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Marin County Peer **Resource Guide**

Resources in this guide that offer services in Spanish are marked with an asterisk *
Los servicios disponibles en español estan marcados con un asterico *

If you or someone you know is in distress, call:
Marin Suicide Prevention Hotline: 415-499-1100
BHRS Access Line: 1 (888) 818-1115 *
Mobile Crisis - 415-473-6392 *
Suicide and Crisis Lifeline – 988 *

This guide contains a variety of resources available in Marin to fit the need of Marin County Residents.



Scan This QR Code For Our Website and most updated guide
<https://prevention.marinbhhs.org/what-peer-support>

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Introduction

Mission Statement

The Peer Resource Taskforce is a team of peers and peer supporters dedicated to sharing the awareness of resources available to meet the specific behavioral health needs of the people of Marin County. Our team values the importance of diversity, equity, inclusion, appropriate connection and support to overcoming linguistic, cultural and other barriers individuals may have to accessing peer services that are meaningful to recovery and wellness in mental health and substance use challenges.

Who We Are

The Peer Resource Taskforce has come together to create and maintain a website that identifies multiple types of resources in one location. We recognize the current challenges the Covid-19 virus has brought and want to do all we can to support recovery and the building of resilience during this time when so many of us are struggling with behavioral health issues. We are predominantly peers and believe our lived experience, peer networks, and desire to support our community has allowed us to identify many areas of need, and a variety of options within each area, as we all try to connect with others and stay healthy during these unique times.

How to use this guide:

We feel this is a comprehensive guide of various services and resources to aid you in obtaining supportive care to meet one's needs. Recovery from mental health and/or substance use challenges can be difficult when you do not know where to go. We recognize that navigating these systems can be very challenging and this guide should be helpful in finding appropriate supports based on your situation. If you are reading this guide in Spanish, please find resources with Spanish capacity available with an * asterisk symbol next to them.

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Digital Peer Resources

Support Lines/Crisis Lines

988 Suicide & Crisis Lifeline *

The 988 Suicide & Crisis Lifeline is a United States-based suicide prevention network of over 200+ crisis centers that provide 24/7 service via a toll-free hotline with the number 9-8-8. It is available to anyone in suicidal crisis or emotional distress.

San Rafael SAFE Team - 415-458-SAFE

Services provided by SAFE include responding to people who are under the influence of drugs or alcohol, in need of treatment for mental illness, or who need shelter by providing counseling and transportation to the appropriately staffed location. The team will also address minor medical complaints that do not require emergency room care. The SAFE Team will also be supported by a SAFE Team Navigator, who will manage referrals to the various social and mental health programs in Marin County. The SAFE Team will operate twelve hours per day (8am-8pm), seven days a week, 365 days per year. Call 415-458-SAFE an emergency dispatcher will answer and determine if your situation requires the SAFE team, first responders such as police, fire, or paramedics, or a combination of both.

Marin Suicide Hotline – 415-499-1100

Bucklew Programs' hotline offers 24/7, free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones. Bucklew also supports the community at large by helping those with mental health issues who may or may not be considering suicide.

Mobile Crisis - 415-473-6392 *

The mobile crisis team operate Monday through Friday 8:00 A.M. to 9:00 P.M. and Saturday 1:00-9:00 p.m. This team is comprised of two licensed mental health clinicians. The team will be able to respond to individuals in the s who present in a crisis. Some of the referral sources are schools, police departments, and family members who are concerned about loved ones. This team will have the capacity to initiate a 5150 if warranted OR to offer crisis intervention, stabilization and linkage to appropriate community-based services. In addition, the team will have the capacity to lift holds in certain circumstances.

National Suicide Hotline - 1-800-273-8255 *

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Center for Domestic Peace – 415-924-6616 *

Our English and Spanish hotline provides immediate support and safety planning for those in danger or at risk, as well as information and referrals. The bilingual hotline is one of the few in the

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Bay Area that provide 24-hour intake to help those in danger access emergency shelter.

CalHope – 1-833-317-HOPE (4673) *

Department of Health Care Services (DHCS) has launched CalHOPE. As part of the response to the COVID-19 pandemic their website has resources to support people experiencing stress from the pandemic. The CalHOPE Warmline is live and answering calls – telephone or text.

<https://calhope.dhcs.ca.gov/>

Trevor Project—1-866-488-7386 or text 678-678

The mission of The Trevor Project is to end suicide among gay, lesbian, bisexual, transgender, queer & questioning young people. There are a lot of valuable resources on their website. Their crisis intervention and suicide prevention hotlines are staffed 24/7/365 and there is the also the option of texting them.

<https://www.thetrevorproject.org>

Mental Health Advocates of Marin Warmline – 1-415-459-6330

The Mental Health Advocates of Marin warmline provides peer support via telephone. A non-emergency confidential peer-run phone line that is answered by trained peer support specialists with their own experience with mental health challenges that

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provides a safe place for people to talk about anything that is on their mind and get emotional support. We offer a place of empathy, understand and hope.

Crisis Textline - Text HOME to 741741 *

This service is available from anywhere in the United States. You will be connected to a trained crisis counselor who will respond and provide support to help you with the crisis. The service is available 24/7. To receive a text back in Spanish please text AYUDA to 741741.

Older Adult Friendship Line - 1-888-670-1360 *

The Friendship Line is an accredited crisis intervention program for the elderly. They offer confidential telephone discussions for people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide, their caregivers and/or younger disabled adults is available. The service is available 24/7.

ACCESS Line - 1-888-818-1115 *

The Access Team is a part of Marin County Behavioral Health and Recovery Services and provides information and screening for mental health and substance use services over the phone and in person as needed. The team assesses the needs of clients and provides referrals and authorization for treatment. In-person assessments may be available. The ACCESS Line is answered 24/7.

The MHSF Peer-Run Warm Line - 1-855-845-7415 *

A non-emergency resource for anyone seeking emotional support. Assistance is provided via phone and webchat on a nondiscriminatory basis.

Wellify Teen – 415-847-2534

Wellify Teen is a Marin County mental health support nonprofit that provides a free, clinical-level assessment program, an online parent resource guide and other support programs. At www.wellifyteen.org, families can find where to go for help locally, regardless of income and insurance parameters. The comprehensive Marin County guide includes information on Crisis Help, Suicide Prevention, Teen & Family Therapy, Serious Mental Disturbances and Parent Support.

Digital Access Programs for Low Income

PCs for people

PCs for People is a national leader in digital inclusion. As a 501(c)(3) nonprofit organization, every project, program and initiative at PCs for People is centered on getting low-cost computers and affordable broadband internet into the homes of low-income individuals. <https://www.pcsforpeople.org/>

Xfinity WiFi Hotspot Access Opens Nationwide in Response To Coronavirus

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Xfinity WiFi hotspots in out-of-home locations will be available for free to anyone who needs them, including non-Xfinity Internet customers, to keep our communities connected with their friends and family.

What hotspots are included?

Xfinity WiFi hotspots located both indoors and outdoors in places like shopping districts, parks, businesses, and train stations will be open. Hotspots located in customers' homes are not opened to the public. Customers and non-customers can find the exact hotspot locations at xfinity.com/wifi/#find-a-hotspot. Xfinity Internet customers can also locate them through the Xfinity WiFi Hotspots app.

Access FROM AT&T

AT&T offers low-cost internet service to qualifying participants of up to 10 Mbps with prices ranging from \$5-\$10/mo. As part of the program, there's no contract, no deposit and no installation fee required, an in-home Wi-Fi modem, and access to more than 30,000 AT&T nationwide hotspots is included. To qualify, participants must have at least one resident who participates in the Supplemental Nutrition Assistance Program (SNAP), have an address in

AT&T's 21-state area where wireline home internet service is provided, and not have outstanding debt for AT&T fixed internet service within 6 months. More info at

<https://www.att.com/internet/access/>

Cox Connect2Compete

For \$9.95/mo., qualifying participants can receive low-cost internet up to 15 Mbps from Cox. Additionally, program members can take advantage of no deposits or annual contracts and a free Wi-Fi modem. Qualifying applicants for the Connect2Compete program must have at least one K-12 student living in their household and participate in either the National School Lunch Program (NSLP), Public Housing, Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF). Visit [Cox's Connect2Compete](#) page or call 1-855-222-3252 to learn more about the program and check on your eligibility.

Xfinity Internet Essentials

With Xfinity Internet Essentials, qualifying households can get internet speeds up to 15 Mbps for \$9.95/mo. With the program, there's no credit check, no contract and no installation fee. In-home Wi-Fi is included and participants have the option to [purchase a low-cost computer](#) for \$149.99 plus tax. You may qualify for Xfinity Internet Essentials if your child is eligible for the National School Lunch Program, you receive HUD housing assistance, or you are a low-income verified veteran or senior. Visit the [Xfinity Internet Essentials](#) page to learn more about their programs and check your eligibility.

Renew Computers For The Community Program

Computers for the Community Program was created to provide affordable desktop and laptop computers to any non-profit or any client, affiliate or employee thereof. These computers are the same as their standard Renew builds except they are now able to offer them at a reduced cost to you. As long as you are affiliated with a CA non-profit in any way you qualify for our program! MCIL and Empowerment Clubhouse partners with Renew Computers. Call MCIL to connect with a counselor at 415-459-6245. Contact Empowerment Clubhouse at 415-339-2837.

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<https://renewcomputers.com/computers-for-the-community-program/>

Support Groups

Groups at Empowerment Clubhouse

Empowerment Clubhouse is a recovery-oriented, strengths-based community mental health organization with a mission of *offering a safe and restorative community where individuals working toward mental health recovery become empowered through meaningful work and supportive relationships*. Joining Empowerment Clubhouse is entirely voluntary, free, and available to any Marin County resident over 18 years of age living with a diagnosed mental health disorder or acknowledged mental health challenge. Their website is located at: [Empowerment Clubhouse | MCCDC \(marincitycdc.org\)](https://www.marincitycdc.org/)

Empowerment Clubhouse is currently operating as a daily (M-F) "Virtual Clubhouse," as well as in person support, offering groups (including art, journaling, collage, yoga, meditation), trainings, social activities, employment and education services, and opportunities to get involved in the work of the Clubhouse. Interested individuals are welcome to apply for membership by emailing empowermentclubhouse@marincitycdc.org or calling **415-339-2837**.

ERC Support Groups

Mental Health Advocates of Marin offer a variety of support groups such as:

- Wellness Recovery Action Planning Groups
- Hearing Voices Network USA Groups
- Depression Support Groups
- Anxiety Support Groups
- Movie Groups
- Women's Support Group
- Men's Support Group
- Family Support Group in Spanish
- Women's Support Group in Spanish
- Meditation Group
- Healing Circles
- Art Groups
- Tech Groups

The groups are in-person, and some are hybrid. Their group schedule is located on their website: <https://www.mhamarin.org/appointments>

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MHASF Support Groups

MHASF offers a variety of groups such as:

- Advanced Drop-in Support Group for Collecting Behaviors (Hoarding Disorder)
- People of Color Support Group
- Blade. An African American support group. (Black Lives: Advocation, Demonstrating, Elevating)
- Managing Anxiety Support Group
- The Toolbox: A Support Group for Peer Workers
- Clearing House Support Group LGBTQ Seniors 55+
- Let's Talk About Stress & Wellness
- Adult Hearing Voices Group
- Adults on the Autism Spectrum Support Group
- Support Group for LGBTQIA2S+

More information can be found here: <https://www.mentalhealthsf.org/support-groups/>

Buckelew Programs SOS Allies of Hope Support Group. Times/dates: Held 2nd and 4th Wednesday monthly. **Format:** Virtual. **Register:** Call 415-492-0614 to get a zoom link or email SOSinfo@Buckelew.org

Caregiver/Parent Support Group for LGBTQ identified loved ones

This Support Group for parents, caregivers and family of trans/non-binary/gender questioning children is a great resource for parents and caregivers, to talk about parenting LGBTQ and/or gender-expansive children and teens. Come share your experiences in a place where you can speak openly and be heard. Find and give support to others. Express feelings and get information. Explore how best to support the child. Email jbarkin@thesparhcenter.org for more info and/or zoom link.

BHRS Community Events

BHRS provides many community events throughout the year, including awareness events, training opportunities, and town halls. We invite everyone to attend. Please check [this](#) page often, as events will be updated regularly!

Radio Show on Suggestions & Solutions for Health, Safety, Satisfaction & Serenity *

Weekly. Wednesdays at 11:00 A.M. (Spanish). Live thru KBBF 89.1 FM, KWMR 90.5, 89.9, 92.3 FM and on Facebook on "Cuerpo, Corazon, Comunidad".

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Visit: www.cuerpocorazoncomunidad.org

Positive Parenting in Challenging Times

This is a class to support all parents to enjoy raising their children. Join other fellow parents to find support and gain knowledge of effective tools to support you and your children. Bi-weekly, every other Thursday at 4 P.M. Classes are on zoom. For more information and/or the zoom information please contact Michelle Kemp (451) 368-5221 or Verence Lopez-Meza (628) 253-6004.

Virtual Parenting Classes in Spanish *

This class is designed to provide parents with an understanding and knowledge of positive parenting practices, particularly in the areas of child development, communication, positive discipline, and self-awareness. Our goal is to provide parents with the tools they need to create a healthy, safe, and nurturing environment. This will be a space where parents can express challenges, fears, worries, or ask questions. And it's an opportunity to give and receive support from other parents during these difficult Covid-19 times. Group is every Wednesday from 5-6pm on zoom platform. To receive instructions for registration please contact Dr. Juanita Zuniga at 415-720-6839.

Spanish Speaking Support Group *

This group is intended as a meeting space for the Hispanic community where support is provided and received in situations and challenges that are in constantly traversing in a safe environment. In this group we will also share some practical tools for increasing resilience and decreasing the effects of stress and trauma in the body and mind. This group is confidential and meets on Mondays from 6-8pm at 3270 Kerner Blvd, Suite C, San Rafael CA, 94901. For more information and/or to register call (415)496-5680

Thursday Night Family Support Group

We are a group of clinical staff and family partners who offer time each week to provide support, guidance, and a safe place to share your stories, connect with others who are having similar experiences, and provide education and information that may be helpful as you navigate the complexities of behavioral health challenges. Starting on June 18, 2020, we have moved our groups to zoom - check the link above for more details. Every Thursday from 7:00 to 8:30 pm. <https://www.marinhhs.org/family-support-meetings>

NAMI Family Support Groups

Support groups are in person and will allow family members to share their experiences in a safe and confidential setting, gaining hope and supportive relationships. This group allows family members' voice to be heard and provides an opportunity for personal needs to be met. It encourages empathy, productive discussion, and a sense of community. Family members can benefit through others' experiences, discover inner strengths, and learn how to identify local resources and how to use them. Family support groups take place weekly on Wednesdays from 7pm – 8:30 in San Rafael. Registration and vaccination verification are required. Please call 415-444-0480 or email info@namimarin.org to sign up now.

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National, Local and Statewide Peer Resources

Mental Health of America National provides a Peer Support Center with six program offerings. Among them are:

- Further information regarding peer specialist are available on the Center's Mental
 - Health America's website: <https://www.mhanational.org/center-peer-support>
- It's My Life: Social Self-Directed Care Program: Helping people build networks of friends and intimate relationships.

Mental Health America of California provides the following national resources, including the following talk, text, and chat lines:

- Know the Signs: (800) 273-8255 *
- Mental Health America | Text MHA to 741741, trained crisis counselors are available 24/7 for free
- National Drug & Alcohol Abuse Hotline: (800) 662-HELP (4357) *
- National Suicide Prevention Lifeline: (800) 273-8255, or, send a text message to 838255 *

NAMI, the National Alliance on Mental Illness *

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health challenges. Call the NAMI helpline at 800-950-6264 M-F 10 A.M. – 6 P.M. ET or visit <https://www.nami.org>

NAMI Marin

NAMI, the National Alliance on Mental Health challenges, Marin County is the local affiliate of the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and their families.

More info at NAMI Marin's website <https://www.namimarin.org/> Or call 415-444-0480

Intentional Peer Support

Intentional Peer Support is a way of thinking about and inviting transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. Intentional Peer Support website has articles on trauma-informed approaches and offers trainings for organizations. Visit <https://www.intentionalpeersupport.org/>

SAMHSA-- *The Substance Abuse and Mental Health Services Administration is a federal agency devoted to behavioral health and leads public health efforts to advance behavioral health and reduce the impact of substance use and mental health challenges on America's communities. The website contains all sorts of valuable information and links. Their National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and

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recovery in English and Spanish. You may also want to check out samhsa.gov/brss-tacs, which contains good information about recovery support and services and has a lot of information/resources regarding peer support in recovery. National Hotline **1-800-662-4357**; Suicide Prevention Hotline: **1-800-273-8255** and both are available 24/7.

Copeland Center Website--The goal of the Copeland Center is to promote wellness, recovery, community inclusion and peer support through training, technical assistance, and advocacy. They are the international leaders of the Wellness Recovery Action Plan® (WRAP). Their perspective is one of recovery, community inclusion and peer support. They provide trainings, workshops, consultations and webinars. **1-802-254-5335** or <https://copelandcenter.com/>

CAMHPRO--The California Association of Mental Health Peer-Run Organizations. CAMHPRO's mission is to transform communities and the mental health system throughout California to empower, support, and ensure the rights of consumers, eliminate stigma, and advance self-determination for all those affected by mental health issues by championing the work of consumers and consumer-run organizations. The specific purpose of CAMHPRO is to promote the work and mission of peer-run organizations devoted to advocacy and empowerment for mental health consumers. They offer many training webinars for peer specialists and the peer community in general including information on state-wide peer certification. <https://camhpro.org/>

Hearing Voices Network USA--The Hearing Voices Network (HVN) USA is one of over 20 nationally-based networks around the world joined by shared goals and values, incorporating a fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences. It is part of an international collaboration between professionals, people with lived experience, and their families to develop an alternative approach to coping with emotional distress that is empowering and useful to people, and does not start from the assumption that they have a chronic illness. The organization now has online support groups for peers and has groups that meet in many locations throughout the U.S.

CalHope Connect * - Calhope Connect is a service where individuals can find peer support groups to attend, resources and 24/7 crisis support. CalHOPE Connect is brought to you by California Mental Health Services Authority (CalMHSA) through a partnership with California Department Health Care Services (DHCS), the Federal Emergency Management Agency (FEMA), and local Mental Health Providers/Partners. Any Californian can reach out and get support from the website, www.calhopeconnect.org or call us at 916- 288-8535.

Wellness Apps (All apps are Free)

*Apps available in Spanish

Anxiety Coach APP - Anxiety Coach is a self-help app designed to reduce anxiety, fear and worry common to social anxiety disorder (SAD) and other anxiety disorders.

Insight timer APP * - The app features 8940 guided meditations, music and talks posted by contributing experts. You can also create a custom meditation with your preferred sounds and

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music.

Happy Color APP * - Happy Color is a color by number game for adults. They provide many breathtaking and inspiring pictures to be colored.

Virtual Hope Box APP * - The VHB contains simple tools to help with coping, relaxation, distraction, and positive thinking. Consumers and providers can work together to personalize the content on their own smartphone according to their individual specific needs.

Smoke Free APP * - This is the stop smoking app that science built. They use 20 different, evidence-based techniques to help you become - and stay - smoke free.

Safety Plan App - Have your crisis plan available anytime. In a psychological crisis it is important to act quickly. With the help of the Safety Plan App you can easily access your safety plan at any time on your smartphone. The App also enables you to view your coping strategies and get in touch with people who can help.

Lumosity APP * - An online program consisting of games purported to improve memory, attention, flexibility, speed of processing, and problem solving. Designed for use as a cognitive training program, and for learning about the workings of the mind.

Khan Academy APP - A non-profit educational organization that provides online video tutorials and interactive exercises. Its mission is to provide a free, world-class education for anyone, anywhere.

PTSD Coach APP - A digital app for use as an aid in learning and managing symptoms that often occur after trauma. Features include: information on PTSD and treatments, tools for screening and tracking symptoms and tools for handling stress symptoms. It is designed to benefit trauma survivors, their families, or anyone coping with stress.

Mindfulness Coach APP - A digital app for use as an aid in practicing mindfulness meditation. It offers a log of mindfulness exercises to enable users to track their progress in usage of mindfulness practice.

Sanvello APP* - A digital app for use as an aid to manage and treat stress, anxiety, and depression. Sanvello currently offers English and text translations in Spanish, & French. It plans to add audio translations in Spanish, French and additional languages in the future.

Superbetter APP - A gaming digital app designed for use as an aid in building “the ability to stay strong, motivated, and optimistic in the face of change and difficult challenges.” Playing SuperBetter is designed to unlock potential, overcome difficult situations and achieve the player’s self-determined goals. It is described as a “framework that activates the psychological strengths of game play to build resilience and success in real life.”

Moving Forward APP - A digital app providing tools and education in problem-solving skills, intended to overcome obstacles and deal with stress. The app is designed for Veterans and Service Members but is potentially useful for anyone with stressful problems. It may be

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beneficial in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. Can be used alone or in combination with the Moving Forward online course.

Liberate APP - The #1 meditation app for the Black, Indigenous, and People of Color communities. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and micro-aggressions and celebrate all BIPOC communities.

Wellness Recovery Action Plan APP - A self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. With the WRAP app you can share parts of your plan with supporters and update on the go any time you need to! Learn more about WRAP at <https://mentalhealthrecovery.com/wrap-is/>

What's Up? APP * - A free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

SAM APP - A friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. **SAM** has been developed by a university team of psychologists, computer scientists and student users.

MyLife APP* - (formerly known as Stop, Breathe & Think) is an award-winning meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions. Whether you're anxious, sleepless, hopeful, angry, or anything in between, There's something here for you.

Clean Time App - This app is a day counter for anyone recovering from alcohol, drugs, overeating, gambling, or smoking or for anyone just wanting to keep track of time since an event. Customize the app with your name, date and what you are recovering from.

AIMS APP - Designed for Veterans and Military Service members but can be used by anyone coping with anger problems. The AIMS app is based on the Anger and Irritability Management Skills online self-help course (<http://www.VeteranTraining.va.gov/aims/>). The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music. The AIMS app may be used alone, or in combination with the online course or in-person therapy. AIMS was created by the Veterans Administration's National Center for PTSD and the V.A.'s Mental Health Services.

LifeArmor APP - A comprehensive learning and self-management tool to assist members of the military community with common mental health concerns. LifeArmor is portable and provides information and assistance at the touch of a button. Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-

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traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.

CBT-i Coach - for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

Dream EZ APP - Based on the principles of imagery rehearsal therapy (IRT). This therapy can help change nightmares into less disturbing dreams so you can get a better night's sleep.

Rain Rain® Sleep Sounds APP - Helps you fall asleep fast! It lets you access over 100 high-quality endless sounds lull you to sleep in no time, with more sounds added all the time. Mix and match any combination of sounds and save your favorite combinations.

Soothing Sleep Sounds APP - Provides a beautiful library of high-quality, naturally recorded sounds. Much better than synthetic sounds and short repetitive loops, these are real-world sounds with all the richness, texture, and nuance of the natural environment.

Headspace APP - Your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts like Headspace co-founder Andy Puddicombe, and develop tools to help you focus, breathe, stay calm, and create balance in your life — whether you need stress relief or help to get restful sleep

Therapeer APP – A private emotional support team focused on helping YOU. Support others emotionally and improve your own emotional well-being.

Talkspace APP - Get matched with a licensed therapist in your state from the comfort of your device, and message via text, audio, and video.

Daylio APP - Enables you to keep a private micro-diary without having to type a single line. It is also a mood tracking app.

Happify APP - Science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

COVID Coach app - Created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

Medi-Cal and Sliding Scale Therapy

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The Spahr Center-- They specialize in services for people living with HIV and for the LGBTQ community. Many of their therapists are part of the LGBTQ community. Their mental health team includes licensed therapists; interns and a psychiatrist. Location: San Rafael, 415-457-2487, Ext. 1007

Marin City Health and Wellness Center-- Location: Marin City, 415-339-8813

Jewish Family and Children's Services-- Location: San Rafael, 415-419-3600

Community Institute for Psychotherapy-- Location: San Rafael, 415-459-5999

Interfaith Counseling Center-- Location: San Anselmo, 415-256-9701

Bucklew Counseling Services-- Location: Novato, 415-491-5716

Ritter Center *-- Location: San Rafael, 415-457-8182

Marin County Behavioral Health and Recovery Support Services *-- Locations: San Rafael, Novato. For services, please call ACCESS at 1-888-818-1115. More information on ACCESS is located in **Support/Crisis Lines** section.

Marin County chapter of California Association of Marriage and Family Therapists-- Low fee therapists are licensed members of Marin CAMFT who provide therapy to a limited number of clients for less than \$50 per hour. Their sliding scale therapists are licensed Marin CAMFT members who indicated in their profiles that they provide therapy to a limited number of their clients according to a self-defined fee scale. They provide contact information for therapists throughout Marin County at: <https://www.marincamft.org/page-1856420>

Wellifyteen- Wellifyteen offers a system on their website for finding therapy based on your insurance or if you have no insurance. This can be found at:

http://www.wellifyteen.org/finding_help.html

For a list of other therapists in Marin County who take MediCal please visit

<https://www.psychologytoday.com/us/therapists/medi-cal/ca/marin-county>.

For a list of psychiatrists in Marin County who take Medicare, often with a small co-pay, please visit <https://www.psychologytoday.com/us/psychiatrists/medicare/ca/marin-county>

Homeless resources

Ritter Center *

The Ritter Center is currently offering on campus services such as food pantry, medical visits and rep payee to individuals already enrolled in that program. Call 415-457-8182 for more

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information. View the complete Ritter Center Community resource guide [here](#). Ritter Center is located at 16 Ritter St, San Rafael

Hours of operation: Monday – Friday 8am-5pm

Mill Street Shelter

Mill Street Center is Marin County's only year-round emergency shelter for adults. Mill Street and New Beginnings Center, which also provides housing-focused shelter services, compose a large part of their Adult Services Program. The Transition to Wellness program, operated with local hospitals and social service agencies, offers three double-bed rooms of medical respite shelter for adults leaving acute care without stable housing. Homeward Bound also operates several long-term supportive housing programs. Call 415-457-9651. The protocol to get a bed is to call at 10am on the dot on Mondays to secure a bed. It is not a guarantee to acquire a bed.

Marin Foster Parent Resources

MFCA Community Resource Center- The community resource center is a place for any foster, kinship, adopted child and their caregivers to come and get needed items such as clothing, daily hygiene supplies, shoes, diapers, school supplies, books, toys and more. Their address is 35 Mitchel Blvd #5B San Rafael, 94903. The hours are Mon, Wed, Thurs, Friday 9:30 A.M. to 2 P.M., and Tuesdays 2 P.M.-6 P.M. They can be reached at 415-507-0557.

Advokids - Advokids provides the only free telephone hotline offering legal information to anyone concerned about a child in foster care and also offers attorney consultations for foster parents. Their hotline is 1-877-238-4543 or advocate@advokids.org.

Cake4Kids- Cake4Kids provides homemade birthday cakes for children in foster care. Submit your request AT LEAST 2 weeks in advance of the birthday or special occasion. Their website is cake4kids.org.

Seneca - Seneca family of Agencies offers a broad array of mental health and special education services. Their mental health services are designed to keep youth in the foster care and juvenile justice systems as connected as possible to their families and communities by providing a community-based alternative to group home care. Their school-based services are designed to close the educational achievement gap experienced by students from low income communities, students of color, and students enrolled in special education programs. Their website is <https://www.senecafoa.org/> and/or can be reached at 415-482-6182.

Covid-19 Resources

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- Marin County Coronavirus information: <https://coronavirus.marinhhs.org/>
- California Covid-19 Resources available at cdph.ca.gov (California Department of Public Health)
- Marin Recovers: <https://marinrecovers.com/>
- Adult Protective Services: (415) 473-2774 *
- Skilled Nursing/Assisted Living Ombudsman: (415) 473-7446 *
- Child Protective Services: (415) 473-7153 *
- Public Assistance Call Center (Medi-Cal, CalFresh, CalWorks): 1 (877) 410-8817 *
- General Relief: (415) 473-3450 *
- For information on resources and services specifically for older adults (persons 60+), persons with disabilities and family caregivers, call (415) 473-INFO, (415) 457-4636 or email 457-INFO@marincounty.org.

Food Resources

San Rafael Food

- Drop in Breakfast at St. Vincent de Paul Society - 6:30 A.M. – 8:00 A.M. 820 B St, San Rafael CA
- Drop in Lunch - St. Vincent de Paul Society - 11:00 A.M. - 1:00 P.M. 820 B St, San Rafael CA
- Dinner to go - First Presbyterian Church Fellowship Hall - Tuesdays 5:30 P.M. - 6:30 P.M. 1510 Fifth Ave, San Rafael, CA
- Ritter Center Pantry: Monday – Friday 9am-12 and 1-5pm 16 Ritter St, San Rafael CA
- Food Pantry Resources: <http://foodlocator.sfmfoodbank.org>
- CalFresh (Food Stamps) 1-877-410-8817 or c4yourself.com
- To Locate a store that accepts Food Stamps: <https://www.ebt.ca.gov/locator/index.html#/locator.page>
- Women, Infant and Children: 415-473-6889

Community Fridge Locations

Community fridges are a mutual aid space where people take responsibility in caring for one another by redistributing resources. Fridges are set up and run by the people, for the people, and they serve as a solution for both food insecurity, and food waste. Free food for all.

No questions asked.

Take what you need, leave what you don't!

<https://www.marincommunityfridges.info/>

📍 Marin County Locations

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- 26 Medway Rd, San Rafael, CA (Refrigerator without freezer, with pantry to the right)
- 22 Frances St, San Rafael, CA (Refrigerator with pantry shelving)
- 170 N San Pedro Rd, San Rafael, CA (Refrigerator and pantry shelving)
- 867 Grant Avenue, Novato, CA (Pantry Only)
- 215 Shoreline Hwy, Mill Valley, CA (Pantry Only)

Transportation Resources

Marin Transit *

The Marin County Transit District was formed by a vote of the people of Marin County in 1964 and was given the responsibility for providing local transit service within Marin County. Marin Transit offers fare discounts and a low-income fare assistance program. More information on Marin Transit can be found at: <https://marintransit.org>. For schedules, trip planning, feedback, lost and found call **511** and follow their prompts. To call from outside the San Francisco Bay Area please call **(415) 455-2000**. If you would like to speak to their travel navigators and program eligibility workers please call **(415) 454-0902**.

Marin Transit Fare Discounts – <https://marintransit.org/discounts>

Marin Access Low Income Fare Assistance (LIFA) Program – <https://marintransit.org/lifa>

Vivalon CarePool *

Vivalon's CarePool Program: Be a local Hero by becoming a Volunteer Driver for Vivalon's CarePool Program! CarePool is a vital transportation service for older adults in Marin County. Our Volunteer Drivers take them to medical appointments, grocery shopping, and to socialization destinations. For more information: <https://vivalon.org> or call **(415) 456-9062**.

Novato Dial-A-Ride *

Novato dial-a-ride is designed to fill gaps in Novato's local transit service and provide additional service. You can use the dial-a-ride service to make a complete trip within Novato or connect to fixed route transit service for travel outside of Novato. Reservations are required and can be made by calling **415-892-7899**. Rides can be reserved up to seven days in advance. Same day reservations are accepted if space is available.

Saint Anselm RC Church (for residents of Ross only)

Provides transportation services for seniors and persons with disabilities living in Ross. More info can be found at: <http://www.saintanselm.org> or by calling **(415) 453-2342**

Saint Rita's RC Church: Helping Hands

Provides transportation services for senior residents and persons with disabilities. Call **(415) 454-6420** for more information.

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Transportation benefits for Medi-Cal recipients

There are 4 types of transportation services you can get as a Partnership HealthPlan of California (PHC) member: Emergency Transportation Services, Non-Emergency Medical Transportation, Non-Medical Transportation and added transportation-related benefits for members under 21. More information on these resources can be found at: [www.partnershiphp.org/Members/Medi-Cal/Documents/Transportation Flyer Final English v2.pdf](http://www.partnershiphp.org/Members/Medi-Cal/Documents/Transportation_Flyer_Final_English_v2.pdf)

Legal Support

Legal Aid Of Marin *

Providers low-income and vulnerable Marin residents such as children, seniors, immigrants, people with disabilities and the homeless with access to high quality, effective legal services, limited representation, some affirmative litigation, and proper support services including Small Claims Court assistance. More information: <https://legalaidmarin.org> or call **(628) 253-5755**.

Bay Area Legal Aid *

For legal advice or legal matters involving Housing, Public Benefits and Health access, call our Legal Advice Line to apply for assistance. BayLegal assists Marin residents in the areas of public benefits, including but not limited to Social Security Insurance (SSI), Social Security Disability Insurance (SSDI) CalWORKS, and Medi-Cal. More information: <https://baylegal.org> or call **(415) 354-6360**. Toll free number **1 (800) 551-5554**.

Public Defender Office *

The office of the Marin County Public Defender strives to provide effective and innovative legal services by protecting the constitutional rights of their clients while treating them with respect and encouraging them to lead productive and positive lives. The public defender offers a variety of services such as, immigration advice, clean state programs, and diversion programs. More information can be found at: <https://www.marincounty.org/depts/pd> or by calling **(415) 473-6321**

Legal Self Help Services – Marin Superior Court *

LSHS is a free service of the Court designed for individuals and self-represented litigants who need information about certain issues and court proceedings in small claims court actions.

More information can be found at: <http://www.marincourt.org> or by calling **(415) 444-7130**. They are located at 3501 Civic Center Drive Rm C-27 San Rafael, CA 94903.

In person drop-in services: 8:30 to 12 noon, Tuesday through Thursday

- Email services: 8:30 am to 3:00pm, Monday through Friday
- Phone hours: 8:30 am to 12 noon, Monday through Friday, and 1:00pm to 3:00pm Tuesday and Thursday
- Zoom drop-in clinics: 8:30 am to 12 noon, Monday and Friday. Zoom link: Meeting ID: 160 040 99155 Passcode: 350144

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Immigrant Legal Resource Center *

The ILRC is a national resource center that provides trainings, materials and advocacy to advance immigrant rights. As a legal services organization, they train lawyers and paralegals on ever-changing and complex immigration law. More information at: <http://www.ilrc.org> or by calling **(415) 255-9499**.

Lawyer Referral Service *

The San Francisco Bar Association Lawyer Referral Services has expanded its service to Marin County residents utilizing Marin lawyers. The Sonoma County Bar Association also operates a Lawyer Referral Service program. Both are California State Bar certified programs providing qualified, pre-screen lawyers, preliminary consultations are available at discounted fees. Provides transportation services for senior residents and persons with disabilities. Call **(415) 989-1616** for more information.

Lawyers in the Library

Lawyers in the Library is a collaboration between the Marin County Bar Association and the Marin County Law Library. Lawyers in the Library is a community program that offers free 20-minute consultations at the Marin County Law Library on the second and fourth Thursday for each month from 4:30 pm to 6:30 pm. The goal of the program is to help people who cannot afford private legal services by coordinating and facilitating access to legal information and referrals. Volunteer attorneys provide legal guidance on matters including, but not limited to, family law, probate, landlord/tenant, small claims, employment, restraining orders and elder abuse. If you have an existing case, bring all of your legal documents with you to the consultation. More information can be found: <http://www.marincountylawlibrary.org> or by calling **(415) 472-3733**

Childcare Resources

North Marin Community Services * – NMCS high-quality child development programs are available for children in preschool through middle school. Their early childhood education and youth enrichment programs are located at 680 Wilson Avenue, Novato CA 94947. They feature a full-sized indoor gym, art studio, library with computers, commercial size kitchen and dining room, state-of-the-art playground, outdoor garden, fully equipped with games room, and counseling rooms. These programs support the academic, social-emotional, physical and behavioral needs of youth. More information can be found: <https://www.northmarincs.org/child-development-programs> or by calling **(415) 892-5098**.

North Bay Children's Center *—North Bay Children's Center provides comprehensive high-quality child care and early education programs fueled by their vision of excellence and a spirit of innovation. Their mission is to assure optimal development for every child they serve through culturally rich programs that prepare children from diverse backgrounds to succeed socially, emotionally and academically. You can find more information at: <https://nbcc.net> or by calling **(415) 883-6222**

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Headstart * – Community Action Marin’s Head Start program promotes the school readiness of infants, toddlers, and preschool-aged children from low-income families. Headstart offers programs for children up to age five. More information can be found at: <https://camarin.org/program/early-childhood-education> or by calling **(415) 526-7500**

Immigration Resources

Immigration Resource Toolkit * – The public defender’s office provides this immigrant resource which has information on navigating resources available to address immigration issues. The immigration resource toolkit can be found at: <https://www.marincounty.org/depts/pd/immigrant-resource-toolkit>

Canal Alliance * – Canal Alliance is a nonprofit champion of immigrants who are challenged by a lack of resources in an unfamiliar environment. Canal Alliance offers immigration legal services, education and career programs, and social services to help Latinx immigrants and their families overcome the barriers to success. More information can be found at: <https://canalalliance.org> or by calling **415-454-2640**

Resources for Job Seekers

Pathworks – Marin Community Development Corporation offers job training and support for individuals seeking work. They offer a variety of job trainings on customer service, micro-enterprise, and construction trade. For more information: <https://marincitycdc.org/for-adults> or by calling **(415) 339-2837**

Bloom – Bloom is a non-profit organization dedicated to providing two-week wardrobes tailored to each individual’s needs for low-income children and adults residing in Marin County. Service is by referral: tell your counselor, teacher, social worker or pastor to fill out a referral form located at: <https://www.bloommarin.org> or by calling **(415) 482-6077**

Career Point – Career point is a “network of workforce experts on a mission to provide the highest quality employment and training solutions for the North Bay’s businesses and career seekers.” More info at: <https://CareerPointNorthBay.org> or by calling **415-473-3300**.

Buckelew – Buckelew Employment Services is a collaboration between the California Department of Rehabilitation, Marin County Behavioral Health and Recovery Services, and Buckelew Employment Services, creating real world successes for people with behavioral health challenges who have never worked, have uncertainty about returning to work, or who wish to improve competitive vocational skills. More info: <https://buckelew.org/services/marin-county/buckelew-employment-services/> or by calling **(415) 456-9350 ext. 431**

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Downtown Streets Team – Downtown Streets Team utilizes Teams that restore dignity, inspire hope, and provide a pathway to recover from homelessness. Teams are comprised of unhoused neighbors and those at risk of experiencing homelessness. Team members receive access to case management, system navigation, and employment placement services from trained DST Case Managers and Employment Specialists. Team Members engaging in community beautification and clean-up projects challenge common negative perceptions of homelessness. For more information: <https://www.streetsteam.org/marin> or by calling **(415) 622-7068**

Department of Rehabilitation * – Individualized employment plans are created with an assigned counselor to determine employment goal, based on the history and needs for education/tuition, job training, job development & job coaching services. They can be reached at **(415) 893-7702**

Rent/Utility Assistance Programs

Marin County Emergency Rental Assistance Program – This program is a partnership between the County of Marin and local community-based organizations, including Adopt A Family, Canal Alliance, Community Action Marin, North Marin Community Services, Ritter Center, St. Vincent De Paul Society, West Marin Community Services and Women Helping all people. More information can be found at: <https://www.marincounty.org/main/rap/english-marin-county-emergency-rental-assistance-program/community-partners>

Community Action Marin *—Community Action Marin has a utility assistance program designed to help people in the neighborhood where they are currently living. For assistance, customers must choose a primary heat source; PG&E, Wood or propane and may get help only once a year between October 1 – September 30. More information can be found at: <https://camarin.org/program-details/utility-assistance/> or by calling **(415) 526-7500**

Substance Use Resources

RxSafe Marin

RxSafe Marin is a coalition that includes parents, youth, pharmacists, health providers, community members and county staff working together to prevent misuse of opioids and other drugs. More info at: <https://rxsafemarin.org>

LifeRing Secular Recovery

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support with the mission of providing an abstinence-based, secular, and self-empowered substance use recovery pathway through their meetings and support network. LifeRing's emphasis on the positive, practical present-day respectfully embraces what works for each individual. To find a Zoom meeting use the "find meeting" filter for local meetings: lifering.org

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Alcoholics Anonymous Marin-- For confidential support, please call their 24-hour help line

- 415-674-1821, San Francisco
- 415-499-0400, Marin

Or email us at help@aasfmarin.org

More info at <https://aasfmarin.org/>

Marin County Narcotics Anonymous

<http://www.mcfna.org/meetings>

Marin County Marijuana Anonymous

<https://marijuana-anonymous.org/districts/all-meetings-district-12/>

Road To Recovery – The Road to Recovery Outpatient Program is a new Health & Human Services (HHS) program designed to specifically to meet the needs of clients experiencing complex Co-occurring Disorders (COD) - also known as Dual or Poly Diagnosis.

- 415-473-2555
- <https://www.marinhhs.org/programs-services>

Other Community Resources

NextDoor APP-- Nextdoor is the neighborhood hub. Connect with your neighbors, stay in the know of what's happening, find home services near you, learn about local business openings, or just get to know the people in your neighborhood.

Eventbrite—This website provides listings of online events such as workshops, trainings, webinars and even things like online yoga classes and virtual runs. Their website at eventbrite.com/l/coronavirus-resources-event-attendees has a lot of information about COVID-19 specific events. Eventbrite also has webinars related to Mental Health and a variety of peer support groups.

Health and Human Services- Community Resource Guide *:

<https://www.marinhhs.org/community-resource-guide>

General Resources in the Bay Area: Call 211 or <https://www.211ca.org/>

[2019 Whistlestop Directory of Older Adult Services for Marin County](#) (includes transportation resources for older adults and people with disabilities). Phone: 415-456-9062.

Volunteer Opportunities Resources

Local: volunteer.cvn1.org

California: www.californiavolunteers.ca.gov/get-involved/covid-19/

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From home: www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact

Advocacy Opportunity Resources

Disability Rights California's Peer Self Advocacy

Disability Rights California's Peer Self Advocacy (PSA) program presents self-advocacy trainings to people with mental health disabilities. We provide our services to people who live in mental health residential care facilities, state hospitals and the community.

<https://www.disabilityrightsca.org/what-we-do/programs/peer-self-advocacy-psa>

CAMHPRO ABC's of Advocacy Series

“CAMHPRO’s ABC’s of Advocacy” is a series of three webinars on the basics and details of how you can participate in the California community program planning process in a meaningful and effective manner. Visit CAMHPRO’s website for more resources on advocating for the inclusion of peers in the state of California <https://camhpro.org/> Click link and scroll to the bottom for the recorded webinar. You have to enter your email to view <https://camhpro.org/abcs-of-advocacy/>

Community Based Organizations

Mental Health Advocates of Marin – Mental Health Advocates of Marin is dedicated to representing the mental health consumer experience to the community, advocate for ourselves & our peers and be watchdogs of the system. We provide an atmosphere of warmth and caring that will give the best opportunities for those with mental health challenges to reach their highest potential. They run the mental health drop-in center with a variety of support groups located at 3270 Kerner Blvd Suite C, San Rafael 94901. More information can be found at: <https://www.mhamarin.org/>

Marin Asian Advocacy Project—The Asian Advocacy Project has been providing a wide range of comprehensive service to the immigrant and refugee communities of Marin County for over 28 years. MAAP seeks to empower these communities to participate in the educational, economic, social and political opportunities offered by the American society. MAAP’s major goals are to cultivate community leadership, promote physical and mental health wellbeing, help and educate the communities to become self-sufficient in civic engagements, labor rights, environmental advocacy, advocate for the rights and access of immigrants in navigating the healthcare, social and civil processes and resources and to increase understanding of cultural appropriateness and pluralisms. vluu@marinaap.org or (415) 847-2747

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Buckelew Programs-- Buckelew Programs helps people with behavioral health challenges through a wide range of services for adults and children in Marin County. These include supported housing and employment for people living with mental health disorders, family support, outpatient counseling, substance use treatment, outreach, education, and suicide prevention. More information is available at: buckelew.org or 415-457-6964.

Canal Alliance *-- Canal Alliance offers immigration legal services, education and career programs, and social services to help Latino immigrants and their families overcome barriers to success. These include support learning English, obtaining a college education, becoming a U.S. citizen and other legal aid, acquiring job skills and receiving immediate assistance. More information is available at: canalalliance.org or 415-454-2640.

Center Point-- The focus of Center Point treatment services is to reintegrate the individual into the community with the coping skills necessary to sustain recovery, employment and housing stability. Center Point's substance use and mental health programs offer integrated treatment services with individualized treatment planning, resulting in high rates of engagement, reduced institutionalization and remission of substance use. Center Point Marin's services include inpatient and outpatient. More information on their services can be found at <http://www.cpinc.org/> or by calling 415-456-6655.

Center for Domestic Peace (CD4P) * –CD4P leads a comprehensive community effort to end the #1 violent crime in Marin County: domestic violence. We provide transformational services and programs that protect and enhance victim safety, and ultimately engage our community in permanent change. Center for Domestic Peace holds the vision of a world in which domestic violence, abuse and intimidation is replaced with domestic peace. We believe that all women, youth, children and men who are abused and at risk of abuse have a right to immediate and long-term safety. They can be reached at (415) 457- 2464(Business line only. Appointments are made through the hotline.) Hotline is 24/7 and the number is 415-924-6116. More information can be found at their website: <https://centerfordomesticpeace.org>.

College of Marin *--Established in 1926, College of Marin has remained committed to educational excellence, providing equitable opportunities, and fostering success in all members of their diverse community. With campuses in Kentfield and Novato, students of all ages have affordable access to an exciting variety of credit and noncredit courses, as well as community education classes for lifelong learning. More information can be found at <http://www1.marin.edu/> or by calling 415-457-8811.

Community Action Marin * – Community Action Marin is a private non-profit 501(c)(3) social service agency serving and assisting low-income Marin residents in achieving a life of quality based on self-sufficiency. Serving Marin County since 1966, the agency currently operates 11 programs covering a variety of needs including childcare, energy assistance, family needs, and mental health support. More information can be found on camarin.org or by calling [415-526- 7500](tel:415-526-7500).

Felton (re)MIND Marin- Felton (re)MIND is a coordinated specialty care model for early detection and treatment of psychosis. The (re)MIND program applies an array of evidence- based practices to

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support individuals and their families in realizing their full potential. (re)MIND is committed to transforming the treatment and perception of early psychosis by intervening early with evidence-based, culturally competent assessment, diagnosis and specialized treatment. With (re)MIND®, young people can learn skills to manage the ups and downs of psychosis. Some services include case management, employment and education support, therapy and peer support. More information can be found at <http://www.feltonearlypsychosis.org/> or by calling 415-747- 8178 for information and referral.

Integrated Community Services (ICS) -- ICS provides employment services and living skills training for individuals with any type of disability. Their employment program seeks to prepare and support their clients as they obtain and maintain work in Marin County. More information is available at: <http://www.connectics.org> or 415-455-8481.

Marin Center for Independent Living (MCIL) *-- Marin CIL assists persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society. Independent Living, as seen by its advocates, is a philosophy, a way of looking at disability and society, and a worldwide movement of people with disabilities who proclaim to work for self-determination, self-respect and equal opportunities. More information is available at: marincil.org or 415-459-6245.

Marin Center for Volunteer and Nonprofit Leadership * – CVNL’s mission is to advance nonprofits and volunteerism by strengthening leadership, encouraging innovation and empowering individuals in our community. CVNL’s services include nonprofit and volunteer support. More information can be found at <https://cvnl.org/> and by calling 415-479-5710.

Marin Community Development Corporation – The Marin City Community Development Corporation (MCCDC) was organized in 1979 to promote the economic well-being of members of the Marin City community. Recognizing that power of community support for its residents, they advocate for full employment and economic self-sufficiency through building skills and creating income generating programs. As a business-oriented organization, they make available asset development programs to assist members in improving their present economic condition. Some of the services MCCDC provides are, education, employment, the Empowerment Clubhouse, and affordable housing programs. More information can be found at <http://www.marincitycdc.org> or by calling at 415-339-2387.

Marin Treatment Center-- Marin Treatment Center is a community-based non-profit agency that provides outpatient substance use treatment services. They offer individualized medication-assisted treatment as well as a medication-assisted treatment program. Additionally, they offer mental health services. Marin Treatment Center is a State of California licensed substance abuse service and is funded by Marin County Health and Human Services. More information is available at: office@mtcinc.org or 415-457-3755.

Multicultural Center of Marin * – The Multicultural Center of Marin works with diverse immigrant and underserved communities of Marin County in advancing their social, cultural, and economic well-being through self-empowerment programs that encourage participation in a broader civic life

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of U.S society. Some of their programs include, TAY radio, youth and family empowerment services, and community resilience support. More Information can be found on <http://multiculturalmarin.org/> or by calling 415-526-2486.

North Marin Community Services * – North Marin Community Services is a merged organization of the Novato Youth Center and Novato Human Needs Center. Our mission is to empower youth, adults and families in our diverse community to achieve well-being, growth and success. Our vision is a strong community with opportunities for all. Annually we serve 8,000+ people in need through an array of services delivered by more than 60 highly qualified staff and 230 dedicated volunteers. We are proud that half of our staff is bilingual, and we are able to serve a culturally and socio-economically diverse mix of families in a manner that integrates and unites our community. We provide educational, enrichment and support services at two facilities in Novato. We also work at Novato Unified School District campuses, at the Novato Teen Clinic, and in the community throughout North Marin. More information can be found on <https://www.northmarincs.org/> or by calling 415-892-5098 or 415-897-4147.

Ritter Center * - Ritter Center serves families and individuals in Marin County who are homeless or at-risk of becoming homeless. All our clients fall well below the Marin County self-sufficiency standard for their household size. Despite their best efforts, many individuals and families struggle from paycheck to paycheck. They are food- insecure, unable to afford basic health care, and lack reliable transportation. Any unforeseen expense becomes a serious financial obstacle that threatens their ability to pay rent or put food on the table. Some of their services include, case management, primary medical care, behavioral health counseling, outpatient substance use treatment, dental, and their transition to wellbeing program. More information can be found at <http://www.rittercenter.org/> or by calling 415-457-8182.

San Geronimo Community Center— The San Geronimo Community Center works primarily in the San Geronimo Valley and Nicosia to provide an inclusive, diverse, and dynamic center for locally-based services including arts and culture, education, health and wellness, and community building. The Center has programs in the arts, youth programming and human services, as well as community events and activities. These include visual, literary, and performing arts programs. Their human services, wellness programming, school readiness and school-linked services programs serve children, families, and adults of all ages. More information is available at: sgvcc.org or 415-488-8888.

Side by Side-- Side by Side operates in Marin County, providing young people ages 5-26 and family members with critical services that span behavioral and mental health, early intervention in schools, LGBTQIA+ support, transitional housing for foster youth, and special education. They also operate TAY Space which is a community center for youth ages 16-25 (transitional age youth, or TAY) who struggle with mental and/or emotional challenges to aid them navigate poverty, homelessness, and histories of foster care, incarceration, hospitalization, abandonment, and/or abuse. More information is available at: sidebysideyouth.org or 415- 457-3200.

Spahr Center - The Spahr Center is Marin County's only non-profit community agency devoted to serving, supporting, and empowering the lesbian, gay, bisexual, and transgender community, and

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everyone in Marin County living with and affected by HIV. Guided by their mission, their Board of Directors, staff, volunteers, supporters, and donors work together to achieve their vision of Marin as a healthy, inclusive community where every person lives with freedom and equality. Some of the Spahr centers services include, youth programs, senior programs, family/parent/caregiver support, mental health counseling, education, training and HIV services and support. More information can be found at <https://thespahrcenter.org/> or by calling 415- 457-2487.

10,000 Degrees— 10,000 degrees is a leading college success organization in California serving seven Bay Area counties. Their mission is to help students from low-income backgrounds get to and through college in order to positively impact their communities and the world, with the goal of achieving educational equity. More information is available at: 10000degrees.org or 415-459-4240.

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If you would like to add other kinds of resources, updates, or information to this document, please contact: Mark Parker at mparker@marincounty.org