

SONOMA COUNTY LGBTQ+ RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

HOTLINE PHONE NUMBERS

LGBT National Hotline

“For all ages about coming-out issues, relationship concerns, HIV/AIDS, anxiety, safer sex practices & more.”

Phone: (888) 843-4564

Email: help@LGBThotline.org

Website: <https://www.glbthotline.org/national-hotline.html>

Last Verified On: 04/05/2021

LGBT National Youth TalkLine

“Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger.”

Contact: (800) 246-7743

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021

National Suicide Prevention Line

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.”

Call/Text: (800) 273-8255

Website:

<http://www.suicidepreventionlifeline.org/>

Last Verified On: 04/05/2021

ALCOHOLICS ANONYMOUS

Gravenstein Gays

“An open, gay AA meeting sponsored by Sonoma Intergroup Fellowship.”

Temporarily online meetings.

When: Every Wednesday at 7 p.m.

Website:

<http://sonomacountyaa.org/meetings2/meeting/s/gravenstein-lgbtq/?tsml-day=3>

Last Verified On: 04/05/2021



Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

Contact: (866) 488-7386

Text: START to 678-678

Website: <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 04/05/2021



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COUNSELING SERVICES

LGBTQ Connection - Free LGBTQ Counseling on Mondays

“Free, no hassle LGBTQ counseling
appointments on Mondays.”

Call to schedule: (707) 595-8961

When: Every Monday; 1-hour appointments
from 1 p.m. – 6 p.m.

Website: <https://www.lgbtqconnection.org/>

Last Verified On: 04/05/2021

SOS Counseling Clinic

“Provide therapy to individuals, couples,
families, and youth”

Location: 319 South E Street
Santa Rosa, CA 95401

Contact: (707) 284-3444

Website:

<http://soscounseling.org/contact/windsor/>

Last Verified On: 04/05/2021

Life Works of Sonoma County – Counseling Center

“Provides therapy services to promote the
healthy emotional development of children,
adolescents, adults, couples, and families”

Location: 1260 N. Dutton Ave, Suite 105
Santa Rosa, CA 95401

Contact: (707) 568-2300

Website:

<https://www.lifeworkssc.org/counseling-center>

Last Verified On: 04/05/2021

LGBTQ RESOURCE CENTERS

LGBTQ Connection – Sonoma

“Free paperless counseling, intergenerational
community events, resources & referrals.”

Location: 714 Mendocino Avenue, Santa
Rosa, CA

Contact: (707) 579-4327

Website: <https://www.lgbtqconnection.org/>

Last Verified On: 04/05/2021

Positive Images

“Multiple weekly support groups, a youth
leadership development program, mentorship
opportunities, an LGBTQIA+ Library and
referral station, and a Transformation Station.”

Location: 200 Montgomery Drive, Suite C
Santa Rosa, CA 95404

Contact: (707) 568-5830

Website: <https://posimages.org/>

Last Verified On: 04/05/2021



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LEGAL RESOURCES

California Courts – How to Change Your Names AND Gender (Adult)

“Official government information on name and gender changes, including instructions and downloadable forms.”

Website:

<https://www.courts.ca.gov/25797.htm?rdeLocalAttr=en>

Last Verified On: 04/05/2021

National Center for Lesbian Rights (NCLR)

“A national nonprofit law firm that protects the legal and human rights of lesbians, gay men, bisexual & transgender people across the United States through impact litigation, public policy, advocacy, public education, & direct legal services.”

Contact: (415) 392-6257

Website: <http://www.ncrights.org/>

Last Verified On: 04/05/2021

Oasis Legal Services

“Comprehensive legal services to assist LGBTQIA+ immigrants. Our services include: screening for immigration relief, affirmative asylum, residency, citizenship, family petitions.”

Location: 1900 Addison Street, Suite 100
Berkeley, CA 94704

Contact: (510) 666-6687

Website:

<https://www.oasislegalservices.org/home>

Last Verified On: 04/05/2021

California Rural Legal Assistance, Inc.

“Employment, Housing, Public Benefits, K-12 Housing”

Contact: 1 (800) 337-0690

Website: <http://www.crla.org/>

Last Verified On: 04/05/2021

RESOURCE DIRECTORIES

Pink Spots – The LGBTQ Directory

Website: <https://www.gaypinkspots.com/>

Last Verified On: 04/05/2021



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SENIOR RESOURCES

LGBTQI Elder Resource Center

“Provides county-wide, LGBTQI-specific, culturally sensitive, telephone & email based information and assistance to LGBTQI elders.”

Location: 167 North High Street,
Sebastopol, CA 95472

Contact: (707) 829-2440

Website:

<https://www.sebastopolseniorcenter.org/lgbtqi-elder-resources>

Last Verified On: 04/05/2021

LGBT National Senior Hotline

“No matter where they live, LGBT seniors have a place to call when they need peer support, information and local resources.”

Contact: (888) 234-7243

Website:

<https://www.glbthotline.org/senior.html>

Last Verified On: 04/05/2021

Santa Rosa LGBTIQ Seniors

“Join us for lively discussions, mutual support, sharing information, and all the while celebrating who we are.”

When: 4th Tuesday of every month from
1 p.m. – 3 p.m.

Location: Glaser Center at UUCM
547 Mendocino Avenue
Santa Rosa, CA 95401

Website: <https://www.spectrumlgbtcenter.org/>

Last Verified On: 04/05/2021

SAGE’s National LGBT Elder Hotline

“National LGBT Elder Hotline available 24 hours a day, 7 days a week.”

Contact: (877) 360-LGBT (5428)

Website: <https://www.sageusa.org/>

Last Verified On: 04/05/2021

SAGE

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

Contact: (212) 741-2247

Hotline: (877) 360-5428

Website: <https://www.sageusa.org/>

Last Verified On: 04/05/2021

Sonoma Valley LGBTQ Seniors

“All ages and abilities welcome! Come join us and feel free to bring a friend or neighbor.”

When: 3rd Friday of every month from
10 a.m. – noon

Location: Vintage House Senior Center at
264 1st Street East,
Sonoma, CA 95476

Website: <https://www.spectrumlgbtcenter.org/>

Last Verified On: 04/05/2021

National Resource Center on LGBTQ Aging

“Technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.”

Website: <https://www.lgbtagingcenter.org/>

Last Verified On: 04/05/2021



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SOCIAL GROUPS

Transgender Sonoma County

“Social group for anyone on the transgender spectrum, including FTM, MTF, genderqueer, non-binary and questioning. Get-togethers and Facebook page.”

Email: orlandokaiooshea@gmail.com

Facebook:

<https://www.facebook.com/transgendersonomacounty/>

Last Verified On: 04/05/2021

SUPPORT GROUPS

PFLAG Santa Rosa

“Promotes LGBTQ well-being along with families and friends through support, education and advocacy”

Location: 200 Montgomery Drive, Ste. C
Santa Rosa, CA

When: 1st Monday of every month from 7 p.m. – 8:30 p.m.

Email: pflag.santarosa@gmail.com

Website: <https://pflag.org/chapter/pflag-santa-rosa>

Last Verified On: 04/05/2021

FTM Sonoma County

“Free, drop-in, confidential support meetings and social gatherings...FTM Sonoma County includes people anywhere on the transmasculine continuum (or questioning).”

Location: 200 Montgomery Drive, Suite C
Santa Rosa, CA 95404

When: 1st and 3rd Sunday of every month from 3:30 p.m. – 5 p.m.

Website: <http://www.ftmsc.org/>

Last Verified On: 04/05/2021

The Santa Rosa Trans Latina

“We are open to anyone who needs support, you will be received with open arms.”

When: 1st Thursday of every month from 6 p.m. – 8 p.m.

Location: Abraham Lincoln Elementary School

When: 1st Thursday of the month

Location: Santa Rosa Community Health Center

751 Lombardi Court
Santa Rosa, CA

Website: <https://srhealth.org/service/other-services/gender-clinic/>

Last Verified On: 04/05/2021

Transgender North Bay

“Santa Rosa support groups for trans-feminine adults and their adult family members.”

Contact Jacqui: (707) 334-4515

Email: tgnbsupport@gmail.com

Last Verified On: 07/21/2020



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SUPPORT GROUPS, Continued

Gender Spectrum – Groups

“Free online groups for pre-teens, teens, parent, caregivers and other family members and adults.”

Website:

<https://www.genderspectrum.org/articles/gender-spectrum-groups>

Last Verified On: 04/05/2021

TEEN RESOURCES

LGBT National Youth TalkLine

“Telephone & email peer- counseling, factual info & local resources for cities across the U.S.”

Contact: (800) 246-7783

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021

Trevor Space

“An affirming international community for LGBTQ young people ages 13-24.”

Website: <https://www.trevorspace.org/>

Last Verified On: 04/05/2021

Forestville Teen Clinic

“Confidential family planning, STD/HIV testing and treatment, Pregnancy testing, Emergency contraception, Free condoms, Mental health counseling, Peer education and comprehensive sexual health presentations”

Location: 6570 1st Street
Forestville, CA 95436

Contact: (707) 887-0427

Website:

<https://www.wchealth.org/location/Forestville-teen-clinic/>

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TRANSGENDER RESOURCES

Transgender Clinic – Santa Rosa Community Health Center

“Health resources for transgender and non-conforming individuals. All are welcome”

Contact: (707) 547-2222 and ask for Gender Clinic

Website: <https://srhealth.org/service/other-services/gender-clinic/>

Last Verified On: 04/05/2021

Gender Expansive Services – West County Health Centers

“For gender expansive folks and their loved ones, a pipeline to gender specialized/sensitive primary care, community building, hormone management, surgery referrals, legal navigation help, social and emotional support, and education”

Location: Gravenstein Community Clinic
652 Petaluma Avenue, Ste. F
Sebastopol, CA 95472

When: 1st Wednesday of every month

Time: 5:30 p.m. – 7:30 p.m.

Contact: (707) 887-0427 ext. 4405

Website:

<https://www.wchealth.org/service/gender-expansive-services/>

Last Verified On: 04/05/2021

Trans Resilience

“Helps trans and genderqueer/gender non-conforming people to navigate the world and find joy and happiness in their lives, through providing tools to develop self-love, self-compassion, and conscious communication.”

Contact: 510-842-7088

Website: <https://transresilience.com/>

Last Verified On: 04/05/2021

Trans Lifeline

“Fight the epidemic of trans suicide and improves overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. For trans people, by trans people.”

Contact: 1 (877) 565- 8860

Website: <https://www.translifeline.org/>

Last Verified On: 04/05/2021

FTM International

“Find out about legal rights, female-to-male transition, health and successful FTMs in all walks of life”

Website: <http://www.ftmi.org/>

Last Verified On: 04/05/2021

TransPulse Transgender Resource Locator

“Worldwide database including doctors, therapists, and other businesses that welcome transgender clientele.”

Website: <https://www.transgenderpulse.com/>

Last Verified On: 04/05/2021

Transgender Map

“This free website shows how to make a gender transition”

Website: <https://www.transgendermap.com/>

Last Verified On: 04/05/2021