



FAMILY RESOURCE AND ADVOCACY CENTER

Community Support Groups and Activities Listing

PLEASE CALL AHEAD TO VERIFY MEETING TIME AND LOCATION

Sonoma and Napa County Groups

*At Becoming Independent**

1425 Corporate Center Parkway, Santa Rosa, CA 95407

Power for Parents

Tuesdays
12:00pm-1:30pm
(707) 524-6600

Sonoma County Down Syndrome Support Group

Call Gloria Huerta (707) 319-1135 or Diane Hobaugh (707) 537-8001

*Talk About Curing Autism (TACA) *

2nd Tuesday
7:00pm-8:30pm
Call Cathy Ference (707) 537-9282

Spanish-Speaking Parents Group

(Santa Rosa)
2nd Thursday
Call Nubia (707) 524-6677 or Ana (415) 475-2129

*Social Hour for Young Adults with Asperger and Autism

1st and 3rd Wednesday
4:00pm-5:00pm
Call Nubia (707) 524-6677

*Support Group for Parents of Children with Autism Spectrum Disorders CATS program

1st Wednesday of the Month
Call Regina Marcheschi, MSW (707) 206-2921

IEP Support

Call Matrix (415) 475-2119

Tourette Syndrome Support Group

(707) 824-1148

Father's Support Group

Call Matt (707) 935-7191

Parents Place

For Parents of Children on the Autism Spectrum (Santa Rosa)
(707) 571-2048

AutismHOPE

(Petaluma)
Call Kristin (707) 344-4387
autismhope@adobe.com

Spectrum Disorders CATS program

California Parenting Institute 1st Thursday of the Month, 9-11 a.m.
Call Regina Marcheschi, MSW (707) 206-2921

California Parenting Institute

(707) 585-6108
www.calparents.org

ParentsCAN-Autism Support Group

Call for Schedule (707) 253-7444

Grandparents Raising Grandchildren Group

Call for Schedule (707) 253-7444

UpValley Support Group:General Disabilities

Call for Schedule (707) 253-7444

Challenging Behaviors Support Group

Call for Schedule (707)253-7444

MATRIX-Sonoma Valley Parent Support Group

Parents of Children with Autism Spectrum Disorders
1st Wednesday
6:30pm-8:00pm
Call Dmitra Smith (707) 280-0536

L.U.N.A in Sonoma

Spanish Speaking Parents of Children with Autism
(800) 578-2592

Marin Groups

MATRIX Adoption and Special Needs

Meets Monthly
(415) 475-2188

Asperger's Syndrome and Similar Profiles

Meets Monthly in Corte Madera
(415) 475-2121

Parents of Children with Special Needs

(415) 884-3535

Mendocino Groups

Native American Women's Circle

Thursdays
5:30pm-7:00pm
Call Tanner (800) 528-7704

Earle Baum Center Support Groups

(Santa Rosa, Calistoga, Fort Bragg, Clearlake, Oakmont, Petaluma, Sonoma)
(707) 523-3222
earlebaum.org

Solano Groups

IPP Support

Call Ross (707) 576-2461





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MATRIX
Parents of Children on the Spectrum
Call Chris
(707) 423-2545 ext. 101

Support for Spanish-Speaking Parents of Children on the Spectrum
Call Ana
(707) 423-2545

Early Start and Preschool
Meets Monthly in two locations
(707) 423-2545 ext. 102

Spanish Early Start and Preschool
Meets montly in two location
(800) 578-2592

Activities and Recreation

BI's Bowling Program
Every Saturday
Call Sybil
(707) 524-6725
shalloran@becomingindependent.org

Music Therapy
Call Jamie Blumenthal
(707) 566-0986

Challenger Little League Baseball
Call Sandee Huskey
(707) 331-1321

Parents Monthly Connection
3rd Friday
10:00-12:00pm
Call Diane Hobaugh
(707) 537-8001
or Reina Salinas
(707) 837-8685

Play and Grow (Infants and Toddlers Play Group)
Call Monica Edwards
(707) 539-6876

Saturday Sidekicks
Call Elaine Mchugh
(707) 664-2660
elaine.mchugh@sonoma.edu

Sonoma County Better Breathers Club
(707) 527-5864

Special Olympics
Call Carole Alsbury
(707) 887-2875

Enabling Aquatics/Adopt-A-Buddy
YMCA
Saturday
10:30am-12:00pm
Call Dr. Ha or Tanja Bee
(707) 887-7176

Hippotherapy (Renaissance Healing and Learning Center)
Call Fran Judd
(707) 664-8919
www.rhlc.net

Canine Companions for Independence
(707) 577-1700
www.cci.org

Caregiver Training Opportunities
(707) 565-5700

Dental and Health Care, Check-up, Immunizations
Call Sandy Sakwa
(707) 542-7242 x17

Dining Sites for Senior Meals (60+)
(707) 525-0143

Parent Empowerment Classes
(707) 253-7444

Youth Group for Kids with Type 1 Diabetes
(800) 989-1165
diabetessociety.org

Classes and Activities for 50+ers
Bennet Valley Senior Center (707) 545-8608
Finley Community Center
(707) 543-3737
Steele Lane Center
(707) 543-3282

Family Connections-Napa Infant Program Play Group
Call Linda Euser
(707) 253-7444

New School Aikido
Saturdays
10:00-10:50am
(707) 571-2013

Predator Awareness Task Force
3rd Wednesday
12:00-2:00pm
(707) 522-3208

Music Lessons
Private or group sessions
Mark Benjamin
(707) 291-0368

CATS Autism Seminar Series
Spring and Fall
Call Lorna
(707) 664-2402



*Call it a clan, call it a network,
call it a tribe, call it a family.
Whatever you call it, whoever
you are, you need one.*

~Jane Howard

