

- More info: [During the COVID-19 Health Crisis and “Shelter in Place” Order, There is Help for Those Living With Domestic Violence](#)

Solano County

Food Support

- **Get food from a food bank or food pantry**
 - Food Bank of Contra Costa and Solano
 - Visit [Find Food in My City](#) to locate a food pantry near you; food banks are remaining open
 - To find services near you, please contact the Food Bank at **1-855-309-3663 (FOOD)** for help and information.
 - More info: [Coronavirus Volunteer Update](#)
- **Get home delivered meals for seniors in Solano County**
 - Meals on Wheels Lunch Program
 - Solano County’s Meals on Wheels Lunch Program offers home delivered lunches to all seniors (age 60+) during the COVID-19 outbreak. Seniors do not have to be homebound to qualify. Cities served include Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo.
 - Call **707-426-3079** for more information and to request a delivery.
 - Office hours: M - F, 9 AM - 3 PM. Cost: Suggested donation of \$4/meal.
 - For more information visit link: <https://www.mealsonwheelssolano.org/>
- **Get meals for students during COVID-19 school closures in Benicia**
 - Benicia Unified School District
 - During the COVID-19 school closures, the Food and Nutrition Services Department will serve free meals for all Benicia students. Parents may drive or walk up to Robert Semple Elementary or Benicia High School to pick-up breakfast and lunch. Children do not need to be present to receive food. Parents/guardians can drive up and tell staff how many meals are needed. Each student will receive lunch for the day and breakfast for the next day. They will be all put together in a grab and go bag for your convenience.
 - Please visit the link to learn more about the program. The District requests that parents email the District at tcourtney@beniciaunified.org if you would like your child(ren) to participate in this program and which of the two serving schools they will pick up their meals. Please include students’ names, so the District can anticipate how many meals to prepare.
 - Participating schools: Start date: Tuesday, March 17 through Friday, March 27 - Robert Semple Elementary, 2015 E 3rd St, Benicia, CA 94510 (Entrance of the Staff Parking Lot) and Benicia High School 1101 Military W, Benicia, CA 94510 (Turn into Plaza de Oro and keep right past the gates until you see us). Time: 11:00AM – 1:00PM.
 - More info: [Food Service Communication](#)

- **Get free meals for students in Dixon during the COVID-19 school closures**
 - The Dixon Unified School District Food Services team will provide free lunches and breakfasts during the COVID-19 school closures. All children 18 years and younger may receive a free meal. No paperwork is required. Children do not need to attend Dixon Unified School District to receive a meal. Children do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed. The number of meals given is based on the number of children present. The program is only for meal pick-up.
 - Meals will be available Monday - Friday, March 16 - 27 from 11:30 a.m. - 12:00 p.m. [See pick-up sites here](#)
 - [More info](#)

- **Get free meals for students in the Vallejo City Unified School District during COVID19 closures**
 - Vallejo City Unified School District
 - Offers meals to all students during the COVID19 closures beginning March 18 through Friday, March 27, 2020. The District will offer “grab and go” breakfast and lunch meals. Breakfast will be available from 8 AM to 9 PM and lunch from 11 AM to noon. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - See pick-up sites here: <https://www.parentsquare.com/feeds/2731725>
 - Shelf stable provisions donated by the Food Bank will also be provided to families during meal services. Meals and provisions will be provided on a first come first serve basis
 - [More info](#)

- **Get free food in Vallejo and Fairfield**
 - The Salvation Army of Northern California will provide food boxes to those in need. Food boxes will be distributed at drive-through style pickups at two locations: Vallejo Social Services Office, 630 Tuolumne St. in Vallejo - March 23 to March 27, Tuesday & Wednesday 9 AM to noon.
Fairfield Social Services Office: 1216 Missouri St. in Fairfield - March 23 to March 27, Tuesday, Wednesday and Thursday 9 AM to noon. Additional dates may be added if warranted. For additional information call the Vallejo office at 707-643-8621 or the Fairfield office at 707-439-7980.
 - [More info](#)

- **Get free meals for students in the Vacaville Unified School District during COVID19 closure**
 - Vacaville Unified School District
 - The Vacaville Unified School District offers breakfast and lunch for District students during COVID19 closures. Both meals are offered as grab and go from 11 AM to 12:30 PM. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - [Vacaville Unified School District](#)

- **Get free meals for students in Fairfield/Suisun during the COVID-19 school closures**
 - Fairfield/Suisun School District

- The Fairfield/Suisun School District is offering free food for all children ages 18 and under (living in any part of the Fairfield-Suisun area) during the COVID-19 school closures beginning March 17th, 2020. Food is available for pick up 11:00 AM - 1:00 PM, Monday - Friday at schools throughout the District. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - See pick up sites [here](#)
 - More info: <https://www.fsusd.org/covid19>
- **Get free meals for students in the River Delta Unified School District during COVID-19 closures**
 - River Delta Unified School District
 - Offering the opportunity for District families to pick up two to-go meals (breakfast and lunch), every weekday from 11:00 AM to 12:30 PM for children 18 years old or younger. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed. This program will be solely for the pick-up of meals: meals will not be consumed on-site.
 - See pick-up sites [here](#)
 - More info: [CORONAVIRUS UPDATE](#)
- **Get home delivered meals for seniors in Solano County**
 - Meals on Wheels Lunch Program
 - Solano County's Meals on Wheels Lunch Program offers home delivered lunches to all seniors (age 60+) during the COVID-19 outbreak. Seniors do not have to be homebound to qualify. Cities served include Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo.
 - Call 707-426-3079 for more information and to request a delivery.
 - Office hours: M - F, 9 AM - 3 PM. Cost: Suggested donation of \$4/meal.
 - For more information visit link: [Meals on Wheels Solano County](#)

Financial Support

- **Get assistance for business owners and laid off employees**
 - Workforce Development Board (WDB) of Solano County
 - Business owners who are facing potential layoffs or plant closures can get help through the Rapid Response program. Rapid Response teams will meet to discuss needs, help avoid layoffs where possible, and support workers with career counseling, job search assistance, help with filing unemployment insurance claims, and information about education and training opportunities.
 - Contact April Ziomek-Portillo, Sr. Manager of Business Services at 707-863-3569 or aziomek@solanowdb.org
More info: [COVID-19 Resources for Businesses - March 13, 2020](#)

Childcare Support

- **Get childcare**
 - Solano County Public Health

- Childcare centers may remain open in Solano County if they strictly follow social distancing protocols in accordance with the guidance distributed and posted on the Solano Public Health website.
- Call the individual childcare center to confirm that they are currently open.
- Call the Health Department warmline for additional information: 707-784-8988, M - F 7 AM - 6 PM. Email: covid19@solanocounty.com
- Visit link for additional information: [News Details](#)

Mental Health Support

- **Get mental health counseling about COVID-19**
 - Solano County Mental Health
 - Solano County Mental Health offers phone support for individuals experiencing stress and other effects from COVID-19.
 - Call the Access Line at 800-547-0945, M - F, 8:30 AM - 5 PM. Available in English and Spanish. For mental health crisis call (707) 428-1131 available 24 hours a day, seven days a week in English and Spanish.
 - Visit link for more information: <https://www.solanocounty.com/depts/mhs/default.asp>

General Health Support

- **Get help applying for public benefits**
 - Solano County Department of Health and Social Services
 - Community members are strongly encouraged to apply online or request an application by phone. However, this may not be possible in some cases. Community members may visit H&SS buildings to pick up or drop-off an application if needed: 365 Tuolumne St., Vallejo; 275 Beck Ave, Fairfield; 1119 E. Monte Vista, Vacaville. Community members can return the application.
 - Visit link for more information: [News Details](#)
- **Get drive-through testing for COVID-19 for first responders, healthcare workers, and essential workers**
 - Solano County
 - Free drive-through COVID-19 testing for first responders, healthcare workers, and essential workers. Must show symptoms consistent with COVID-19 and must live and/or work in Solano County. Individuals are asked to bring a valid ID card at the time of testing. Testing is by appointment only.
 - Call 707-784-8655 to make an appointment for testing. The testing phone line is open on Monday-Friday from 9:00am-4:30pm or until all appointment slots are filled. Individuals are asked not to leave a voicemail.
 - Solano County Fairgrounds, 900 Fairgrounds Drive, Vallejo, CA 94589; phone #: 707-784-8655 (testing line) and 707-784-8988 (warmline); email: COVID19@SolanoCounty.com; testing site hours: Tuesday-Thursday from 9:00am-4:00pm and Friday from 9:00am-12:00pm.
 - More info: [FAQ: COVID-19 Drive-Through Testing](#)

Homeless Support

- **Get emergency homeless shelter and services**

- The SHELTER Solano
- The SHELTER Solano is a year-round emergency shelter located on 3.5 acres in Fairfield, Ca. SHELTER Solano can meet the emergency housing needs of individuals and families with accommodations including dormitory style rooms, family-sized rooms and separate apartment-style units. The campus is secured and includes a dining hall for meals and recreational areas for persons of all ages. SHELTER Solano is operating during "Shelter in Place" COVID-19 response.
- If you are seeking emergency shelter and homeless services or need to refer someone, please call the Solano County Coordinated Entry System, Resource Connect Solano, at (707) 652-7311. Please leave a call back number if requested.
- Visit link for more information: [SHELTER Solano will be an emergency shelter serving homeless persons.](#)

Other Support

- **Access a Shelter at Home Guide**

- Solano County Public Health Department
- Offers an online guide to sheltering at home including a discussion of what is meant by “essential activities”
- Access 24 hours a day seven days a week. Spanish version offered.
- Please visit the link for the guide: [nCoV](#)

- **Find online learning activities during COVID-19 school closures**

- Vacaville Unified School District
- The Vacaville Unified School District offers suggestions for online learning activities that can be used during the COVID-19 school closures
- Please visit the link for a list of home learning activities: [Vacaville Unified School District](#)
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- **Get suggestions for learning activities during the COVID-19 school closure**

- Fairfield/Suisun School District
- Offers online suggestions for continuing learning activities during the COVID-19 closures. Activities are grade appropriate.
- Please visit the link for access to the activities. Access available online 24 hours a day seven days a week.
- <https://www.fsusd.org/covid19>

- **Call a Coronavirus helpline in Solano County**

- Solano County Public Health Department
- Solano County Public Health Department offers a Coronavirus warmline to answer questions from the public about COVID-19.
- Call 707-784-8988
- Hours (subject to change): 7 AM - 6 PM Monday-Friday.

- <http://www.solanocounty.com/depts/ph/ncov.asp>

- **Call a domestic violence hotline**

- Safequest Solano
- Safequest Solano offers a 24/7 domestic violence crisis hotline.
- Call (866) 487-7233
- Available 24 hours a day seven days a week.
- Safequest.us

Senior Support

- **Get support for seniors in Vacaville**

- The City of Vacaville has set up a help hotline to assist seniors who are currently in self-quarantine because of COVID-19 – the Senior Helpline. Services being offered include: home check-ups; pick-up and drop-off of essential supplies; transportation for essential services; and daily or weekly phone calls.
- The phone bank is manned from 8 AM - 6 PM, Monday through Friday and 9 AM - 2 PM on Saturdays. To get in touch with someone, call 707-449-5100 and select option 1 or email seniorhelp@cityofvacaville.com. Voicemail and email are available after hours.
- Call 707-449-5100 and select option 1. Email: seniorhelp@cityofvacaville.com.
- Visit link for more information: [City activates Senior Helpline | News | Vacaville, CA](#)

Sonoma County

Food Support

- **Get food from a food pantry**

- Redwood Empire Food Bank
- Free food for individuals and families at several different pick-up locations. Self-verification of income required at Groceries to Go sites; nothing required at (except bags) at Produce Pantry sites. Food distribution remains open but some sites have been cancelled and others extended or beginning as soon as possible. Call Food Connections at 707-523-7903 with any questions.
- Walk-in to various locations ([visit the Food Finder page to find the closest location](#)).
- Various locations and pick-up schedules; [check Food Finder page for details](#); Food Connections phone #: 707-523-7903
- More info: <https://getfood.refb.org/>

- **Free Food Distributions for Pickup**

- Catholic Charities of The Diocese of Santa Rosa
- Catholic Charities will continue with regular food distributions during COVID-19 for pickup at one of their various locations
- Visit the link provided below to find the nearest food distribution near you and the times they are available.
- <https://www.srcharities.org/distributions/?filter=food>

- More info: <http://santarosacatholic.org/COVID-19>
- **Get free lunch for children in Santa Rosa during the school week**
 - Santa Rosa City Schools
 - Free drive-through/carry-out lunch service for Santa Rosa children under the age of 18 years during the school week
 - Drop by and pick up lunch at any of the [listed locations](#) on Monday-Friday between 11:30am-1:00pm starting on March 23rd. Your child does not have to attend one of the listed schools to receive lunch but must be present when picking up lunch.
 - [See list of pick-up locations here](#); available starting March 23 on Monday-Friday between 11:30am-1:00pm.
 - More info: [Santa Rosa City Schools online update](#)
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)
- **Free Food Distributions for Pickup**
 - Catholic Charities of The Diocese of Santa Rosa
 - Catholic Charities will continue with regular food distributions during COVID-19 for pickup at one of their various locations
 - Visit the link provided below to find the nearest food distribution near you and the times they are available.
 - <https://www.srcharities.org/distributions/?filter=food>
 - More info: <http://santarosacatholic.org/COVID-19>
- **Get Groceries or Prescription Delivered**
 - Vintage House Delivers
 - Weekly delivery for Sonoma Valley seniors (65+) for essential good and prescriptions, reimburse delivery volunteer with check, or credit card, if you cannot afford to pay please call 707-996-0331
 - Fill out [request form](#)
 - Click here for [FAQ](#), Hours Mon - Fri 9 AM - 4 PM, phone # 707-996-0311, send message through [online form](#)
 - More info: [Vintage House Delivers](#)
- **Get free or low-cost home-delivered meals**
 - Ceres Community Project
 - 7 home-delivered meals per week for individuals in need of assistance. [Click here](#) for eligibility.
 - Call 707-829-5833 ext. 201 to request services. A member of the Client Care Team will get back to you within 48 business hours to verify your eligibility and complete an intake.
 - Phone #: 707-829-5833 ext. 201.

- More info: [Coronavirus Crisis Response](#) and [Ceres Community Project homepage](#)
- **Get a free food box in Petaluma**
 - COTS and The Salvation Army
 - Food box distribution for individuals in need who are able to cook at home.
 - Visit The Salvation Army during distribution hours to receive a food box.
 - 721 S McDowell Blvd, Petaluma, CA 94954; hours: Monday from 1:00pm-3:30pm, Wednesday from 9:30am-11:00am, and Thursday from 9:30am-11:00am.
 - More info: [Announcement on COTS' Facebook page](#)

Financial Support

- **Join a waitlist to get cash assistance for undocumented immigrants**
 - UndocuFund for Disaster Relief in Sonoma County
 - UndocuFund is opening a waitlist for undocumented immigrants in Sonoma County impacted by COVID-19 to receive cash assistance. Assistance is dependent on available funds.
 - [Visit the link](#) and complete and submit the online form to be added to the waitlist to receive funds. You will be contacted when funds become available.
More info: [UndocuFund FAQ](#) and [application page](#)

Childcare Support

- **Access free ebooks, newspapers, magazines, and audiobooks with Sonoma County Library Card**
 - Sonoma County Library
 - Library locations are closed, but all online services are available 24/7 to Sonoma County Library cardholders. Ebooks and Audiobooks are available through Overdrive, Libby, and Hoopla. Access to the NY Times Newspaper and many other magazines are available now, online.
 - Click link to visit [Sonoma County Library: Home](#)
 - More info: [Library branches closed, digital library open](#)
- **Talk to professional caregivers about home childcare or parental support**
 - Community Child Care Council of Sonoma County
 - Physical locations are closed, but staff available by phone, email or social media to help support parents and children during sheltered in
 - Call (707) 544-307 or email info@sonoma4cs.org
 - Community Child Care Council, 131-A Stony Circle, Suite 300, Santa Rosa, CA 95401(physical location closed), phone hours Mon - Fri, 8:30 AM - 5:00 PM
 - Website: [Community Child Care Council of Sonoma County](#)

Employment/Unemployment Support

- **Employee Assistance Program (EAP) (Fiorella)**
 - Sonoma County Employee Resources

- The County's Employee Assistance Program (EAP) provides free, confidential counseling and other life services 24 hours a day, 7 days a week to all County of Sonoma employees and their family members.
- To register for a live webinar go to <https://clientresources.beaconhealthoptions.com/eap-workshops>
- Schedule: Monday-Friday, 8am-5pm. Phone: (707) 565-2331
- More info: [Covid 19 | Services | Employee Resources](#)

General Health Support

- **On-Site Medication Pickups for Existing and New Patients**
 - Jewish Community Free Clinic
 - Jewish Community Free Clinic is offering on-site medication pickups at pre-arranged times if you call their clinic ahead of time. They are accepting new patients as well via telehealth.
 - Call 707-585-7780 to schedule a pickup time for medication.
 - Phone: 707-585-7780
 - More info: <https://www.jewishfreeclinic.org/>
- **Urgent Dental Needs**
 - St. Joseph Health Dental Clinic
 - St. Joseph Health Dental Clinic is accepting patients (adults and children) with urgent dental needs during the COVID-19 crisis.
 - Call their bilingual front desk at 707-547-2221 for more information
 - Phone: 707-547-2221
 - More info: [st. joseph health dental clinic](#)
- **Free COVID-19 Screening Hotline**
 - Sonoma Valley Hospital Screening Hotline
 - Sonoma Valley Hospital Screening Hotline is available if you are feeling ill and experiencing symptoms such as fever, cough, or shortness of breath, and you are concerned you may have COVID-19.
 - Call (707) 935-5440 if you are experiencing any symptoms.
 - Schedule: 8am-8pm, 7 days a week. Phone: (707) 935-5440
 - More info: [Coronavirus: Community Resources](#)
- **Grocery Shopping, Medication Pickup and Virtual Connections Available for Seniors**
 - Vintage House
 - Vintage House Delivers was launched by Vintage House to support vulnerable seniors by doing their grocery shopping and picking up prescriptions or other medicines. They are also using technology to offer "Friendly Visits" for those who want to connect safely.
 - Sign up for Vintage House Delivers [online](#) or call (707) 996-0311.
 - Location, contact info, schedule information here
 - More info: <https://vintagehouse.org/vintage-house-delivers/>

Homeless Support

- **Free Shower Areas**
 - Catholic Charities of The Diocese of Santa Rosa
 - Catholic Charities of The Diocese of Santa Rosa is providing the homeless population with free shower access at various locations.
 - Look at the schedule information below to find the closest location to you.
 - <https://s3-us-west-1.amazonaws.com/srcharities/wp-content/uploads/2020/03/19192114/SHOWERRESOURCES3-17-20-1.pdf>
 - More info: <http://santarosacatholic.org/COVID-19>

- **Free Resources and Meals for Homeless Individuals**
 - Sonoma Overnight Support
 - Sonoma Overnight Support provides services to help the homeless and hungry in Sonoma Valley.
 - Call (707) 939-6777 for current information on their prepared meal services during the COVID-19 emergency.
 - Phone: (707) 939-6777. Email: sos151fundraising@gmail.com
 - More info: [Sonoma Overnight Support - Sonoma Non-Profit | Helping the Homeless](#)

- **Pick up to-go breakfast bags for individuals experiencing homelessness in Santa Rosa**
 - Church of the Incarnation
 - Church of the Incarnation's Sunday Open Table program is offering to-go breakfast bags for individuals experiencing homelessness in Santa Rosa.
 - Visit the church on Sundays starting at 6:00am to pick up a breakfast bag.
 - 550 Mendocino Ave, Santa Rosa, CA 95401; phone #: 707-579-2604; hours: Sunday starting at 6:00am.
 - More info: [Coronavirus Update](#) and [Sunday Open Table page](#)

- **Get a hot meal for individuals experiencing homelessness**
 - The Living Room
 - Free hot meals available for pick-up for Sonoma County residents experiencing homelessness and in immediate need. Hygiene care packs and a limited amount of pet food are also available. One meal per person. You must be physically present to receive services.
 - Visit The Living Room on Monday-Friday between 10:00am-1:00pm to receive a meal.
 - 1207 Cleveland Avenue, Santa Rosa, CA 95401; phone #: 707-579-0138; email: info@thelivingroomsc.org; hours: Monday-Friday from 10:00am-1:00pm.
 - More info: [announcement on The Living Room's Facebook page](#)

- **Get drop-in services for young people experiencing homelessness or in crisis**
 - Social Advocates for Youth (SAY)
 - Drop-in services for youth experiencing homeless or in crisis. Services include access to food, housing, information, and supplies.
 - Visit the Coffee House Teen Shelter on Monday-Sunday between 9:00am-9:00pm to receive services.
 - 1243 Ripley Street, Santa Rosa, CA 95401; 24/7 Crisis Line Hotline #: 1-888-729-0012; hours: Monday-Sunday from 9:00am-9:00pm.
 - More info: [announcement on Social Advocates for Youth's Facebook page](#)

- **Get a hot meal for individuals experiencing homelessness or hunger in Petaluma**
 - COTS and The Salvation Army
 - Hot lunch and dinner provided seven days a week for individuals experiencing homeless or hunger in Petaluma. COTS residents may eat in COTS' dining room and external guests will be provided meals to-go.
 - Visit COTS during mealtime hours to receive a meal.
 - 900 Hopper St, Petaluma, CA 94952; hours: lunch: Monday-Sunday from 12:30pm-1:30pm; dinner: Monday-Sunday from 5:00pm-6:00pm.
 - More info: [announcement on COTS' Facebook page](#)

Housing/Eviction Prevention Support

- **Apply for for Rent Assistance**
 - Season of Sharing (SOS) and Community Action Partnership of Sonoma County
 - Disaster assistance with housing costs and critical family needs applications are accepted now through June 30th. This assistance supports low-to-moderate income families with dependent children, people aged 55 and older, disabled individuals, veterans, pregnant women in their 2nd and 3rd trimester, survivors of domestic violence, and transitioning emancipated foster youth between 18 and 24.
 - Visit <https://seasonofsharing.org/for-those-in-need/> and apply through the county in which you live.
 - Phone: 211
 - More info: [Home - CAP Sonoma: Community Action Partnership of Sonoma County](#)
- **Get eviction and rent questions answered for tenants**
 - Legal Aid of Sonoma County
 - Legal Aid of Sonoma County's housing team is working remotely to answer tenants' questions about eviction and rent issues by phone.
 - Call 707-843-4432 during office hours to receive assistance.
 - Phone #: 707-843-4432; hours: Monday-Tuesday from 9:15am-11:30am and 1:15pm-4:00pm, Wednesday from 9:15am-11:30am, and Thursday from 9:15am-11:30am and 1:15pm-4:00pm.
 - More info: [announcement on Legal Aid of Sonoma County's Facebook page](#)
- **Get eviction and rent questions answered for tenants**
 - California Rural Legal Assistance, Inc.
 - Legal advice and assistance for tenants regarding Sonoma County's COVID-19 Eviction Defense Ordinance.
 - Call 707-528-9941 during office hours to receive assistance.
 - Phone #: 707-528-9941; hours: Monday-Friday from 8:30am-5:00pm.
 - More info: [announcement on California Rural Legal Assistance, Inc.'s Facebook page](#)

Mental Health Support

- **Sign-up for a free phone counseling and check-in service for seniors**
 - Petaluma People Services Center

- Petaluma People Services Center is offering a free program for seniors. You Are Not Alone to deal with the COVID-19 crisis. A screened volunteer will call every day and update you on the latest information, as well as talk to you about concerns you may have during this time. This service is free for adults aged 60 and up.
 - Call **707-765-8488** to sign up for service and for more information. Email notalone@petalumapeople.org to sign up for service and for more information
 - [More info](#)
- **Free Wellness Checks for Seniors**
 - Rohnert Park Senior Center
 - The Rohnert Park Senior Center is providing wellness checks for seniors during the COVID-19 crisis.
 - Contact Cindy Bagley at 707-588-3452 or email at cbagley@rpcity.org
 - Phone: 707-588-3452 and Email: cbagley@rpcity.org
 - More info: [Senior Center](#)
- **Free Mental Health Resources for Sonoma County Residents**
 - COVID-19 Sonoma County Mental Health Resources
 - A list of mental health resources has been provided by Northern California Public Media during the COVID-19 crisis.
 - Look at the list on the website provided below and choose the best option for your specific circumstance.
 - Various options for Sonoma County residents to choose from.
 - More info: <https://norcalpublicmedia.org/2020032742003/news-feed/sonoma-county-mental-health-resources>
- **Free Bilingual Mental Health Sessions**
 - Jewish Community Free Clinic
 - Jewish Community Free Clinic is offering up to eight free mental health sessions during the COVID-19 crisis.
 - Call 707-585-7780 to schedule an appointment.
 - Phone: 707-585-7780
 - More info: <https://www.jewishfreeclinic.org/>
- **24/7 Crisis Support via Telephone**
 - Sonoma County Mental Health Crisis Stabilization Hotline
 - Sonoma County Mental Health Crisis Stabilization Hotline provides 24 hours a day, 7 days a week crisis intervention.
 - Call (707) 576-8181 if you or someone you know needs help.
 - More info: [Crisis Services | Behavioral Health | Health Services](#)
- **Call an emotional support warmline**
 - NAMI Sonoma County
 - Non-crisis helpline providing mental health support for individuals in need.
 - Call 866-960-6264 on Monday-Friday between 10:00am-5:00pm or email warmline@namisoco.org to receive support.

- [Bay Area-wide Resource Guide](#)
- [Cat Brooks email list of mutual aid](#)
- [Upwardly Global resources for job-seekers](#)
- [B'MAGIC Resources in the Bayview neighborhood, San Francisco](#)
- [Perry Foundation resource list for San Mateo & Santa Clara Counties](#)
- [Richmond Main Street Community Resource Directory](#)
- [Resources for Undocumented Californians](#)