

## PARENTAL SUPPORT

CHILD CARE RESOURCES	
Community Care Licensing (CCL)	<p>Office: (707) 588-5026 (Regional Office)                      101 Golf Course Dr                      Suite A-230, MS 29-11                      Rohnert Park, CA 94928  <a href="http://cclcd.ca.gov/ChildCareL_1728.htm">http://cclcd.ca.gov/ChildCareL_1728.htm</a></p> <p>Division of the Department of Social Services and administers the Child Care Licensing Program which licenses and monitors Family Child Care Homes and Child Care Centers in an effort to ensure that they provide a safe and healthy environment for children who are in day care.</p>
Community Child Care Council of Sonoma County (4Cs)	<p>Office: (707) 544-3077                      Referral Line: (707) 544-3084  <a href="http://www.sonoma4cs.org">www.sonoma4cs.org</a></p>
Marin Child Care Council	<p>Office: (415) 472-1092                      Referral Line: (415) 479-2273  <a href="http://www.mc3.org">www.mc3.org</a></p>
Petaluma Child Care Voucher System	<p>(707) 765-8488  <a href="http://www.petalumapeople.org/kidcare.shtml">www.petalumapeople.org/kidcare.shtml</a></p> <p>May cover some child-care costs for working parents or full-time students who are Petaluma residents.</p>
Sonoma County Child Care Association	<p>(707) 237-4911  <a href="http://www.SonomaCountyChildCareAssociation.com">www.SonomaCountyChildCareAssociation.com</a></p> <p>Provides referrals to licensed family child care home providers in Sonoma County.</p>
CLUBS	
Marin Parents of Multiples Club	<p>(415) 460-9049                      P.O. Box 3327                      San Rafael, CA 94912  <a href="http://www.mpomc.org">www.mpomc.org</a></p> <p>The Marin Parents of Multiples Club exists to provide educational, social, and emotional support to parents of multiples. It is for parents of multiples at many stages.</p>
MOPS (Mothers of Preschoolers)	<p>(707) 763-2277  <a href="http://www.petalumabaptist.org">www.petalumabaptist.org</a></p> <p>Nondenominational group of mothers who meet at Petaluma Valley Baptist Church. Child care is available.</p>

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Redwood Empire Parents of Multiples	(707) 582-4520 Support groups for mothers of multiple-birth children.
Sonoma County Mothers of Multiples	(866) 894-6569 (TWINJOY) PO Box 9459 Santa Rosa, CA 95405-9459 <a href="mailto:info@scmom.org">info@scmom.org</a>
<b>DAYCARES</b>	
Angela's Angels Childcare	(707) 792-1023 Angela Eddy <a href="mailto:Kangi6@aol.com">Kangi6@aol.com</a>  Licensed childcare for 16 years. (Lic. #493005541) I offer a loving, family atmosphere where we learn, play, and grow together. Small and large motor skills and developmental growth are learned every day through our different activities. And ALWAYS LOTS OF HUGS! Hot mails and snacks provided. Ages 3 months to Kindergarten welcome! So come and join us for lots of fun!
Apple In-Home Preschool & After School Care	(707) 773-3831 1525 Yarberry Drive Petaluma, CA 94954 Contact: Griselda Mendoza  We are a small in-home preschool. Our hours are 8:30AM – 12PM for the preschool and we also offer after-school care for children who attend Meadow Elementary on the east side of Petaluma. We offer a wonderful age-appropriate program with different monthly curriculum. We believe that children learn through play and offer learning opportunities to the children that involve arts and crafts, games, flannel boards, finger plays, reading, science, letters, numbers, sand and water, painting, cooking, etc.
<b>PARENTING</b>	
California Parenting Institute (CPI)	Phone: (707) 585-6108 Fax: (707) 585-2158 3650 Standish Avenue Santa Rosa, CA 95407 <a href="http://www.calparents.org">http://www.calparents.org</a>  The California Parenting Institute (CPI) is a non-profit educational family resource, which serves families in Sonoma County. CPI offers a variety of programs for parents with children of all ages. It offers parenting education and family support.

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<p>CPI Parent Support Warm Line</p>	<p>(800) 544-9276 (544-WARM)          Leave a message about your problem or question; a trained volunteer will call back in the next few days.</p>
<p>Caring Parents Program</p>	<p>(707) 765-8488          411 B Street          Petaluma, CA 94952  <a href="http://www.petalumapeople.org/family.shtml">www.petalumapeople.org/family.shtml</a>          Classes on communication skills between parents and children, offered by Petaluma People Services Center. Affordable family counseling may also be available through PPSC.</p>
<p>Child/Family Therapist and Parent Educator – Mar Ortmann</p>	<p>Phone: (707) 778-6777          Fax: (707) 778-6268          620 E. Washington St. #206          Petaluma, CA 94952          Email: <a href="mailto:marortmannlcsw@yahoo.com">marortmannlcsw@yahoo.com</a>          Licensed clinical social worker; works with families and individuals of all ages (especially children) for individual and group psychotherapy (including a 'new moms' support group); special interest in supporting families with young children; accepts some insurance benefits; 10% discount to PMC members.</p>
<p>Counseling and Psychotherapy -- Karen Nemrow, M.A., MFTI</p>	<p>(707) 765-4999          1 Bodega Avenue, Suite 2          Petaluma, CA 94952          Announcing the opening of my new Counseling and Psychotherapy Private Practice Internship. I strive to offer counseling and psychotherapy in a way that is compassionate, understanding and supportive. My specialties include helping those dealing with anxiety and depression, grief and loss, family problems and those navigating through the transitions of life. I am comfortable and competent working with children, teens and adults. I am currently taking new clients and offer a sliding payment scale with reasonable fees. Please call me if you would like more information, have questions or would like to set up an appointment. All referrals are greatly appreciated.          Marriage and Family Therapist Intern, #IMF54762 (Supervisor: Margie Jamin, MFT #MFC 34364)</p>
<p>Early Learning Institute</p>	<p>(707) 591-0170          484 Rohnert Park Expressway          Rohnert Park, CA 94928          Email: <a href="mailto:eli@earlylearninginstitute.com">eli@earlylearninginstitute.com</a>  <a href="http://www.earlylearninginstitute.com/home.htm">http://www.earlylearninginstitute.com/home.htm</a>          ELI is dedicated to providing and promoting developmental services, education and support to young children with developmental delays and disabilities and their families.</p>

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<p>Early Parenting Support and Education</p>	<p>(707) 762-1006  <a href="http://www.earlyparentingsupport.com">www.earlyparentingsupport.com</a>                      Provides home support for breastfeeding and newborn care, runs parent/baby support groups, offers chair massage, and teaches parent education classes.</p>
<p>Families First</p>	<p>(707) 565-4507  <a href="http://www.sonoma-county.org/familiesfirst">www.sonoma-county.org/familiesfirst</a>                      Families First provides 3 home visits during the baby's first year for first time parents that live in Sonoma County. The free home visits are tailored to:</p> <ul style="list-style-type: none"> <li>• Provide home visits to meet the parents' needs and interest</li> <li>• Give support for the new parents</li> <li>• Provide free gifts for baby's health and safety</li> <li>• Answer questions about baby's development</li> <li>• Provide information about local resources</li> </ul> <p>The home visitors are warm, caring professionals. Many are health professionals, parent educators, or child development specialists.</p> <p>Families First is a free program funded by First 5 Sonoma County for all first time parents. Parents can sign up for Families First by signing a referral form in a Sonoma County birth hospital, or by self referring at (707) 565-4507 or on the web at <a href="http://www.sonoma-county.org/familiesfirst">www.sonoma-county.org/familiesfirst</a>.</p>
<p>Lifeworks - Family Education Center</p>	<p>(707) 568-2300 ext. 19                      1200 College Avenue                      Santa Rosa, CA 95401                      Parent education, counseling (fee based on income), support groups. PMC membership entitles you to free parenting classes.</p>
<p>Parents Place</p>	<p>Phone: (707) 571-8131                      Fax: (707) 571-8195                      1360 N. Dutton Avenue, Suite C                      Santa Rosa, CA 95401  <a href="mailto:ParentsPlaceSonoma@JFCS.org">ParentsPlaceSonoma@JFCS.org</a>  <a href="http://www.jfcs.org">http://www.jfcs.org</a>                      At Parents Place we offer "everything to do with parenting." Call on us for professional advice. Sign up for a special workshop. Ask us about adult, child, and family counseling. Attend a peer support group. Ask us to provide a speaker at your work site or at your child's childcare center or school. If it has to do with parenting, you'll find it here.</p>

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SPECIAL NEEDS	
Early Learning Institute	<p>(707) 591-0170            484 Rohnert Park Expressway            Rohnert Park, CA  <a href="http://www.earlylearninginstitute.com">www.earlylearninginstitute.com</a>            Dedicated to providing and promoting developmental services, education and support to young children and their families.</p>
Early Start Emergency Response Line (infant to age 3)	<p>(800) 646-3268  <a href="http://www.nbrc.net/early.html">www.nbrc.net/early.html</a></p>
Matrix Parent Network	<p>(707) 586-3314            5350 Commerce Blvd., Suite J            Rohnert Park, CA 94928            Email: SonomaCo@matrixparents.org  <a href="http://www.matrixparents.org">www.matrixparents.org</a>            Empowering families of children with special needs (ages ranging from newborn to early 20s) to successfully understand and access the systems that serve them. They provide parent support, info, IEP assistance and many other referrals and can provide many answers to questions a parent may have.</p>
North Bay Regional Center Early Start Program	<p>(707) 569-2000            TDD (707) 525-1239            2351 Mendocino Avenue            Santa Rosa, CA 95403  <a href="http://www.nbrc.net/early.html">www.nbrc.net/early.html</a>            Early Start Program helps families whose infants or toddlers have, or are "at risk" for, disabilities or developmental delays.</p>
<p>Note: Local school districts may also provide early intervention.</p>	