



Monthly Community Events  
**May 2024**

Buckelew Programs Sonoma  
Family Service Coordination  
2235 Mercury Way, Suite 107  
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.

**inRESPONSE:** \_\_\_\_\_ 707-575-HELP (4357)

The inRESPONSE team will respond to calls in which individuals are experiencing a mental health crisis in Santa Rosa and are unarmed.

**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:** \_\_\_\_\_ 211

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.

**S.A.F.E. Team: Call 707-781-1234** – you will reach a directory where you can choose to speak with a 911 operator or a non-emergency staff member to help. To find out more about the program, please email [SAFE@petalumapeople.org](mailto:SAFE@petalumapeople.org).

**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.

**Substance Use Disorder Services:** \_\_\_\_\_ (707) 565-7450

Sonoma County Behavioral Health provides services through community-based contracted providers for individuals who have Medi-Cal, or are Medi-Cal eligible.

**Suicide Prevention 24 Hour Hotline (North Bay):** \_\_\_\_\_ 988

**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.

# Sonoma County Mental Health Crisis Response Teams

Changes are coming to these teams in 2024, including a single number and expanded hours!  
 Learn more at [namisoco.org/MHTeams](http://namisoco.org/MHTeams) or scan the QR code on the back.

	SAFE Team	InResponse Team	Sonoma County Mobile Support Teams
	<b>911</b>		
<b>Contact</b>	<b>707-781-1234</b>	<b>Rohnert Park:</b> <b>707-584-2612</b>	<b>Mobile Response Team:</b> <b>707-575-4357</b>
		<b>Cotati:</b> <b>707-792-4611</b>	<b>System Navigators:</b> <b>707-204-9756</b>
<b>Local Police</b>			
<b>Sheriff's Office</b>			
<b>Serves</b>	<b>Petaluma</b>	<b>Rohnert Park, Cotati, SSU</b> <i>(except Graton Casino area; served by Sheriff)</i>	<b>Santa Rosa</b> <i>(within city limits)</i>
			<b>Operates in:</b> Windsor, Rohnert Park, Cotati, Petaluma, Sonoma Valley, Guerneville, Forestville, Sebastopol with plans to expand countywide.
<b>Hours</b>	24/7	9 AM - 3 AM, 7 days/week	<b>Mobile Teams:</b> 7 AM - 10 PM, 7 days/week <b>System Navigation:</b> 8 AM - 5 PM, Mon-Fri
			12 PM - 10 PM, Mon - Fri
<b>Partners</b>	Petaluma People Services	Petaluma People Services	Santa Rosa Police/Fire, Bucklew Programs, Catholic Charities, Humanidad Therapy & Education Services, Sonoma County MST
			Santa Rosa, Petaluma Rohnert Park, Cotati & Sebastopol Police Departments SSU & SRJC Police Departments
<b>Helps with</b>	Mental health crises, suicidal ideation, substance use, and homeless issues		
<b>Who responds?</b>	Civilian medic (nurse, paramedic, or EMT) and crisis worker	Licensed mental health clinician, a paramedic, and a homeless outreach specialist	Licensed mental health clinicians, certified substance abuse specialists, post-graduate interns, mental health consumers and family members
<b>5150s</b>	Does <u>not</u> do involuntary holds (5150s)		<u>Can</u> do involuntary holds (5150s)
<b>Are police involved?</b>	Responds independently from law enforcement. Co-responds if safety is an issue.		Must be invited by law enforcement to respond to a call.
	<b>SAFE Team</b>	<b>InResponse Team</b>	<b>Sonoma County Mobile Support Teams</b>



# BIKE4 OR HIKE BUCKELEW

ACCESS TO MENTAL HEALTHCARE 4 ALL



**MAY 11, 2024**  
**CHINA CAMP**  
**BIKE4BUCKELEW.ORG**

GUIDED MOUNTAIN BIKE TRAIL RIDES  
GUIDED HIKES | FOOD | MUSIC  
POST-TRAIL PARTY IN THE WOODS

**BIKE + HIKE TO SAVE LIVES**  
REGISTRATION BEGINS AT 8 AM  
STAGGERED START TIMES BEGIN AT 9 AM  
ALL AGES, ALL LEVELS WELCOME!  
ENTRY INCLUDES A HAWAIIAN FUSION LUNCH & LIVE MUSIC

See [Bike4Buckelew.org](https://Bike4Buckelew.org) for more details, actual routes and maps.



Marin  
Community  
Foundation

MSB Charitable Fund



MONTECITO PLAZA



MARIN MUSEUM  
OF BICYCLING



wildcare





# Family Service Coordination Team

## May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Bilingual Community Resource Clinic 3-4:30pm	8 S.O.S: Allies for Hope 7-8:30	9	10	11
12	13 SCBH Family Support & Education Group 4-6pm	14 Bilingual Community Resource Clinic 3-4:30pm	15	16	17	18
19	20	21 Bilingual Community Resource Clinic 3-4:30pm	22 S.O.S: Allies for Hope 7-8:30pm	23 Apoyando Nuestra Comunidad 4:30pm-6:00pm	24	25
26	27	28 Bilingual Community Resource Clinic 3-4:30pm	29	30 MADF Family Support & Education Group 6:00pm-7:30pm	31	



# Family Service Coordination Team

The Family Service Coordination Team strives to provide education, support, and other assistance to family members and caregivers of adults and youth with a mental illness. The Family Service Coordination Team helps families navigate Sonoma County Behavioral Health and other community resources.

## Support Groups

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

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.

**2nd Monday of Every Month**  
**4:00 PM - 6:00 PM**  
**Online**

### Grupo de Apoyo y Educación Para Familiares

Únase a nosotros para aumentar nuestra comprensión de la naturaleza de las enfermedades mentales; facilitar el diálogo de apoyo y fomentar la confianza en las ideas, intervenciones y estrategias de afrontamiento de los familiares y aliados.

**Tercer Jueves de Cada Mes**  
**4:00 PM - 5:30 PM**  
**en persona en la oficina de Buckelew**

### Supporters of Young Folks

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.

**4th Thursday of Every Month**  
**3:00 PM-4:30 PM**  
**Online**

### Bilingual Community Resource Clinic Clínica Bilingüe de Recursos Comunitarios

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

Todos son bienvenidos a asistir a la Clínica de Recursos para obtener ayuda con la comprensión o asistencia de acceder servicios para ellos mismos o sus seres queridos.

**Every Tuesday / Cada Martes**  
**3:00 PM - 4:30 PM**  
**in person / en persona**

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

**707-571-8452 or [Fsc@bucklew.org](mailto:Fsc@bucklew.org)**



2235 Mercury Way Suite 107



[bucklew.org](http://bucklew.org)



[Fsc@bucklew.org](mailto:Fsc@bucklew.org) | [MarisabelM@bucklew.org](mailto:MarisabelM@bucklew.org)

# BILINGUAL COMMUNITY RESOURCE CLINIC

*The Resource Clinic is intended to provide concerned friends, family, or community members with an opportunity to seek information about mental health & wellness resources on behalf of themselves or a loved one.*



## Where:

Buckelew Programs  
2235 Mercury Way  
Suite 107  
Santa Rosa, CA 95407

## When:

Every Tuesday @ 3pm  
Tue, May 7th  
Tue, May 14th  
Tue, May 21st  
Tue, May 28th

*Resources include information or services related to food, housing, employment, education, citizenship, therapy, peer support, treatment options, and more!*

**Questions? Contact the Family Service Coordination team:**

**MarisabelM@buckelew.org | 707-513-5135**

**Fsc@buckelew.org | 707-571-8452**



# CLINICA BILINGUE DE RECURSOS COMUNITARIOS

*Todos son bienvenidos a asistir a la Clínica de Recursos para obtener ayuda con la comprensión o asistencia de acceder servicios para ellos mismos o sus seres queridos.*



## Donde:

Buckelew Programas  
2235 Mercury Way  
Suite 107  
Santa Rosa, CA 95407

## Cuando:

Cada Martes @ 3:00pm  
Mayo 7  
Mayo 14  
Mayo 21  
Mayo 28

*Los recursos incluyen información o servicios relacionados con alimentación, vivienda, empleo, educación, ciudadanía, terapia, apoyo de pares, opciones de tratamiento y más!*

**Preguntas? Contacte al Equipo de Servicios Familiares:**

**JenniferV@Buckelew.org 707-292-3289 (se habla Español)**  
**Fsc@Buckelew.org 707-571-8452**







Family Service  
Coordination Team



# Sonoma County Behavioral Health Family Support & Education Group



Monday

**MAY  
13TH**

4pm-6pm  
Online

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.

**Questions?**

**Contact the Family Service  
Coordination Team:**

**Fsc@buckelew.org 707-571-8452**

**MarisabelM@buckelew.org 707-513-5135**

Zoom Link

<https://tinyurl.com/SCBH-Zoom>

**[www.buckelew.org](http://www.buckelew.org)**



# APOYANDO NUESTRA COMUNIDAD

Venga a conocer los recursos comunitarios ofrecidos en el condado de Sonoma que pueden ayudarlo a usted y a los miembros de su familia.

**JUEVES**  
**23 DE MAYO**  
**4:30-6:00PM**

- ✓ Recursos informativos
- ✓ Proveedores de servicio
- ✓ Bocadillos y bolsas de comida gratis



**2235 MERCURY WAY, SUITE 107, SANTA ROSA, CA 95407**

Para más información o registrarse, contacte a Jennifer,  
Navegadora del Sistema de Servicios Familiares



JenniferV@Buckelew.org



707-292-3289



Felton  
institute **LOSS**

Local Outreach to Suicide Survivors

# Peer Support for Teens and Young Adults Coping with Suicide Loss

**When:** 2nd & 4th Tuesday of  
every month from 4:30 -5:30pm.

**Where:** *On zoom*

**Who:** This group is FREE and  
open to Youth and Young Adults  
14 - 24 years old who've lost a  
friend, family member, classmate,  
co-worker or partner to suicide.

In partnership with



**Scan this code  
to learn more  
or contact:**

Sophia Balestreri, Program Coordinator  
[sbalestreri@felton.org](mailto:sbalestreri@felton.org)

**(415) 726-4685**

**If you are concerned for yourself or someone you know, please contact the  
Suicide & Crisis Lifeline 988 or text MARIN to 741741.**





182 Farmers Lane #202  
Santa Rosa CA 95405

To join these free programs:

Visit: [namisoco.org/groups](https://namisoco.org/groups)

Call: 866-960-6264

Email: [info@namisoco.org](mailto:info@namisoco.org)

Groups and classes meet on Zoom unless otherwise specified.

### Family Support Group

For family members and caregivers (ages 18+). Thursday groups are in person at NAMI Sonoma County office. All other groups meet on Zoom.

### Connection Support Group

For individuals (ages 18+) living with mental health challenges. Groups meet on Zoom.

### Family-to-Family

An 8-session education program for those (ages 14+) who care for and support a loved one living with serious mental illness. Visit [namisoco.org/f2f](https://namisoco.org/f2f) to apply to join a future class.

### Peer-to-Peer

An 8-session education program for individuals (ages 18+) living with mental health challenges. Visit [namisoco.org/P2P](https://namisoco.org/P2P) to apply to join a future class.



# MAY 2024

## May is Mental Health Awareness Month! Here is where to find us:

- May 2nd - Kick-Off Event (Mobile Crisis Teams Presentation @ 2 PM), Glaser Center, Santa Rosa, 1-4pm
- May 4th - Sonoma County Human Race, Old Courthouse Square, Santa Rosa, 7-11:30am
- May 11th - Inclusion Festival, Petaluma Community Center, Petaluma, 11am-6pm
- May 16th - Healdsburg Library Social Services Fair, Healdsburg Library, Healdsburg, 3-4:30 pm
- May 30th - VOICES Youth Event, VOICES Youth Center, Santa Rosa, 4-6pm

Questions? Email [nferro@namisoco.org](mailto:nferro@namisoco.org)

May 3, 2024: Dine & Donate at Mountain Mike's Pizza  
3125 Cleveland Avenue  
Santa Rosa CA 95403  
Phone: (707) 595-6505  
A portion of your purchase supports NAMI Sonoma County today at this Mountain Mike's location! Just mention our fundraiser when you order.

MON	TUE	WED	THU	FRI
29	30 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group	1 6:00-8:00 PM Peer-to-Peer (Class)	2 2:00-3:00 PM In-Person Family Support Group 5:30-7:00 PM Connection Group 6:00-8:30 PM Family-to-Family (Class)	3 
6 New meeting time! Starting May 7th, Tuesday Connection Group starts at 5:30 PM!	7 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	8 6:00-8:00 PM Peer-to-Peer (Class)	9 2:00-3:00 PM In-Person Family Support Group 5:30-7:00 PM Connection Group 6:00-8:30 PM Family-to-Family (Class)	10
13	14 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	15 6:00-8:00 PM Peer-to-Peer (Class)	16 2:00-3:00 PM In-Person Family Support Group 5:30-7:00 PM Connection Group 6:00-8:30 PM Family-to-Family (Class)	17
20	21 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	22	23 2:00-3:00 PM In-Person Family Support Group 5:30-7:00 PM Connection Group 6:00-8:30 PM Family-to-Family (Class)	24
27	28 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	29	30 2:00-3:00 PM In-Person Family Support Group 5:30-7:00 PM Connection Group 6:00-8:30 PM Family-to-Family (Class)	31

# NAMI Family Support Group

**On Zoom: 1st/3rd/5th Tuesdays, 6-7:00 PM**

**2nd & 4th Tuesdays, 4:30-5:30 PM**

**In Person: Thursdays, 2-3:00 PM\***

NAMI Family Support Group is a resource for families affected by mental illness who may have never spoken about their experiences to neighbors, friends, and loved ones. They often find it helpful to connect with others who have similar experiences and learn from peers who have managed similar challenges.

These peer-led support groups can help with problem-solving. Shared resources and perspectives may help someone who is feeling stuck and needs practical ideas to help them and their family member who is living with a mental illness.

## **What to expect from a Family Support Group:**

- Weekly meetings, 60 minutes long
- Drop-in and free of charge
- Designed for loved ones (18+) of individuals living with mental illness -- parents, partners, children, siblings, friends.
- Facilitated by a trained team of family members
- Confidential -- share as much or as little as you want.

**Join: Register at [namisoco.org/groups](https://namisoco.org/groups)  
Or call 866-960-6264 to learn more.**

*In person group meets at NAMI Sonoma County Office. Drop-ins welcome!  
182 Farmers Lane #202, Santa Rosa CA 95405*



## Support Group Agenda

1. Welcome
2. Review Group Guidelines & Principles of Support
3. Check-In (2-3 minutes):
  - a. What is your name?
  - b. Is this your first meeting?
  - c. What's happening recently?
4. Group Discussion
5. Closing

## Group Guidelines

*We follow these guidelines at each meeting to create the sanctuary and safe place we need. They also tell us how we can best care for one another, by providing mutual consideration, acceptance and protection, which can be hard to find outside of the group.*

1. Start and stop on time.
2. Keep to time limits for check-in.
3. Absolute confidentiality. Meetings are not to be recorded, and what is said in the group stays in the group.
4. Be respectful.
5. Be mindful of others -- no monopolizing or crosstalk.
6. Keep it in the here and now.
7. Empathize with each other's situation.

## Principles of Support

*These principles are a reminder of what we strive for as we come to terms with mental illness. They are designed to guide and strengthen us in dealing with challenges that arise when we, or our loved ones, face mental illness.*

1. We see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in shared experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept that we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

## Emotional Stages of Recovery

### I: Dealing with the Catastrophic Event

Experiencing: Crisis/Shock, denial, hoping-against-hope

Needs: Support, comfort, empathy for confusion, help finding resources, crisis management, reassurance, empathy for pain, permission to be numb, hope, NAMI

### II: Learning to Cope

Experiencing: Anger, guilt, resentment, recognition

Needs: To permit and vent feelings, to keep hope, education, self-care, networking, skill training, to let go, to learn the system, hope, NAMI

### III: Moving into Advocacy

Experiencing: Understanding, acceptance, advocacy/action

Needs: To restore balance in life, responsiveness from the system, to find meaning, a sense of empowerment, activism, hope, NAMI

## Tips for Attending the Group

- Please mute your phone or computer audio whenever you are not speaking to the group! This prevents background noise that keeps everyone from hearing one another.
- If you have a private question, or need technical support, please send a chat message to the host.
- Sharing in the group is encouraged, but never required -- if you're called on to check in or respond, and would rather not share, simply say "pass" and we'll move on to the next person.
- We request that all participants do their best to be on time. If you know in advance that you will be more than 10 minutes late, please email us so we can let the facilitators know to expect you.



KEY:

Underlined: In person

\*Starred\*: Online/virtual

# MAY

# POSITIVE IMAGES

SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
	QTBIPOC SOCIAL HANGOUT 6-8	Drop-In 12-5	Drop-In 12-5	*Leader ship 6-6:30* *Youth Support 6:30-8:30*	*Leader ship 5-6* *Adult Support 6:30-8:30*	Drop-In 12-3 SOCIAL SATURDAY 1-3
12	13	14	15	16	17	18
		Drop-In 12-5	Drop-In 12-5 QUEER ART CLUB 6-8	*Leader ship 6-6:30* *Youth Support 6:30-8:30*	*Leader ship 5-6* *Adult Support 6:30-8:30*	Drop-In 12-3
19	20	21	22	23	24	25
		Drop-In 12-5	Drop-In 12-5	Leader ship 6-6:30 *Youth Support 6:30-8:30	*Leader ship 5-6* *Adult Support 6:30-8:30	Drop-In 12-3
26	27	28	29	30	31	
	Drop-In 12-5	Drop-In 12-5	Drop-In 12-5	Drop-In 12-5 Leader ship 6-6:30 *Youth Support 6:30-8:30	*Leader ship 5-6* *Adult Support 6:30-8:30	

## HOLIDAYS

MENTAL HEALTH  
AWARENESS MONTH

API HERITAGE  
MONTH

JEWISH HERITAGE  
MONTH

• 5/5: NAT'L DAY  
OF

AWARENESS  
FOR MMIWG  
2SLGBTQQIA+

• 5/17: INT'L DAY  
AGAINST  
HOMOPHOBIA,  
TRANSPHOBIA,  
& BIPHOBIA

• 5/17: AGENDER  
PRIDE DAY

• 5/24:  
PANSEXUAL &  
PANROMANTIC  
DAY

# Discussion & Signing Maia Kobabe

In Partnership with Positive Images

May 11th 1pm



Book Purchase  
Required for Signing  
Discussion  
Open To All

**POSITIVE**  
IMAGES





# FREE Business & Nonprofit TRAINING SESSION

SERVING LGBTQIA+ COMMUNITY: BEST PRACTICES

BILINGUAL  
EVENT

Does your business or  
organization serve  
LGBTQIA+ individuals?

Join us for a FREE  
Cultural  
Competency  
Training

May 20th, 2024  
5:30PM - 7:00PM

Register now!

Redwood Credit Union

Sonoma Room

3033 Cleveland Ave #100, Santa Rosa, CA 95403



*Yew Crawford*  
he/they

Teacher







# GRATIS Empresa ENTRENAMIENTO

## SERVIR A LA COMUNIDAD LGBTQIA+: BUENAS PRÁCTICAS

**SERVIR A LA COMUNIDAD LGBTQIA+: BUENAS PRÁCTICAS**  
¿Su empresa o organización presta servicios a personas LGBTQIA+?

Participe en un curso **GRATUITO** sobre **competencia cultural**

**20 de Mayo, 2024**  
**5:30PM - 7:00PM**

¡inscríbese ahora!

**Redwood Credit Union**

**Sonoma Room**

3033 Cleveland Ave #100, Santa Rosa, CA 95403

**EVENTO BILINGÜE**

*Janet Leal*  
ella

**Maestra**



Q T B I P O C H A N G O U T ( 1 8 + )

# PARK & SKATE HANG

Bring skates or come to hang out,  
play park games, and make art!

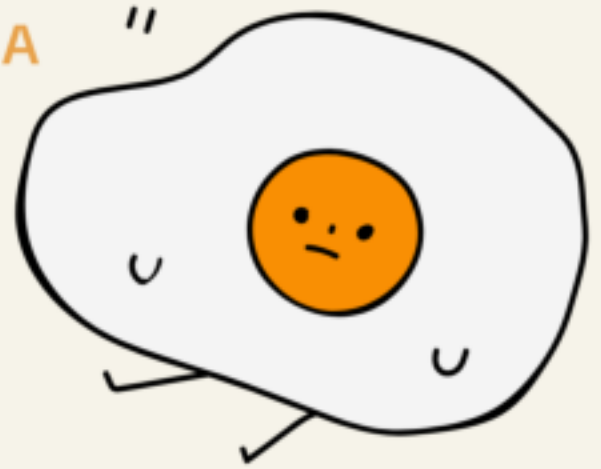
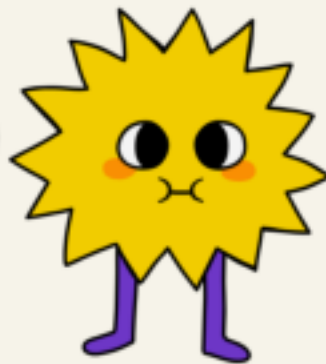
**ANDY'S UNITY PARK**  
**MAY 6TH**  
**6-8PM**



# Grupo de Apoyo para Jovenes LGBTQ



CADA PRIMER Y TERCER  
MIÉRCOLES 3:30-5:30  
CENTRO JUVENIL "VOICES"  
714 MENDOCINO AVE,  
SANTA ROSA



## LGBTQ Youth Support Group

EVERY FIRST AND THIRD  
WEDNESDAYS 3:30-5:30  
VOICES YOUTH CENTER  
714 MENDOCINO AVE,  
SANTA ROSA







**HUMANIDAD**  
Therapy & Education Services

# UN TIEMPO PARA CAFECITO COFFEE TIME

Para despertar las buenas ideas , un cafecito informativo para mantenerse informado sobre lo que sucede en la comunidad.



**Sonoma County**  
Office of Education

**Estrategias para manejar sentimientos incómodos y cómo eso puede apoyar las relaciones con sus hijos/familia.**

**Martes el 21 de Mayo**  
**Tuesday May 21st**  
**9am-10am**

1260 North Dutton Avenue, suite 230,  
Santa Rosa, CA 95401



**Register here**



Lláme para más información / Call for more info  
**(707)525-1515 ext. 126**



Viste a nuestro sitio web / Check out our website  
**[www.Humanidadtherapy.org](http://www.Humanidadtherapy.org)**

# May, 2024

## Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

Phone: 707-546-4482



### Monday

- 10:00 - 2:30 ----- Open Art Studio
- 10:15 -10:30 ----- Community Meeting
- 10:30 -11:00 ----- Resource Group
- 11:00 - 11:30 ----- Movement
- 12:00 - 1:00 ----- The Other Side of Overwhelm
- 1:30 - 2:00 ----- Skills for Better Living
- 2:00 -2:30 ----- Afternoon Check-In

### 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 -12:30 ----- *Funspiration / Let's Go!*
- 1:00 - 2:00 ----- Seeking Safety
- 2:00 - 2:30 ----- Afternoon Check-In
- 2:30 -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
- 11:00 - 12:00 ----- Mindful Self Compassion
- 12:00 - 1:00 ----- Adventurous Writing
- 1:00 - 2:00 ----- Mid-Week Festivity
- 2:00 - 2:30 ----- Afternoon Check-In

### Thursday

- 10:00-1:30 ----- Open Art Studio
- 10:15-10:30 ----- Community Meeting
- 10:30-11:30 ----- Expressing Creativity
- 11:30-12:30 ----- SMART Recovery
- 12:30 - 1:30 ----- Living with Lyme - - - *New Group!*
- ↑ Lyme Disease support 2<sup>nd</sup> & 4<sup>th</sup> Thursdays ↑
- 1:00 - 1:30 ----- Afternoon Check-In

### 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 ----- SMART Recovery → → *iEn Español!*
- 12:00 - 1:00 ----- Aprendiendo Juntos/Ingles Y Español  
Learning Together/Spanish & English
- 1:00 - 1:30 ----- Afternoon Check-In
- 1:30 - 2:30 ----- Success in Sobriety

## May Forum:

### Language & Empowerment

Friday, May 31, 1:30 - 2:30

We will also have public screenings of Crooked Beauty & Healing Voices, open to the adult general public, and a number of art projects... planned for members. Please Call For details.

### 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 a Peer managed and operated program of West County Community Services.**

*In person services and telephone support are available:*

Monday, Tuesday, Wednesday & Friday 10:00 to 3:00, Thursday 10:00 to 2:00

## Groups at Interlink Self-Help Center

**Adventurous Writing:** Join us each week as we discover techniques and develop skills as writers. Rants as well as reasoned revelations are invited to bring forth some magnificent manuscripts...

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

**Aprendiendo Juntos / Learning Together** Aprender y practicar Español y Inglés juntos. / Learn and practice Spanish and English together.

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

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

**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.

**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.

**Living with Lyme:** 2<sup>nd</sup> & 4<sup>th</sup> **Thursdays** Facilitated by individuals living with Lyme disease who bring years of experience getting and giving support to others facing the misunderstood realities of living with Lyme disease.

**Interlink is hosting this group that is outside our services and facilitated by others not paid by WCCS.**

**Mid-Week festivity:** We engage in a variety of games activities from Bingo to Wii sports, providing opportunities for us to interact with each other and have fun!

**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:** We do light stretching, meditation, or music and consider setting intention for the day.

**Movement:** Interactive exploration of different modalities of physical and energetic movement.

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

**Resource Group:** We share and research resources and at times host speakers from other organizations.

**Seeking Safety:** An evidence-based, present-focused support model to help people attain safety from trauma and/or addiction. Both trauma and addiction are addressed without delving into the past.

**Skills for Better Living:** We explore tools and techniques to enhance our quality of life. Topics include: self-awareness, problem solving, creative and critical thinking, coping skills, and interpersonal relationships.

**SMART Recovery:** (Self-Management and Recovery Training) A 4-Point Program that supports individuals who have chosen to, or are considering abstinence from any type of addictive behaviors.

**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=UDVReWdreFZwU0I2OVBaVXFhYWIRdz09>

**SMART Recovery - on Zoom - Wednesdays 10:00 - 11:00** To Join: Meeting ID: 996 6839 8835 Passcode: 113347 (by phone: +1 669 900 6833)

<https://zoom.us/j/99668398835?pwd=M2EyRnpWRUJFZk0yUWVVUVMINitCZz09>

**Success in Sobriety:** We share and look into strategies, supports and resources to help us find and maintain *Success in Our Sobriety!* (Once a month our forum happens during this time slot.)

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



# Intro to Peer Support

**Onsite & in Person!**

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



## May's Focus

### ***Mental Health Recovery & Peer Support***

***Please join us as we share and learn together***

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) 546-4482  
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 - 707-546-4482 ext 817

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



WCCS Peer Programs Present

# Mental Health Awareness Month Kickoff Event 2024

May 2nd

1pm to 4:30pm

Glaser Center: 547 Mendocino Ave, Santa Rosa

## Community Resource Fair

Representatives from local mental health organizations to answer questions and provide resources.

## Mobile Crisis Support Expansion



S.A.F.E. Team



Mobile Support Team



inRESPONSE

Representatives from the three Sonoma County Mobile Crisis Support teams will share about their services and the recent updates with the expansion to county-wide services. There will be a presentation and opportunity to ask questions and learn more.

### Free and Open to the Public

#### Questions?

**Michael Reynolds, Peer Programs Coordinator**

707-889-1901 or [michael.reynolds@westcountyservices.org](mailto:michael.reynolds@westcountyservices.org)

Mental Health Awareness Month is a national movement to raise awareness about the importance of mental health as a part of the overall wellness for every individual.







**WCCS** INVITES YOU TO  
West County Community Services

# Walk With Us

*An Evening of Wine, Food, and a  
Celebration of Hope, Success and Results*



**PLEASE JOIN US ON** May 15, 2024 5:00 - 7:30 p.m.  
**AT** Russian River Vineyards  
5700 CA-116 N, Forestville, CA 95436

**ENJOY** Premium wines, beverages and hors d'oeuvres,  
inspiring videos of clients who have Walked with Us  
to safety and success, and chances to win a  
wine cooler full of premium wines

**SUPPORT • STRENGTHEN • EXPAND**

Critical WCCS services through your ticket purchase, silent  
auction, wine fridge raffle, and support for our Fund a Need



**TICKETS & More Info: [WestCountyServices.org](https://WestCountyServices.org)**

Join us to celebrate the impact of WCCS's innovative  
and cost-effective mental health, housing, senior,  
and crisis support programs.





May is Mental Health Month, 2024

# Community Forum at Petaluma Peer Recovery Center *Screening of Healing Voices*



Produced,  
Written and  
Directed by  
PJ Moynihan  
of Digital  
Eyes Film

HEALING VOICES explores the experience commonly labeled as 'psychosis' through the stories of real-life individuals, and features interviews with notable international experts including Robert Whitaker, Dr. Bruce Levine, Celia Brown, Will Hall, Dr. Marius Romme, and others, on the history of psychiatry and the rise of the 'medical model' of mental health treatment.

Wednesday, May 29, 10:30 to 12:00

**PPRC**

5350 Old Redwood Highway Suite 600

Petaluma, Ca. 94954

(707) 565-1299

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

This screening is open to the adult general public





May is Mental Health Month, 2024  
Community Event at Interlink Self-Help Center

# Screening of Healing Voices



HEALING VOICES explores the experience commonly labeled as 'psychosis' through the stories of real-life individuals, and features interviews with notable international experts including Robert Whitaker, Dr. Bruce Levine, Celia Brown, Will Hall, Dr. Marius Romme, and others, on the history of psychiatry and the rise of the 'medical model' of mental health treatment.

Produced,  
Written and  
Directed by  
PJ Moynihan  
of Digital  
Eyes Film



**Thursday, May 30 11:30 to 1:00**

Interlink Self-Help Center  
1033 Fourth Street  
Santa Rosa (707) 546-4481



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

This screening is open to the adult general public





**Community Forum at Interlink Self-Help Center**

# **Language & Empowerment**

We hear a lot about empowerment, empowering others... yet so much of the language we hear, and may often use, has disempowering effects. The intention of this training is to support us in creating and maintaining transformative environments in our lives and/or work. Recipients and providers of services are encouraged to attend.

Please join us as we explore and consider updating our language to better support empowerment, self and otherwise, in our lives, work and community.

*Hope to see you here!*

**In Person**

*Facilitated by:*

**In Person**

**Sean Kelson, Interlink Program Manager**

**Friday, May 31, 2024**

**1:30 to 2:30**

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

CADA JUEVES 10:00 - 11:00 AM

# CAFECITO CREATIVO

Nuestro propósito es reunirnos y brindar un espacio de seguridad, pertenencia y convivencia al mismo tiempo que enseñamos y aprendemos unos de otros.

1221 Farmers Lane Suite 200  
Santa Rosa CA, 95405  
(707) 393-8700  
Laplazanc.org





# CLASE DE HATHA/YOGA SUAVE PARA PRINCIPIANTES

CON MAYTHE ORTIZ



COMIENZA EL 2 DE OCT. AL 30 DE OCT.

**TODOS LOS LUNES DE 10AM-11:15AM**

LA PLAZA

1221 FARMERS LN. SUITE 200 SANTA ROSA, CA 95405

LA INSCRIPCIÓN SE ABRE LOS MIÉRCOLES A LA 1:00 PM.  
REGISTRATE AL 707-393-8700

# Distribución de Pañales

Lunes a Jueves  
8:00 - 4:00 pm

Tallas Disponibles 0-7, 2T-5T

1221 Farmers Lane Suite 200  
Santa Rosa CA 95405  
(707) 898-8700



REDWOOD EMPIRE  
FOOD BANK

# ¡PAÑALES GRATIS!

**\*Mientras haya  
provisiones\***

Tallas disponible:

1 al 6, Pull-up's M-XL

**Cada miercoles de**

**4 pm- 6 pm en**

**1000 Apollo Way Ste. 185,**

**Santa Rosa, CA 95407**



**LATINO**  
Service Providers

**REDWOOD EMPIRE**  
**FOOD BANK**



# FREE DIAPERS!

**\*While supplies last\***

Available sizes: 1 to 6, Pull-  
up's M-XL

**Each Wednesday from 4  
pm- 6 pm at 1000 Apollo  
Way Ste.185, Santa Rosa,  
CA 95407**



LATINO  
Service Providers





SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# ADULT TALKING CIRCLE

EVERY 1ST & 3RD  
THURSDAY

\*EXCLUDING HOLIDAYS

**3:00PM-4:30PM**  
**ON ZOOM**

**THIS TALKING CIRCLE PROVIDES A SPACE FOR  
COMMUNITY HEALING, PEER SUPPORT AND SELF  
CARE STRATEGIES**

*BEGINNING JANUARY 4, 2024*

To sign-up please contact the Aunties & Uncles Program:  
Email: [AUPEVENTS@SCIHP.org](mailto:AUPEVENTS@SCIHP.org) or call Carolyn at (707) 521-4559



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.



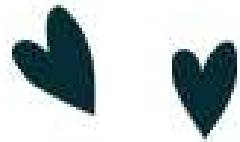
# ELDERS' SOCIAL CIRCLE

Location: SCIHP SENIOR SITE

Day: Friday's

Time: 12:30PM - 1:30pm





SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# YOUTH TALKING CIRCLE

CHECK IN . PEER SUPPORT . CULTURAL TEACHINGS

**FOR AGES 12-24**



EVERY  
1ST & 3RD  
MONDAY  
4:30-5:30PM  
ON ZOOM



TO SIGN UP CONTACT THE  
AUNTIES & UNCLES PROGRAM:



[AUPEVENTS@SCIHP.ORG](mailto:AUPEVENTS@SCIHP.ORG)



ANGELINA 707-521-4554

**YOU WILL RECIEVE A GIFT  
CARD FOR ATTENDING!**



SONOMA COUNTY  
INDIAN HEALTH PROJECT



## HEALTHY TRADITIONS DIABETES EDUCATION AND SUPPORT GROUP

**This class is designed for SCIHP patients with type 2 diabetes to learn about our framework for diabetes education and support.**

**When: 1pm – 2pm**

**Where: 144 Stony Point Road, Santa Rosa, CA 95401**

**Upstairs Community Room**

**Contact Healthy Traditions at (707) 521-4502**

**Participants will receive a \$10 gift card upon completion of the class. \*\*Only Native SCIHP patients with a diagnosis of diabetes are eligible to receive a gift card.**

### 2024 CLASS DATES

**APRIL 25TH**

**JULY 25TH**

**OCT 24TH**

**MAY 16TH**

**AUG 22ND**

**NOV 14TH**

**JUNE 20TH**

**SEPT 26TH**

**DEC NO CLASS**

SONOMA COUNTY INDIAN HEALTH PROJECT INC.



# WEEKLY SUD RECOVERY GROUPS

~Recovery groups held~

In Person / Zoom

Tuesday & Thursday Evenings

6:00 PM - 8:00 PM

All meetings begin on-time & your promptness is appreciated.  
For more information call our Behavioral Health Department  
at: (707)-521-4550







Sonoma County Indian Health Project Inc

# Seeking Safety

Seeking Safety is an **8-week** session developed for those who have been or are currently affected by substance use and traumatic experiences.

This group will allow those an opportunity to establish safe & positive coping mechanisms to use within their daily lives.

**New Classes start Monday, May 13, 2024**

**10am -12pm**

**SCIHP Community Room.**

**Classes are facilitated by Lee Zeledon,**

REG. PSYCH ASSOC./ LMFT

Under the supervision of Susan Guerrero, PsyD.

**Topics of discussion will be:**

- Healthy Relationships
- Learning to cope with Triggers.
- Self-grounding techniques
- Healing from Anger
- Identifying Red & Green Flags
- Substance Abuse
- PTSD/Trauma
- Self Nurturing

**-Limited space is available. Must be registered to attend -**

*Incentive for every class attended*

To sign up contact Sophie  
Email: [bhgroups@scihp.org](mailto:bhgroups@scihp.org)  
Phone: (707) 521-4551

# WELLNESS

30

min

## WALK

**FOR ALL SCIHP PATIENTS**

Join our Healthy Traditions & Behavioral Health Department for a relaxing 30-minute weekly walk.

**EVERY**  
**TUESDAY @ 10AM**



**We will meet in the front entrance at SCIHP**

144 Stony Point Rd. Santa Rosa. CA, 95401



SONOMA COUNTY  
INDIAN HEALTH PROJECT

To register or for more information  
contact Roberta at (707)-521-4502



COMMUNITY ACTION PARTNERSHIP  
OF SONOMA COUNTY

# HUMAN RACE

**MAY 4<sup>TH</sup>**  
**5K FOURTH**

a dynamic 5K run,  
walk, and roll  
fundraising event

**Saturday  
MAY 4<sup>TH</sup>  
8:00 AM**

Santa Rosa  
Old Courthouse Square

**JOIN US**

**DONATE**



#### Race Details

Date: May 4th, 2024

Location: Old Courthouse Square in Santa Rosa, CA

Time:

- 7:00 AM – Event Day Registration Opens
- 8:00 AM – Human Race Begins/Sat, May 4, 2024
- 8:30 AM – Free Kids Activities – Until 11 AM
- 9:30 AM – Awards Ceremony – Main Stage

Have questions or need assistance? Contact us at  
 Jerry Beck | Chief Development Officer  
 Email: [jbeck@capsonoma.org](mailto:jbeck@capsonoma.org)  
 or  
 Genesis Windergeist | Communications Manager  
 Email: [gwindergeist@capsonoma.org](mailto:gwindergeist@capsonoma.org)  
 for more information about the race or fundraising opportunities.

#### More Ways to Support

**DRIVE THRU  
BAKE SALE**

for the Human Race

**Friday  
MARCH 22  
11 AM - 3 PM**

2024 Fundraising Party  
Santa Rosa, CA 95401





**PRESENTS...**

**BI  
AN  
CA  
D.  
MC  
CA  
LL**

*Licensed Marriage &  
Family Therapist*

**Santa Rosa Native**

*All-American Rank: 11*

*Pac-10 Conference Honors*

*Washington State Univ.*

*Retired FIBA Professional*

*National Best Practices*

*Sports Programming*

# COMMUNITY BAPTIST CHURCH COLLABORATIVE'S ANNUAL

AFRICAN AMERICAN  
MENTAL HEALTH  
CONFERENCE

“MENTAL HEALTH  
BEST PRACTICES  
FOR ATHLETES”

SATURDAY, MAY 25, 2024

**11:00AM - 1:00PM**

## COMMUNITY BAPTIST CHURCH

1620 Sonoma Avenue  
Santa Rosa, CA 95405

REGISTER: [HONOR@NFLRETIREDPLAYERS.NET](mailto:HONOR@NFLRETIREDPLAYERS.NET)





# CERES COMMUNITY PROJECT

## INTERNSHIP OPPORTUNITY

# Harvesting Health

### FARM TO COMMUNITY FOOD EDUCATOR

*Are you a high school student who wants to make a difference in their community?  
Is passionate about health and people's right to healthy food?  
Wants to learn about gardening, how health starts in the soil, and nutrition?  
This 7-month paid internship begins June 11th. Pay is \$18 an hour, transportation is provided. Applicants must be aged 16 by June 2024.*

#### PART 1 INTENSIVE SUMMER PROGRAM

- 15 hours work per week
- Classes on agriculture, nutrition & cooking
- Working in the Ceres gardens
- Learning public speaking skills
- Tours of local farms

#### PART 2 FALL PROGRAM

- 6-8 hours of work a week (mostly Thursday & Saturday)
- Harvesting & prepping vegetables for distribution
- Classes, demos & distribution of produce to local clinic
- Recipe development, nutrition

Applications at [ceresproject.org/job-openings](https://ceresproject.org/job-openings)

Visit [CeresProject.org](https://CeresProject.org) or email [volunteer@ceresproject.org](mailto:volunteer@ceresproject.org) for more info!

APPLICATIONS  
DUE  
MAY  
15

[CeresProject.org](https://CeresProject.org)







Disability Services & Legal Center Presents

# AGING & DISABILITY

# RESOURCE EXPO

*Free Admission!*

Featuring: product displays, services,  
and resources for seniors, veterans,  
people with disabilities, advocates, and  
the general public



Previously known  
as the Tech Expo

**FRIDAY, MAY 17TH, 2024**  
**11 AM - 3 PM**

**THE BACKDROP**  
1455 CORPORATE CENTER PKWY.  
SANTA ROSA, CA 95407



For more information, please call (707)528-2745 or email [rico@mydslc.org](mailto:rico@mydslc.org)





*Fun, Free Event for Sonoma County*

# FIRE AND EARTHQUAKE SAFETY EXPO 2024



**Sunday, May 19th, 10am to 3pm  
Cloverdale Citrus Fairgrounds**



- Learn from first responders & other experts
- Browse exhibits & state-of-the-art products
- Enjoy free giveaways & food, while supplies last
- Ask experts in the Firewise Landscape room
- Participate in kid's activities
- Education in English & Spanish
- Live simulations & more!



**Hosted By**



**Contact us to support this event!**

- ✉ [info@fireandearthquakeexpo.org](mailto:info@fireandearthquakeexpo.org)
- 🌐 [FireAndEarthquakeExpo.org](http://FireAndEarthquakeExpo.org)
- 📘 [@FireAndEarthquakeExpo](https://www.facebook.com/FireAndEarthquakeExpo)





*Evento divertido y gratuito para el condado de Sonoma*  
**EXPOSICIÓN DE SEGURIDAD ANTE  
INCENDIOS Y TERREMOTOS**  
2024



**Domingo 19 de mayo, 10 am a 3 pm**  
**Cloverdale Citrus Fairgrounds**



- Aprenda de rescatistas y otros expertos
- Explore las exhibiciones y los productos de vanguardia
- Disfrute obsequios y comida gratuitos hasta que se agoten
- Haga preguntas a los expertos en la sala de Firewise Landscape (paisaje resistente ante los incendios)



- Participe en actividades para los niños
- Educación en inglés y español
- ¡Simulaciones en vivo y más!



**Patrocinado por:**



**¡Contáctenos para apoyar este evento!**

- ✉ [info@fireandearthquakeexpo.org](mailto:info@fireandearthquakeexpo.org)
- 🌐 [FireAndEarthquakeExpo.org](http://FireAndEarthquakeExpo.org)
- 📘 [@FireAndEarthquakeExpo](https://www.facebook.com/FireAndEarthquakeExpo)



**Saturday, May 11, 2024**  
**11:00am - 6:00pm**

# **IF INCLUSION FESTIVAL**



**LIVE MUSIC** 🎵 **DANCING** 🎵 **SILENT DISCO**  
**SENSORY BUFFET** 🎵 **ART** 🎵 **DRUM CIRCLE**  
**CREATIVE EXPLORATIONS WITH SENSORY ACCOMMODATIONS**

**Petaluma Community Center in Lucchesi Park**

320 N McDowell Blvd, Petaluma 94954

**All Ages | Entry sliding scale \$10 - \$35**







**Sábado 11 de Mayo 2024**  
**11:00am - 6:00pm**

# **IF INCLUSION FESTIVAL**



**MÚSICA EN VIVO 🎵 BAILE 🎵 DISCOTECA SILENCIOSA**  
**BUFFET SENSORIAL 🎵 ARTE 🎵 CÍRCULO DE TAMBORES**  
**EXPLORACIONES CREATIVAS CON ADAPTACIONES SENSORIALES**

**Centro Comunitario de Petaluma en el Parque Lucchesi**

320 N McDowell Blvd, Petaluma 94954

**Todas las edades | Escala móvil de entrada \$10 - \$35**



LATINO SERVICE PROVIDERS INVITES YOU TO  
THE 5TH ANNUAL



## MENTAL HEALTH AWARENESS EVENT

LIVE MUSIC - DANCE -  
WORKSHOPS -  
FOOD - COMMUNITY

**Sat. May 11, 2024 | 12 pm- 3 pm**

**OLD COURTHOUSE SQUARE, SANTA ROSA  
FREE ENTRY**

**ALL ARE WELCOME, SEE YOU THERE!**



# LSP YOUTH PROMOTORES



COME JOIN US AT \$TOMP THE STIGMA

A FREE EVENT OPEN TO ALL. WE WILL BE PROVIDING FREE SNACKS AND THE OPPORTUNITY TO PARTICIPATE IN SELF-CARE ACTIVITIES. ALL ARE WELCOME!

IN PARTNERSHIP WITH



**HUMANIDAD**  
Therapy & Education Services  
HUMANIDADTHERAPY.ORG

**inRESPONSE**  
MENTAL HEALTH SUPPORT TEAM



**Sonoma County**  
Office of Education





LATINO SERVICE PROVIDERS TE INVITA A LA  
5TA ANUAL



**EVENTO DE  
CONCIENTIZACIÓN  
SOBRE SALUD MENTAL**

**MÚSICA EN VIVO - DANZA -  
TALLERES - ALIMENTACIÓN -  
COMUNIDAD**

**sabado 11 de mayo 2024 | 12 pm- 3 pm**

**OLD COURTHOUSE SQUARE, SANTA ROSA  
ENTRADA GRATUITA**

**TODOS SON BIENVENIDOS, ;NOS VEMOS ALLÍ!**



# LSP YOUTH PROMOTORES



VEN Y ÚNETE A NOSOTROS EN \$TOMP THE STIGMA

UN EVENTO GRATUITO ABIERTO A TODOS. PROPORCIONAREMOS BOCADILLOS GRATIS Y LA OPORTUNIDAD DE PARTICIPAR EN ACTIVIDADES DE CUIDADO PERSONAL. ¡TODOS SON BIENVENIDOS!

EN ALIANZA CON



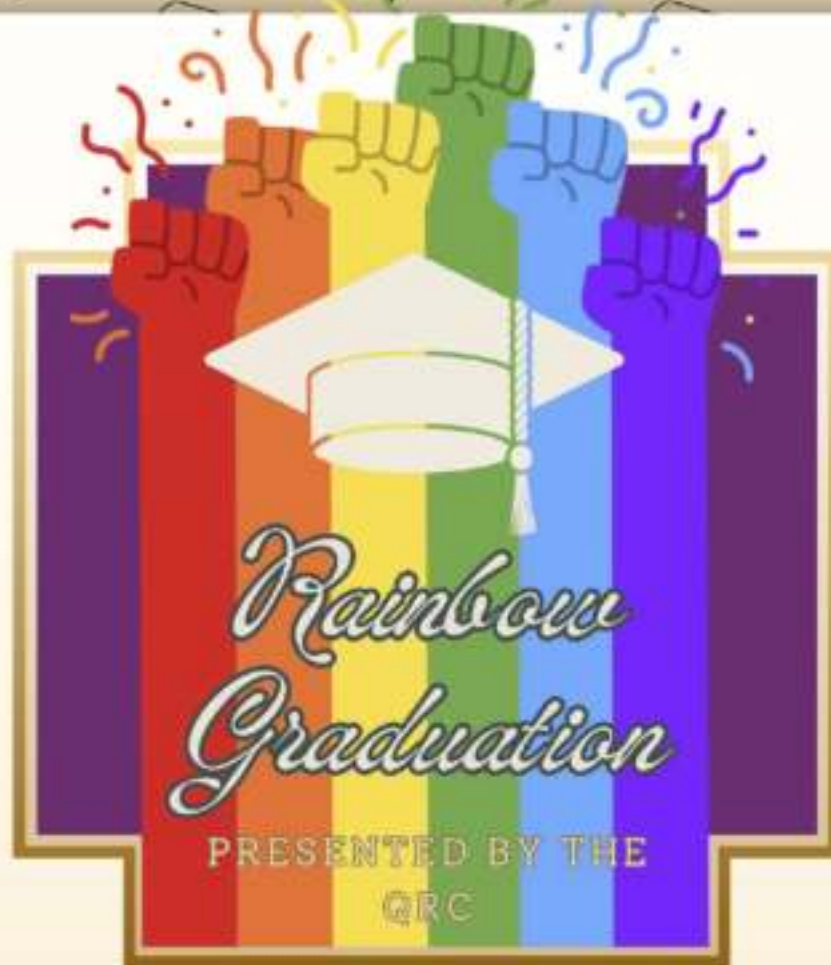
**HUMANIDAD**  
Therapy & Education Services  
HUMANIDADTHERAPY.ORG

**inRESPONSE**  
MENTAL HEALTH SUPPORT TEAM



**Sonoma County**  
Office of Education





## CLASS OF 2024

Please join us to celebrate the graduation of our queer and trans student! This event is for students earning a degree, certificates, GED, Highschool seniors or transferring with no degree.

Location: Flamingo Resort, Santa Rosa

Date: May 17 Time 2:00-4:00pm

Graduates RSVP by May 3

Email:

[qrc@santarosa.edu](mailto:qrc@santarosa.edu)

Instagram: [qrcsrjc](https://www.instagram.com/qrcsrjc)



Scan QR Code to  
RSVP!







# Parent Nutrition Education



- We will make and taste a healthy recipe
- Learn how to encourage your kids to try and enjoy more foods, how to get them involved in the kitchen, and positive feeding techniques.
- Role-play situations involving parents and picky eaters, and then brainstorm strategies for introducing healthy foods
- Encourage positive role modeling, letting kids help with shopping and cooking, giving children limited choices about what they eat
- Kids welcome to attend

## WHEN

May 1 6:30 - 7:30 PM

## WHERE

Community Child Care  
Council of Sonoma County  
131-A Stony Cir

## LANGUAGE

English  
&  
Spanish

→ Register on [Eventbrite](#)



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips.



# Educación Nutricional para Padres



- Haremos y degustaremos una receta saludable.
- Aprenda cómo animar a sus hijos a probar y disfrutar más alimentos, cómo involucrarlos en la cocina y técnicas de alimentación positivas.
- Situaciones de juego de roles que involucren a padres y niños quisquillosos con la comida, y luego intercambien ideas sobre estrategias para introducir alimentos saludables.
- Fomentar el ejemplo positivo, permitiendo que los niños ayuden con las compras y cocinando, dándoles opciones limitadas sobre lo que comen.
- Niños bienvenidos a asistir

## FECHA

1 de  
Mayo

## LOCACION

6:30 - 7:30  
PM

## IDIOMA

Community Child Care  
Council of Sonoma County  
131-A Stony Cir

Ingles y  
Espanol

→ Regístrese en [Eventbrite](#)



Financiado por USDA SNAP, un proveedor y empleador que ofrece igualdad de oportunidades. Visite [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) para obtener consejos saludables.





Sonoma County Indian Health Project Inc.

# Adult Beading Workshop

Behavioral Health is excited to hold a Beading Workshop here at SCIHP. This workshop is tailored for individuals age 18 and older. Rose and Rudy Hammock will offer a unique opportunity to learn the culture and art of beading.

You will create your own jewelry piece in this session.

\*An all age class will be coming April 26, 2024.

Sign-ups begin:  
April, 19, 2024

[Register Now](#)

Contact Sophie at  
Email: [BHGroups@scihp.org](mailto:BHGroups@scihp.org)  
Phone: 707-521-4551

Date: May 3, 2024

2:00PM-3:30PM

Location: SCIHP

Community Room





SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# ATTENTION CLASS OF 2024



NATIVE AMERICAN GRADUATES LIVING IN SONOMA COUNTY OR IF YOU LIVE OUTSIDE OF SONOMA COUNTY AND ARE A TRIBAL MEMBER OF CLOVERDALE RANCHERIA, DRY CREEK RANCHERIA, GRATON RANCHERIA, LYTTON RANCHERIA, MANCHESTER POINT ARENA RANCHERIA, STEWARTS POINT RANCHERIA, MISHEWAL WAPPO ARE WELCOME TO SIGN UP.

**HIGH SCHOOL, COLLEGE & TRADE SCHOOL GRADUATES**

*HONORING OF GRADUATES*  
*JUNE 13, 2024*  
*5:00PM-7:30PM*

**FINLEY COMMUNITY CENTER AUDITORIUM  
2060 WEST COLLEGE AVE  
SANTA ROSA**

**REGISTRATION IS REQUIRED:**

TO SIGN UP EMAIL: [AUPEVENTS@SCIHP.ORG](mailto:AUPEVENTS@SCIHP.ORG)  
TO BE PLACED ON OUR 2024 GRADUATION LIST

PLEASE INCLUDE IN EMAIL:  
NAME, AGE, SCHOOL (MAJOR IF COLLEGE), TRIBE,  
PHONE NUMBER, GRADUATION PHOTO AND  
FAVORITE INSPIRATIONAL QUOTE

**SIGN UP NO LATER THAN:  
5/17/24**

# JOIN SCIHP DRUMMING CIRCLE!



Starting August 16th  
2023

3rd Wednesday of every  
month

6:00PM-7:30PM

Location: SCIHP Senior Site



AGE Ages 13+



Drug & Alcohol free  
environment



No Drumming  
Experience Needed



*Drumming Creates Connective*

To Join Contact Sophie



(707)-521-4551



aupevents@scihp.org

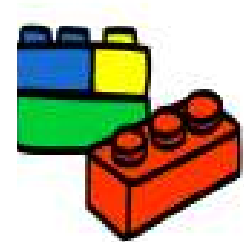


**The Aunties & Uncles Program Presents**

# **FAMILY FUN NIGHT AT THE CHILDREN'S MUSEUM**

**Friday, May 17, 2024**

**5 PM - 7 PM**



**CHILDREN'S MUSEUM OF SONOMA COUNTY  
1835 W STEELE LANE, SANTA ROSA**

**\*DINNER \* EXPLORE MUSEUM\* ACTIVITIES  
FOR KIDS\* RAFFLES\***

**REGISTRATION IS REQUIRED BY  
MAY 1ST**



**TO REGISTER CONTACT  
ANGELINA: 707-521-4554  
EMAIL: AUPEVENTS@SCIHP.ORG**



Sonoma County Indian Health Project, Inc.

# NATIVE YOUTH INTERNSHIP PROGRAM



14-24 years old

**August 2024- May 2024**

Meetings are every 2nd and 4th Wednesday  
4:00pm-6:00pm  
SCIHP Community Room  
144 Stony Point Road, Santa Rosa

*"The internship is a great program to be in because you learn a lot." -Youth Participant*

## Benefits:

- Trainings on leadership, communication, public speaking
- Conflict resolution
- Goal setting
- Teachings on Native History & Identity
- Mental Health Skills & Self Care
- Exposure to Careers & Colleges
- You will receive a certificate, letter of recommendation
- \$25 gift card incentive for each meeting



**SPACE IS  
LIMITED**

**APPLY NOW**



*"I feel confident that I met a lot of people that made a impact on my life" -Youth Participant*

To apply email: [aupevents@scihp.org](mailto:aupevents@scihp.org), applications due by July 15, 2024



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# MATH TUTORING FOR GRADES K-12

DO YOU KNOW A NATIVE YOUTH WHO  
NEEDS SUPPORT WITH MATH?



Exciting News!

Meet our new math tutor, Donna Fernandez

Donna is here to provide

**Free** Math tutoring for grades K-12.

BEGINNING MONDAY, JANUARY 29, 2024

EVERY MONDAY

5:30PM-7:30PM

BEHAVIORAL HEALTH CONFERENCE ROOM

144 STONY POINT ROAD, SANTA ROSA

To sign up for tutoring contact:



Angelina (707)521-4554



aupevents@scihp.org





**Sonoma County**  
Office of Education

# PPR<sup>\*</sup>

**Preguntar • Persuadir • Referir**

## **CAPACITACIÓN DE PREVENCIÓN DE SUICIDIO**

**Al igual que RCP (Resucitación Cardiopulmonar), PPR es una respuesta de emergencia para alguien en crisis y puede salvar vidas.**

PPR enseña conocimientos prácticos para salvar vidas en un periodo de clase.

Los participantes aprenderán a identificar señales de alerta de angustia mental y una posible crisis de suicidio. Aprenderán cómo reconocer a una persona que está en riesgo de suicidio, cómo intervenir, y cómo referir a esta persona a los recursos apropiados.

PPR es enseñado por proveedores capacitados en salud mental quienes podrán apoyar y contestar las preguntas de los estudiantes.

PPR es apropiado para jóvenes mayores de doce años. También se recomienda para cualquier persona interesada en eliminar el suicidio juvenil, incluyendo miembros de la comunidad, padres, y personal escolar.

Encuentre clases disponibles para la comunidad: [scoe.org/classes](https://scoe.org/classes)

**Sep 19, 2023 (Español) - Sep 25, 2023 - Sep 26, 2023 - Mayo 8, 2024 - Mayo 9, 2024 (Español)**

<sup>\*</sup>PPR, en inglés las siglas son QPR







**Sonoma County**  
Office of Education

# QPR

**Question • Persuade • Refer**  
**SUICIDE PREVENTION TRAINING**

**Just like CPR, QPR is an emergency response to someone in crisis and can save lives.**

QPR teaches life saving skills to caring community members.

Participants will learn the warning signs of mental distress and a potential suicide crisis. They will learn to recognize someone at risk for suicide, how to intervene, and how to connect that person to appropriate resources.

QPR is taught by trained mental health providers who are able to support and answer student questions.

QPR is appropriate for anyone 12 years and older. It is recommended for anyone interested in eliminating youth suicide including community members, parents and school staff.

Community offerings at [scoe.org/classes](https://www.scoe.org/classes)

Sep 19, 2023 (Español) - Sep 25, 2023 - Sep 26, 2023 - May 8, 2024 - May 9, 2024 (Español)



# Understanding and Supporting Youth Mental Health

Free Virtual Workshops for Parents and Caregivers  
Offered in English and Spanish

**Thursday, April 25, 5-6 p.m.**

## Why Your Relationship Matters

Participants will learn how connection with a caring adult impacts youth mental health, and strategies to strengthen positive relationships.

**Thursday, May 23, 5-6 p.m.**

## Understanding and Supporting Youth Depression

Participants will learn to identify signs of depression in youth, what caring adults can do to help, and local resources.

**Thursday, August 8, 5-6 p.m.**

## Understanding and Supporting Youth Anxiety

Participants will learn to identify signs of anxiety in youth, what caring adults can do to help, strategies to support school attendance, and local resources.

### Registration options

- Call 707- 524-2816
- Click [here](#)
- Scan the QR code →



### Questions?

Mary Champion: [mchampion@scoe.org](mailto:mchampion@scoe.org)





# Entendiendo y apoyando la salud mental de los jóvenes

## Talleres virtuales gratis para padres y cuidadores En inglés y español

**Jueves, 25 de abril, 5-6 p.m.**

### Por qué su relación es importante

Los participantes aprenderán sobre cómo la conexión positiva entre adolescentes y al menos un adulto comprensivo puede impactar la salud mental del joven, así como estrategias que un adulto puede usar para fortalecer estas relaciones.

**Jueves, 23 de mayo, 5-6 p.m.**

### Entendiendo la depresión en los jóvenes y como apoyarlos

Los participantes aprenderán a identificar síntomas y señales de depresión en los jóvenes, y como ayudar.

**Jueves, 8 de agosto, 5-6 p.m.**

### Entendiendo la ansiedad en los jóvenes y como apoyarlos

Los participantes aprenderán a identificar síntomas y señales de ansiedad en los jóvenes, y estrategias específicas para apoyar a un joven con el regreso a la escuela.

**Para registrarse:**

- Llame 707-524-2816
- Haga click [aquí](#)
- Escanee código QR →



**Preguntas?**

Mary Champion: [mchampion@scoe.org](mailto:mchampion@scoe.org)





## NUESTROS PARQUES: Latino Family Campout



Join our bilingual team as we pitch tents, participate in a night hike, create a bonfire, learn about the outdoors, and sing some songs around the campfire. Limited amount of camping gear is available for free use by families that make a reservation and reach out to Alexis at least two weeks before the date of the campout. Meals will be held potluck style. For more information, please contact Alexis Puerto-Holmes at [Alexis.PuertoHolmes@sonoma-county.org](mailto:Alexis.PuertoHolmes@sonoma-county.org). Reservations are required by May 1<sup>st</sup> to

**WHEN:** May 11-12, 2024

**WHERE:** Riverfront Regional Park

**COST:** \$30 per family



For questions call Alexis at: 707-303-0468



## Nuestros Parques: Latino Familias Acampamento



Únase con nuestro equipo bilingüe mientras armamos tiendas de campar, participaremos en una caminata nocturna, crearemos una fogata, aprenderemos sobre el aire libre y cantaremos algunas canciones alrededor de la fogata. Tenemos una cantidad limitada de equipaje para acampar y está disponible para uso gratuito para las familias que hagan una reservación y se comuniquen con Alexis al menos dos semanas antes de la fecha del campamento. Las comidas se llevarán a cabo al estilo potluck-comida compartida. Para obtener más información, comuníquese con Alexis Puerto-Holmes en [Alexis.PuertoHolmes@sonoma-county.org](mailto:Alexis.PuertoHolmes@sonoma-county.org). Se requieren reservaciones antes del 1 de mayo para participar.

**CUANDO:** Mayo 11-12, 2024

**DONDE:** Riverfront Regional Parque

**PRECIO:** \$30 por cada familia



**Para preguntas llama Alexis: 707-303-0468**





# Open Enrollment Days

4Cs IS NOW ACCEPTING APPLICATIONS  
IN OUR SUBSIDIZED CHILD CARE PROGRAM & 4Cs PRESCHOOLS

PLEASE PICK UP AN EN ENROLLMENT PACKET PRIOR TO OPEN ENROLLMENT DAY  
OPEN UNTIL SPACES ARE FILLED

131 A STONY CIRCLE SUITE 300  
SANTA ROSA, CA 95401

Applying for services come to one of our  
Open Enrollment Days below.

## WALK-IN ENROLLMENT DAYS

**9:00 AM - 3:00 PM**

Tuesday, April 16, 2024

Thursday, May 9, 2024

Tuesday, May 21, 2024

Thursday, June 13, 2024

Wednesday, June 26, 2024

Thursday, July 11, 2024

Wednesday, July 24, 2024

4Cs helps pay for child care for children under  
13 yrs. old in our subsidized child care voucher  
program.

4Cs operates state preschools through out  
Sonoma County. See link for preschool locations.

Need support or have questions please contact:  
enrollment@sonoma4cs.org and/or  
707-522-1413 x. 178



[www.sonoma4cs.org](http://www.sonoma4cs.org)







# Días de Inscripción Abierta

4Cs ESTÁ ACEPTANDO APLICACIONES EN NUESTRO PROGRAMA DE CUIDADO DE NIÑOS SUBVENCIONADO Y EN NUESTROS PREESCOLARES DE 4Cs

**VENGA POR UN PAQUETE DE INSCRIPCIÓN ANTES DEL DÍA DE INSCRIPCIÓN ABIERTA  
ESPACIOS DISPONIBLES HASTA QUE SE LLENEN**

**131 A STONY CIRCLE SUITE 300  
SANTA ROSA, CA 95401**

Solicitando servicios, venga por un paquete de inscripción y luego asista a uno de nuestros días de inscripción abierta.

## **DÍAS DE INSCRIPCIÓN ABIERTA**

**NO SE NECESITA CITA  
9:00 AM - 3:00 PM**

Martes, 16 de Abril 2024  
Jueves, 9 de Mayo 2024  
Martes, 21 de Mayo 2024  
Jueves, 13 de Junio 2024  
Miércoles, 26 de Junio 2024  
Jueves, 11 de Julio 2024  
Miércoles, 24 de Julio 2024

4Cs ayuda con el pago del cuidado de los niños por medio de nuestro programa subvencionado de cuidado infantil, si tiene menores de 13 años de edad.

4Cs opera preescolares estatales en todo el Condado de Sonoma

Necesita ayuda o tiene preguntas comuníquese:  
[enrollment@sonoma4cs.org](mailto:enrollment@sonoma4cs.org) o 707-522-1413 x. 178



[www.sonoma4cs.org](http://www.sonoma4cs.org)



**SRJC Fashion Studies  
Presents**

**THROUGH  
THE  
LOOKING  
Glass**



**Spring Fashion Show**

**May 9<sup>TH</sup>  
at 6PM**





# Conversation on Belonging at SRJC

Are you a Latinx, Queer and / or Disabled student?  
We want to hear from you!

**What:** Group discussion on belonging at SRJC, hosted by fellow student Felix Santiago

**When:**

- Latinx Student Discussion: Monday, April 15, 12 – 1 pm
- Queer Student Discussion: Wednesday, April 17, 12 – 1 pm
- Disabled Student Discussion: Monday, April 22, 12 – 1 pm

**Where:** SRJC Foundation, 707 Elliot Avenue, Santa Rosa, CA, 95401

**Why Participate?**

- Share what makes you feel like you belong
- Discuss challenges you face in feeling included
- Connect with peers in a comfortable setting

**What You'll Get:**

- Free pizza and beverages provided
- Each participant receives a \$20 gift card to Brew Café
- A chance to share your voice

**To Sign Up:** Email Katie Greenwald at [kgreenwald@santarosa.edu](mailto:kgreenwald@santarosa.edu)

Let your voice be heard  
in shaping a more inclusive SRJC community!  
**Don't miss out—reserve your spot today!**



*This event is organized by the  
Santa Rosa Junior College Foundation.*



# INDIGENOUS SOCIAL GATHERING

SANTA ROSA CAMPUS  
BURBANK OUTDOOR STAGE AREA

**Saturday, May 4**  
**2024 ■ 1:00-5:00PM**



# Student Art Show 2024

April 22nd - May 16th

Opening Reception: April 25 from 4:00-6:00pm

Robert Agrella Gallery - Doyle Library  
Santa Rosa Junior College





**SONOMA  
STATE  
UNIVERSITY**

**CENTER FOR  
ENVIRONMENTAL  
INQUIRY**

Invitation to All Faculty

**FEDERATED INDIANS OF  
GRATON RANCHERIA LEARNING CENTER**

# **OPEN HOUSE**

**APRIL 17 & MAY 4, 2024 • 4 - 6 P.M.**

**RSVP: [cei.sonoma.edu/calendar/openhouse](https://cei.sonoma.edu/calendar/openhouse)**



**+ New incredible resource at SSU!**

**+ Available to all disciplines**

**+ Campus & community welcome**

- + 15 min from campus
- + Wifi & digital classrooms
- + 450-acres of preserve lands
- + Easy to schedule through CEI
- + Resources for classes, retreats, workshops & tours
- + Ideas for incorporating environment into your teaching



# NATIVE ARTS FESTIVAL

Presented by  
THE  
**PROGRESSIVE  
TRIBAL**  
ALLIANCE

**SATURDAY MAY 11<sup>TH</sup> 2024**

10am - 3pm

**Windsor Town Green**

701 McClelland Drive  
Windsor, CA 95492



Traditional  
Native Dancing

Authentic Goods  
Vendor Booths

Pop up Kitchens  
& Food Trucks

Business Art  
Walk of Fame

Storytelling  
& Workshops

Professional &  
Emerging Artists

THIS EVENT IS DRUG AND ALCOHOL FREE

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

# Translife

## Community Conference

### Who

Transgender and Gender-Expansive  
Kids/Teens/Adults and their  
Partners/Spouses and Parents/Caregivers

### What

Community Building, Educational Workshops,  
Access to Medical and Legal Professionals,  
Networking, and more!

### When

Saturday, May 4, 2024  
9:00 am - 6:00 pm

### Where

Finley Community Center  
2060 W. College Avenue  
Santa Rosa, CA 95401

**100% FREE TO ATTEND**



Visit [translifecommunity.org](https://translifecommunity.org) for more information!



# Translife

Conferencia comunitaria

## Quién

Niños/adolescentes/adultos transgénero y de género expansivo y sus parejas/cónyuges y padres/cuidadores

## Qué

Crear comunidad, participar en talleres educativos, platicar con profesionales médicos y legales, conocer a nuevos amigos, ¡y mucho más!

## Cuándo

Sábado, 4 de mayo de 2024  
9:00 am - 6:00 pm

## Dónde

Finley Community Center  
2060 W. College Avenue  
Santa Rosa, CA 95401

100% GRATIS PARA ASISTIR



¡Visite [translifecommunity.org](https://translifecommunity.org) para obtener más información!

# NAME & GENDER MARKER CHANGE

## LEGAL CLINIC @ COMMUNITY CONFERENCE

Work with a legal professional at the Translife Community Conference to fill out name/gender marker change paperwork and fee waiver forms. Get support and more information about next steps and filing with the Sonoma County Court.



**SATURDAY, MAY 4**

**2:00 - 5:00 PM**

Translife Community Conference  
By Appointment Only



**REGISTER: [TRANSLIFECOMMUNITY.ORG/CLINIC](https://translifecommunity.org/clinic)**



# CLÍNICA DE CAMBIO DE NOMBRE/MARCA DE GÉNERO

## EN LA CONFERENCIA COMUNITARIA TRANSLIFE

Trabaje con un profesional legal en la Conferencia Comunitaria Translife para completar los documentos de cambio de nombre/marca de género y los formularios de exención de tarifas. Obtenga apoyo y más información sobre los próximos pasos y la presentación en el Tribunal del Condado de Sonoma.



**SÁBADO, 4 DE MAYO**

**2:00 - 5:00 PM**

la Conferencia Comunitaria Translife  
Solo con cita previa



**REGÍSTRESE: [TRANSLIFECOMMUNITY.ORG/CLINICA](https://translifecommunity.org/clinica)**



## Weekly Women's Support Group - Remote Version!



Monday Evenings  
6:00 PM via ZOOM.



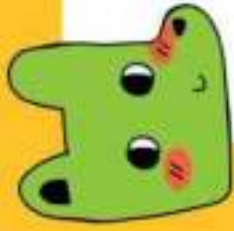
For adult women and  
nonbinary survivors -  
participation not mandatory,  
you can just listen!



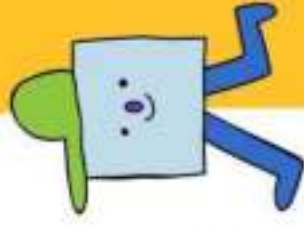
Email

[communications@ourverity.org](mailto:communications@ourverity.org)  
for more information





# LGBTQ Youth

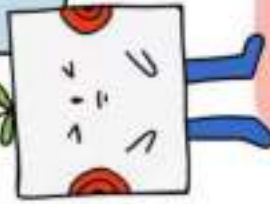
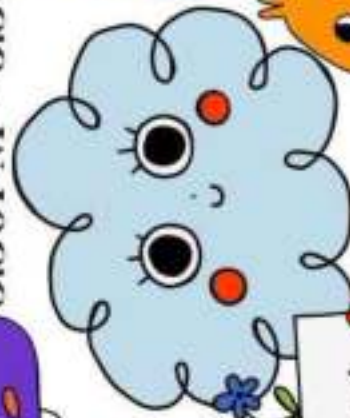
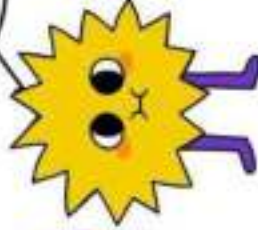
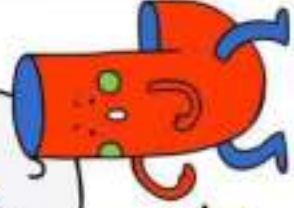
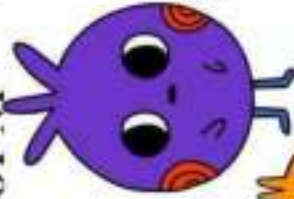
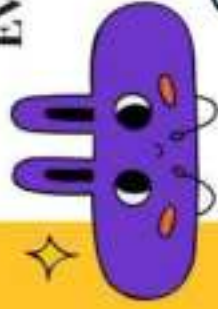


## Support Group

Every First and Third

Wednesday

3:30PM - 5:30PM

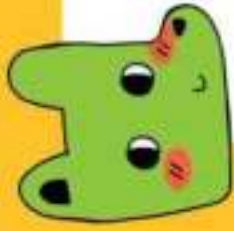


ALL ARE WELCOME!



714 MENDOCINO AVE SANTA ROSA CA





# Grupo de Apoyo

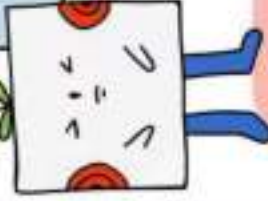
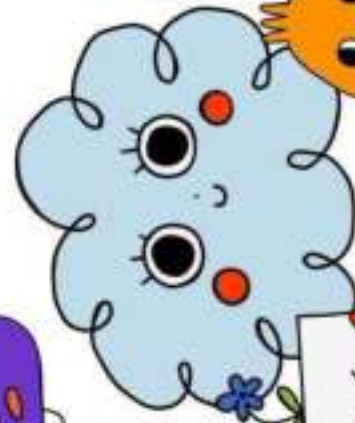
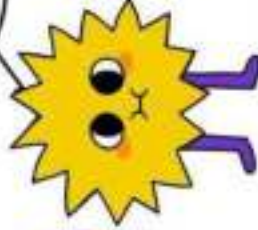
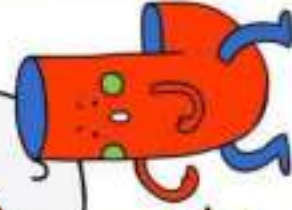
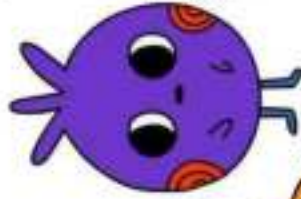
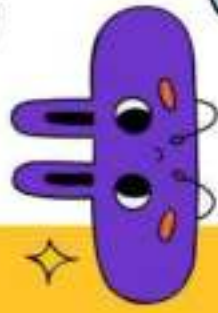


# para Jóvenes LGBTQ+

Cada Primer y Tercer "

Miercoles

3:30PM - 5:30PM



TODOS BIENVENIDOS



714 MENDOCINO AVE SANTA ROSA CA

voices

LGBTQ  
CONNECTION