



Monthly Community Resources

April 2022

Buckelew Programs Sonoma

Family Service Coordination

2300 Northpoint Parkway

Santa Rosa, CA 95407

(707)571-8452

# Useful Phone Numbers

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**Access Team:** \_\_\_\_\_ (707)565-6900  
The Access Team initiates services for Sonoma County Behavioral Health, Community Mental Health Centers and the Older Adult Team.

**Al-Anon/ Alateen (24 Hour Hotline):** \_\_\_\_\_ (707) 575-6760

**Consumer Education & Affairs:** \_\_\_\_\_ (707)565-7809

**CSU (Crisis Stabilization Unit – 24 Hours):** \_\_\_\_\_ (707)576-8181  
Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week

**Human Services (General Assistance, Food Stamps, Medi-Cal):** \_\_\_\_\_ 707)565-2715  
Human Services provides benefits for those in need, and strives to protect and improve the well-being of individuals and families

**Interlink Self Help Center:** \_\_\_\_\_ (707)546-4481  
Interlink Self-Help Center is open to all community members 18 years of age and over, they offer support for self-directed mental health recovery, and wellness.

**Information and Referral Search:** \_\_\_\_\_ 2-1-1  
Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

**NAMI Warmline:** \_\_\_\_\_ (866)960-6264  
The NAMI Warmline is available Monday through Friday 9am-5pm. Speak with a trained ally, develop a plan, get resources and find a path towards recovery.

**Petaluma Peer Recovery Center:** \_\_\_\_\_ (707)565-1299  
Petaluma Peer Recovery Project runs Monday, Wednesday and Thursday 10am-3pm.

**Russian River Empowerment Center:** \_\_\_\_\_ (707)823-1604 Ext. 207  
Russian River Empowerment Center is available to adults Monday through Friday 11:30am-4:30pm. They offer counseling, support, crisis management, variety of workshops etc.

**Social Security Office (Benefits):** \_\_\_\_\_ 1-877-870-6384 or 1-877-890-8459

**SOS Community Counseling Center:** \_\_\_\_\_ (707)284-3444  
Provides counseling services in Sonoma County to individuals, couples, families, and youth both in schools and community clinics.

**Suicide Prevention 24 Hour Hotline (North Bay):** \_\_\_\_\_ (855)587-6373

**Suicide Prevention & Crisis Intervention:** \_\_\_\_\_ (800)764-8181

**Verity (Crisis Line):** \_\_\_\_\_ (707)545-7273  
Crisis line and support for victims of sexual assault

**Wellness and Advocacy Center:** \_\_\_\_\_ (707)565-7800  
Wellness and Advocacy Center is self-help, drop-in center for people with mental health challenges in Sonoma County. They offer various resources, peer programs, support groups, art and computer workshops etc.

# Family Service Coordination Team

## SCBH Family Education and Support

When: Monday, April 11th

4:00pm-6:00pm

Where: Zoom

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Monthly education and support group to increase understanding of the nature of mental illness and its interaction with substance abuse, facilitate supportive dialogue, and foster confidence in family members' insights, interventions, and coping strategies.

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Questions? Contact the Family Service Coordination team:

NicoleN@buckelew.org 707-494-0762

MichaelE@buckelew.org 707-237-1334



# Family Service Coordination Team

## Petaluma Family and Ally Education and Support Group

When: Thursday, April 14th

4:00pm-5:30pm

Where: Zoom

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This monthly education and support group is held the 2nd Thursday of every month. Join us in increasing our understanding of the nature of mental illness; facilitate supportive dialogue and foster confidence in family members' and allies' insights, interventions and coping strategies.

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Questions? Contact the Family Service Coordination team:

NicoleN@buckelew.org 707-494-0762

MichaelE@buckelew.org 707-237-1334



Family Service Coordination Team

# Finding Connection

Out in Nature

When: April 20th

2pm to 3:30pm

Where: Zoom

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Finding connection is an online education and support group about isolation, and connection.

This series aims at providing tools and coping skills to navigate feelings of isolation.

Join us in having an open dialogue about isolation.

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Questions? Contact the Family Service Coordination team:

MichaelE@buckelew.org 707-237-1334

NicoleN@buckelew.org 707-494-0762



Family Service Coordination Team

# Supporters of Young Folks

When: Thursday, April 28th

3:00pm-4:30pm

Where: Zoom

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A peer run support group for family members, friends, caregivers, and anyone who supports a young person who struggles with mental health, substance abuse, and/or trauma.

This is a free drop-in zoom support group.

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Questions? Contact the Family Service Coordination team:

MichaelE@buckelew.org 707-237-1334

NicoleN@buckelew.org 707-494-0762



Family Service Coordination Team

# West County Share & Care

When: Friday, April 22th

3:00pm-4:30pm

Where: Zoom

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This group is a free and on-going drop-in support group led by trained family members for family and friends with mental illness or emotional disorders. All facilitation services and course materials are free to class participants.

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Questions? Contact the Family Service Coordination team:

MichelleD@buckelew.org 707-571-8452

MichaelE@buckelew.org 707-237-1334



# Family Service Coordination Team

## Community Resource Clinic

When: Every Tuesday

3:00pm-4:30pm

Where: Zoom

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Anyone looking for support and services in our community may come to the community resource clinic for assistance with understanding and accessing community support and services for themselves or their loved one. Family Members/Allies, Consumers/Peers and Service Providers are all welcome to join!

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Questions? Contact the Family Service Coordination team:

NicoleN@buckelew.org 707-494-0762

MichaelE@buckelew.org 707-237-1334







# Family Service Coordination Team

## April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Resource Clinic 3-4:30pm	6	7	8	9
10	11 SCBH Family Support & Education Group 4-6pm	12 Resource Clinic 3-4:30pm	13	14 Petaluma Education & Support Group 4:00-5:30pm	15	16
17	18	19 Resource Clinic 3-4:30pm	20 Finding Connection 2 - 3:30pm	21	22 West County Care & Share Group 3pm-4:30pm	23
24	25	26 Resource Clinic 3-4:30pm	27	28 Supporters of Young Folks 3-4:30pm	29	30

### **Community Resource Clinic**

Every Tuesday

3:00 PM - 4:30 PM

Zoom Group call

Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one.

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### **Finding Connection**

3rd Wednesday

2:00 PM - 3:30 PM

Zoom Group call

Isolation and finding connection is an online education and support group about isolation, and connection. This series aims at providing tools and coping skills to navigate feelings of isolation. Join us in having an open dialogue about isolation.

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### **If you are interested in joining our zoom support meetings, please contact:**

**Michael Ellison** (They/Them): Administrative Assistant, Family Service Coordination, Buckelew

Work Cell: 707-237-1334

Email: MichaelE@buckelew.org

**Nicole Natividad** (She/Her/Hers/Ella): Team Leader, Family Service Coordination, Buckelew

Work Cell: 707-494-0762

Email: NicoleN@buckelew.org



**\*\*These Groups Are Open To Anyone\*\***

**Sonoma County Behavioral Health Family Education & Support Group**

2nd Monday of Every Month  
4:00 PM - 6:00 PM  
Zoom Group call

Monthly education and support group to increase understanding of the nature of mental illness and its interaction with substance abuse, facilitate supportive dialogue, and foster confidence in family members' insights, interventions, and coping strategies.

**Petaluma Education and Support Groups**

2nd Thursday of Every Month  
4:00 PM - 5:30 PM  
Zoom Group call

Join us in increasing our understanding of the nature of mental health and trauma, facilitate supportive dialogue and foster confidence in family members (family, friends or allies) insights, interventions and coping strategies through education, peer support, understanding of community resources and hope.

**West County Care and Share**

4th Friday of Every Month or 3rd for Nov. Dec.  
3:00 PM - 4:30 PM  
Zoom Group call

Free, on-going, drop-in support group, led by trained family members for family/friends of individuals struggling with mental health and/or trauma. All facilitation services and course materials are free to class participants.

**Supporters of Young Folks**

4th Thursday of Every Month or 3rd for Nov. Dec.  
3:00 PM-4:30 PM  
Zoom

A peer run support group for family members, friends, caregivers, and anyone who supports a young person who struggles with mental health, substance abuse, and/or trauma.

**If you are interested in joining our zoom support meetings, please contact:**

**Michael Ellison** (They/Them): Administrative Assistant, Family Service Coordination, Buckelew  
Work Cell: 707-237-1334  
Email: MichaelE@buckelew.org

**Nicole Natividad** (She/Her/Hers/Ella): Team Leader, Family Service Coordination, Buckelew  
Work Cell: 707-494-0762  
Email: NicoleN@buckelew.org



**\*\*These Groups Are Open To Supporters\*\***

*Organized by Providence, Sonoma County & Buckelew Programs*

# Community Partner Connection

2nd Tuesday of the month  
from 3:30 – 5:00 PM online  
(April 12th)

Come learn about program updates,  
bring your questions for community partners,  
and present to the group.  
All community partners are welcome!

Contact [Erika.Klohe@stjoe.org](mailto:Erika.Klohe@stjoe.org)  
to be added to the calendar invitation.



# Bay Area Hearing Voices Groups

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## **Wild Flower Alliance w/ BAHVN**

*Wednesdays from 11am to 12:30am PST*

A group for persons who experience Voices, Visions, or other unusual experiences.

## **Online BAHVN Berkeley Support Group**

*Mondays from 6pm to 8pm PST*

Online Support Group Meetings for adults, family members, and transitional age youth (TAY, age 18-24).

## **HealthRIGHT 360 w/ BAHVN**

*Tuesdays from 6pm to 8pm PST*

The Bay Area Hearing Voices Network (BAHVN) in partnership with the HealthRIGHT 360 is offering a new online adult group for those who hear voices, have visions, and experience unique experiences.

## **Mental Health Asso. of San Francisco (MHASF) w/ BAHVN**

*Wednesdays from 6pm to 8pm PST*

The Bay Area Hearing Voices Network (BAHVN) in partnership with the Mental Health Asso. of San Francisco (MHASF) California Peer Run Warm Line is offering a new online adult group for those who hear voices, have visions, and experience unique experiences.

## **BAHVN GAME NIGHT**

*5pm to 7pm PST*

BAHVN is offering everyone an online weekly night of fun and games. This is an organic, entertaining, and engaging way for peers to come out of isolation and join an open, safe, and accessible opportunity to relax and enjoy themselves to have fun. No experience is necessary. Game play is free of charge to BAHVN adults, TAY, and family members.

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Questions? Contact Michelle Davis

(707) 529-6270

[MichelleD@buckelew.org](mailto:MichelleD@buckelew.org)

To join these free activities,  
contact our Warmline:

Call (866) 960-6264  
Email [info@namisoco.org](mailto:info@namisoco.org)

All groups and classes meet on Zoom.

**NAMI Family Support Group**

For family members & caregivers (18+) of individuals living with mental health challenges. A place to be heard and gain tools for supporting a loved one. **En español, el primer y tercer martes este mes (Grupo de Apoyo para Familiares)**

**NAMI Connection Support Group**

For adults in recovery (18+) from a mental health condition. A safe, confidential place to share coping strategies, encouragement, and understanding.

**NAMI Family-to-Family Class**

Free 8-session education program for those (age 14+) who care for and support a loved one living with serious mental illness. **Registration required.**

**NAMI Basics Class**

Free 6-session course for parents and caregivers of a child or adolescent (under age 22) experiencing mental health symptoms. **Registration required.**

**Wellness & Stress Relief Group**

A supportive place to learn and practice tools to build resiliency and manage stress in a healthier way.

**Monthly Speaker Meeting**

Online opportunity to learn from from local experts, agencies, and speakers. Open to the public, with new topics each month! **Sign up at [namisoco.org/monthlyspeaker](https://namisoco.org/monthlyspeaker).**

# APRIL 2022

MON	TUE	WED	THU	FRI
27	28	29	30	31
4	5 5:00-6:30 PM Connection Group 6:00-7:00 PM Grupo de Apoyo para Familiares	6 4:30-5:30 PM Wellness & Stress Relief Group	7 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	8
11	12 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	13 4:30-5:30 PM Wellness & Stress Relief Group	14 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	15
18	19 5:00-6:30 PM Connection Group 6:00-7:00 PM Grupo de Apoyo para Familiares	20 4:30-5:30 PM Wellness & Stress Relief Group	21 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	22
25	26 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	27 4:30-5:30 PM Wellness & Stress Relief Group 5:00-6:00 PM Monthly Speaker	28 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	29

Join us April 27th, 5:00 PM on Zoom: "Understanding LPS Conservatorship"

Speakers: Jennifer Hainstock (Sonoma County Office of Public Guardian)

Sid McColley (Sonoma County Behavioral Health)

**Monday**

10:00 - 2:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:00 ----- Resource Group  
**12:00 - 1:00 ----- Closed for Cleaning**  
1:00 - 2:00 ----- Coping Skills  
2:00 - 3:00 ----- The Other Side of Overwhelm

**Tuesday**

10:00 - 2:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- Intro to Peer Support  
11:30-12:00 ----- Mindful Mornings  
**12:00 -1:00 ----- Closed for Cleaning**  
1:00 -2:00 ----- Finding Our Best...  
2:00 -3:00 ----- Let's Talk About MH  
3:00-4:00 ----- SMART Recovery - Zoom

**Wednesday**

10:00- 2:30 ----- Open Art Studio  
10:00-11:00 ----- SMART Recovery - Zoom  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- Mindful Self Compassion  
**12:00 - 1:00 ----- Closed for Cleaning**  
1:00 -2:00 ----- Mid-Week Festivity  
2:00 -2:30 ----- Afternoon Check-In

**Thursday**

10:00-12:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- Expressing Creativity  
11:30-12:30 ----- SMART Recovery

**Friday**

10:00-2:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- *Funspiration / Let's Go*  
11:00-12:00 ----- ***¡En Español -SMART Recovery!***  
**12:00 - 1:00 ----- Closed for Cleaning**  
1:00 - 1:30 ----- Afternoon Check-In  
1:30 - 2:30 ----- Next Steps

*Monthly Forum Friday, April 29 1:30 - 2:30*

***The Making A Plan Program***

*Advanced Care Planning w/Mental Health in Mind*

**April 2022**

**Interlink Self-Help Center  
Group Schedule**

1033 Fourth St., Santa Rosa, CA 95404  
www.interlinkselfhelpcenter.org

**Phone: 707-546-4481**



**Interlink Self-Help Center Mission:**

To provide a safe environment in which those of us facing our mental health challenges can improve our quality of life through self-help, mutual support and empowerment.

All of our services are offered **free** of charge and available to adult community members.

Services include:

- One to One Peer Support
- Socialization Opportunities
- Support and Education Groups
- Indoor and Outdoor Activities
- Drug and Alcohol Counseling
- Warmline Support
- Monthly Forums



Interlink Self-Help Center is Peer managed and operated as a program of West County Community Services.

***In person services are available:***

**Monday, Tuesday, Wednesday & Friday 10:00 to 12:00 and 1:00 to 3:00**

**Thursday 10:00 to 1:00**

**We are available for telephone support:**

**10:00 to 4:30 Monday, Tuesday, Wednesday & Friday and Thursday 10:00 to 1:00.**

## Groups at Interlink Self-Help Center

**Afternoon Check-In:** An opportunity to check-in about how our day has gone, what we may be planning...

**Community Meeting:** Our daily meeting that includes announcements and personal check-ins.

**Coping skills:** With a focus on self-care, we explore tools and techniques to help us cope and find healing from a wide variety of concerns, including anger and addiction.

**Expressing Creativity:** We explore and express the creativity that comes from within us as we utilize paint, collage, journaling supplies and more.

**Finding Our Best...:** We explore and utilize a multitude of inspiration and maintenance tools and concepts to support us on our recovery journeys utilizing various media and publications.

**Funspiration / Let's Go:** - We look at fun and inspirational videos and also do some virtual world traveling.

**Intro to Peer Support:** Peer Support classes with a different focus each month. No need to sign up, no homework, please join us. **January Topics: *Trauma Informed Care, Compassion Fatigue & Compassion Satisfaction, Post-Traumatic Growth & Resilience***

**Let's Talk About MH:** We watch a video followed by an open discussion on various topics relating to mental health, well-being and recovery.

**Mid-Week festivity:** We engage in a variety of activities from community outings, to Wii sports, providing opportunities for us to interact with each other and have fun in the Center and out in the community.

**Mindful Self-Compassion:** We use meditation, exercises and personal experiences in support of us becoming more aware in the present moment with focuses on compassion, and self-kindness.

**Mindful Mornings:** This is a group to greet the day with light stretching, meditation, or music and if you want, setting an intention for the day. Please Join us.

**Next Steps:** We look into next steps we may want to consider taking on our life and recovery journeys. We share ideas, challenges, goals, etc. and look into resources that may be helpful to us along the way.

**Open Art Studio:** We have art & craft supplies for drawing, painting, coloring, beading, learning, teaching...

**Resource Group:** We share and research community resources and occasionally host speakers from outside organizations.

**SMART Recovery:** (Self-Management and Recovery Training) SMART Recovery's 4-Point Program supports individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

**SMART Recovery: En Español:** Somos un programa gratuito de grupos de ayuda mutua para aquellas personas que quieren parar cualquier comportamiento adictivo, ya sea sustancia o actividad. El programa te ayuda a decidir si tienes un problema, a desarrollar motivación para cambiar, y te ofrece una serie de herramientas y técnicas basadas en la ciencia para promover la abstinencia. En otras palabras, tú estás en control de tu recuperación.

**SMART Recovery - on Zoom - Tuesdays 3:00 - 4:00** - To Join: Meeting ID: 959 5015 7089 Passcode: 035249 (by phone: +1 669 900 6833)

<https://zoom.us/j/95950157089?pwd=UDVReWdreFZwU0I2OVBaVXFhYW1Rdz09>

**SMART Recovery - on Zoom - Wednesdays 10:00 - 11:00 (2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 10:00 to 10:30)** To Join: Meeting ID: 996 6839 8835 Passcode: 113347 (by phone: +1 669 900 6833)

<https://zoom.us/j/99668398835?pwd=M2EyRnpWRUJFZk0yUWVVUVM1NitCZz09>

**The Other Side of Overwhelm:** Many of us experience big feelings and other challenges that can be overwhelming and detract from the quality of our life journeys. Please join us as we explore and share tools, techniques and skills that help us move to *the other side of overwhelm*.



# Monthly Forum at Interlink Self-Help Center



## *The Making A Plan (MAP) Program*

The MAP program recognizes that we are the experts on what's right for us. MAP is designed to help us inform our care teams, when we're not able to engage with them, in times of a crisis such as an accident or serious illness including mental health crisis.

Please join us as Susan Keller introduces the MAP program and leads us in discussion about opportunities to receive MAP services at Interlink Self-Help Center and the Wellness and Advocacy Center.

*Presented by:*

**Susan Keller, MA, MLIS, Executive Director**

**Community Network for Appropriate Technologies**

**Friday, April 29, 2022**

**1:30 to 2:30**

*The Forum will be in Person at Interlink Self-Help Center*

1033 Fourth Street

Santa Rosa (707) 546-4481

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



This forum is open to the adult general public.

Interlink is Peer managed and operated as a program of West County Community Services

# Intro to Peer Support Onsite & in Person!

*Tuesdays 10:30 to 11:30 at Interlink Self-Help Center*



## April Topics:

- Self-Awareness
- Listening Skills
- Conflict Resolution (Internal & External)

Our Intro to Peer Support classes are based on handouts, videos, research and conversation on a variety of topics. We explore the world of mental health recovery and how our recovery journeys can be of help to others. Whether you are looking for personal enrichment, and/or considering working as a peer provider, you are welcome to drop in to any class.

**For further information please call (707) 546-4481**

No need to sign up - all Interlink members welcome





SMART  
Recovery

Viernes de 11:00 a 12:00  
Interlink Self-Help Center  
1033 4<sup>th</sup> Street, Santa Rosa

¡en  
Español!

Para más información llame a Alfredo - 707-546-4484 ext 209

SMART, Self Management and Recovery Training, significa Entrenamiento de Manejo Personal y Recuperación.

Somos un programa gratuito de grupos de ayuda mutua para aquellas personas que quieren parar cualquier comportamiento adictivo, ya sea sustancia o actividad. El programa te ayuda a decidir si tienes un problema, a desarrollar motivación para cambiar, y te ofrece una serie de herramientas y técnicas basadas en la ciencia para promover la abstinencia. En otras palabras, tú estás en control de tu recuperación.

Con SMART Recovery las personas encuentran el poder dentro de sí mismas para cambiar y llevar una vida sana, plena y llena de satisfacciones.

**Como ves, es un programa sencillo de 4 puntos:**

1. Desarrollar y mantener la motivación.
2. Lidiar con tus deseos e impulsos.
3. Mejorar el manejo de tus pensamientos, sentimientos y comportamientos.
4. Vivir una vida equilibrada.

Los servicios de Interlink son gratuitos y están disponibles para mayores de 18 años.

Interlink es una programa de



West County Community Services

## Wellness and Advocacy Center April Group Schedule (707) 565-7800

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00-9:30 Nature TV		9:00-9:30 Retro TV		Open at 12:00 on Wednesdays		9:00-9:30 Retro TV		9:00-9:30 Nature TV	
9:30-10:00 AM Support		9:30-10:00 AM Support				9:30-10:00 AM Support		9:30-10:00 AM Support	
10:00-10:30 Member Meeting		10:00-10:30 Member Meeting				10:00-10:30 Member Meeting		10:00-10:30 Member Meeting	
10:30-11:10 Coffee/Walk		10:30-11:10 Coffee/Walk				10:30-11:10 Coffee/Walk		10:30-11:10 Coffee/Walk	
11:15-12:05 Anxiety Support		11:00-12:00 Walking Thru Depression		11:15-12:05 Transitions		11:15-12:05 Successful Living		11:15-12:05 Friendship Group	
12:15-1:05 Career Development		12:15-1:05 Exploring Emotions		12:00-1:00 Visions and Voices		12:00-1:00 Music Jam		12:15-1:05 Peer Support	
1:15-2:05 Lyrics of our Heart		1:15-2:05 LGBTQ Support		1:15-2:05 Empowering Ourselves		1:00-2:00 Empowering Ourselves		12:15-1:05 I Am More Than...	
2:15-3:05 SMART Recovery		2:15-3:05 Nature Appreciation		2:15-3:05 Games & More		2:15-3:05 Games & More		1:15-2:05 Walking Thru Depression	
2:15-3:30 Wellness Bingo		2:15-3:45 Midweek Movie		2:15-3:30 Games & More		2:15-3:45 Art Group		2:15-3:05 Challenging Narratives	
								2:15-3:30 Games & More	
								2:30-3:30 SMART Recovery	

We continue to require face coverings while at the center regardless of vaccination status.

The Wellness and Advocacy Center is open at 100% capacity and offering a wide range of groups throughout the week. In order to accommodate individuals who may not feel comfortable returning to on site services, we will continue to offer multiple support groups throughout the week on Zoom. See following page for meeting IDs and passcodes. Schedule subject to change.

  In Person    
   Zoom    
   Closed    
 2245 Challenger Way Ste. 104, Santa Rosa CA 95407

## In-Person

**AM Support: Rotating**  
M/T/Th/F @ 9:30am-10:00am

**Member Meeting: Rotating**  
M/T/Th/F 10:00am-10:30am  
Wednesday 1:00pm-1:15pm

**Coffee/Walk: Rotating**  
M/T/Th/F 10:30am-11:10am

**Anxiety Support: Gracie**  
Monday @ 11:15am-12:05pm

**Career Development: Suzy**  
Monday @ 12:15pm-1:05pm

**Lyrics of our Heart: Brice**  
Monday @ 1:15pm-2:05pm

**Wellness Bingo: Nicole and Suzy**  
Monday @ 2:15pm-3:30pm

**SMART Recovery: Danette and Susan**  
Monday @ 2:15pm-3:05pm

**Transitions: Nicole**  
Tuesday @ 11:15am-12:05pm

**Exploring Emotions: Lori**  
Tuesday @ 12:15pm-1:05pm

**LGBTQ Support: Nicole**  
Tuesday @ 1:15pm-2:05pm

**Empowering Ourselves: Susan**  
Tuesday @ 1:15pm-2:05pm

**Nature Appreciation: Lori and Susan**  
Tuesday @ 2:15pm-3:05pm

**Games & More: Rotating**  
Tuesday-Friday @ 2:15pm-3:30pm

**Music Jam**  
Wednesday @ 12:00pm-1:00pm

**Fun with Words: Gracie**  
Wednesday @ 1:15pm-2:05pm

**Midweek Movie**  
Wednesday @ 2:15pm-3:45pm

## In-Person-Continued

**Successful Living: Sara**  
Thursday @ 11:15am-12:05pm

**I am More Than...: Danette**  
Thursday @ 12:15pm-1:05pm

**Peer Support: Nicole**  
Thursday @ 12:15pm-1:05pm

**Walking Thru Depression: Susan**  
Thursday @ 1:15pm-2:05pm

**Art Group: Naomi**  
Thursday @ 2:15pm-3:45pm

**Challenging Narratives: Sean**  
Thursday @ 2:15pm-3:05pm

**Friendship Group: Susan**  
Friday @ 11:15am-12:05pm

**Open Mic: Rotating**  
Fridays @ 12:15pm-2:15pm

## ZOOM

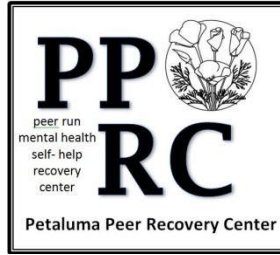
**Walking Through Depression: Susan**  
Monday @ 11:00AM-12:00PM  
Meeting ID: 969 2318 8849  
Passcode: 329197

**Visions and Voices: Jeff and Gracie**  
**\*For individuals who see and/or hear things  
that others may label as "hallucinations."\***  
Tuesday @ 12:00PM-1:00PM  
Meeting ID: 944 8491 2946  
Passcode: 712349




**Empowering Ourselves: Susan**  
Wednesday @ 1:00PM-2:00PM  
Meeting ID: 987 9328 0159  
Passcode: 299527

**SMART Recovery: Danette and Susan**  
Friday @ 2:30PM-3:30PM  
Meeting ID: 974 6916 4928  
Passcode: 826504

# Petaluma Peer Group Schedule



# Recovery Center April, 2022

	MONDAY	WEDNESDAY	THURSDAY
ALL DAY	Open Art Studio	Open Art Studio	Open Art Studio
10:00 - 10:30	Morning Check-In	Morning Check-In	Morning Check-In
10:30 - 11:30	Mindful Moments	↓ Next Steps ↓ ↓ (Except April 27) ↓	Peer Discussion Group
12:00 - 1:00	Closed for lunches & Cleaning	Closed for lunches & Cleaning	Self-Acceptance Mindfulness & More
Wednesday Monthly Forum 10:30 - 11:30	<i>Please join us – <u>Wednesday April 27th!</u></i>   		* April's topic * <i>Self-Advocacy</i>
1:00 - 1:30	Afternoon Check-In	Afternoon Check-In	Closing at 1:00 on Thursdays
1:30 - 2:30	Calming Anxiety	Positive Thinking	

One-To-One  
Peer Support

Support with  
Resource  
Navigation

*April's Forum Topic:  
Self-Advocacy*

*Wednesday April 27th, 10:30 – 11:30*

PPRC

5350 Old Redwood Highway Suite 600

Petaluma, Ca. 94954

(707) 565-1299

[www.petalumaprp.wordpress.com](http://www.petalumaprp.wordpress.com)

**OPEN**

Monday & Wednesday  
10:00 – 3:00  
(Closed 12 - 1 for cleaning)

Thursday  
10:00 – 1:00

We are available for Telephone Support  
Mondays & Wednesdays 10:00 – 3:00  
Thursdays 10:00 – 1:00

# Petaluma Peer Recovery Center

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## Group Descriptions

**Open Art, Games and Music Studio:** This space creates the opportunity to express ourselves through making music, playing games and working on individual and group art projects. We have supplies for painting, spin art, collaging, drawing, jewelry making and more. We have a number of games and instruments including congas, bongos and a keyboard.

**Morning Check-In:** We use this time to share announcements, check in about how we are doing, what we are looking forward to and what requests we may have for support for the day.

**Calming Our Anxiety:** We gather to better understand anxiety, and explore different types and causes of anxiety. We discuss a spectrum of anxious feelings, from that manifested within ourselves and our thoughts, to reactions to certain surroundings. We explore many different ways to diffuse our feelings of extreme unease and anxiety.

**Positive Thinking:** Positive Thinking or an optimistic attitude is the practice of focusing on the good in any given situation. It can have a big impact on our physical and mental health. Please join us!

**Peer Discussion:** Please join us as we pick a topic or two and share our insights with each other. If you would like, bring a topic you would like to discuss and/or present to the group.

**Next Steps:** This is a time where we look into what next steps we may want to consider taking on our life and recovery journeys. We invite folks to share ideas, challenges, goals, etc. and we look into resources that may be helpful to us along our way.

**Monthly Forum:** Now held on the last Wednesday of the month, we highlight opportunities and resources in the community related to education, employment and more.

**Afternoon Check in:** This gives us an opportunity to check-in about how our day has gone, what we may be planning, etc.

**Mindful Moments:** Please join us as we look into mindfulness techniques and tools that can be of support to us on our recovery journeys.

**Self-Acceptance and Well Being:** Self-understanding and acceptance are important components of a strong foundation for us to move forward on our recovery journeys. Please join us as we set our intentions to mindfully explore, understand and build upon the value of our uniqueness.

**Santa Rosa:**

Resurrection Parish  
Catholic Church  
303 Stony Point Rd  
Santa Rosa, CA 95401

Children's Museum  
1835 W. Steele Lane  
Santa Rosa, CA 95403

\*Samuel L. Jones Hall  
4020 Finley Ave  
Santa Rosa, CA 95407

\*The Palms Inn  
3345 Santa Rosa Ave  
Santa Rosa, CA 95407

\*Redwood Gospel Mission  
101 6<sup>th</sup> Street  
Santa Rosa, CA 95401

\*not open to the public at this point

**Windsor:**

Windsor Presbyterian Church  
251 Windsor River Rd  
Windsor, CA 95492

**Cloverdale:**

Living Water Church  
450 S. Franklin St  
Cloverdale, CA 95425

**Sonoma:**

La Luz Center  
17560 Greger St  
Sonoma, CA 95476



**Mobile Health Clinic  
Schedule**

**Horario De La Clinica  
Movil**

1111 Sonoma Ave Lower Level  
Santa Rosa, Ca 95405  
Office: (707)547-4612  
Fax: (707)522-1279  
Answering Service (707)571-7025  
Health.Mobile@stjoe.org



## April 2022 Mobile Health Clinic Schedule / *Abril 2022 Horario de la Clínica Móvil*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><i>First come first serve basis; Arrive early, space fills up quickly!</i>  <b>You need to be at the clinic site at 8:30AM to sign up. No charge for visit. If any questions please call 707 547-4612</b></p>	<p><i>Las personas se atienden en orden como van llegando.</i>  <b>Necesita estar a la clínica a las 8:30AM para apuntarse. Las visitas son gratis. Si tiene preguntas favor llamar 707 547-4612</b></p>			<p><b>1</b>  <u>Sonoma</u>  <b>La Luz Center</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>
<p><b>4</b></p>	<p><b>5</b>  <u>Windsor</u>  <b>Presbyterian Church</b>                      Arrive by 8:30 am                      Clinic starts at 9 am   <u>Cloverdale</u>                      11:30 pm to 1:30 pm</p>	<p><b>6</b></p>	<p><b>7</b>  <u>Santa Rosa</u>  <b>Resurrection Parish</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>	<p><b>8</b>  <u>Sonoma</u>  <b>La Luz Center</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>
<p><b>11</b></p>	<p><b>12</b>  <u>Windsor</u>  <b>Presbyterian Church</b>                      Arrive by 8:30 am                      Clinic starts at 9 am   <u>Cloverdale</u>                      11:30 pm to 1:30 pm</p>	<p><b>13</b>  <u>Santa Rosa</u>  <b>Children's Museum</b>                      11:30 am - 1:30 pm</p>	<p><b>14</b>  <u>Santa Rosa</u>  <b>Resurrection Parish</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>	<p><b>15</b>   <b>Easter/Good Friday                      Closed</b></p>
<p><b>18</b></p>	<p><b>19</b>  <u>Windsor</u>  <b>Presbyterian Church</b>                      Arrive by 8:30 am                      Clinic starts at 9 am   <u>Cloverdale</u>                      11:30 pm to 1:30 pm</p>	<p><b>20</b></p>	<p><b>21</b>  <u>Santa Rosa</u>  <b>Resurrection Parish</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>	<p><b>22</b>  <u>Sonoma</u>  <b>La Luz Center</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>
<p><b>25</b></p>	<p><b>26</b>  <u>Windsor</u>  <b>Presbyterian Church</b>                      Arrive by 8:30 am                      Clinic starts at 9 am   <u>Cloverdale</u>                      11:30 pm to 1:30 pm</p>	<p><b>27</b>  <u>Santa Rosa</u>  <b>Children's Museum</b>                      11:30 am - 1:30 pm</p>	<p><b>28</b>  <u>Santa Rosa</u>  <b>Resurrection Parish</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>	<p><b>29</b>  <u>Sonoma</u>  <b>La Luz Center</b>                      Arrive by 8:30 am                      Clinic starts at 9 am</p>

# LA VENTANITA DEL BIENESTAR

Todos los Miercoles a las

5:15 pm por Abril

Via Zoom Meeting ID:969 1341 7255



**Facilitado por Dee Edwinston, MA/AFMT**  
**Supervisor-Kelly Rathmann, LCSW, CDEP Lic #28796**

Un espacio virtual para  
crear comunidad, hablar  
sobre temas inspiradores y  
conectar con recursos



**HUMANIDAD**  
Therapy & Education Services



**KEY:**




Underlined: In person

\*Starred\*: Online/virtual

(Drop-in hours and all in person events are subject to change due to COVID guidelines)

# APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 <u>Drop-In 12-5</u> *Leadership 5-6* *Adult Support 6:30-8:30*	2
3		5 <u>Drop-In 12-5</u>	6 <u>Drop-In 12-5</u> International Asexuality Day 	7 <u>Drop-In 12-5</u> *Leadership 6-6:30* *Youth Support 6:30-8:30*	8 <u>Drop-In 12-5</u> *Leadership 5-6* *Adult Support 6:30-8:30*	9 <u>Social Saturday!</u> <u>10am-1pm</u>
10	11	12 <u>Drop-In 12-5</u>	13 <u>Drop-In 12-5</u>	14 <u>Drop-In 12-5</u> *Leadership 6-6:30* *Youth Support 6:30-8:30*	15 <u>Drop-In 12-5</u> *Leadership 5-6* *Adult Support 6:30-8:30*	16
17	18  Earth Day	19 <u>Drop-In 12-5</u>	20 <u>Drop-In 12-5</u> *Queer Art Club 6-8pm*	21 <u>Drop-In 12-5</u> *Leadership 6-6:30* *Youth Support 6:30-8:30*	22 <u>Drop-In 12-5</u> *Leadership 5-6* *Adult Support 6:30-8:30*	23
24	25	26 <u>Drop-In 12-5</u> Lesbian Visibility Day 	27 <u>Drop-In 12-5</u>	28 <u>Drop-In 12-5</u> *Leadership 6-6:30* *Youth Support 6:30-8:30*	29 <u>Drop-In 12-5</u> *Leadership 5-6* *Adult Support 6:30-8:30*	30



# **LGBTQIA+ ADULT SUPPORT GROUP**

**FRIDAYS 6:30-8:30PM**

**APRIL 1ST: CHECK-IN**

**APRIL 8TH: SHOW & TELL**

**APRIL 15TH: DISCUSSION GROUP**

**APRIL 22ND: SOCIAL NIGHT**

**APRIL 29TH: BONUS NIGHT!**



# AMAZING APRIL!

LGBTQIA+ YOUTH SUPPORT GROUP (12-18)

THURSDAYS 6:30-8:30PM

APRIL 7TH: CHECK-IN

APRIL 14TH: SOCIAL NIGHT

APRIL 21ST: DISCUSSION GROUP

APRIL 28TH: GAME NIGHT

# DROP-IN HOUR

**Come hang out with us!**

2nd and 4th Thursday at 4pm

Ages 12-24

714 Mendocino Ave, Santa Rosa

For more info, email [isamar@lgbtqconnection.org](mailto:isamar@lgbtqconnection.org)



# ***Sonoma April Youth Socials***

- SR** 4/7 Dungeons & Dragons - 4-5:30
-  4/11 Transcend - 3:30-5 
- SR** 4/14 Drop In Hour - 4-5:30
-  4/18 Gayme Night - 3:30-5
- SR** 4/21 World Building - 4-5:30
- 4/25 QTPOC Group - 6-7:30
- SR** 4/28 Drop In Hour - 4-5:30

Socials are for ages 12-24. For more info, DM us or contact [isamar@lgbtqconnection.org](mailto:isamar@lgbtqconnection.org).

 *Trans+ identified space*      **SR** *Santa Rosa*  
 *Virtual event*



# QTPOC GROUP

**FOOD!**



**LOTERÍA!**

**FUN!**

**at Maxwell Park!**

A group for Queer and Trans People of Color

Join us for fun in the park with games, food, and music!

Monday, April 25th

6-7:30pm

All ages

100 Verano Ave, Sonoma



For more info DM us or contact [isamara@lgbtqconnection.org](mailto:isamara@lgbtqconnection.org)



# GAYME NIGHT



Mon, April 18th

4-5:30pm

Ages 14-24

Via Zoom



West County  
Health Centers

*Caring for our Communities*

a californiahealthcenter

# Parents & Caregivers of Transgender & Gender Expansive Youth

## Join us for a "Lunch Hour" Support Group!



Dr. Jill Rees  
Psychologist, PhD



Jennifer Herman  
Nurse Practitioner

3rd Wednesday  
of Every Month  
**12:10-12:50pm**  
Starting March 2022  
Meeting virtually  
Log in with Zoom ID:  
**707-887-0427**

- Learn from each other
- Share your story
- Ask questions
- Get answers about gender, healthcare navigation & much more

Questions? Call 707-887-0427

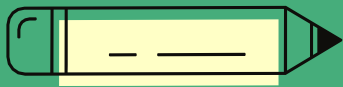
calling all teens

# POETRY IN ACTION 2022

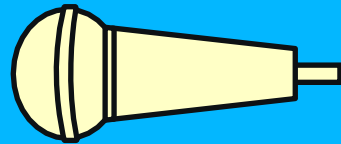
a **YOUTH** poetry reading and conversation on  
equity and compassion

in Celebration of April as National Poetry Month

**Saturday, April 23**



**5-6 pm**



**Hosted By:** Ella Wen, 2021-22 Sonoma County Youth Poet Laureate

**SIGN UP IN ADVANCE FOR OPEN MIC  
DEADLINE IS MONDAY, APRIL 4**

Email [YouthPoetry-UIK@InterfaithSonoma.org](mailto:YouthPoetry-UIK@InterfaithSonoma.org) to sign up

**What do you want to say about equity and compassion? Say it through the power of poetry!!**

This event will include a live **OPEN MIC**; read a poem you've written or one written by any poet of your choice - **limited to two poems or up to two minutes**. Closed video will be an option; signed parent authorization required for ages 13 - 17

**Need more encouragement??? -- A cash/gift  
card prize and Certificate of Participation for  
anyone who reads during open mic!!!**

**Presented by Sonoma County United in Kindness  
in cooperation with AAPI Coalition of the North Bay**





# Community Health Worker Training Program Scholarship Opportunity

Partnership HealthPlan of California (PHC) is excited to announce a new scholarship opportunity. Current and former PHC members who apply and are accepted in the upcoming Sacramento City College (SCC) community health worker (CHW) training program may be eligible for up to a \$1,000 scholarship to be applied to tuition and direct educational expenses (e.g. application fees and books).



Beginning February 15, 2022, SCC will be accepting applications for a cohort of CHW students to begin in August 2022. Interested SCC applicants will need to complete the CHW online application by April 30, 2022. Those interested in applying for PHC's CHW scholarship will also need to complete PHC's [application](#) by April 30, 2022.

PHC believes our current or former members who have an excellent understanding of the community in which they live could make an ideal CHW. A CHW can act as a liaison between health, social services, and the community to facilitate access to services and improve the quality, health equity, and cultural competence of service delivery. In 2019, the California Future Health Workforce Commission (report linked [here](#)) identified the CHW role as one of the 10 priorities to invest in over a 10-year period to help close California's health care workforce gaps.

Please note, that the SCC CHW training program includes both virtual and an in-person practicum to take place. All interested applicants residing within the [counties](#) PHC serves are eligible to participate, however, PHC members residing in Del Norte, Modoc, and Trinity are encouraged to apply for this cohort in order to allow for travel to practicum sites in those counties. Organizations within PHC counties that are interested in learning more about the process to become a practicum site can view a webinar that outlines steps with the SCC's CHW program [here](#).

In addition, applicants may reach out to their local workforce boards to verify whether eligibility for benefits may exist. Del Norte and Trinity county resident applicants interested in reaching out may contact SMART Workforce Center [here](#), and Modoc County resident applicants may contact The Alliance for Workforce Development [here](#).

If you have additional questions on the Sacramento City College CHW opportunity, please visit their CHW webpage by clicking [here](#) or emailing the program directly at [SCC-Healthoccupations@scc.losrios.edu](mailto:SCC-Healthoccupations@scc.losrios.edu).

Applicants interested in the PHC scholarship opportunity may reach out with questions by emailing [phcscholarships@partnershiphp.org](mailto:phcscholarships@partnershiphp.org).





# CANNABIS USE & PREGNANCY:

## A CONVERSATION FOR EXPECTING AND NEW PARENTS

JOIN US IN A **SAFE AND SUPPORTIVE** DISCUSSION!

- Learn how cannabis use can impact your health and the health of your baby
- Discover where you can find trusted information about cannabis use and pregnancy
- Discuss common stressors like anxiety, nausea, and sleep

*Spanish translation will be available.*

THURSDAY, **APRIL 7, 2022**  
6:00 PM - 7:30 PM

**REGISTER TODAY!**  
[HTTPS://BIT.LY/SONOMATEENHEALTH](https://bit.ly/sonomateenhealth)



*For any questions contact*  
**DONNA.NEWMAN-FIELDS@SONOMA-COUNTY.ORG**



# CONSUMO DE CANNABIS Y EMBARAZO:

## UNA CONVERSACIÓN PARA PADRES NUEVOS Y ESPERADOS

¡ÚNASE A NOSOTROS EN UNA  
DISCUSIÓN **SEGURA Y DE  
APOYO!**

- Aprenda cómo el consumo de cannabis puede afectar tu salud y la de tu bebe
- Averigüe dónde puede encontrar información sobre el consumo de cannabis y el embarazo
- Discutir factores estresantes comunes como ansiedad, náuseas y sueño

*La traducción al español estará disponible.*

JUEVES, **ABRIL 7, 2022**  
6:00 PM - 7:30 PM

**¡REGÍSTRESE HOY!**  
[HTTPS://BIT.LY/SONOMATEENHEALTH](https://bit.ly/sonomateenhealth)



*Para cualquier pregunta contacte a*  
**DONNA.NEWMAN-FIELDS@SONOMA-COUNTY.ORG**

## **Community Training – Cannabis Use and Pregnancy: A Conversation for Expecting and New Parents**

This 1.5-hour workshop will seek to create a safe and supportive space within which new parents, expecting mothers, and prospective parents can explore research and information regarding prenatal and maternal cannabis use and the potential impact upon maternal, perinatal, and child health. Participants will explore the conflicting messages that expecting parents can receive, and review where families can find research-based, trusted information about cannabis use and perinatal health. Participants will also discuss common stressors faced by women in pregnancy, such as anxiety, stress, and nausea, and explore ways to evaluate the potential risks associated with cannabis use during and after pregnancy.

Intended audience: Expecting mothers, new parents, and prospective parents.



## Do you need short-term rental assistance and/or utilities assistance due to COVID-19?

- Household must be within Petaluma city limits
- Proof of financial hardship due to COVID-19 required
- Gross household income must be <80% Area Median Income (see chart below)

Family Size	2021 Income Level Range			
	Below 30% (Extremely Low)	31% to 50% (Very Low)	51% to 80% (Moderate)	Over 80% (Non-low Moderate)
1	Below 24,250	24,251 to 40,750	40,751 to 65,150	\$65,151 & above
2	Below 27,950	27,951 to 46,550	46,551 to 74,450	\$74,451 & above
3	Below 31,450	31,451 to 52,350	52,351 to 83,750	\$83,751 & above
4	Below 34,900	34,901 to 58,150	58,151 to 93,050	\$93,051 & above
5	Below 37,700	37,701 to 62,850	62,851 to 100,500	\$100,501 & above
6	Below 40,500	40,501 to 67,500	67,501 to 107,950	\$107,951 & above
7	Below 43,300	43,301 to 72,150	72,151 to 115,400	\$115,401 & above
8	Below 46,100	46,101 to 76,800	76,801 to 122,850	\$122,851 & above

Contact Sarah Vetter at COTS to see if we can assist you!

707.200.8221 cell  
 707765.6530 x201  
 svetter@cots.org





**American  
Foundation  
for Suicide  
Prevention**

*Join Us!*

**American Foundation for Suicide Prevention Presents**  
*More Than Sad:*  
*Suicide Prevention Education for Parents and Caregivers*

Wednesday, April 14, 2022  
6:00 to 7:30 PM

Parents & Caregivers will understand how to:

- Recognize the signs of depression and other mental health challenges;
- Initiate a conversation about mental health with your child; and
- Get help.

[REGISTER HERE](#)

PRESENTED IN ENGLISH WITH LIVE SPANISH TRANSLATION



**American  
Foundation  
for Suicide  
Prevention**



MARIN COUNTY SCHOOLS  
**Wellness Collaborative**



**MARIN COUNTY**  
OFFICE OF EDUCATION



**MARIN  
HEALTH &  
HUMAN  
SERVICES**  
Health, Well-being & Safety  
[www.marinhhs.org](http://www.marinhhs.org)



**MARIN  
COUNTY**  
SELPA



**MARIN  
healthy youth**  
PARTNERSHIPS



**American  
Foundation  
for Suicide  
Prevention**

*Únete a Nosotros!*

**La Fundación Americana para la  
Prevención del Suicidio Presenta**

***Más Que Triste:***

***Educación para la Prevención del Suicidio para Padres y Cuidadores***

**miércoles, 14 de abril de 2022**

**6:00 a 7:30 p. m.**

Los Padres y Cuidadores entenderán cómo:

- Reconocer los signos de depresión y otros desafíos de salud mental;
- Inicie una conversación sobre salud mental con su hijo; y
- Consigue ayuda.

**REGISTRARSE AQUÍ**

**SE PRESENTAN EN INGLÉS CON TRADUCCIÓN EN VIVO AL ESPAÑOL DISPONIBLE**



# APRIL IS SEXUAL ASSAULT AWARENESS MONTH



JOIN VERITY AND OUR COMMUNITY  
PARTNERS FOR THE FOLLOWING EVENTS THIS  
APRIL:

APRIL 1ST – 18TH: PIE A  
SUNNIE

APRIL 5TH: A DAY OF ACTION

**SIGMA OMEGA NU**

*MU CHAPTER'S*

*Second Annual*

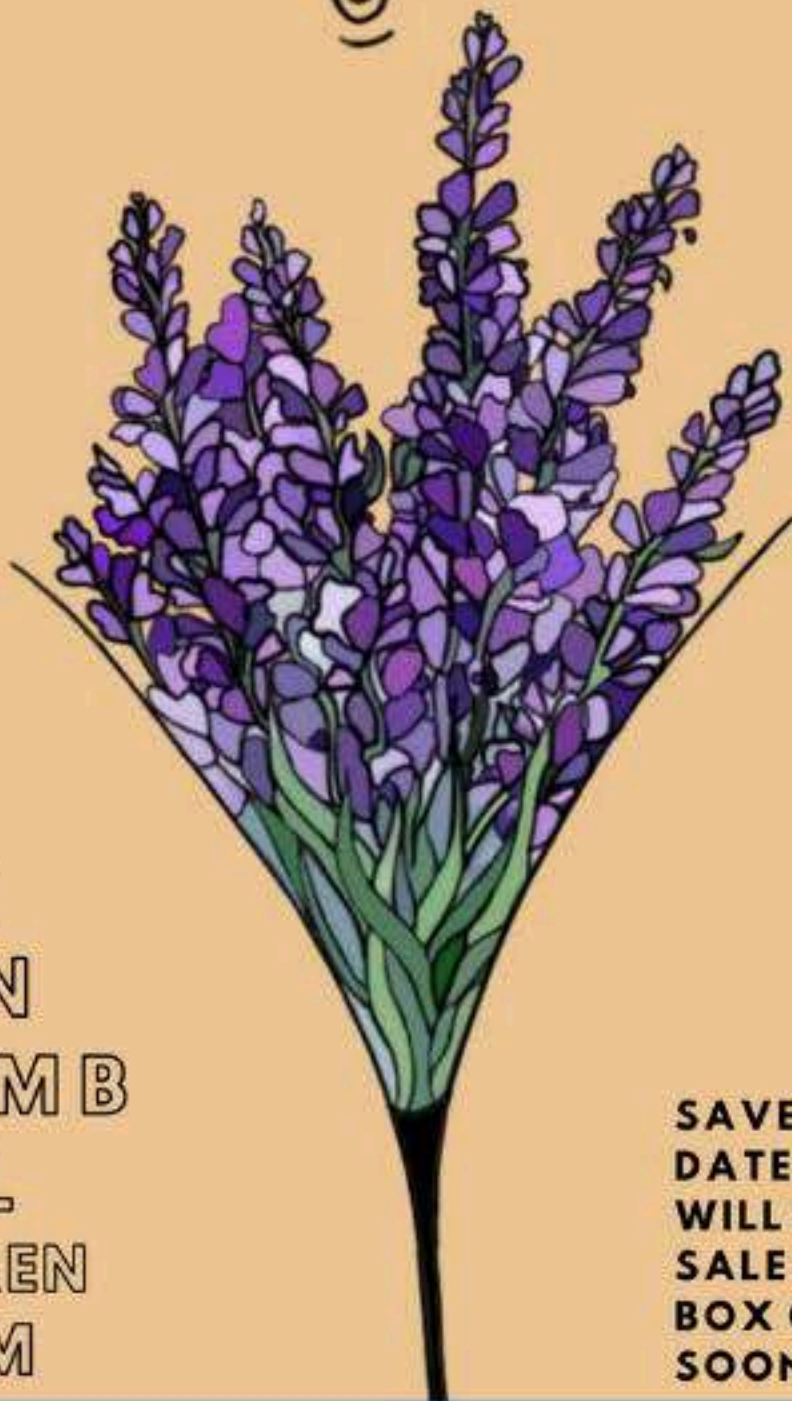
**Pie a Sunnie**

*For Verity*

We are kicking off SAAM in partnership with the SSU Sunnies! Make sure to sign up to pie your favorite Sunnie this April – and don't forget to wear teal on "A Day of Action!"

# The Vagina\* Monologues

*The Virtual Show and Live Screening*



**SAVE THE DATE! TICKETS WILL BE ON SALE AT SSU BOX OFFICE SOON!**

## THE VAGINA MONOLOGUES

The Vagina Monologues, written by V, is a performance put on by Sonoma State University's Vagina Monologues club. For accessibility purposes, a virtual screening will be available from April 7th at 6pm to April 9th and 10pm. Those who buy tickets to the virtual screening will be emailed a link to the show. All proceeds go to Verity, Sonoma County's only Rape Crisis, Trauma, and Healing Center.

**APRIL 7TH AND 8TH IN BALL ROOM B AND APRIL 9TH IN WARREN AUDITORIUM**

**APRIL 7TH, 8TH, 9TH**

APRIL 21ST:  
VERITY PRESENTS FOR LATINO SERVICE  
PROVIDERS

APRIL 22ND:  
VERITY HOSTS PREMIER OF "SURVIVORS,  
LIVING BEYOND SEXUAL ASSAULT."

The premiere of  
this powerful new  
documentary honors  
all survivors of  
sexual assault  
during Sexual  
Assault Awareness  
Month in April.



THE LUTHER BURBANK CENTER FOR THE ARTS. \$20  
DOORS OPEN AT 6:30, EVENT BEGINS AT 7:30

A photograph of two women from the waist down, wearing blue denim jeans with large rips. They are standing on a light-colored floor and holding the hems of their jeans. The image is semi-transparent and serves as a background for the event information.

Bear Republic Brewing Co  
4PM | April 27th  
Free Entry | Dine n' Donate

# DENIM DAY FUNDRAISER

FOR

A stylized logo for "Live Music" in a light blue, handwritten-style font.  
The Verity logo, featuring the word "Verity" in a bold, white, sans-serif font with a registered trademark symbol, and a small leaf icon above the letter "i".

**Verity**®

Compassion. Safety. Support.

## DENIM DAY EVENT IN PARTNERSHIP WITH THE BEAR REPUBLIC

Join Verity and The Bear Republic this April 27th for our Denim Day Event! Come enjoy delicious food, great company and live music – all to support survivors of sexual assault in Sonoma County. There will be a silent auction, dine and donate and much fun to be had. Make sure to wear denim in support of survivors! All proceeds go to support our programs that help serve survivors in our community.

APRIL 27TH @ 4:00 PM

WE HOPE TO SEE  
YOU THIS APRIL!

VISIT OUR WEBSITE AT  
OURVERITY.ORG FOR MORE  
INFORMATION ON ALL OUR EVENTS!



FOR QUESTIONS  
ABOUT ANY OF  
OUR UPCOMING  
EVENTS, EMAIL:

[Communications@ourverity.org](mailto:Communications@ourverity.org)



Save



Share





# April Parenting Classes

FREE ONLINE PARENTING CLASSES

[www.calparents.org/classes](http://www.calparents.org/classes)

@calparents



# FOOD DISTRIBUTIONS

- For Times Like These -

**Drive-thru no-touch distributions!**

**Each bag will include:**

- Perishables
- Non-perishables
- Personal care items

**Now Featuring a Vaccine Clinic!**

sonomacounty  
DEPARTMENT OF HEALTH SERVICES

Vaccine Clinic from 10am-12pm  
sponsored by Sonoma county  
Department of Health Services



**March 26 and May 28**

**10:00 AM - 12:00 PM**

**Santa Rosa High School,  
Multipurpose Room, Staff Parking Lot  
1235 Mendocino Avenue  
Santa Rosa, CA, 95401**



Complete the Food Donation Survey:  
<https://forms.gle/gaukxsAFC9vV6TbQA>  
or SCAN ME. The information from the  
survey will help us meet the needs of our  
community members for future events.

## SPONSORS

Made possible in part by a grant from the City of Santa Rosa Office of Community Engagement



For Questions: (707) 343-8734

# DISTRIBUCIÓN de COMIDA

## -Para Tiempos Como Estos-

**Distribuciones traídas al carro sin contacto!**

### Cada bolsa incluirá:

- Alimentos perecederos
- Alimentos no perecederos
- Productos para cuidado personal

Ahora con un  
**¡Clínica de vacunas!**

**sonomacounty**  
DEPARTMENT OF HEALTH SERVICES

Clínica de vacunas de 10am-12pm  
patrocinado por el condado de Sonoma  
Departamento de Servicios de Salud



**26 de marzo y 28 de mayo**

**10:00 AM - 12:00 PM**

**Santa Rosa High School,  
Sala Multipropósito, Estacionamiento para el personal  
1235 Mendocino Avenida  
Santa Rosa, CA, 95401**



<https://forms.gle/gaukxsAFC9vV6TbQA>

Escanee este código QR con su teléfono y complete la Encuesta de donación de alimentos. Puedes también utilizar el enlace anterior para completar esta encuesta. La información de la encuesta nos ayudará a satisfacer las necesidades de los miembros de nuestra comunidad para eventos futuros.

## PATROCINADORES

Posible en parte gracias a una subvención de la Oficina de Participación Comunitaria de la Ciudad de Santa Rosa



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Para preguntas: (707) 343-8734

# THE WEST COUNTY HIGH GENDER & SEXUALITY ALLIANCE INVITES YOU TO A PARENT CHAT!



The GSA Club at WCHS is collaborating with LGBTQ Connection ([www.lgbtqconnection.org](http://www.lgbtqconnection.org)) to provide Sonoma County parents/adults in our community with insight, resources, and tips for supporting their LGBTQIA+ identified children

This youth led event is free to adults interested in gaining a deeper understanding of how to be a supportive ally & more effective caregiver for our LGBTQIA+ youth.

WHERE:  
SEBASTOPOL  
PUBLIC LIBRARY

WHEN:  
SATURDAY  
APRIL 9TH  
10:30-12:30 PM

## **Información de admisión al refugio de emergencia del condado de Sonoma**

La siguiente es una lista de refugios de emergencia en el condado de Sonoma. Cada refugio tiene un proceso de admisión diferente. Además, algunos refugios sirven a poblaciones específicas y tienen diferentes criterios de entrada.

### **COTS' Mary Isaak Center (MIC)**

Información de solicitud: Se aceptan solicitudes durante las horas de comidas (11:30am a 12:30pm y 5:00pm a 6:00pm. Todos los días) Las solicitudes están disponibles en MIC/ Las solicitudes se pueden enviar por correo electrónico a [cinclan@cots.org](mailto:cinclan@cots.org), [aplam@cots.org](mailto:aplam@cots.org) o [rphoenix@cots.org](mailto:rphoenix@cots.org)

Información de admisión/ lista de espera: Las camas se ofrecen por orden de llegada. El personal del refugio se pondrá en contacto cuando haya una cama disponible. Se llama a los solicitantes hasta 3 veces antes de ser eliminados de la lista de espera. Los clientes pueden verificar el estado de su lista de espera llamando al 707-708-0537 o al 707-765-6530 ext. 207. Se anima a los clientes sin teléfono a que vengan al refugio para registrarse durante el servicio de comidas o que indiquen dónde se quedan para que los equipos de divulgación puedan comunicarse con ellos cuando haya una cama disponible.

Información adicional: Cuando se programan las citas de admisión, se recomienda a las personas que se hagan una prueba de COVID antes de llegar. Aquellos sin una prueba negativa por menos de 72 horas, deben permanecer en la “zona roja” donde se les ayudará a obtener una prueba de COVID. Una vez que se confirman los resultados negativos de las pruebas, los clientes se trasladan a su cama reservada. Debe ser capaz de mantener las actividades de la vida diaria sin la ayuda del personal.

### **Caridades Católicas Sam Jones Hall (adultos solteros)**

Información de la solicitud: Las solicitudes se pueden realizar llamando al centro de servicio para personas sin hogar al (707) 308-4684. Se aceptan solicitudes de lunes a viernes de 9:00am a 4:30pm.

Los empleados se comunicarán con el solicitante dentro de 1 día hábil para comenzar el proceso de solicitud o para agregar al solicitante a la lista de espera.

Información de admisión/lista de espera: Se atiende a los solicitantes por orden de llegada. Cuando se llega a una persona en la lista de espera, el personal se comunicará con el solicitante por teléfono o, si el solicitante no tiene un teléfono, trabajará con el equipo HOST para establecer contacto. Se programará una cita de admisión de lunes a viernes de 8:30 am. a 8:00pm. O sábado o domingo (con cita preestablecida). El personal/HOST hará 3 intentos para comunicarse con un solicitante. Si el personal no puede comunicarse, el solicitante será trasladado al final de la lista de espera. Las personas pueden verificar el estado de su lista de espera llamando al (707) 308-4684 o pasando por el centro de servicios para personas sin hogar.

### **Caridades Católicas Family Support Center (familias con jóvenes o futuras parejas/madres en el tercer trimestre del embarazo)**

Información de la solicitud: Las solicitudes se pueden realizar llamando al centro de servicio para personas sin hogar al (707) 542-5426. Se aceptan solicitudes de lunes a viernes de 9:00am a 4:00pm. El personal se comunicará con el solicitante dentro de 1 día hábil para comenzar el proceso de solicitud o para agregar al solicitante a la lista de espera. Información de admisión/lista de espera: Se atiende a los

solicitantes por orden de llegada. Cuando se llega a una persona en la lista de espera, el personal se comunicará con el solicitante por teléfono o, si el solicitante no tiene un teléfono, trabajará con el equipo HOST para establecer contacto. Se programará una cita de admisión de lunes a viernes de 8:30 am. a 7:00pm. O sábado o domingo (con cita preestablecida). El personal/HOST hará 3 intentos para comunicarse con un solicitante. Si el personal no puede comunicarse, el solicitante será trasladado al final de la lista de espera. Las personas pueden verificar el estado de su lista de espera llamando al (707) 542-5426 o pasando por el centro de servicios para personas sin hogar.

### **Social Advocates For Youth (SAY) Dream Center and Coffee House Teen Shelter (juventud en edades 12 a 24 años)**

Información de solicitud / admisión: la solicitud/admisión se puede realizar 24 horas al día, 7 días a la semana. Los interesados pueden llamar a la línea SAY Crisis: 1-888-729-0012.

Información adicional: Todos los refugios son mixtos; El refugio de emergencia Dream Center es para jóvenes de 18 a 24 años de edad y el refugio para adolescentes Coffee House es para jóvenes de 12 a 17 años.

### **Nation's Finest: Hearn House (solo veteranos)**

Información de la aplicación: Las camas se priorizan en función de la vulnerabilidad. Aquellos interesados en un refugio deben comunicarse con el Coordinador de Vivienda al 707-548-3247 / 1-833-468-9676. Si no hay disponibilidad, el cliente puede ser colocado en una lista de espera y el personal referirá al cliente a otros servicios.

Información de admisión/lista de espera: Cuando se llega a un solicitante en la lista de espera, el coordinador de vivienda se comunicará con el cliente para programar una cita de admisión. Si el Coordinador de Vivienda no puede comunicarse con el cliente dentro de los 14 días posteriores al aviso de disponibilidad del servicio, será eliminado de la lista de espera.

Información adicional: El programa tiene requisitos de ingreso estrictos. Debe ser un veterano que sea médicamente elegible para VA, sin agresores sexuales, restricciones de COVID, se considerarán animales de servicio. (llame para más información)

### **Community Action Partnership: Sloan House**

Información de la aplicación: Las solicitudes se pueden realizar llamando al 707-569-0615 entre las 9 a.m. y las 10 p.m. Lunes -Viernes y 10am. -16:00 Sábado y domingo. Las camas se ocupan por orden de llegada. Si no hay disponibilidad, el solicitante se colocará en la lista de espera.

Información de admisión/lista de espera: ingestas se realizan todos los días de 10:00 a.m. a 4:00 p. m. Cuando se llega a un solicitante en la lista de espera, se contactará a la persona para programar una admisión. El personal hará 3 intentos de comunicarse con un solicitante para ofrecerle el servicio antes de eliminarlo de la lista de espera.

Información adicional: Debe tener una prueba de COVID negativa 72 horas antes de llegar al refugio. Sin delincuentes sexuales.

### **Redwood Gospel Mission: Nomadic Shelter**

Información de admisión: Refugio de emergencia limpio y sobrio de 30 días en el que los clientes son recibidos por una iglesia diferente cada noche del mes. Las tomas se realizan diariamente a las 11 a. m. en 101 6th Street, Santa Rosa. Los lugares se llenan por orden de llegada. Para más información llame al: 707-542-4817.

Información adicional: debe tener una identificación con foto o estar en proceso de obtener una identificación. Sin agresores sexuales. La prueba de antígeno COVID se realiza en la admisión y la prueba de PCR de laboratorio se realiza semanalmente. También se realizan pruebas de antígeno antes de ir al lugar de refugio (si lo solicita la iglesia)

### **Redwood Gospel Mission: The Rose (for women with children, boys up to age 11)**

Información de admisión: 30 días de refugio de emergencia limpio y sobrio. Las admisiones se realizan los 7 días de la semana solo con cita previa. Para programar la admisión, llame al 707-573-0490. Los espacios se llenan por orden de llegada.

Información adicional: Debe usar una máscara mientras esté adentro. Pruebas de COVID realizadas semanalmente. No hay delincuentes sexuales si los cargos involucran a menores.

### **YWCA Refugio para víctimas de violencia domestica**

Información de admisión: YWCA “Safe House” es un refugio en un lugar confidencial para víctimas de violencia doméstica y sus hijos dependientes que huyen de la violencia doméstica. Las familias que buscan protección contra la violencia doméstica pueden llamar a la línea directa (707) 546-1234 para hablar de opciones, incluido el programa residencial de YWCA conocido como Safe House.

### **West County Refugio**

Información de admisión: Las personas interesadas en el refugio deben hacer una solicitud de referencia en las oficinas de Servicios Comunitarios del Oeste del Condado ubicadas en 16390 Main St. Guerneville los lunes, martes, miércoles y viernes entre las 9 a.m. y 4pm. Si hay disponibilidad, se programará una evaluación de admisión. Si no hay disponibilidad, el cliente será colocado en una lista de espera. Los clientes no pueden ir directamente al refugio.

Información adicional: No hay barreras legales iniciales para el refugio. Se recomienda la prueba de COVID en la admisión y todos los miércoles.

## **Sonoma County Emergency Shelter Intake Information**

The following is a list of emergency shelters in Sonoma County. Each shelter has a different intake process. Additionally, some shelters serve specific populations and have different criteria for entry.

### **COTS' Mary Isaak Center (MIC)**

Application information: Applications are accepted during mealtimes. 11:30am-12:30pm and 5:00pm-6:00pm. everyday. Applications are available at MIC. Applications can be emailed to [cinclan@cots.org](mailto:cinclan@cots.org), [aplam@cots.org](mailto:aplam@cots.org) or [rphoenix@cots.org](mailto:rphoenix@cots.org)

Intake/Waitlist information: Beds are offered on a first come-first served basis. Shelter staff will contact when a bed is available. Applicants are called up to 3 times before being removed from wait list. Clients can check their waitlist status by calling 707-708-0537 or 707-765-6530 ext. 207. Clients without phones are encouraged to come to the shelter for check ins during meal service or indicate where they are staying so outreach teams can contact them when a bed is available.

Additional information: When intake appointments are scheduled, individuals are encouraged to get a COVID test before arriving. Those without a negative test less than 72 hours, must stay in "red zone" where they will be assisted in getting a COVID test. Once negative tests results are confirmed, clients are moved to their reserved bunk. Must be able to maintain activities of daily living without assistance from staff.

### **Catholic Charities' Sam Jones Hall (Single Adults Shelter)**

Application Information: Applications can be made by calling the Homeless Service Center at (707) 308-4684. Applications are accepted Monday through Friday 9:00am – 4:30pm. Staff will contact applicant within 1 business day to begin application process of to add the applicant to the wait list.

Intake/Waitlist information: Applicants are served on a first come-first served basis. When an individual is reached on the wait list, staff will contact the applicant by phone or, if the applicant lacks a phone, will work with HOST team to make contact. An intake appointment will be scheduled Monday through Friday 8:30am – 8: 00pm or Saturday or Sunday (by prearranged appointment) Staff/HOST will make 3 attempts to contact an applicant. If staff is unable to make contact, the applicant will be moved to the bottom of the wait list. Individuals can check their wait list status by calling (707) 308-4684 or drop by the Homeless Service Center.

### **Catholic Charities' Family Support Center (families with children only or expectant couples/mothers in 3rd trimester of pregnancy)**

Application information: Applications are made by calling the Family Support Center at (707) 542-5426. Applications are accepted Monday through Friday 8:30am – 4: 00pm. Staff will contact applicant within 1 business day to begin application process or to add the applicant to the wait list.

Intake/Waitlist information: Applicants are served on a first come-first served basis. When an individual is reached on the waitlist, staff will contact the applicant by phone or, if the applicant lacks a phone, will work with HOST team to make contact. An intake appointment will be scheduled Monday through Friday 8:30am – 7: 00pm or Saturday or Sunday (by prearranged appointment 9:00am – 3:00pm) Staff/HOST will make 3 attempts to contact an applicant. If staff is unable to make contact, the applicant will be moved to the bottom of the wait list. Individuals can check their wait list status by



calling (707) 542-5426.

**Social Advocates For Youth (SAY) Dream Center and Coffee House Teen Shelter (Transitional Aged youth only)**

Application/Intake information: Application/Intakes can be done 24-7. Those interested can call the SAY Crisis line: 1-888-729-0012.

Additional information: All shelters are co-ed; The Dream Center Emergency Shelter is for youth ages 18-24 dorm style and The Coffee House Teen Shelter is for youth ages 12-17.

**Nation's Finest, Hearn House (Veterans Only)**

Application Information: Beds are prioritized based on vulnerability. Those interested in shelter should contact Housing Coordinator at 707-548-3247/1-833-468-9676. If there is not availability, the client can be placed on a waiting list and staff will refer client to other services.

Intake/Waitlist Information: When an applicant is reached on the waitlist, the Housing Coordinator will contact the client to schedule an intake appointment. If the Housing Coordinator is unable to contact the client within 14 days of notice of service availability, they will be removed from the waitlist.

Additional Information: Program has strict entry requirements. Must be a veteran that is VA medically eligible, no sex offenders, COVID restrictions, service animals will be considered. (call for more information)

**Community Action Partnership: Sloan House**

Application information: Applications can be made by calling 707-569-0615 between the hours of 9am.- 10pm. Monday -Friday and 10am. -4pm. Saturday and Sunday. Beds are filled on a first come first served basis. If there is no availability, the applicant will be placed on waitlist.

Intake/Waitlist information: Intakes are conducted everyday 10:00am - 4:00pm. When an applicant is reached on the waitlist, the individual will be contacted to schedule an intake. Staff will make 3 attempts to contact an applicant to offer service before removing them from the waitlist.

Additional Information: Must have a negative COVID test 72 hours within arrival to shelter. No sex offenders

**Redwood Gospel Mission: Nomadic Shelter**

Intake information: 30 day clean and sober emergency shelter in which clients are hosted by a different church each night of the month. Intakes done daily at 11am at 101 6th Street, Santa Rosa. Spots are filled on a first come-first served basis. For more information call: 707-542-4817

Additional Information: Must have a photo id or be in the process of getting an id. No sex offenders. Antigen COVID testing is done at intake and lab PCR testing done weekly. Antigen tests also done before going to shelter site (if requested by church).

### **Redwood Gospel Mission: The Rose (for women with children, boys up to age 11)**

Intake information: 30 day clean and sober emergency shelter. Intakes are done 7 days a week by appointment only. To schedule intake call 707-573-0490. Spots are filled on a first come-first served basis.

Additional Information: Must wear a mask while inside. COVID testing done weekly. No sex offenders if charges involve minors.

### **YWCA Domestic Violence Shelter**

Intake information: The Safe House provides refuge in a confidential location for victims of domestic violence and their dependent children fleeing domestic violence. Families seeking safety from domestic violence can call the hotline (707) 546-1234 to discuss options, including the YWCA's residential program known as the Safe House.

### **West County Shelter**

Intake information: Those interested in shelter must make a referral request at the West County Community Services offices located at 16390 Main St, Guerneville on Mondays, Tuesdays, Wednesdays and Fridays between 9am. and 4pm. If there is availability, an intake assessment will be scheduled. If there is no availability, the client will be placed on a waitlist. Clients may not go to the shelter directly.

Additional Information: No upfront legal barriers to shelter. COVID testing is encouraged at intake and every Wednesday.