

# THE GREEN BOOK

## *Bi-County Health Resource Guide*

*for the  
Redwood Coast  
Southern Mendocino & Northern Sonoma*

*Developed by:*



*39144 Ocean Drive, Cypress Center  
PO Box 1163  
Action Network  
39144 Ocean Drive, Cypress Center  
PO Box 1163  
Gualala, CA 95445*

**Action Network Family Resource Center**

Located at: 39144 Ocean Drive  
Cypress Village  
Gualala, CA 95445

Telephone: 884-5413

Mailing Address: PO Box 1163  
Gualala, CA 95445

Janet Kukulinsky  
Executive Director

Fax: 707-884-5415  
Email: info@actionnetowrk.info  
Website: www.actionnetwork.info

**Action Network is a community-based health and wellness collaborative comprised of two Family Resource Centers and the Across Ages and Cultures Prevention Coalition. Serving the Redwood Coast, including the bi-county coastal region of northern Sonoma and Mendocino counties from Timber Cove to Elk. Offering a diverse array of services including Play Groups, Learning Through Play (drop-off P/K Prep), Music Together® Classes, Pre-natal, Infant & Breastfeeding support, Nutrition and Parenting classes, year-round Enrichment programs, family counseling and referrals.**

---

---

**Alcoholics Anonymous (AA)**

Telephone: 884-1401

**Point Arena and Gualala locations. Personal telephone consultations; 12-step program available. Telephone for meeting times and locations.**

---

---

**Americorps–National Service Organization**

Telephone: 882-2189

---

---

**Anchor Bay Amateur Radio Club**

Telephone: 884-4155  
Mailing Address: PO Box 815  
Gualala, CA 95445

Ken Reynoldson  
Email: ke6@arrl.net

**Emergency communication.**

---

---

**Arena Pharmacy**

Located at: 235 Main St  
Pt. Arena, CA 95468  
Telephone: 882-3025 or 800-582-3025

---

---

**Arena Preschool**

Located at: 20 School Street  
Point Arena, CA 95468

Telephone: 882-2131

**Preschool program available half day during school year for students from preschool to kindergarten.**

---

---

**Arena Theater Association**

Located at: 214 Main Street  
Point Arena, CA 95468

Telephone: 882-3272

Fax: 882-3272

Email: [info@arenatheatre.org](mailto:info@arenatheatre.org)

Mailing Address: PO Box 611  
Point Arena, CA 95468

Website: [www.arenatheatre.org](http://www.arenatheatre.org)

**Producing quality live entertainment in the magnificent Art Deco-style Arena Theater. Access our upcoming events through the Arena Cinema website. Support live theater in our community by becoming a member of ARC! Membership applications are available at Arena Theater. Members receive discounts on admission to all ARC performances.**

---

---

**Arena Theater**

Located at: 214 Main Street  
Point Arena, CA 95468

Telephone: 882-FILM (3456)

Email: [arena@mcn.org](mailto:arena@mcn.org)

Website: [arenacinema.com](http://arenacinema.com)

---

---

**Arena Tech Center**

Located at: 255 Main St  
Point Arena, CA 95468

Telephone: 882-4173

Website: [arenatechcenter.org](http://arenatechcenter.org)

---

---

**ATC is a community education technology Youth Center to help Youth, their parents, small businesses, local non-profits and community members gain technology skills/career access/vocational training and more.**

---

---

**Arena Union Elementary School; Arena Learning Center**

Located at: 20 Lake Street  
Point Arena, CA 95468

Telephone: 882-2131

Fax: 882-3076

Mailing Address: PO Box 45  
Point Arena, CA 95468

**After school program for first to eighth grades from 2:00 - 5:30 pm.**

---

---

---

---

**Arena Union Elementary School District**

Located at: 45 Lake Street  
Point Arena, CA 95468  
Telephone: 882-2803  
Mailing Address: PO Box 87  
Point Arena, CA 95467

---

---

**Bereavement; see Shamli Volunteer Hospice**

---

---

**Bower Park**

Jan Rasmussen

Located at: Old Stage Road  
Gualala, CA 95445  
Telephone: 884-1136  
Mailing Address: PO Box 1356  
Gualala, CA 95445

**Day use community park. Picnic and BBQ area, duck pond, outside theater, playground, tennis courts, basketball court, baseball field, small indoor space available for rent.**

---

---

**Burbank Housing, The Sea Ranch**Ana D. Hibner  
Manager

Located at: The Sea Ranch, CA  
Telephone: 785-3976  
Mailing Address: PO Box 934  
Gualala CA 95445

---

---

**California Dept of Forestry and Fire Protection**

Located at: The Sea Ranch, CA  
Telephone: 785-2335

---

---

**California Native Plant Society (CNPS)**

Lori Hubbard or Nancy Morin

Telephone: 882-1655 or 882-2528  
Mailing Address: PO Box 577  
Gualala, CA 95445

**Information and education of California native plants; preservation; local ecosystems**

---

---

**Cal Star Helicopters**

Telephone: 916-921-4000  
Location: 4933 Bailey Loop  
McClellan, CA 95652

**Emergency air evacuation helicopters**

---

**Cancer Resource Centers of Mendocino County**

Telephone: 707-937-3833  
Location: 45040 Calpella St  
Mendocino, CA 95460 Website: [crcmendocino.org](http://crcmendocino.org)  
Mailing address: PO Box 50  
Mendocino, CA 95460  
Ukiah Office telephone: 467-3828  
Address: 580 S. Dora St,  
Ukiah, CA 95482

**Cancer support group with locally trained people**

---

Caregivers; see Shamli Volunteer Hospice

---

**Coast Cancer Support Group**

Telephone: 884-4005 or  
(800)449-6483

**Monthly meetings, no cost and no requirements. Ensuring you don't have to face cancer alone. Completely Confidential.**

---

**Coast Community Library**

Located at: 225 Main Street  
Point Arena, CA 95468  
Telephone: 882-3114 Fax: 882-3114  
Email: [cclib@mcn.org](mailto:cclib@mcn.org)  
Website: [www.mendolibrary.org](http://www.mendolibrary.org)

**Adult and children's books, audio and video tapes, magazines, and reference books available. Story hour. Three county system; can order materials.**

---

**Coast Life Support District**

Located at: 38901 Ocean  
Gualala, CA 95445

Telephone: 884-1829

Mailing Address: PO Box 1056  
Gualala, CA 95445

Website: [www.clsd.ca.gov](http://www.clsd.ca.gov)

**Emergency Medical Services. Ambulance Service. IN AN EMERGENCY CALL 911  
Bill Platt Training Center for CPR, Red Cross and First Aid classes.**

---

**Coast Youth Little League**

Telephone: 884-9778 – Cindy Cicone  
884-3705 Shasta

Email: [ccione@wildblue.net](mailto:ccione@wildblue.net)  
[Cyll.baseball@gmail.com](mailto:Cyll.baseball@gmail.com)

**Youth sports program including Football, T-ball, Minors Baseball, Majors Baseball,  
Juniors Baseball, and Softball. Try out's held in February.**

---

**Community Resources Connection (CRC)**

Mailing Address: PO Box 715  
Point Arena, CA 95468

Telephone: 1-800-395-8984

**The mission of CRC is to provide a helping hand or referral to people in need in  
our local coastal community, regardless of their age or financial situation.  
Calling between Noon and 4:00pm, Monday through Friday, or leaving a  
message at other times, allows the caller to speak with a trained volunteer who  
will ask about their specific needs in a professional, confidential manner. Based  
on the information provided, he/she will suggest the caller contact specific  
professionals, trades people or volunteers, who may be able to provide the  
service or information required.**

---

**Allen Cox, DDS**

Located at: 38460 Hwy 1  
Gualala, CA 95445

Telephone: 884-3738

**Dental services**

---

**Counseling and Therapy for Individuals,  
Couples and Children:**

**Hammond, Lorelie, MFT**

882-3227 (Pt. Arena)

**Plakos, Paul, MFT**

326-7236 (Gualala)

**Oden, Harriet, Ph.D.**

785-2085 (The Sea Ranch)

---

## **CRISIS SERVICES**

### **Crisis Line**

Telephone: 1-800-575-4357 or 964-HELP

**Staffed by Mendocino county Dept of Mental Health**

**Crisis? rape - drugs - AIDS - alcohol - stress - suicide - runaways - depression - child abuse - hunger - homeless - domestic violence - dependent adult abuse.**

**Confidential 24-hour Help Line**

---

### **Crisis Aid – South Coast Crisis Aid (Coastal Clergy)**

Telephone: 884-4920

**Local contact line. Leave confidential message for a call back later. Emergency aid for travellers in need.**

---

### **Emergency Aid in Point Arena At Everything Under the Sun**

Telephone: 882-2161

Location: 211 Main Street  
Point Arena, CA 95468

**Local distributor of Emergency for travellers aid for South Coast Crisis Aid. Open Wednesday through Sunday, 11:30am to 5pm. Food Closet for homeless travellers.**

---

### **Episcopal Church- Shepherd by the Sea**

Telephone: 785-3508

Website: [shepherdbythesea.org](http://shepherdbythesea.org)

Location: 39141 Church St  
Gualala, CA 95445

**Services on Sundays at 9:00am at Mary, Star of the Sea Church. For pastoral emergencies, contact The Rev James Knudsen, [knujam@yahoo.com](mailto:knujam@yahoo.com), or Pastor Newt Kerney, 665-9311. Gualala Food Bank, 2<sup>nd</sup> & 4<sup>th</sup> Fridays, 11:00-12:30, Gualala Baptist Church. Outreach support for South Coast Seniors, Community Resources Connection, South Coast Crisis Aid, St. Paul's United Methodist Church Ecumenical Youth Program, and other community needs.**

---

### **Equinox Care Facility**

Located at: 38281 S. Highway 1  
Gualala, CA 95445

Agnes Ajel  
Administrator

Telephone: 884-4061

Fax: 707-884-9763

Mailing Address: PO Box 1281  
Gualala, CA 95445

**Residential Care Facility for the elderly**

---





**Gualala Baptist Church**

Located at: 37300 Church Street  
Gualala, CA 95445

Telephone: 884-4330

Bill Boland  
Pastor

**Food Bank: Distribution 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month 11-12:30**

---

**Gualala Community Center**

Located at: 47950 Center Street  
Gualala, CA 95445

Telephone: 884-3179 Reservations  
884-4968 Main Hall

Email: gcc@mcn.org

Mailing Address: PO Box 263  
Gualala, CA 95445

**Space available for rent for events and classes. Farmers Market, Pay-n-Take, Seniors office. Provides clothes, furniture, appliances to needy.**

---

**Gualala Lions Club**

Telephone: 884-3501

Mailing Address: PO Box 52, Gualala,CA 95445

---

**Gualala Municipal Advisory Committee (GMAC)**

Website: www.gualalamac.org

Mailing Address: PO Box 67  
Gualala, CA 95445

---

**Gualala Pharmacy, Inc.**

Located at: 39351 S Highway 1  
Gualala, CA 95445

Telephone: 884-4107

Jack Chladek  
Pharmacist

Mailing Address: PO Box 825  
Gualala, CA 95445

Fax: 884-9024

---

**Gualala River Steelhead Project**

Telephone: 884-3454

---

---

**Horicon Elementary School and District and Community Park**

Located at: 35555 Annapolis Road Principal: Patty Dineen  
Annapolis, CA 95412  
Telephone: 886-5322 Fax: 886-5422

**In addition to providing public education to students K-8 grades, Horicon provides space, at a small cost, for community use including sports field and multi-purpose building.**

---

**Horicon PTSA**

Located at: 35555 Annapolis Road PTSA President  
Annapolis, CA 95412 Telephone: 886-5322

---

**Hospice, see Shamli Volunteer Hospice**

---

**Humane Society, Redwood Coast - Gualala, The Sea Ranch, Point Arena**

Telephone: 884-1304  
Mailing Address: PO Box 1072 Email: dogsrus@mcn.org  
Gualala, CA 95445

**Animal shelters, low cost spay-neuter clinic, and pet adoption available. Animal abuse and neglect reporting.**

---

**Independent Coast Observer (ICO)**

Steve McLaughlin, Editor

Located at: 38500 Highway One  
Gualala, CA 95445  
Telephone: 884-3501  
Mailing Address: PO Box 1200 Website: www.mendonoma.com  
Gualala, CA 95445

**Weekly community newspaper, Elk to Jenner.**

---

**Inter-Tribal Council of California Family Violence Prevention Program**

Mailing Address: 144 Stoney Point Rd Telephone: 521-4555  
Santa Rosa, CA 95401

**ITCC implements the Family Violence Prevention & Services Program (EVP&S) throughout Northern and Central California. Tribal families have a right to live free from violence.**

---

---

---

**Kashia Band of Pomo Indians**

Located at:       Stewarts Point, CA  
Telephone:        591-0580  
Mailing Address:  3535 Industrial Dr, Ste. B-2  
                          Santa Rosa, CA 95403

---

---

**Kashia Elementary School and District**

Located at:        31510 Skaggs Springs Rd  
                          PO Box 129  
                          Stewarts Point, CA 95480

---

---

**KGUA 88.3FM**

Located at:        39108 Cypress Village  
                          Gualala, CA 95445  
Telephone:        884-4883

**Live Local Coastal Public Radio for the Mendonoma Coast..**

---

---

**KTDE 100.5 FM The Tide Community Radio**

Located at:        38598 Cypress Way  
                          Gualala, CA 95445  
Telephone:        884-1000 office  
                          884-3000 studio  
Mailing Address:  PO Box 1557                                Website: ktde.com  
                          Gualala, CA 95445

**Local and national music, news and public affairs.**

---

---

**Light of The Coast Science of Mind Center     Rev Alyce Soden**

Located at:        33801 South Highway One  
                          Gualala, CA 95445  
Telephone:        884-3631                                Email:     soden@mcn.org  
**Church services on Sunday evening 7:00 pm at the Center, 33801 South Highway One. Full service Church, certified classes, weddings, memorials, spiritual counseling, ministerial, practitioner services and ministry of prayer. Outreach: south coast crisis line, community Christmas program, Good Friday service, Thanksgiving program, and blessing of the animals (proceeds for Humane Society). Emergency assistance available.**

---

---

### **Living Well Program (RCMS)**

A Progressive Wellness Program for Seniors to ensure the highest quality of health for individuals over 65. Telephone: Richard Henrikson, RN 884-9096

---

### **Loving Art & Drawing**

Located at: Bill Platt Center  
Gualala, CA 95445  
Telephone: 785-1025  
Mailing Address: PO Box 82  
The Sea Ranch, CA 95497

### **Art classes for youth and adult.**

Genny Wilson  
Email: [hagginwitson@earthlink.net](mailto:hagginwitson@earthlink.net)

---

### **Scholarship and College counseling available**

---

### **Lutheran Church, ELCA, Shepherd by the Sea Episcopal/Lutheran Mission**

Telephone: 785-3408 Website: [Shepherdbythesea.org](http://Shepherdbythesea.org)

Services held on Sundays, 9:00 am, at Mary, Star of the Sea Church, 39141 church St, Gualala in conjunction with the Episcopal Mission. For pastoral emergencies, contact The RevJames Knudsen, [knujam@yahoo.com](mailto:knujam@yahoo.com), or Pastor Newt Kerney, 665-9311. Gualala Food Bank, 2<sup>nd</sup> & 4<sup>th</sup> Fridays, 11:00-12:30, Gualala Baptist Church. Outreach support for South Coast Seniors, Community Resources Connection, South Coast Crisis Aid, St. Paul's United Methodist Church Ecumenical Youth Program, and other community needs.

---

### **Manchester-Point Arena Band of Pomo Indians**

Located at: 24 Mamie Laiwa Dr.  
Point Arena, CA 95468  
Telephone: 882-2788

**Manchester-Point Arena Band of Pomo Indians. Council provides a variety of programs for Tribal members; scholarships, burial assistance, child care, job training, energy assistance, housing assistance.**

---

### **Manchester Union Elementary School and District**

Located at: 19550 South Highway One  
Manchester, CA 95459  
Telephone: 882-2374 Email: [mansupt@mcn.org](mailto:mansupt@mcn.org)  
Mailing Address: PO Box 98  
Manchester, CA 95459

---

**Mary, Star of the Sea - Catholic Church**

Telephone: 884-4920

---

Mary-Dee Bowers

**Matrix of Change**

Telephone: 785-3789

Email: [mdbowers@mcn.org](mailto:mdbowers@mcn.org)

Mailing Address: PO Box 1438  
Gualala, CA 95445

Website: [www.matrixofchange.org](http://www.matrixofchange.org)

**Integration of social, economic and environmental systems through forums, events and projects.**

---

Susanne Norgard

**Mendocino County Community Foundation**

Located at: 204 South Oak St  
Ukiah, CA 95482

Executive Director

Fax: 468-5529

Telephone: 468-9882

Email: [info@communityfound.org](mailto:info@communityfound.org)

Website: [www.communityfound.org](http://www.communityfound.org)

---

**Mendocino County Dept of Social Services - Alcohol & Other Drugs**

Telephone: 463-5627

Located at: 631 S Orchard Ave  
Ukiah, CA 95482

---

**Mendocino County Office of Education**

Located at: 2240 Old River Road  
Ukiah, CA 95482

Telephone: 707-467-5000

Fax: 707-462-0379

---

**Mendocino County Office of Education – Early Head Start Program**

Located at: Fort Bragg, CA 95437

Telephone: 964-7249 or 964-9000

---

**Mendocino County Department of Mental Health**

Telephone: 964-4747 / 800-555-5906

Mailing Address: 790-B South Franklin St  
Fort Bragg, Ca 95437

---

**Mendocino County Services**

Website: [www.mendocinoresources.com](http://www.mendocinoresources.com)

---

**Mendocino County Youth Project (aka) The Youth Project**

Located at: Ukiah

Fax:

Email: admin@mcyp.org

Telephone: 463-4915

Website: MCYP.org

**A wide range of services for children, youth and families including recreation, individual, group and family counseling and mediation, crisis intervention, conflict resolution training - violence prevention, drug and alcohol prevention education, pregnancy and STD prevention education, adolescent alcohol and drug treatment, services to families with children 0-5 years including parenting education, home visiting referral to resources, counseling. Services are school, community and home based.**

---

**Mendocino Transit Authority (MTA)**

Telephone: 884-3723

Website: www.mendocinotransit.org

**Bus service from local communities to Santa Rosa, Fort Bragg and Ukiah. Phone or visit website for schedule.**

---

**Mendocino Works (MPIC, Inc) Employment Development Department**

Located at: 310 E. Redwood Ave.  
Fort Bragg, CA 95437

Mendocinco Works: 707-964-3218

Fax: 961-1761

MPIC, Inc 707-964-3218/800-600-6950

Websites: [www.mpic.org](http://www.mpic.org)

EDD 707-964-3295

[www.mendocinoworks.org](http://www.mendocinoworks.org)

Unemployment Insurance: 800-300-5616

[www.edd.ca.gov](http://www.edd.ca.gov)

**A convenient one-stop service center with access to a variety of community services and information. We specialize in employment and training, and can help find a job or explore a new career.**

---

**New Hope Community Church/Assembly of God**

Located at: 95 Riverside Drive  
Point Arena, CA 95468

Telephone: 533-3356

---

**Odiyan Nyingma Country Center**

Located at: Tin Barn Road  
Stewarts Point, CA 95480

**Tibetan Buddhist Monastery.**

---

---

**Pacific Coast Disposal**

Located at: 39225 South Highway One  
Gualala, CA 95445

Telephone: 884-3886

**Located next to Gualala Supermarket; open Tues. through Saturday 10am - 4pm.**

---

**Pacific Community Charter School**

Located at: Lake Street  
Point Arena, CA 95468

Telephone: 882-4131

---

**Pacific Piecemakers Quilt Guild**

Telephone: 882-2774

**'Comfort quilts' are made by members and distributed to a variety of local assistance organizations as a means of service back to our community. Monthly meetings, lectures and workshops offered year round.**

---

**Pay-n-Take**

Located at: 47950 Center Street  
Gualala, CA 95445

Telephone: 884-3179

**Second hand goods for sale, ranging from clothing to furniture. Held the first Saturday of each month at the Gualala Community Center.**

---

**Point Arena, City of**

Located at: 451 School Street  
PO Box 67  
Point Arena, CA 95468

Telephone: 882-2122 Fax: 882-2124

**An incorporated city with an elected City Council and a City Clerk. Provides management of the city-owned pier with launching fees and product charges as well as a city wastewater reclamation facility; hours 9-11am, 2-3pm.**

---

**Point Arena Indian Health Clinic**

Located at: 24 Mamie Laiwa Drive Telephone:  
Point Arena, CA 95468 882-2877 Clinic or 882-2788 Tribal Office

Mailing Address: PO Box 381  
Point Arena, CA 95468

**Medical services and transportation. Home visits, patient education. No cost to Native Americans.**

---

---

---

**Point Arena Joint Union High School District**

Located at: 45 Lake Street  
Point Arena, CA 95468  
Telephone: 882-2803

---

---

**Point Arena Justice Court**

Located at: 2400 S Highway One  
Point Arena, CA 95468  
Telephone: 964-3192

---

---

**Point Arena Lighthouse and Museum**

Located at: 45500 Lighthouse Road  
Point Arena, CA 95468  
Telephone: 882-2809  
Mailing Address: PO Box 11  
Point Arena, CA 95468  
Fax: 882-2111  
Email: [palight@mcn.org](mailto:palight@mcn.org)  
Website: [pointarenalighthouse.com](http://pointarenalighthouse.com)

---

---

**Point Arena Pier**

Located at: 810 Port Road  
Point Arena, CA 95468  
Telephone: 882-2583

---

---

**Point Arena Tribal Council**

Located at: 24 Maime Laiwa Drive  
Point Arena, CA 95468  
Telephone: 882-2788  
Mailing Address: PO Box 623  
Point Arena, CA 95468

**Council provides a variety of programs for Tribal members; scholarships, burial assistance, child care, job training, energy assistance, housing assistance.**

---

---

**Point Arena Village Apartments**

Located at: 100 Port Road  
Point Arena, CA 95468  
Telephone: 882-2838  
Mailing Address: PO Box 709  
Point Arena, CA 95445

**530-823-2477 (Main office for information) Low income housing with rental assistance available for some units.**

---

---



**Post Offices:**

<b>Annapolis</b>	886-5151
<b>Elk</b>	887-3232
<b>Gualala</b>	884-3757
<b>Manchester</b>	882-2495
<b>Point Arena</b>	882-2515
<b>Stewarts Point</b>	785-2743
<b>The Sea Ranch</b>	785-2371

---

---

**Project Sanctuary (Coast Office)**

Located at: 461 Franklin St  
Fort Bragg, CA 95437  
Telephone: 961-1507  
Hotline: 964-4357  
Fax: 961-1539  
Email: [projsanc@projectsanctuary.org](mailto:projsanc@projectsanctuary.org)  
Website: [projectsanctuary.org](http://projectsanctuary.org)

**A Crisis center that provides free services to individuals and families who have or are experiencing domestic violence and/or sexual assault. Services include: individual counseling, support groups, legal advocacy for domestic violence restraining orders, emergency shelter and advocacy. A 24-hour crisis hotline is available and walk-ins are welcome M-F 8:30-4:30. HELP LINE: 964-HELP (4357) or 1-800-575-HELP(4357)**

---

**Project Sanctuary (Inland Office)**

Located at: 564 Dora St, Ste A  
Ukiah, CA 95482  
Telephone: 462-9196  
projsanc@projectsanctuary.org  
Website: [projectsanctuary.org](http://projectsanctuary.org)  
Hotline: 463-4357

---

---

**Project Santa - Joint Project of Rotary and Soroptimists**

Contact either society for information on program

---

---

**REACH Helicopter**

Telephone: 707-324-2400 Administration

---

---

**Redwood Coast Chamber of Commerce**

Located at: Gualala, CA 95445  
Telephone: 884-1080 or 800-778-5252  
Mailing Address: PO Box 199  
Gualala, CA 95445  
Email: [info@redwoodcoastchamber.com](mailto:info@redwoodcoastchamber.com)  
Website: [www.redwoodcoastchamber.com](http://www.redwoodcoastchamber.com)

---

---

**Redwood Coast Fire Protection District**

Located at: 19601 S. Highway One rcfpd73@wildblue.net  
Manchester, CA 95459  
Telephone: 882-1833 Mailing Address: PO Box 245  
Mailing Address: PO Box 245 Manchester, CA 95459  
Manchester, CA 95459

**Provides fire & rescue services through volunteer firefighters and medical responders.**

---

**Redwood Coast Land Conservancy**

Telephone: 884-4426 Email: rclc@mcn.org  
Mailing Address: PO Box 1511 Website: www.rc\_lc.org  
Gualala, CA 95445

**Gualala Bluff Trail, Cooks Beach/Bonham Trail and Hearn Gulch public access area. Open space and endangered species habitat conservation.**

---

**Redwood Coast Medical Services (RCMS); RCMS Behavioral Health Services Shamli – Bereavement, Substance abuse treatments, Shamli Volunteer Hospice RCMS Counseling Dept. Ext 110**

Located at: 46900 Ocean Drive Telephone: 884-4005  
Gualala, CA 95445 Mailing Address: PO Box 1100  
Gualala, CA 95445

**Medical care and services, specialist by appointment, and a wide variety of health classes and group programs including, but not limited to: family planning, hospice services, cardiovascular and diabetic education, acupuncture, dental, annual free breast exams, prostate exams, lipid and blood sugar screenings. Provides Healthy Habits classes.**

---

**RCMS Auxiliary**

Telephone: 884-4005

---

**Redwood Coast Medical Services (RCMS); Dental Office**

Located at 175 Main Street  
Pt. Arena, CA 95468  
Telephone: 882-2189 Fax: 882-2698  
Mailing Address: PO Box 629 Email: dentist@RCMS-healthcare.org  
Pt Arena, CA 95468

**Dental care and services.**

---

**Redwood Coast Medical Services (RCMS); Point Arena Office**

Located at 30 Mill Street  
Pt. Arena, CA 95468  
Mailing Address: PO Box 629  
Pt Arena, CA 95468

Telephone: 882-1704  
Fax: 882-2667

**Medical care and services.**

---

**Referral Service (Ombudsman Program of Sonoma County for Senior Care)**

Located at: 3262 Airway Dr.  
Santa Rosa, CA 95403  
Telephone: 526-4108

---

**Respite; see Shamli Volunteer Hospice**

---

**Rotary Club of Gualala**

Telephone: 884-1101 Website: [www.gualalarotary.org](http://www.gualalarotary.org)  
**Community service organization.**

---

**Senior Exercise Program; Young at Heart** Denise Gold

Telephone: 785-2208  
Or: Richard Henrikson RN 884-9069

---

**Shamli - Bereavement**

Located at: 38550 South Highway One  
Gualala, CA 95445  
Telephone: 884-4005 Ext 110  
Mailing Address: PO Box 287  
Gualala, CA 95445

**Individual and/or group bereavement counseling for anyone in grief due to a death, recent or long ago, human, pet, etc.**

---

**Shamli Volunteer Hospice/Respite**

Located at: 175 Main St.  
Point Arena, CA 95468  
Telephone: 882-2694

Email: [hospice@RCMS-healthcare.org](mailto:hospice@RCMS-healthcare.org)  
Website: [www.RCMS-healthcare.org](http://www.RCMS-healthcare.org)  
Manchester/ Point Arena Site 882-2877

---



**South Coast Day Care, Inc.**

Located at: 115 Lake Street  
Point Arena, CA 95468  
Telephone: 882-2946  
Mailing Address: PO Box 277  
Point Arena, CA 95468

**Childcare center for pre-school aged and school aged children after school.  
Ages 2 - 12 years accepted.**

---

**South Coast Fire Department**

Telephone: 884-4700  
**Volunteer fire and rescue department**

---

**South Coast Continuation High School**

Located at: 185 Lake Street  
Point Arena, CA 95468  
Telephone: 882-2307

---

**South Coast Seniors, Inc**

Located at: 24000S. Hwy 1  
Veterans Memorial Building  
Point Arena, CA 95468  
Telephone: 882-2137  
Bus Transportation: 353-2220  
Mailing Address: PO Box 437  
Point Arena, CA 95468

Micheline White, Executive Director  
Email: [scsenrs@mcn.org](mailto:scsenrs@mcn.org)  
Website: [southcoastseniors.org](http://southcoastseniors.org)

**Provides lunches in Point Arena on Mondays and Wednesdays, and in Gualala on Tuesdays. Spaghetti Dinners on 4<sup>th</sup> Friday of each month, Gualala or Point Arena. They also provide Meals-on-Wheels, and bus service for Seniors. Outreach, information and Assistance to anyone 60 and older. Provides out-of-town trips monthly for seniors to Santa Rosa, Ukiah or Fort Bragg, 2<sup>nd</sup> Friday of month. Food Bank of Point Arena: USDA food distribution 2<sup>nd</sup> Tuesday of month, 9am-12 noon. Donated food distribution every Wednesday, 11:30am-12 noon, Seniors, 12:30-1pm – All.**

---

**St. Aloysius Catholic Church**

Located at: 70 School Street  
Point Arena, CA 95468  
Telephone: 884-4920

---

**St. Paul's Community United Methodist Church**

Located at: 40/50 School Street  
Point Arena, CA 95468

Telephone: 882-2074

Mailing Address: PO Box 25  
Point Arena, CA 95468

Website: [www.spcumc.com](http://www.spcumc.com)

**A large meeting hall with kitchen for rent.**

---

**Starcross Food Pantry**

Located at: 34500 Annapolis Road  
Annapolis, CA 95412

Telephone: 707-886-1919/292-4669

**Food assistance for those in need. 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Fridays, 2-4pm**

---

**Substance Abuse Treatment:** Call Mendocino County AODT information line:

Telephone: 961-2522

**Located in Fort Bragg, Mendocino County**

---

**Tax Assistance for Senior's – AARP**

**Late January through Early April each year**

**Location: Point Arena**

Contact: Richard Henrikson 884-9069

Tax assistance each year for seniors and individuals with low income.

---

**The Sea Ranch Association (TSRA)**

Telephone: 785-2444

**Tennis Club, Audubon Society, Walks for Health**

---

**The Sea Ranch Volunteer Fire Dept/Cal Fire Station**

Telephone: 785-2648

---

**Thespians, The Sea Ranch**

Carol Emory or Diane Boeke

Telephone: 785-2548

Mailing Address: POB 149  
Sea Ranch, CA 95497

---

**The Tide Radio Station, KTDE**

Telephone: 884-1000

---

---

**Timber Cove Volunteer Fire Dept.**

Telephone: 847-3299

---

---

**WIC Program. Mendocino County**

Located at: 120 W Fir St.  
Fort Bragg, CA 95437

Telephone: 964-7106

**Federally funded state run supplemental nutrition program for pregnant and postpartum women, infants and children up to 5 yrs. Provide services at Action Network Conference Room in Gualala the third Tuesday of every month.**

---

---

**Women's Justice Center/Centro de Justicia para Mujeres**

Mailing address: PO Box 7510  
Santa Rosa, CA 95407

Telephone: 575-3150

**To provide advocacy, free of charge, for victims of rape, domestic violence, and child abuse, particularly in the Latina and other underserved communities of Sonoma County.**

---

---

**Timber Cove Volunteer Fire Department**

Telephone: 707-847-3299

---

---

**Young at Heart; see Senior Exercise Program**

---

# MENDOCINO COUNTY

## Community Services Directory

### **ABUSE PREVENTION SERVICES**

CHILD ABUSE NEGLECT PREVENTION	964-3080
CHILD PROTECTIVE SERVICES	962-1100
MC YOUTH PROJECT CRISIS LINE	(800)843-5200
SEXUAL ASSULT RESPONSE TEAM	961-1507 or 964-HELP

### **ALCOHOL/DRUG ABUSE**

AL-ANON	937-2214
ALCOHOLICS ANONYMOUS	884-1401
FORD STREET CENTER	462-1934
SUBSTANCE ABUSE	961-2522

### **CHILD CARE AND DEVELOPMENT SERVICES**

FAMILY DAY CARE ORIENTATION	964-3080
HEAD START PROGRAM	964-5961
RURAL COMMUNITIES CHILD CARE	964-3080
SPECIAL EDUCATION PRESCHOOL	467-5000
STATE PRESCHOOL	467-5000

### **CRISIS**

CRISIS LINE	(800)575-HELP
DOMESTIC VIOLENCE/ABUSE	(800)575-HELP
SEXUAL ASSAULT/RAPE/INCEST	(800)575-HELP
MENTAL HEALTH	(800)555-5906
EMERGENCY	911
FIRE DEPARTMENT BUSINESS	961-2831
MENDOCINO FIRE DEPARTMENT	937-0131
HIGHWAY PATROL	467-4000
FORT BRAGG POLICE DEPARTMENT	961-2800
FORT BRAGG POLICE DISPATCH	964-0200
POISON CONTROL	(800)876-4766
MENDO COUNTY SHERIFF'S OFFICE(Business)	964-6308
MENDO COUNTY SHERIFF'S DISPATCH	463-4086/911
MENDO COUNTY SHERIFFS OFFICE	463-4411

### **DOMESTIC VIOLENCE/SEXUAL ASSAULT COUNSELING**

PROJECT SANCTURY	961-1507
INTER TRIBAL COUNCIL OF CALIFORNIA FAMILY VIOLENCE PREVENTION AND SERVICES	521-4555



**EDUCATION**

COLLEGE OF THE REDWOODS	961-1001
HIGH SCHOOL INDEPENDENT STUDY	961-2864
FB LIBRARY	964-2020
MENDO COUNTY OFFICE OF EDUCATION	964-9000
REGIONAL OCCUPATION PROGRAMS	964-9000
SPECIAL EDUCATION	961-2850 ext.16
FB UNIFIED SCHOOL DISTRICT	961-2850
MENDOCINO UNIFIED SCHOOL DISTRICT	937-5868

**EMERGENCY FOOD, CLOTHING, SHELTER OR CLOTHING**

EMERGENCY SERVICES	(800)575-HELP
HOSPITALITY HOUSE	961-1150
MENDO FOOD AND NUTRITION PROGRAM	964-9404
FOOD BANK	964-9404
SALVATION ARMY	468-9577
COMMUNITY CENTER	964-0422

**EMPLOYMENT, TRAINING, JOB REFERRALS**

EDD	964-3295
UNEMPLOYMENT SERVICES	(800) 300-5616
CAL WORKS JOB SERVICES	962-1080
WEST COMPANY	964-7571

**FINANCIAL ASSISTANCE**

CARE (PG&E)	(800)743-5000
DEPARTMENT OF SOCIAL SERVICES	962-1000
REACH ENERGY ASSISTANCE PROGRAM	(800)933-9677
SOCIAL SECURITY	(888)590-2706
STATE DISABILITY INSURANCE	(800)480-3287
UNEMPLOYMENT INSURANCE	(800)300-5616

**HEALTH SERVICES**

ANDERSON VALLEY HEALTH CENTER-Boonville	895-3477
BREASTFEEDING COUNSELING	964-1251
CHILDBIRTH CLASSES	964-1251
HEALTH DEPARTMENT	964-4713
MENTAL HEALTH DEPARTMENT	964-4747
WOMEN, INFANTS, CHILDREN (WIC)	964-7106
CHILDREN HEALTH AND DISABILITY PREVENTION	964-7106
WELL BABY/ WELL CHILD CLINIC	964-7106
IMMUNIZATIONS	964-4713
MEDICAL	962-1000
MENDOCINO COAST DISTRICT HOSPITAL	961-1234
MENDOCINO COUNTY COAST CLINIC	964-1251
MENDOCINO FAMILY HEALTHCARE (FAMILY AND OB/GYN)	937-4202

PRENATAL INFO	964-4713
PUBLIC HEALTH	(800)734-7793
WOMEN'S HEALTH MEDICAL CENTER	964-0259
<b><u>HOUSING</u></b>	
COMMUNITY DEVELOPMENT COMMISSION (HUD)	(800)545-5730
<b><u>NATIVE AMERICAN SERVICES</u></b>	
POINT ARENA INDIAN RANCHERIA	882-2788
INTER-TRIBAL COUNCIL OF CALIFORNIA	521-4555
<b><u>LEGAL AND CRIMINAL SERVICES</u></b>	
DISTRICT ATTORNEY	964-5624
JUVENILE PROBATION DEPARTMENT MAIN OFFICE-UKIAH	964-6975 234-6930
LEGAL SERVICES OF NORTHERN CALIF.	462-1471
MENDOCINO COUNTY SHERIFF OFFICE FORT BRAGG SUBSTATION	964-6308
POINT ARENA SUBSTATION	882-2331
DISPATCH	463-4086
FORT BRAGG POLICE DEPARTMENT BUSINESS	961-2800
DISPATCH	964-0200
PROBATION DEPARTMENT -ADULT	961-2622
PUBLIC DEFENDER	964-0606
VICTIM WITNESS ASSISTANCE PROGRAM	961-2411
<b><u>MENTAL HEALTH/COUNSELING</u></b>	
CRISIS LINE	(800)575-HELP
MENDO COUNTY YOUTH PROJECT	964-4376/463-4915
MENTAL HEALTH DEPARTMENT ACCESS 24 HOURS	964-4747 (800)555-5906
PATIENTS'S RIGHTS ADVOCATE	463-4614
<b><u>RECREATION/LEISURE</u></b>	
FB LIBRARY	964-2020
GUALALA ARTS CENTER	884--1138
MENDOCINO ART CENTER	937-5818
MENDOCINO RECREATION COMMUNITY CENTER	937-4133
CV STAR COMMUNITY CENTER	964-9446
MENDO COAST RECREATION 7 PARK DIST	964-9672
<b><u>SERVICIOS PARA LA COMUNIDAD LATINO AMERICANA</u></b>	
CHILDBIRTH CLASSES	964-1251
HEAD START	964-5961
SAFE PASSAGE	964-3077
<b><u>SPECIAL EDUCATION</u></b>	
MENDOCINO GRAMMER SCHOOL	937-0515

SELPA	964-9000
SPECIAL EDUCATION (DANA GRAY)	961-2850
SPECIAL EDUCATION PRESCHOOL	961-0418
<b><u>SPECIAL NEEDS SERVICES</u></b>	
CHILD HEALTH AND DISABILITY	964-7106
COASTAL SUPPORT SERVICE	964-4916
COMMUNITY CARE	964-4027
DEPARTMENT OF REHABILITATION	463-4791
EARLY START	964-7249
HIGH RISK INFANT PROGRAM	964-4713
PARENTS & FRIENDS	964-4940
REDWOOD COAST REGIONAL CENTER	964-6387
RESPIRE PROGRAM	964-3080
<b><u>TRANSPORTATION</u></b>	
CAR SEAT INFO	964-1251
DIAL-A-RIDE (MTA)	964-1800
MENDOCINO STAGE	964-0167
ROAD CONDITIONS	(800)GAS-ROAD

# SONOMA COUNTY

## COMMUNITY SERVICES DIRECTORY

### **ADOPTION SERVICES**

ADOPTION CONNECTION 415-359-2494  
NATIONAL ADOPTION CENTER (800)862-3678

### **ALCOHOL AND DRUG ABUSE SERVICES**

ALCOHOLICS ANONYMOUS 546-2066  
DRUG SERVICES 565-6945  
DRUG ABUSE ALTERNATIVES CENTER 544-3295

### **DOMESTIC VIOLENCE AND CHILD ABUSE SERVICES**

CHILDRENS PROTECTIVE SERVICES (24HR) (800)870-7064  
YMCA SHELTER/  
DOMESTIC VIOLENCE HOTLINE 546-1234  
WOMEN'S JUSTICE CENTER/CENTRO DE  
JUSTICA PARA MUJERES 575-3150  
INTER TRIBAL COUNCIL OF CALIFORNIA  
FAMILY VIOLENCE PREVENTION  
AND SERVICES 521-4555  
NATIONAL DOMESTIC VIOLENCE HOTLINE (800)787-3224  
CHILDHELP USA CHILD ABUSE HOTLINE (800)-4A-CHILD  
CHILD ABUSE (800)CHILDREN  
CHILD PROTECTIVE SERVICES HOTLINE 565-5940

### **CHILD CARE SERVICES**

CHILD DEVELOPMENT DIVISION (800)KIDS-793  
COMMUNITY CHILD CARE COUNCIL 544-3077  
CHILD CARE ASSOCIATION 237-4911

### **COUNSELING SERVICES**

FAMILY COUNSELING OFFICES 545-4551  
SOCIAL ADVOCATES FOR YOUTH 544-3299

### **DENTAL CARE SERVICES**

DENTI-CAL (800)336-8478  
CALIFORNIA DENTAL ASSOCIATION (800)232-7645  
CALIFORNIA SOCIETY OF  
PEDIATRIC DENTISTS (800)503-9780  
REDWOOD EMPIRE DENTAL SOCIETY 546-7275

### **SPECIAL NEEDS AND DISABILITES**

MATRIX- PARENT NETWORK AND  
RESOURCE CENTER 800-578-8592

### **READING PROGRAMS**

CENTRAL SANTA ROSA LIBRARY 545-0831

**FOOD ASSISTANCE SERVICES**

SONOMA COUNTY HUMAN SERVICES  
DEPARTMENT 565-2715

WIC SUPPLEMENTAL NUTRITION  
PROGRAM 565-6590

REDWOOD EMPIRE FOOD BANK 523-7900

**DOCTORS AND MEDICAL ASSISTANCE**

AIDS INFORMATION AND TESTING (800)367-2437

HEALTHY FAMILIES HEALTH INSURANCE (800)880-5305

DEPARTMENT OF HEALTH SERVICES 565-4700

**HOUSING**

COMMUNITY DEVELOPMENT COMMISSION 565-7501

**PARENT EDUCATION AND SUPPORT SERVICES**

MATRIX-PARENT NETWORK  
AND RESOURCE CENTER (800) 578-2592

**PREGNANCY SERVICES**

ACCESS FOR INFANTS AND MOTHERS (800)433-2611

LA LECHE LEAGUE 523-8697

WOMEN'S HEALTH AND BIRTH CENTER 576-4800

SOUTHWEST COMMUNITY CLINIC 547-2222

ALLIANCE MEDICAL CENTER 433-5494

PLANNED PARENTHOOD 527-7656

**CHILD SAFETY SERVICES**

CALIFORNIA HIGHWAY PATROL 588-1400

POISON CONTROL (800)876-4766

SAFETY BELT SAFE, USA (800)745-7233

COUNTY SHERIFF 565-2121

SANTA ROSA POLICE 528-5222

**NATIVE AMERICAN SERVICES**

KASHIA BAND OF POMO INDIANS 591-0580

INTER TRIBAL COUNCIL OF CALIFORNIA 521-4555

TANF - Temporary Aid to Native Families,  
Supported by Federated Indians of  
Graton Rancheria 566-2288

SONOMA COUNTY INDIAN HEALTH PROJECT 521-4545

# MENDOCINO YOUTH YELLOW PAGES

## Prepared by Mendocino County Office of Education

The following is a list of phone numbers for services specifically for the Youth of Mendocino County. Most of the services listed are located in Ukiah or Fort Bragg.

### **Emergency**

Fire, Police, Ambulance.....911  
Alcohol and Drug Abuse Self Help Groups  
Al-Anon and Al-Ateen.....1-800-283-7075  
Alcoholics Anonymous.....462-7123  
Health and Human Services Agency Community Health  
Services Prevention and Planning Unit.....472-2611

### **Substance Abuse Information and Treatment**

Health and Humans Services Alcohol and Other Drug Program....472-2637  
National Alcohol and Drug Abuse Line.....1-800-836-8685

### **Domestic Violence/Family Violence**

National Domestic Violence Hotline.....1-800-799-SAFE (7233)  
Project Sanctuary .....462-9196  
Toll Free Child Protective Services.....1-866-236-0368

### **Disabled/Handicapped**

Early Start Program.....462-3832  
MCOE Office.....964-9000  
Redwood Coast Regional Center .....462-3832  
Transportation Access (Mon-Sat) .....462-9235

### **Hospitals**

Frank R. Howard Memorial Hospital.....459-6801  
Mendocino Coast District Hospital.....961-1234  
Ukiah Valley Medical Center .....462-3111

### **Law Enforcement**

California Highway Patrol (24 hours).....467-4000  
Fort Bragg Police Department (24 hours).....961-0200  
Juvenile Probation Department (24 hours).....463-4434  
Mendocino County Sheriff's Office (24 hours).....463-4086  
Ukiah Police Department (24 hours).....463-6262  
Willits Police Department (24 hours).....459-6122

### **Poison/Drug Overdose**

Poison Control .....1-800-222-1222

### **Pregnancy: Prevention, Testing, Free Referrals**

Anderson Valley Health Clinic.....895-3477

Long Valley Health Clinic .....984-6131

Mendocino Coast Clinic .....964-1251

Center For Life Choices.....463-1436  
 Redwood Coast Medical Services.....884-4005  
 Toll Free Family Planning & Pregnancy Testing.....1-800-734-7793  
 Youth Project.....463-4915

**Rape/Sexual Assault**

Crisis Line.....463-HELP  
 Crisis Line (Toll Free).....1-800-575-4357  
 Project Sanctuary .....462-9196  
 Toll Free Child Protective Services.....1-866-236-0368  
 Youth Crisis Line - California.....1-800-843-5200  
 Youth Crisis Line (National).....1-800-575-4357  
 Youth Project .....463-4915

**Runaways**

National Runaway Switchboard.....1-800-621-4000  
 Runaway Hotline .....1-800-621-4000  
 Youth Project .....463-4915

**Health Clinics**

AIDS Hotline .....1-800-367-2437  
 Anderson Valley Health Clinic.....895-3477  
 Health and Human Services.....472-2700  
 HIV/AIDS Prevention and Education Services.....472-2608  
 Long Valley Health Clinic .....984-6131  
 Mendocino Coast Clinic .....964-1251

Public Health Information –Ukiah.....472-2600  
 Redwood Coast Medical Services .....884-4005  
 Sexually Transmitted Disease Testing.....472-2600  
 Sexually Transmitted Disease Testing .....1-800-734-7793

**Suicide**

Crisis Line/Suicide Hotline.....463-HELP (4357)  
 Emergency Help.....911  
 Mendocino County Mental Health.....463-4303  
 Youth Project .....463-4915

## **Resources**

The Boys and Girls Book About Divorce (For children and the divorced parents)

by Richard Gardner

The Kid's Book of Divorce by, for and about kids; Eric Rofes, Editor

When Living Hurts (a lively "what to do" book for yourself or someone you know about who feels discouraged, sad, lonely, hopeless, angry or frustrated, unhappy or bored, depressed or suicidal) by Sol Gordon

Teenage Survival Manual or How to Reach 20 in One Piece and Enjoy Every Step of the Journey by H. Samm Coombs

Teenagers Talk About Suicide (The author ... "listens, analyzes, and interprets her subjects' feelings and uses their experiences to gently steer her readers toward help." Calgary Herald) by Marion Crook

For other resources check your local library or talk with your school counselor

## **Websites**

211 Mendocino County: [www.211mendocino.org](http://www.211mendocino.org)

Above the Influence: [www.abovetheinfluence.com](http://www.abovetheinfluence.com) Mendocino County Youth Project:

[www.mcyp.org](http://www.mcyp.org) NIDA for Teens: <http://teens.drugabuse.gov> Redwood Children's Services:

[www.rcs4kids.org](http://www.rcs4kids.org) Teens Helping Teens: <http://teenlineonline.org/teens>

## **Special Thanks**

A special thanks to Fort Bragg and Ukiah HS students, The Community Foundation, Redwood Children's Services, The Arbor on Main Youth Resource Center, Mendocino County Health and Human Services Agency Community Health Services Prevention and Planning Unit and Mendocino County Office of Education Prevention for their efforts in updating this youth resource directory in 2010.