

# Helpful Phone Numbers & Web Sites

Provided by the California Retrouvaille Communities  
HelpOurMarriage.org  
800-470-2230

## **12 Step Programs**

Anger Management (Emotions Anonymous)	<a href="http://emotionsanonymous.org">emotionsanonymous.org</a>	408-541-1975
Al-Anon Family Groups	<a href="http://al-anon.alateen.org">al-anon.alateen.org</a>	757-563-1600
	<a href="http://ncwsa.org">ncwsa.org</a>	831-462-1818
Alcoholics Anonymous – 24 hours	<a href="http://aa.org">aa.org</a>	831-475-5782
Cocaine Anonymous	<a href="http://norcalca.com">norcalca.com</a>	831-475-1727
Co-Dependents Anonymous	<a href="http://codependents.org">codependents.org</a>	831-469-6096
Crystal Meth Anonymous	<a href="http://norcalcma.org">norcalcma.org</a>	415-692-4762
Debtors Anonymous	<a href="http://ncdaweb.org">ncdaweb.org</a>	415-295-6232
Depressed Anonymous	<a href="http://depressedanon.com">depressedanon.com</a>	
Gamblers Anonymous	<a href="http://gamblersanonymous.org">gamblersanonymous.org</a>	408-395-2934
Marijuana Anonymous	<a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>	408-450-0796
Narcotics Anonymous	<a href="http://scnapi.org">scnapi.org</a>	831-429-7436
Nicotine Anonymous	<a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a>	831-475-2485
Overeaters Anonymous	<a href="http://oa.org">oa.org</a>	831-429-7906
Sex Addicts Anonymous (SAA)	<a href="http://bayareasaa.org">bayareasaa.org</a>	916-801-1410
Sex & Love Addicts Anonymous (SLAA)	<a href="http://slaafws.org/meetings">slaafws.org/meetings</a>	831-425-3353
Am I a Sex Addict? Online Test ...	<a href="http://sexhelp.com/addiction_tests.cfm">sexhelp.com/addiction_tests.cfm</a>	
Sexaholics Anonymous (SA)	<a href="http://sabayarea.org">sabayarea.org</a>	510-926-6272
Survivors of Incest Anonymous	<a href="http://sia.fabglitter.org">sia.fabglitter.org</a>	510-387-4657
Workaholics Anonymous	<a href="http://workaholics-anonymous.org">workaholics-anonymous.org</a>	831-662-0558

## **Other Helpful Resources**

Catholic Charities: Family Counseling	<a href="http://catholiccharitiesusa.org">catholiccharitiesusa.org</a>	831-393-3110
National Sexual Assault Hotline	<a href="http://rainn.org">rainn.org</a>	800-656-HOPE
National Domestic Violence Hotline	<a href="http://ndvh.org">ndvh.org</a>	800-799-SAFE
National Alliance on Mental Illness (NAMI)	<a href="http://nami.org">nami.org</a>	800-950-NAMI
Parental Stress Hotline	<a href="http://php.santacruzpl.org/cid/public/full.php?id=525">php.santacruzpl.org/cid/public/full.php?id=525</a>	831-426-7322
Recovery Wave	<a href="http://recoverywave.com">recoverywave.com</a>	831-454-4000
Suicide Crisis – 24 hours	<a href="http://fsa-cc.org">fsa-cc.org</a>	831-458-5300
Support for Separated or Divorced Parents	<a href="http://uptoparents.org">uptoparents.org</a>	317-755-1265
Third Option DVD or Streaming Videos	<a href="http://theThirdOption.com">theThirdOption.com</a>	855-624-9476
To Love, Honor and Vacuum	<a href="http://toLoveHonorandVaccum.com">toLoveHonorandVaccum.com</a>	
Women's Crisis Support – 24 hours	<a href="http://wcs.dd.org">wcs.dd.org</a>	831-685-3737
Retrouvaille Int'l Helpful Links	<a href="http://retrouvaille.org/pages.php?page=8">retrouvaille.org/pages.php?page=8</a>	800-470-2230
Retrouvaille Int'l Testimonials	<a href="http://retrouvaille.org/pages.php?page=2">retrouvaille.org/pages.php?page=2</a>	800-470-2230
Retrouvaille Int'l 4 Stages of Marriage	<a href="http://retrouvaille.org/pages.php?page=7">retrouvaille.org/pages.php?page=7</a>	800-470-2230
Whil.com Mindfulness Training Videos	<a href="http://Whil.com">Whil.com</a>	

## **To find support services closer to where you live:**

1. Call the reference desk at your local library for referrals to similar support groups in your area.
2. Do an Internet Search that includes both: your topic and your city
3. Do an Internet Search that includes both: and your city and the words "Public Library"

## Family & Community Resources

Conflict Resolution Center	<a href="http://crcsantacruz.org">crcsantacruz.org</a>	831-475-6117
Dominican Hospital Personal Enrichment	<a href="http://php.santacruzpl.org/cid/public/full.php?id=218">php.santacruzpl.org/cid/public/full.php?id=218</a>	831-462-7709
Encompass Community Family Counseling	<a href="http://encompasscs.org">encompasscs.org</a>	831-469-1700
Exchange Club of Scotts Valley	<a href="mailto:ExchangeiteDave@pacbell.net">ExchangeiteDave@pacbell.net</a>	831-438-1000
Hearts & Hands Christian Childcare Center	<a href="http://hhpreschool.com">hhpreschool.com</a>	831-724-0175
Helping After Neonatal Death (HAND)	<a href="http://handsupport.org">handsupport.org</a>	831-438-4513
HSA Child & Adolescent Mental Health	<a href="http://santacruzhealth.org">santacruzhealth.org</a>	831-454-4900
HSD Employment & Benefit Services	<a href="http://santacruzhumanservices.org">santacruzhumanservices.org</a>	888-421-8080
La Manzana Community Family Resources	<a href="http://communitybridges.org/lmcr/">communitybridges.org/lmcr/</a>	831-724-2997
Live Oak Community Resources	<a href="http://communitybridges.org/locr">communitybridges.org/locr</a>	831-476-7284
Mountain Community Resource Collective	<a href="http://communitybridges.org/mcr/">communitybridges.org/mcr/</a>	831-335-6600
Native TANF Program Santa Cruz County Site	<a href="http://php.santacruzpl.org/cid/public/full.php?id=1239">php.santacruzpl.org/cid/public/full.php?id=1239</a>	408-433-1000
Nonviolent Communication Santa Cruz	<a href="http://nvcsantacruz.org">nvcsantacruz.org</a>	831-440-8979
North Santa Cruz County SELPA	<a href="http://nscselpa.org">nscselpa.org</a>	831-466-5700
Nueva Vista Community Resources	<a href="http://communitybridges.org/nvcr">communitybridges.org/nvcr</a>	831-423-5747
Nursing Mothers Counsel of SC County	<a href="http://nursingmothers.org">nursingmothers.org</a>	831-688-3954
Pajaro Valley Prevention & Student Assist.	<a href="http://pvpsa.org">pvpsa.org</a>	831-728-6445
PAMF Santa Cruz Community Education	<a href="http://PAMF.org/healtheducation">PAMF.org/healtheducation</a>	831-479-6628
PAPAS, Supporting Father Involvement	<a href="http://papassfi.org">papassfi.org</a>	831-763-3123
Parental Stress Hotline	<a href="http://php.santacruzpl.org/cid/public/full.php?id=525">php.santacruzpl.org/cid/public/full.php?id=525</a>	831-426-7322
Parents Center	<a href="http://php.santacruzpl.org/cid/public/full.php?id=527">php.santacruzpl.org/cid/public/full.php?id=527</a>	831-426-7322
Positive Discipline Community Resources	<a href="http://pdcrsantacruz.org">pdcrsantacruz.org</a>	831-464-3877
Pregnancy Resource Center of Santa Cruz	<a href="http://santacruzprc.org">santacruzprc.org</a>	831-475-2200
Santa Cruz County Vet Center	<a href="http://va.gov/directory/guide/facility.asp?ID=5071">va.gov/directory/guide/facility.asp?ID=5071</a>	831-464-4575
Santa Cruz Education Foundation	<a href="http://sceducation.org">sceducation.org</a>	831-427-8212
Santa Cruz Mothers of Twins Club	<a href="http://santacruztwinsclub.com">santacruztwinsclub.com</a>	
Santa Cruz Public Library Outreach Services	<a href="http://santacruzpl.org/outreach">santacruzpl.org/outreach</a>	831-427-7717
Santa Cruz Socialites	<a href="http://santacruzsocialites.com">santacruzsocialites.com</a>	831-440-8259
Santa Cruz Toddler Care Center	<a href="http://sctcc.org">sctcc.org</a>	831-476-4120
SC/SB County Dept, Child Support Services	<a href="http://dcss.co.santa-cruz.ca.us">dcss.co.santa-cruz.ca.us</a>	866-901-3212
Santa Cruz Kids	<a href="http://SantaCruzKids.com">SantaCruzKids.com</a>	
Santa Cruz Parent	<a href="http://SantaCruzParent.com">SantaCruzParent.com</a>	831-713-7026
Scandinavian Cultural Center of Santa Cruz	<a href="http://scc-santacruz.org">scc-santacruz.org</a>	831-425-9725
Scotts Valley Counseling Center	<a href="http://svcounselingcenter.com">svcounselingcenter.com</a>	831-706-6962
Senior Network Services	<a href="http://SeniorNetworkServices.org">SeniorNetworkServices.org</a>	831-462-1433
Seniors Council	<a href="http://SeniorsCouncil.org">SeniorsCouncil.org</a>	831-688-0400
Siena House Maternity Home of SC County	<a href="http://SienaHouse.org">SienaHouse.org</a>	831-425-2229
Sophies Heart	<a href="http://SophiesHeart.org">SophiesHeart.org</a>	831-406-1810
Soquel Parent Education Nursery School	<a href="http://SoquelPENS.org">SoquelPENS.org</a>	831-429-3464
Special Connections Family Resource Center	<a href="http://santacruzcoe.org/spec_ed/special_connections.html">santacruzcoe.org/spec_ed/special_connections.html</a>	831-464-0669
Special Parents Information Network	<a href="http://SPINsc.org">SPINsc.org</a>	831-722-2800
Survivors Healing Center	<a href="http://SurvivorsHealingCenter.org">SurvivorsHealingCenter.org</a>	831-423-7601
The Compassionate Friends of Santa Cruz	<a href="http://TCFSantaCruz.com">TCFSantaCruz.com</a>	831-332-9893
The Family Network	<a href="http://adopt-familynetwork.com">adopt-familynetwork.com</a>	831-462-8954
Triple P - Positive Parenting Program	<a href="http://first5scc.org">first5scc.org</a>	831-465-2217
TrustLine, Resource for Childcare	<a href="http://TrustLine.org">TrustLine.org</a>	800-822-8490
Walnut Avenue Women's Center	<a href="http://wawc.org">wawc.org</a>	831-426-3062
Watsonville Community School TAP Program	<a href="http://santacruzcoe.org/alt_ed/schools/tap/index.html">santacruzcoe.org/alt_ed/schools/tap/index.html</a>	831- 722-9419
Watsonville/Aptos Adult Education	<a href="http://waae-pajaro-ca.schoolloop.com">waae-pajaro-ca.schoolloop.com</a>	831-786-2160