

SONOMA COUNTY LGBTQ+ RESOURCES

HOTLINE PHONE NUMBERS

LGBT National Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (888) 843-4564

Email: help@LGBTHotline.org

Website: <https://lgbthotline.org/national-hotline/>

Last Verified On: 04/06/2026

LGBT National Youth Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, family, bullying, school issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (800) 246-7743

Email: help@LGBTHotline.org

Website: <https://lgbthotline.org/youth-talkline/>

Last Verified On: 04/06/2026



988 Suicide & Crisis Lifeline

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

Call/Text: 988

Website: <https://988lifeline.org/>

Last Verified On: 04/06/2026

TEEN RESOURCES

West County Teen Clinic

“Serving all folks 12-26 years old.”

Location: 652 Petaluma Ave Suite F
Sebastopol, CA 95472

Contact: (707) 824-3391

Website:

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

Last Verified On: 04/10/2026



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ALCOHOLICS ANONYMOUS

Gravenstein Gays

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

When: Every Wednesday at 7 p.m.

Location: Sebastopol Christian Church
7433 Bodega Ave., Sebastopol, CA 95472

Website:

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

Last Verified On: 04/10/2026

LGBTQ RESOURCE CENTERS

LGBTQ Connection – Sonoma

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

Location: 2800 Cleveland Ave Suite C,
Santa Rosa, CA 95403

Contact: (707) 582-1227

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

Last Verified On: 04/10/2026

Positive Images

“Provide support to the North Bay’s LGBTQIA+ population, with an emphasis on identities and individuals at the margins – including transgender and nonbinary individuals, LGBTQIA+ people of color, Latine families, neurodivergent people, and disabled people.

We are dedicated to providing essential services that encompass mental health support, advocacy, and education.

Location: 1000 Apollo Way Suite 110
Santa Rosa, CA 95407

Contact: (707) 568-5830

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

Last Verified On: 04/10/2026

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: 04/10/2026

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.ncrlrights.org/>

Last Verified On: 04/06/2026



SONOMA COUNTY LGBTQ+ RESOURCES

LEGAL RESOURCES , Continued

Oasis Legal Services

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

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

Contact: (510) 666-6687

Website:

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

Last Verified On: 04/06/2026

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval. All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 04/06/2026

RESOURCE DIRECTORIES

Pink Spots – The LGBTQ Directory

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

Last Verified On: 04/06/2026



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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/lgbt-1>

Last Verified On: 04/10/2026

Santa Rosa LGBTIQ Seniors

“Join us for lively discussions, mutual support, sharing information, and all the while celebrating who we are. Everyone is welcome; there is no charge. Whether you’re in the closet or out, you are welcome!”

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: 04/10/2026

SAGE

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

Contact: (212) 741-2247

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

Last Verified On: 04/09/2026

National Resource Center on LGBTQ Aging

“The country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.”

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

Last Verified On: 04/10/2026

LGBT National Senior Hotline

“Free and Confidential peer support for the LGBT and questioning community ages 50 and above.”

Contact: (888) 234-7243

Email: help@LGBHotline.org

Website: <https://lgbthotline.org/senior-hotline/>

Last Verified On: 04/09/2026

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: 04/10/2026



SONOMA COUNTY LGBTQ+ RESOURCES

SUPPORT GROUPS

FTM Sonoma County

“Female to male free drop-in support group.”

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

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

Website:

<https://www.sonomacountypride.org/community-resources/name/ftm-sonoma-county/>

Last Verified On: 04/17/2026

Transgender North Bay

“Free male to female support group, for those 18 and older.”

Contact: (707) 494-6983

Website:

<https://www.sonomacountypride.org/community-resources/name/transgender-north-bay/>

Last Verified On: 04/17/2026

SUPPORT GROUPS, Continued

LGBTQ+ Support Groups - TransFamily Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

Email: info@transfamilysos.org

Website:

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 04/17/2026

TRANSGENDER RESOURCES

Trans Resilience - Resources

“Here are a few resources that may be useful for community organizations, trans individuals, or therapists and medical providers.”

Website: <https://www.trans-ilience.com/>

Last Verified On: 04/06/2026

Trans Lifeline

“Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.”

Contact: (877) 565-8860

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

Last Verified On: 04/06/2026

Transgender Map

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

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

Last Verified On: 04/06/2026

TransPulse Transgender Resource Locator

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

Website:

<https://www.transgenderpulse.com/resource-locator/>

Last Verified On: 04/17/2026