



## 2026 Free Community Support Groups and Resources

### Alcoholic Anonymous – AA Beginners Meeting

Date: Friday's

Time: 5:45pm

Location: Crosswalk Church 2590 1<sup>st</sup> St, Napa

Meeting ID: 868 99882 8555 – Password: 013485

Visit [www.aanapa.org/meetings](http://www.aanapa.org/meetings) for an updated list.

### Al-Anón

Visit [www.sonapal-anon.org/meetings-2/](http://www.sonapal-anon.org/meetings-2/) for an updated list.

### Food Addicts Anonymous

Date: Wednesday's

Time: 7:00 – 8:30pm

Location: Crosswalk Church 2590 1<sup>st</sup> St, Napa

Conference Room 2

[www.Foodaddicts.org/meeting/39](http://www.Foodaddicts.org/meeting/39)

### Feeding Your Baby with Love: Mom's Support

Date: Thursday's

Time: 10:00 – 11:30am

Location: Wellness Center, 3421 Villa Lane, Napa,

Contact: Maureen Bose (707) 204-9177

### LGBTQ Support

Date: 1<sup>st</sup> Tuesday

Time: 10:30 – 11:30am

Location: Voices Youth Center, Napa

Date: 3<sup>rd</sup> Wednesday

Time: 6:00 – 7:00pm

Location: Innovations Community Center, Napa

### Perinatal Emotional Wellness Counseling Services

Date: By Appointment Only

Contact: Cheryl Anderson – (707) 309-1672

[Cheryl.Anderson@stjoe.org](mailto:Cheryl.Anderson@stjoe.org)

### Stroke Support

Date: 2<sup>nd</sup> Tuesday

Time: 3:00 – 4:00pm

Location: Wellness Center, 3421 Villa Lane, Napa

Contact: Lauren Lemieux – (707) 252-4411 ext. 2819

[Lauren.Lemieux@providence.org](mailto:Lauren.Lemieux@providence.org)

# Grupos de Apoyo Comunitario en Español

## Amigas del Alma (Spanish Cancer Support)

Día: 1<sup>st</sup> Wednesday

Tiempo: 10:00 – 12:00pm

Dirección: Community Outreach, 980 Trancas St, Ste 4, Napa

Contacto: Ana Rosa – (707) 307-3301

Ana.Aranas@stjoe.org

## Alcohólicos Anónimos – Grupo Latino de Napa

Día: Lunes, Martes, Miércoles, Jueves, Viernes

Tiempo: 7:00pm

Dirección: 1510 Silverado Trail, Napa, CA

## Al-Anón – Español

Día: Sábado

Tiempo: 9:00 – 11:00am

Dirección: 1510 Silverado Trail, Napa, CA

# Community Resources

## Crisis Lines

### National Suicide Prevention Lifeline

Phone Number: 988 – (800) 628-9454

Crisis Text Line: Text “HOME” to 741741

[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org) – (Live chat available)

Professionals are on standby to offer counseling and assistance for all life crises.

### National Domestic Violence Hotline

Phone Number: (800) 977-7233

[www.TheHotline.org](http://www.TheHotline.org)

### NEWS Domestic Violence and Sexual Abuse

Phone Number: (707) 255-6397 – 24-Hour Help Line

[www.NapaNEWS.org](http://www.NapaNEWS.org)

NEWS is dedicated to providing safety, hope, healing and empowerment for survivors of domestic and sexual abuse.

### Mental Health Crisis Hotline

Phone Number: (707) 253-4711

Confidential support and information. Bilingual

### Veterans Crisis Line/ Military Crisis Line

Phone Number: (800) 273-8255 (Press 1)

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net) (Live Chat Available)

Connects with Veterans, their families, and friends in crisis.

## Community Counseling Centers

### Aldea Children and Family Services

Phone Number: (707) 253-0123

Individual, family and group therapy, in English and Spanish

Eligibility: Self-referral okay. Open to youth up to 18 years old

### Mentis

Phone Number: (707) 255-0966 ext. 132

Professional psychotherapy to individuals of all ages, in English and Spanish

Eligibility: Napa County Residents

Fees: Various Insurances, based on client income

### Communicare+OLE

Phone Number: (707) 254-1770

Professional Therapy in English and Spanish

### LGBTQ Connection

Phone Number: (707) 251-9432

Bilingual counseling and support