



Parenting

(See “Childcare” for additional resources)

☺ = Spanish speaking agency

Artreach: 527-7006 x 137

Wells Fargo Center for the Arts provides free tickets to children of low-income families to attend the Children’s Performing Arts Center Series: family entertainment, dance, puppets and live theater; call for more information.

☺ California Parenting Institute: www.calparents.org, 585-6108

Offers a wide range of services for parents of newborns through teens, including **Kindergym**, low-cost classes and workshops, support groups, in-home visits, parent-support advice line, and many others.

CalServes: www.calserves.org 586-9285

Family Programs – offer parenting classes on topics such as supporting children in school, positive communication, discipline and self esteem while children receive homework assistance and participate in structures fun learning activities.

☺ Early Start Program: 569-2000

Help for families with infants and toddlers who have or are “at risk” for disabilities or developmental delays.

☺ Family, Youth and Children’s Services: <http://www.sonoma-county.org/human/family.htm>, 565-4300

County department home to Child Protective Services (which responds to situations of abuse and neglect), foster care administration and group home services for children who are victims of abuse.

☺ Public Health Home Visiting Programs: www.sonoma-county.org/health/ph/homevisiting/index.htm 565-4440

- **Teen Parent Connections:** Comprehensive case management for pregnant/parenting teens 18 years +.
- **Maternal Child Health Field Nursing:** For low-income pregnant women or mothers parenting a child under 36 months; with medical/social risk factors
- **Nurse-Family Partnership:** Evidence-based nurse home visit program for low-income, first-time mothers until child is two years old.

Grandparents Parenting...Again: 566-8676

Support groups for grandparents and other relatives who are parenting a family member’s child; organizes an annual conference, speakers share information on child/domestic abuse, legal issues, court system, parenting.

Guerneville Library: www.sonomalibrary.org, 869-9004

Free children’s story time at 11 a.m. on Wednesdays; free library cards; 14107 Armstrong Woods Road

Jewish Family and Children’s Services: www.jfcs.org, 571-8131

Parent education classes for parents of children ages 0-5, for groups of six or more parents offered at child care centers and businesses throughout the county. Over 40 different classes and playgroups including drop-in play centers, infant massage, support for children and parents, and education on nutrition and parenting. Fees vary, with some aid available through California Department of Social Services.

☺ **La Leche League:** <http://llnocal.org> 523-8697

Offers breastfeeding information and parenting support @ 10:30 AM on the first Friday of the month; located at 583 Summerfield Road, Santa Rosa.

☺ **Life Works of Sonoma County:** www.lifeworkssc.org, 568-2300

Comprehensive services for children and families in Sonoma County; parent education and counseling, support groups, behavioral management programs, therapy, classes and workshops (fees based on income).

☺ **North Bay Regional Center:** <http://www.nbrc.net>, 569-2000

Offers child development testing and referral; government financial program for children in need of developmental counseling and/or education.

Parent's Place Center: 571-2048 www.parentsplaceonline.org/sonoma

Offers "everything to do with parenting:" advice, counseling, peer support groups, workshops, etc.

☺ **Mom/Baby Program of St. Josephs Home Care Network:** 206-9124

A program to help new mothers connect with community resources and support systems; parenting classes, developmental screening, nutrition counseling, transportation, food, shelter, health education, mental health assistance, Medi-Cal registration, WIC referrals, dental care, home visits from nurses.

☺ **PACEAPP Child Care Funding – Redwood Empire Office** www.paceapp.org 585-0600

Child care funding for parents who have received cash aid public assistance in the last 24 months.

☺ **River to Coast Children's Services:** www.rccservices.org, 869-3613 (from Coast 1-800-994-3613)

Along with information, referrals and financial assistance for local child care services, and counseling programs and services, RCC hosts activities and programs for children such as field trips, workshops, special events, and a Kindergym on Mondays and Tuesdays from 9:45 to 12:20; parenting and family classes also available.

Sebastopol Community Center: www.seb.org, 823-1511

Various programs and activities for children and parents, including **Tiny Tots preschool (call 823-0355)** for 3 to 5 year-olds, M-F 9-12 and 9-1 as well as **Kindergym open play-time** (for six months to 3 year-olds) held on Wednesdays and Fridays from 11-12:, and various **summertime/school-vacation day camp** programs; location is 390 Morris St.

Sebastopol Public Library: www.sonomalibrary.org/branches/Sebastopol.html , 823-7691

Free preschool story times held Wednesdays 10:30-11 a.m.; **free** library cards; various other activities

☺ **Social Advocates for Youth (SAY):** www.socialadvocatesforyouth.org, 544-3299

Offers classes and support for teen parents; call for availability.

☺ **Southwest Family Resource Center:** www.capsonoma.org, 579-4816

Parent education, coaching and mentoring, assistance with school processes, home visits, information and referrals, case management, translating and interpreting; **located at the Roseland School Campus.**