

**MENDOCINO
COUNTY
RESOURCE
GUIDE**

2011

MENDOCINO COUNTY RESOURCE GUIDE

Food Services

Plowshares: (707)462-8582
1346 S. State St. Ukiah

Sherwood Valley Program: (707)456-1710

Ukiah Food Bank: (707)463-2409
888 N. State St. Ukiah

Willits Food Bank: (707)459-3333
229 E. San Francisco St. Willits

Willits Daily Bread: (707)459-3947
59 Bush St. Willits

Fort Bragg Food Bank: (707)964-9404
910 N. Franklin St. Fort Bragg

Housing Services

Hospitality House: (707)961-1150
237 N. McPherson St. Fort Bragg

Buddy Eller Center/Shelter: (707)462-8879
201 Brush St., Ukiah

Ukiah Community Center: (707)462-8879
888 N. State St. Ukiah

Willits Community Services: (707)459-3333
229 East San Francisco St. Willits

Mendocino County Housing Authority: (707)463-5462.
499 Leslie St. Ukiah

Transportation

Mendocino Transit Authority:
Willits Office (707)459-9038
Dial-A-Ride (707)462-3881

Greyhound Bus Services: 1-800-661-8747

Amtrak Bus Services: 1-800-USA-RAIL

24 Hour Help Hotlines

Crisis Help Line: (707)463-HELP
Willits Line: (707)456-3850

Red Cross: (707)463-0112

Local Help: 2-1-1 or www.211mendocino.org

Child Abuse Line: 1-800-4-A-CHILD

Youth Crisis: 1-800-843-5200

Suicide Prevention Line: 1-800-273-8255

National AIDS Line: 1-800-342-AIDS

National Anorexia Line: 1-847-831-3438

GLQBT Line: 1-800-246-7743

Missing Children Network: 1-800-235-3535

Parent Hotline: 1-800-840-6537

Runaway Line: 1-800-621-4000

Youth Advocacy Line: 1-800-USAKIDS

MENDOCINO COUNTY RESOURCE GUIDE

Community Health Centers

Long Valley Health Center: (707)984-6131
Laytonville

Mendocino Coast Clinics: (707)964-1251
Fort Bragg

Little Lake Health Center: (707)456-9600
Willits

Potter Valley Health Center: (707)743-1188

Lakeside Health Center: (707)468-110

Anderson Valley Health Center:(707)895-3477

Redwood Coast Medical Services:
Point Arena (707)882-2189
Gualala (707)884-4995

Consolidated Tribal Health: (707)485-5115

Family Resource Centers

Laytonville Healthy Start: (707)984-8089

Nuestra Alianza: (707)456-9418
291 School St Willits

Safe Passage FRC: (707)964-3077
208 Dana St. Fort Bragg

Arbor on Main: (707) 468-5536
303 North Main St. Ukiah

Nuestra Casa: (707)463-5778
487 North State St Ukiah

Potter Valley Community Center: (707) 743-1332
10500 Main St. Potter Valley.

Anderson Valley FRC: (707)895-2953

Action Network:
Point Arena (707) 882-1691
Gualala (707) 884-5413

Hospitals/Emergency Rooms

Frank R. Howard Memorial Hospital:
1 Madrone St. Willits (707) 459-6801

Mendocino Coast District Hospital:
700 River Dr. Fort Bragg (707) 961-1234

Ukiah Valley Medical Center:
275 Hospital Dr. Ukiah (707) 463-7353

Alternatives and Options

Child Health & Disability Prevention Program: Provide free medical check-ups and vaccines for children. Ask for a CHDP appointment at your health facility. (707)964-4713

Family PACT: Free Sexual Health Services. Ask at your health facility

Center for Life Choices: Pregnancy help and sexual health services (707)463-1436

Mendo County AIDS Network: (707)462-1932
148 Clara Ave Ukiah

Sight For Students:Free eye exams & glasses for kids.
(707)467-5176

Healthy Kids Mendocino: Apply for insurance for your children (707)463-5437 **Can also apply at Family Resource Centers

MENDOCINO COUNTY RESOURCE GUIDE

Counseling Services

Little Lake Medical Center (707)456-9600

Alcohol and Drug Counseling (707)459-7895

Alcohol and Other Drug Program (707)456-3821

Alternatives to Violence (707)272-2594

Empowerment Towards Recovery (707)456-3710

Ford Street Project (707)462-1934

Healing Hearts Program (Willits) (707)456-9020

John Kirchiro (707)367-3569 Substance abuse for teens (Laytonville, Willits, Covelo)

Manzanita Services (707)462-3360 *101

Mendo County Youth Project (707)463-4915

Suicide Support Group (707)964-7254

Mental Health Services

Mental Health Dept. (707)964-4747 Fort Bragg

Mental Health Dept. (707)456-3850 Willits

Mental Health Dept. (707)456-3850 Ukiah

Children's Therapeutic Services (707)459-9900 Willits

Mental Health Youth & Family Services (707)456-3862

Tapestry Family Services (707)463-3300

Therapists who accept Medi-cal & Sliding Scale Services

Lael Fraser (707)468-1100 Willits & Ukiah

Pauline & Andy Mattern (707)485-1183

Dr. Kianna (707)459-3709 or 841-7057 (Emergencies)

Karen DeSoto (707)459-6018 Willits, Ukiah, Covelo

Melina Clark (707)463-4303

Pam Brown (707)456-1262

Sean Re (Youth project) (707)463-4915 *147

Ester Siegle (707)463-4915 *154

Domestic Violence and Protective Services

Victim Witness Protection & Assistance (707)459-7806

Project Sanctuary (707)462-9196
Fort Bragg (707)961-1507

Rape Crisis Support Line (707)462-9196

National Domestic Violence Line (808)799-SAFE

Nationwide RAINN Rape Crisis Line (808)656-4673

MENDOCINO COUNTY RESOURCE GUIDE

Law Services

Family Support District Attorney (866)901-3212

Family Law Facilitator (707)463-5666

Family Law at Ukiah Court House (707)468-2003

Public Defender (707)463-5433

California Indian Legal Services (800) 829-0284

Self-Help Legal Assistance: Tanya Ridino (707)468-2026

Laytonville Healthy Start Video Phone (707)984-8089

Jobs and Vocational Support

Dogs and Youth Day Job: (707)467-5104
Training program for youth 16-21 yrs

Job Alliance: (707)463-5640 Provides professional clothes

Mendocino WORKS: (707)456-3760

Mendo WORKS for Youth: (707)456-3778

Work Ethic Training Program: (707)463-2822

Volunteer Network of Mendo County: (707)456-9005

Community

Rotary Club:
Willits (707)459-4205
Ukiah (707)467-3878
Fort Bragg (707)937-0294

Soroptomists:
Willits (707)459-3542
Ukiah (707)462-9099
Fort Bragg (707)964-6661

Lions Club:
Fort Bragg (707)964-2463
Laytonville (707)984-7323
Ukiah (707)462-3665

Big Brothers/Big Sisters:
Fort Bragg (707)964-1228
Ukiah (707) 463-4915

CASA of Mendocino County: (707)463-6503

Gardens Project:
Willits (707)841-0462
General Area (707)462-2596*103

Application Services

California Lifeline: (707)272-0349 Discount phone services

Dept. of Social Services: (707)456-3700

First 5 Mendocino: (707)459-5314*1113
Behavioral support for families with kids 0-5 yrs

Healthy Kids: (707)463-KIDS Offer insurance for kids

Housing Authority of Mendo: (707)463-5462

North Coast Opportunities: (707)459-2019
Help locate and pay for childcare

Tapestry Family Services: (707)463-3300

Unemployment insurance: (800)300-5616

Veterans Benefits Services: (800)872-1000

Women Infants & Children (WIC): (707)472-2743

Food for All: (707)462-7323 Provide Food Stamps

Yuki Trails Human Services of Covelo: (707)983-6648

Covelo Calworks: (707)983-0070

TEENAGE RESOURCES

Sexual Health Information

Family PACT: Free Sexual Health Services for males and females. Ask at your health facility

Center for Life Choices: Pregnancy help and sexual health services (707)463-1436

Community Health Centers: Provide confidential free sexual health appointments. Call and ask for a confidential appointment.

Project Sanctuary (707)462-9196
Fort Bragg (707)961-1507

Rape Crisis Support Line (707)462-9196

Jobs and Work Experience

Dogs and Youth Day Job: (707)467-5104
Training program for youth 16-21 yrs

Mendo WORKS for Youth: (707)456-3778

Volunteer Network of Mendo County: (707)456-9005

****Ask teachers or adults in your life to help you find a job, professional experience, or professional volunteer opportunities.**

Miscellaneous

Teenagers and the Law: Ask for a “When you Become 18, A Survival Guide for Teenagers” From a Healthy Start Employee

Children’s Therapeutic Services (707)459-9900
Willits

Mental Health Youth & Family Services
(707)456-3862

Youth Project: Call for help
Ukiah (707) 463-4915
Fort Bragg(707) 964-4376

Tapestry Family Services: (707)463-3300

Long Valley Health Center:
Call for appointments 984-3161 If you want it to be confidential make sure that you say that when you call.

General Resources

Healthy Kids: (707)463-KIDS Offer insurance.
If you are under 21 you can apply for Medi-cal

Tapestry Family Services: (707)463-3300

Food for All: (707)462-7323 Provide Food Stamps.
If you live on your own you can apply for food stamps

Local Help: Call 2-1-1
They can help you locate resources near you.

Youth Advocacy Help Line: 1800-USA-KIDS

GLBQT Help Line: 1-800-246-7743

Youth Crisis Line: 1-800-843-5200

Suicide Prevention Line:1-800-273-8255

COMMUNITY RESOURCES

Libraries

Ukiah Library: 105 N. Main St.
(707)463-4491

Willits Library: 390 E. Commercial St.
(707)459-5908

Fort Bragg Library: 499 Laurel St.
(707)964-2020

Point Arena Library: 225 Main St.
(707)882-3114

Round Valley Library: 23925 Howard St. Covelo
(707)983-6736

The Book Mobile: 707-463-4694

Senior Centers

Anderson Valley Senior Center: (707)895-3609 Boonville

Round Valley Senior Center: (707)983-6556 Covelo

Sherwood Oaks Health Center: (707)964-6333 Fort Bragg

Redwood Coast Senior Center: (707)964-0443 Fort Bragg

South Coast Seniors: (707)882-2137 Point Arena

Ukiah Senior Center: (707) 462-4343 Ukiah

Indian Senior Center: (707)462-5595 Ukiah

Willits Senior Center: (707)459-6826 Willits

Clubs and Organizations

Rotary Club:

Willits (707)459-4205
Ukiah (707)467-3878
Fort Bragg (707)937-0294

Soroptomists:

Willits (707)459-3542
Ukiah (707)462-9099
Fort Bragg (707)964-6661

Lions Club:

Fort Bragg (707)964-2463
Laytonville (707)984-7323
Ukiah (707)462-3665

Big Brothers/Big Sisters:

Fort Bragg (707)964-1228
Ukiah (707) 463-4915

CASA of Mendocino County: (707)463-6503

Gardens Project:

Willits (707)841-0462
General Area (707)462-2596*103

Thrift Stores

Salvation Army: (707)983-8281 Covelo

Paul Bunyan Thrift Store: (707)964-4471 Fort Bragg

State of the Ark: (707)961-2605 Fort Bragg

Granny's Attic: (707)961-4311 Fort Bragg

Good Buy Store: (707)785-3711 Gualala

Salvation Army Family Store: (707)463-2910 Ukiah

Goodwill: (707)468-5603 Ukiah

Hospice of Ukiah Thrift Store: (707)462-3141 Ukiah

Goodwill: (707)456-9461 Willits

Bargain Barn: (707)459-3935 Willits

SOS Thrift Shop: (707)459-2304 Willits

Buckley's Thrift Store: (707)984-8161 Laytonville

HOMELESS RESOURCES

Food Services

Plowshares: (707)462-8582
1346 S. State St. Ukiah

Sherwood Valley Program: (707)456-1710

Ukiah Food Bank: (707)463-2409
888 N. State St. Ukiah

Willits Food Bank: (707)459-3333
229 E. San Francisco St. Willits

Willits Daily Bread: (707)459-3947
59 Bush St. Willits

Fort Bragg Food Bank: (707)964-9404
910 N. Franklin St. Fort Bragg

Housing Services

Hospitality House: (707)961-1150
237 N. McPherson St. Fort Bragg

Buddy Eller Center/Shelter: (707)462-8879
201 Brush St., Ukiah

Ukiah Community Center: (707)462-8879
888 N. State St. Ukiah

Willits Community Services: (707)459-3333
229 East San Francisco St. Willits

Mendocino County Housing Authority: (707)463-5462.
499 Leslie St. Ukiah

Transportation

Mendocino Transit Authority:
Willits Office (707)459-9038
Dial-A-Ride (707)462-3881

Greyhound Bus Services: 1-800-661-8747

Amtrak Bus Services: 1-800-USA-RAIL

24 Hour Help Hotlines

Crisis Help Line: (707)463-HELP
Willits Line: (707)456-3850

Red Cross: (707)463-0112

Local Help: 2-1-1 or www.211mendocino.org

Child Abuse Line: 1-800-4-A-CHILD

Youth Crisis: 1-800-843-5200

Suicide Prevention Line: 1-800-273-8255

National AIDS Line: 1-800-342-AIDS

National Anorexia Line: 1-847-831-3438

GLQBT Line: 1-800-246-7743

Missing Children Network: 1-800-235-3535

Parent Hotline: 1-800-840-6537

Runaway Line: 1-800-621-4000

Youth Advocacy Line: 1-800-USAKIDS

SENIOR RESOURCES

Mental Wellness

Institute on Aging Center for Elderly Suicide Prevention and Grief Counseling (CESP)

Friendship Line 1-800-971-0016

Widow's Support Group (707) 463-7885

Healing Hearts

Ukiah: (707)462-3360 ext. 101

Willits: (707)456-9020

Hospice Care

Hospice of Ukiah

620 S. Dora St., Ste, Ukiah (707)462-4038

Hospice Services of Lake County

1717 S. Main St., Lakeport.263-6222

Mendocino Coast District Hospital Hospice

700 River Dr., Fort Bragg (707)961-4617

Phoenix Hospice

100 San Hedrin Cir., Willits (707) 459-1818

Redwood Medical Services Volunteer Hospice/Respite

Program 175 Main St. Point Arena (707)882-2189 ext. 107

Transportation

Mendocino Transit Authority:

Willits Office (707)459-9038

Dial-A-Ride (707)462-3881

Care Management

Multipurpose Senior Services Program (MSSP)

Clearlake (707)995-7010

Fort Bragg (707)964-4027

Ukiah (707)468-9347

Community Care Management Corp.

Ukiah (707)468-9347

In-Home Supportive Services

Fort Bragg:

825 S. Franklin St, Fort Bragg (707)962-1102

Ukiah:

747 S. State St., Ukiah (707)463-7900

Willits:

221 S. Lenore Ave., Willits (707) 8456-3740

Caregiver Agencies

A Family Friend, LLC

PO Box 1457, Mendocino 937-1298

Anderson Caregiver Group 937-4810

Full Spectrum Senior Care 263-4893 or 349-1568

Highlands Senior Service Center, Inc (707) 994-3051

Maintains a registry of screened in-home caregivers.