencies that works together to improve the wellbeing of Sonoma County youth through sharing information and dissemination best practices on adolescent health. We are committed to creating a coordinated and integrated system that promotes and protects the sexual and reproductive health of local teens. We work to help young people to have access to community resources in our county as well.



Request copies of this at:
thacdocs@gmail.com

Booklet Index & Abbreviations

CS: Community Service

H: Housing and Shelter

Edu: Education

PC: Primary Care

P: Parenting Support

MH: Mental Health

F: Finance

LGBTQ+: Queer Support

E: Employment

24-Hour Hotlines/Textlines

Alcohol or Drug Overdose	911
Crisis Text Line	Text "HELLO" to 741741
GLBT National Youth Talk	1-800-246-7743
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)	(707) 545-7273

Multi Service Agencies

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

Education and Employment

Empire College GED Program	1-877-395-8535
Job Link of Sonoma County	(707) 565-5550
SAY (Social Advocates for Youth)	(707) 939-1452
V.O.I.C.E.S.	(707) 579-4327
Youth Connections (CAP) <i>High School Diploma Program</i>	(707) 578-2034

Law and Substance Abuse

AA Hotline (Alcoholics Anonymous)	(707) 544-1300
Al-A-Teen (Alcoholic Family Situations)	(707) 823-7840
DAAC (Drug Abuse Alternatives Center)	(707) 544-3295
Family Justice Center	(707) 565-8255
R House	(707) 539-2948
Sonoma County Victim Assistance	(707) 565-8250
YWCA (Domestic Violence)	(707) 546-9922

24hr (707) 546-1234

Child and Parenting Resources

Child Parent Institute	(707) 585-6108
Child Protective Services	(707) 565-4304
Teen Parent Connections	(707) 565-4440

Immigration

North Bay Dreamer	northbaydreamers@gmail.com
SRJC Dream Center	(707) 521-7947
SSU Undocu-Scholar Coalition	undocusscoalition@gmail.com

Shelter and Food

Coffee House Teen Shelter (SAY)	(707) 546-3432
Dream Center (SAY)	(707) 544-3299
Elisha's Pantry	(707) 542-2569
Rural Food Program	(707) 869-3863

Mental Health

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

Teen Clinics

Alexander Valley (Cloverdale)	(707) 894-4229
Alliance (Healdsburg)	(707) 541-1170
Casa Grande (Petaluma)	(707) 559-3484
Elsie Allen (Santa Rosa)	(707) 583-8777
Forestville Teen Clinic	(707) 887-0427
Kaiser Permanente	(707) 393-4033
Phoenix Teen Clinic (Petaluma)	(707) 217-3383
Planned Parenthood (Santa Rosa)	(707) 527-7656
Santa Rosa Junior College	(707) 527-4445
Sonoma County Indian Health	(707) 521-4545

LGBTQIA+

Forestville Teen Clinic	(707) 887-0427
LGBT Connections	(707) 579-4327
Positive Images	(707) 568-5830
Sonoma State University	weisska@seawolf.sonoma.edu

Queer Straight

SRJC LGBTQ+ Club

srjc.bridges@gmail.com

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



Health Apps



Yonder aka Yelp for the outdoor enthusiast. Enter your location and find dozens of suggestions for hiking, biking, kayaking, and skiing with reviews and tips. (Free; iOS and Android)



Daily Yoga has more than 50 classes shot in HD video are just a few taps away. Each sequence has a specific focus, from increasing flexibility to strengthening your core. Plus, there's a library with detailed videos of more than 500 poses. (Free with optional in-app purchases; [iOS](#) and [Android](#))



Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life. (Free with optional in-app purchases; [iOS](#) and [Android](#))



The Stop, Breathe & Think app is a free mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use. Free with optional in-app purchases; [iOS](#) and [Android](#))



Time Used lets you to check how much time you spend on your smartphone with graphs and updates. This increases your awareness and helps with your productivity and decrease time wasted. (Free with optional in-app purchases; [iOS](#) and [Android](#))



Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking. (Free with optional in-app purchases; [iOS](#) and [Android](#))



What's Up is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds! (Free with optional in-app purchases; [iOS](#) and [Android](#))



MoodMission helps you learn new and better ways of coping with stress, low moods and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better. Missions are activities and mental health strategies that are quick, easily achievable, and backed up by scientific evidence. (Free with optional in-app purchases; [iOS](#) and [Android](#))

Helpful Links

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