

SONOMA COUNTY YOUTH RESOURCES

YOUTH ENRICHMENT PROGRAMS

VOICES Sonoma

“Provides young people aging out of foster care with family-like support, acceptance, and accountability as they set their own goals and pursue them across VOICES’ youth-led core programs.”

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

Contact: (707) 579-4327

Website:

<https://www.voicesyouthcenter.org/voices-sonoma>

Last Verified On: 10/28/2025

Sonoma Valley Teen Center

“Offers a variety of activities and opportunities and opportunities. All teens are welcome, without a fee.”

Location: 17440 Sonoma Highway
Sonoma, CA 95476

Contact: (707) 939-1452

Website: <http://teenservicessonoma.org/teen-center.html>

Last Verified On: 10/28/2025

Chop’s Teen Club

“Provides a safe, fun, and productive place where teens engage, connect and discover their true potential. Open to all Sonoma County 7th - 12th grade students after school and on weekends. Membership fee required, payment plan available.”

Location: 509 Adams Street
Santa Rosa, CA 95401

Contact: (707) 284-2467

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

Last Verified On: 10/28/2025



LGBTQ Connection

“Youth-led initiative working to increase awareness, inclusion, and support of LGBTQ people of all ages and races. Provide a safe and trusted space to cultivate hubs of activity and community.”

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

Contact: (707) 579-4327

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

Last Verified On: 10/28/2025

Side by Side

“Side by Side operates across the Bay Area, providing young people ages 5-26 and family members with critical services that span behavioral and mental health, early intervention in schools, LGBTQIA+ support, transitional housing for foster youth, and special education.”

Location: 300 Sunny Hills Dr, San Anselmo,
CA 94960

Contact: (415) 457-3200

Email: contactus@sidebysideyouth.org

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

Last Verified On: 10/28/2025

SONOMA COUNTY YOUTH RESOURCES

CRISIS HOTLINES

National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

Call/Text: (800) 786-2929

Website: <https://www.1800runaway.org/youth-teens/>

Last Verified On: 10/28/2025

DOMESTIC VIOLENCE & INTIMATE PARTNER VIOLENCE

Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

Contact: (866) 331-9474

Text: LOVEIS to 22522

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

Last Verified On: 10/28/2025

EDUCATION & EMPLOYMENT

California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

Website: <https://chafee.csac.ca.gov/>

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SONOMA COUNTY YOUTH RESOURCES

FOSTER CARE & KINSHIP SUPPORT SERVICES

Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

Call or Text Hotline: (833) 939-3877

Contact: (916) 657-1858

Website:

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

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SUPPORT GROUPS

LGBTQ+ Youth Community Spaces - TransFamily Support Services

“Both online and in-person community youth groups”

Email: Info@TransFamilySOS.org

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

Last Verified On: 10/28/2025

TEEN CLINICS

Elsie Allen Health Center

“Provides primary care for adolescents throughout Sonoma County.”

Location: 599 Bellevue Ave, Room G17
Santa Rosa, CA 95407

Contact: (707) 583-8777

Website: <https://srhealth.org/location/elsie-allen-campus/>

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SONOMA COUNTY YOUTH RESOURCES

INFORMATION AND SUPPORT

Child Parent Institute

“Parenting Services, Counseling Services, and Creative Arts Program”

Location: 3650 Standish Avenue,
Santa Rosa, CA 95407

Contact: (707) 585-6108

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

Last Verified On: 10/28/2025

MENTAL HEALTH SERVICES

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

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

Last Verified On: 10/28/2025

SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

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

Last Verified On: 10/28/2025

CalHOPE – Soluna

“Mental Health coaching and resources for teens and young adults ages 13-25.”

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

Last Verified On: 10/28/2025

SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

Website:

<https://www.safespacestories.org/projects-7>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

Spotify:

<https://open.spotify.com/show/49338MHq6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 10/28/2025

Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

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