

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: 05/30/2025



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: 05/30/2025

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: 988

Website:

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

Last Verified On: 05/30/2025

TEEN RESOURCES

West County Teen Clinic

“Serving all folks 12-26 years old.”

Location: 652 Petaluma Ave Suite F
Sebastopol, CA 95472

Contact: (707) 887-0427

Website:

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

Last Verified On: 05/30/2025



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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/meetings/gravenstein-lgbtq/?tsml-day=3>

Last Verified On: 05/30/2025

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: 05/30/2025

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

Contact: (707) 568-5830

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

Last Verified On: 05/30/2025

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?rdeLocal_eAttr=en

Last Verified On: 05/30/2025

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.nclrights.org/>

Last Verified On: 05/30/2025



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LEGAL RESOURCES

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: 05/30/2025

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: 05/30/2025

RESOURCE DIRECTORIES

Pink Spots – The LGBTQ Directory

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

Last Verified On: 05/30/2025



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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: 05/30/2025

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://lgbthotline.org/senior-hotline/>

Last Verified On: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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: orlandokaioshea@gmail.com

Facebook:

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

Last Verified On: 05/30/2025

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

Last Verified On: 05/30/2025

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: 05/30/2025

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”

Contact: (858) 304-0085

Email: Info@TransFamilySOS.org

Website:

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

Last Verified On: 05/30/2025

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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: 05/30/2025

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: 05/30/2025

Transgender Map

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

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

Last Verified On: 05/30/2025

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: 05/30/2025

Gender Clinic – Santa Rosa Community Health Center

“Strives to provide integrative gender-affirming therapy for our gender-expansive patients”

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

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

Last Verified On: 05/30/2025

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: 05/30/2025