



Redwood Coast Medical Services (RCMS) – Offers a wide range of primary care medical, dental, and Urgent Care services. Locations in Point Arena and Gualala

707.884.4005 - www.rcms-healthcare.org

RCMS Locations and Hours:

Gualala Health Center

46900 Ocean Drive, Gualala

707.884.4005

Primary Care and Urgent Care - Monday – Friday - 8:00am to 6:00pm

On Call Urgent Care - Reduced staffing on Saturdays, Sundays and holidays – call 707.884.4005 first - available 8:00 am to 6:00pm.

After-hours (6:00pm to 8:00am) medical advice line.

Point Arena Health Center

30 Mill Street, Point Arena

707.882.1704

Monday – Thursday, 9:00am to 5:00pm

Point Arena Dental Clinic

175 Main Street, Point Arena

707.882.2189

Monday – Thursday, 8:00am to 5:00pm

Other RCMS services:

- **Help Desk** - Covered California, Medi-Cal, CalFresh, Social Security and Medicare application assistance. 707.882.2189 x 124
- **Caregiver Support Group** – meets the 3rd Wednesday of every month. 707.884.9202
- **Grief Support Group** – meets weekly to resolve issues related to grief. 707.884.9202
- **Unexpected Death Program** – practical assistance to area residents and visitors who undergo the trauma of unexpected death of a relative or loved one. 707.884.9215 (c) 415.328.9202
- **Medical Equipment Loan, Home Safety Assessments & Life Alert Services** – wheelchairs, commodes, walkers, etc., available for loan. Assistance with Life Alert set-up. 707.884.9069
- **Fitness Friends** – volunteers assist homebound patients with limited mobility by working with them on a personalized exercise program. 707.785.2208

Emergency Medical or Life Threatening Situations – call 911

Community Services and Resource Guide

(707) 882-2189 x 124

www.rcms-healthcare.org



COMMUNITY SERVICES AND RESOURCE GUIDE

The information in this booklet highlights the organizations offering community services and resources to residents of and visitors to Northern Sonoma and Southern Mendocino Counties.

The organizations and services listed in this guide does not constitute an endorsement by RCMS. It is created as courtesy.

Question on updating or adding your information to this guide?

Contact:

Harm Wilkinson

Outreach and Enrollment Coordinator

Redwood Coast Medical Services (RCMS)

P.O. Box 1100

Gualala, CA 95445

Tel: 707.882.2189 ext 124 (Mon-Thurs)

hwilkinson@rcms-healthcare.org



Transportation Services

Coastal Seniors – Bus service from local communities to Santa Rosa (Thursdays), Fort Bragg (every other Friday), and Ukiah (every other Friday).

707.882.2137 – www.coastalseniors.org

Community Resources Connection – Volunteer organization offering transportation services and connecting people to area resources for residents from Timber Cove to Elk. Weekly van service to Santa Rosa (Wednesdays). Hours 1-5 Mon. thru Fri. or leave a message.

800.395.8984 - www.crconnection.org

Mendocino Transit Authority (MTA) - Bus service from local communities to Santa Rosa, Fort Bragg, and Ukiah.

800.696.4682 – www.mendocinotransit.org

Medical and Emergency Response Services

Emergency Medical or Life Threatening Situations – call 911

AirMedCare Network - Emergency helicopter transportation. Memberships available: 916.921.4000, \$85 per household, \$65 for seniors. Service request: 855.515.6062 www.airmedcarenetwork.com

Coast Life Support District – Ambulance service providing emergency medical services in response to 911 calls from Timber Cove to Irish Beach. EMT, CPR, and First Aid trainings offered to the community.

707.884.1829 – www.clsd.ca.gov

Mendonoma Health Alliance - Provides programs, screenings and educational workshops to help combat chronic conditions, like hypertension. Assistance with transitional care from hospital to home for locals who are discharged.

707.412.3176 X 102 - www.mendonomahealth.org

Sonoma County Indian Health Project – Point Arena Satellite Clinic. Medical services and patient education for enrolled Tribal Members of Manchester-Point Arena and Kashia Bands of Pomo Indians.

707.882.2877 – www.scihp.org

Teen Clinic for Area High Schools - The Teen Clinic offers primary care services, including acute illness, family planning and counseling services.

707.882.1628

Family Resources

Action Network – Family Resource Center – Support services and prevention programs available for all ages.

707.884.5413 – www.actionnetwork.info

Cancer Resource Centers of Mendocino County – Support network and services for cancer patients and their families.

707.937.3833 – www.crcmendocino.org

Good Buy Clothes – Non-profit Catholic outreach organization assisting those in need with basic food and clothing. Held on last Saturday of the month, to raise funds. St. Aloysius in Point Arena 707.785.3711

Fire Protection Resources

Redwood Coast Fire Protection District – Provides fire and rescue services.

707.882.1833 – www.rcfd.net

Sea Ranch Volunteer Fire Department/Cal Fire Station – volunteer fire and rescue services.

707.785.2648 – www.tsrvfd.org

South Coast Fire Department – Volunteer fire and rescue services.

707.884.4700

Timber Cove Volunteer Fire Department – Volunteer fire and rescue services.

707.847.3299 – www.timbercovefire.org

Senior Resources

Coastal Seniors – Offering a variety of services to seniors, including weekly lunch served in Gualala and Point Arena, friendly visitor program, and Meals on Wheels.

707.882.2137 – www.coastalseniors.org

Equinox Care Facility – Residential care facility. 707.884.4061

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Area Food Banks

Gualala Food Bank - Gualala Baptist Church 707.884.4330

Starcross Food Pantry – Annapolis 707.886.1919

Point Arena - Coastal Seniors 707.882.2137

(Please contact individual entities for days, times, and restrictions)

Area School and Churches

Elementary and High Schools

Arena Union Elementary School – 707.882.2131

Horicon Elementary School – 707.886.5322

Manchester Union Elementary School – 707.882.2374

Pacific Community Charter School – 707.882.4131 (K–8), 707.882.2298 (9-12)

Point Arena High School – 707.882.2134

Pre-schools and Head Start

Manchester-Point Arena Tribal Head Start 707.467.5325 (also for non-tribal)

Arena Preschool 707.882.2131

South Coast Daycare 707.882.2946

Area Churches

Gualala Baptist Church 707.884.4330

Mary Star of the Sea Mission Gualala 707.937.5808

St. Aloysius Catholic Church/Mary Star of the Sea Mission 707.882.1734

Christian Science (No listing at time of print)

Church of Jesus Christ of Latter Day Saints (No listing)

Jehovah's Witnesses Kingdom Hall 707.882.1819

Revival Community Church 916.969.6139

Shepherd by the Sea Episcopal/Lutheran Mission 707.785.3682

St. Paul's United Methodist Church 707.882.2074

Community Centers

Gualala Community Center 707.884.3179 (Reservation Office) The auditorium is available to rent for weddings, parties, or community events.

- Pay-and-Take 1st and 3rd Saturday of each month
 - 1st Saturday, all buildings open – clothing, furniture, books, electronics,

household items (Kitchen is open serving an array of food items)

- 2nd Saturday, clothing, furniture, books, electronics only
- Senior lunches – Tuesdays each week 11:30 – 1

Manchester Community Center 707.882.3425 (Reservations) The hall and kitchen are available to rent for wedding, parties, memorials, or community events.

- Community breakfasts the 1st Sunday of each month (except for July and August) coordinated by the Garcia Guild

Counseling, Therapy & Crisis Aid

Alcoholics Anonymous – Support meetings for area residents in Annapolis, Gualala, Point Arena, and Manchester.

www.gualalaaa.org

Licensed Clinical Social Work - Lorelei Hammond, LCSW - 707.882.3227

Marriage and Family Therapy - M.A. Brauer, MFT - 707.495.7222

Project Sanctuary – A crisis center providing services to individuals and families experience domestic violence and/or sexual assault.

800.575. HELP (4357) Point Arena 707.8820.3457

Redwood Community Crisis Center - 855.838.0404 - 24/7 Crisis line – Multi-disciplinary team providing emergency mental health assessments to Mendocino County Consumers . 800.555.5906 – 24/7 Access Line – Assisting Consumers in linking to appropriate services, provide information on grievance and fair hearing procedures and more.

www.redwoodcommunityservices.org/crisis

South Coast Crisis Aid – vouchers for emergency food, gas, lodging, bus tickets, etc. – contact Action Network, Gualala Baptist Church, or St. Paul's (refer to respective listings in the brochure)