



Monthly Community Resources
February 2022

Buckelew Programs Sonoma
Family Service Coordination
2300 Northpoint Parkway
Santa Rosa, CA 95407
(707)571-8452

Useful Phone Numbers

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, February 14th

4:00pm-6:00pm

Where: Zoom

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:

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, February 10th

4:00pm-5:30pm

Where: Zoom

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.

Questions? Contact the Family Service Coordination team:

Nicolen@buckelew.org 707-494-0762

Michaele@buckelew.org 707-237-1334



Family Service Coordination Team

Supporters of Young Folks

When: Thursday, February 24th

3:00pm-4:30pm

Where: 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.

This is a free drop-in zoom support group.

Questions? Contact the Family Service Coordination team:

CamilleA@Buckelew.org 707-228-8691

Nicolen@buckelew.org 707-494-0762



Family Service Coordination Team

West County Share & Care

When: Friday, February 25th
3:00pm-4:30pm
Where: Zoom

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.

Questions? Contact the Family Service Coordination team:
Michelled@buckelew.org 707-571-8452
Michaele@buckelew.org 707-237-1334



Family Service Coordination Team

Finding Connection

Self-Love

When: February 16th

2pm to 3:30pm

Where: Zoom

Finding Connection is an online education and support group about connection.

This group aims at providing tools to navigate feelings of connecting with others.

Join us in having an open dialogue about connection.

Questions? Contact the Family Service Coordination team:

Michael@buckelew.org 707-237-1334

Nicolen@buckelew.org 707-494-0762



Family Service Coordination Team

Community Resource Clinic

When: Every Tuesday

3:00pm-4:30pm

Where: Zoom

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!

Questions? Contact the Family Service Coordination team:

Nicolen@buckelew.org 707-494-0762

Michaele@buckelew.org 707-237-1334





Family Service Coordination Team February 2022

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

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.

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.

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): Family Service Coordinator, 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): Family Service Coordinator, 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
(February 8th)

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
to be added to the calendar invitation.



Bay Area Hearing Voices Groups

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.

Questions? Contact Michelle Davis

(707) 529-6270

michelled@buckelew.org



To join these activities, contact our Warmline:

Call (866) 960-6264

Email 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. **Next class begins March 17th. Registration is 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.

FEBRUARY 2022

MON	TUE	WED	THU	FRI
31	1 5:00-6:30 PM Connection Group 6:00-7:00 PM Grupo de Apoyo para Familiares	2 4:30-5:30 PM Wellness & Stress Relief Group	3 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	4
7	8 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	9 4:30-5:30 PM Wellness & Stress Relief Group	10 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	11
14	15 5:00-6:30 PM Connection Group 6:00-7:00 PM Grupo de Apoyo para Familiares	16 4:30-5:30 PM Wellness & Stress Relief Group	17 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	18
21 OFFICE CLOSED President's Day	22 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	23 4:30-5:30 PM Wellness & Stress Relief Group 5:00-6:00 PM Monthly Speaker Meeting	24 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	25

Sonoma County Office of Patients' Rights

Join us February 23rd, 5:00 pm on Zoom

Meet Frank and Bill SmithWaters of the SmithWaters Group, which provides advocacy and education services in Sonoma, and several other California counties. Learn what they do. Bring your questions!

Sign up at namisoco.org/monthlyspeaker

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 - <u>Zoom</u>

Wednesday

10:00- 2:30	-----	Open Art Studio
10:00-11:00	-----	SMART Recovery - <u>Zoom</u>
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
10:30-11:00	-----	In-Depth Support
11:00-12:00	-----	<i>Funspiration / Let's Go</i>
11:00-12:00	-----	<i>¡En Español -SMART Recovery!</i>
12:00 - 1:00	-----	Closed for Cleaning
1:00 - 1:30	-----	Afternoon Check-In
1:30 - 2:30	-----	Next Steps

Friday, February 25th Monthly Forum:

Financial Wellness Support...

February 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.

In-Depth Support: On-going support group designed for checking in and discussion of personal successes, challenges, and what is going on with us.

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 (2nd and 4th 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

Financial Wellness Support...

Please join us as we identify many of the tools and opportunities available to help us deal with our finances. We will have printed budget worksheets and other materials on hand. We will also go online and peruse opportunities for financial literacy support and free tax preparation. Feel free to bring your questions and/or any tips you may have to share!

Presented by:
Interlink Staff

Friday, February 25, 2022

1:30 to 2:30

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



February Topics:

The Importance of Connection

Navigating Relationships

Making Friends with Others

Making Friends with Ourselves

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 4th 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 February 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	Open at 12:00 on Wednesdays	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	11:15-12:05 Transitions	Open at 12:00 on Wednesdays	11:15-12:05 Successful Living	11:15-12:05 Friendship Group
11:00-12:00 Walking Thru Depression	12:00-1:00 Visions and Voices		12:00-1:00 Music Jam	12:15-1:05 Peer Support
12:15-1:05 Career Development	12:15-1:05 Exploring Emotions	1:00-2:00 Empowering Ourselves	1:15-2:05 Walking Thru Depression	
1:15-2:05 Video Voyage	1:15-2:05 LGBTQ Support	1:15-2:05 Fun With Words		
2:15-3:05 SMART Recovery	2:15-3:05 Nature Appreciation	2:15-3:45 Midweek Movie	2:15-3:45 Art Group	2:15-3:30 Games & More
2:15-3:30 Wellness Bingo	2:15-3:30 Games & More	2:15-3:30 Games & More	2:15-3:05 Challenging Narratives	2:30-3:30 SMART Recovery

Groups with this symbol have been modified in response to the current Public Health Order to limit the spread of Covid

The Wellness and Advocacy Center is open at 100% capacity and offering a wide range of groups throughout the week. We continue to require face coverings while at the center regardless of vaccination status. Please bring your face covering if you plan to attend the center.

The center will be closed on February 21st in observance of President's Day

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

Video Voyage: 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

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

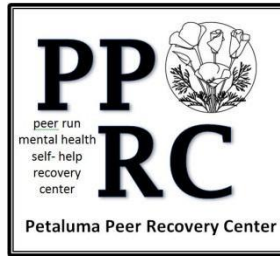
SMART Recovery: Danette and Susan

Friday @ 2:30PM-3:30PM




Meeting ID: 974 6916 4928

Passcode: 826504

Petaluma Peer Group Schedule



Recovery Center February, 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	Body Image & Wellness	Peer Discussion Group
12:00 - 1:00	Closed for lunches & Cleaning	Closed for lunches & Cleaning	Next Steps *(Except January 27)*
Thursday Monthly Forum 12:00 - 1:00	<i>¡Please join us – February 24th!</i>   		*February's topic* <i>Loving Ourselves</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

*February's Forum Topic:
Loving Ourselves*

Thursday February 24th, 12:00 – 1:00

PPRC

5350 Old Redwood Highway Suite 600

Petaluma, Ca. 94954

(707) 565-1299

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

Group Descriptions

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through working on individual and group art projects. We have paints, spin art, collaging, sketching and drawing supplies, & more.

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: Usually held on the last Thursday of the month, we will be highlighting 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.

Fun & Games: Having fun is a very important part of our recovery journeys and we have a number of games onsite to choose from, such as Yahtzee (a big hit), bingo, clue, cards, scrabble and dominos - and we can always play charades, Pictionary and more!

Body Image & Wellness: Together we come to share our struggles and triumphs related to how we perceive ourselves, and challenge traditional ideas of what health, beauty and wellbeing really are. Please come engage in our enriching discussion space as we learn and grow together.

Santa Rosa:

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

Redemption Hill Church
2100 Petaluma Hill Rd
Santa Rosa, CA 95404

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 6th 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**

1450 Medical Center Dr.
Rohnert Park, Ca 94928
Office: (707)547-4612
Fax: (707)522-1279
Answering Service (707)571-7025
Health.Mobile@stjoe.org

February 2022 Mobile Health Clinic Schedule / Febrero 2022 Horario de la Clínica Móvil

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 <u>Windsor</u> Presbyterian Church Arrive by 8:30 am Clinic starts at 9 am</p> <p><u>Cloverdale</u> 12:00 pm to 2:00 pm</p>	<p>2</p>	<p>3 <u>Santa Rosa</u> Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am <u>Santa Rosa</u> Redemption Hill Church 11:30 am to 1:30 pm</p>	<p>4 <u>Sonoma</u> La Luz Center Arrive by 8:30 am Clinic starts at 9 am</p>
<p>7</p>	<p>8 <u>Windsor</u> Presbyterian Church Arrive by 8:30 am Clinic starts at 9 am</p> <p><u>Cloverdale</u> 12:00 pm to 2:00 pm</p>	<p>9 <u>Santa Rosa</u> Children's Museum 11:30 am - 1:30 pm</p>	<p>10 <u>Santa Rosa</u> Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am <u>Santa Rosa</u> Redemption Hill Church 11:30 am to 1:30 pm</p>	<p>11 <u>Sonoma</u> La Luz Center Arrive by 8:30 am Clinic starts at 9 am</p>
<p>14</p>	<p>15 <u>Windsor</u> Presbyterian Church Arrive by 8:30 am Clinic starts at 9 am</p> <p><u>Cloverdale</u> 12:00 pm to 2:00 pm</p>	<p>16</p>	<p>17 <u>Santa Rosa</u> Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am <u>Santa Rosa</u> Redemption Hill Church 11:30 am to 1:30 pm</p>	<p>18 <u>Sonoma</u> La Luz Center Arrive by 8:30 am Clinic starts at 9 am</p>
<p>21 Presidents' Day CLOSED</p>	<p>22 <u>Windsor</u> Presbyterian Church Arrive by 8:30 am Clinic starts at 9 am</p> <p><u>Cloverdale</u> 12:00 pm to 2:00 pm</p>	<p>23 <u>Santa Rosa</u> Children's Museum 11:30 am to 1:30 pm</p>	<p>24 <u>Santa Rosa</u> Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am <u>Santa Rosa</u> Redemption Hill Church 11:30 am to 1:30 pm</p>	<p>25 <u>Sonoma</u> La Luz Center Arrive by 8:30 am Clinic starts at 9 am</p>
<p>28</p>	<p><i>First come first serve basis; Arrive early, space fills up quickly! 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</i></p>	<p><i>Las personas se atienden en orden como van llegando. Necesita estar a la clínica a las 8:30AM para apuntarse. Las visitas son gratis. Si tiene preguntas favor llamar 707 547-4612</i></p>		




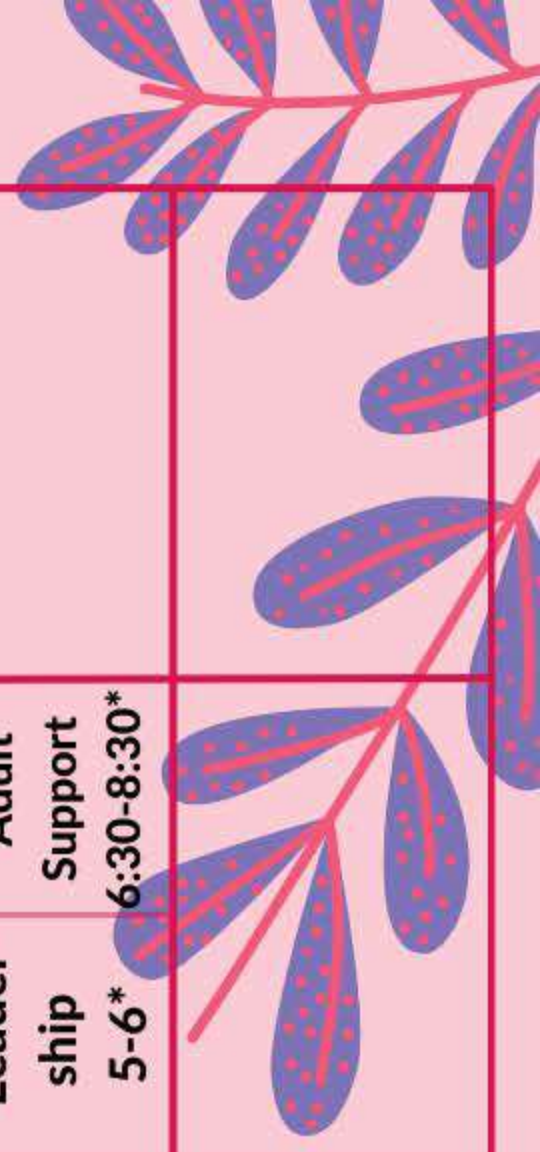
BLACK HISTORY MONTH

FEBRUARY

KEY:
Underlined: In person
 Starred: Online/virtual

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6		1 <u>Drop-In 12-5</u> National Freedom Day	2 <u>Drop-In 12-5</u>	3 <u>Drop-In 12-5</u> *Leader ship 6-6:30* *Youth Support 6:30-8:30*	4 <u>Drop-In 12-5</u> *Leader ship 5-6* *Adult Support 6:30-8:30*	5
7		8 <u>Drop-In 12-5</u>	9 <u>Drop-In 12-5</u> National Pizza Day 	10 <u>Drop-In 12-5</u> *Leader ship 6-6:30* *Youth Support 6:30-8:30*	11 <u>Drop-In 12-5</u> *Leader ship 5-6* *Adult Support 6:30-8:30*	12 <u>Social Saturday!</u> 1909: NAACP was founded
13	14 <i>Valentine's day</i>	15 <u>Drop-In 12-5</u>	16 <u>Drop-In 12-5</u> <u>Queer Art Club 6-8</u>	17 <u>Drop-In 12-5</u> *Leader ship 6-6:30* *Youth Support 6:30-8:30*	18 <u>Drop-In 12-5</u> *Leader ship 5-6* *Adult Support 6:30-8:30*	19
20	21	22 <u>Drop-In 12-5</u>	23 <u>Drop-In 12-5</u>	24 <u>Drop-In 12-5</u> *Leader ship 6-6:30* *Youth Support 6:30-8:30*	25 <u>Drop-In 12-5</u> *Leader ship 5-6* *Adult Support 6:30-8:30*	26
27	28					





FRIENDLY FEBRUARY

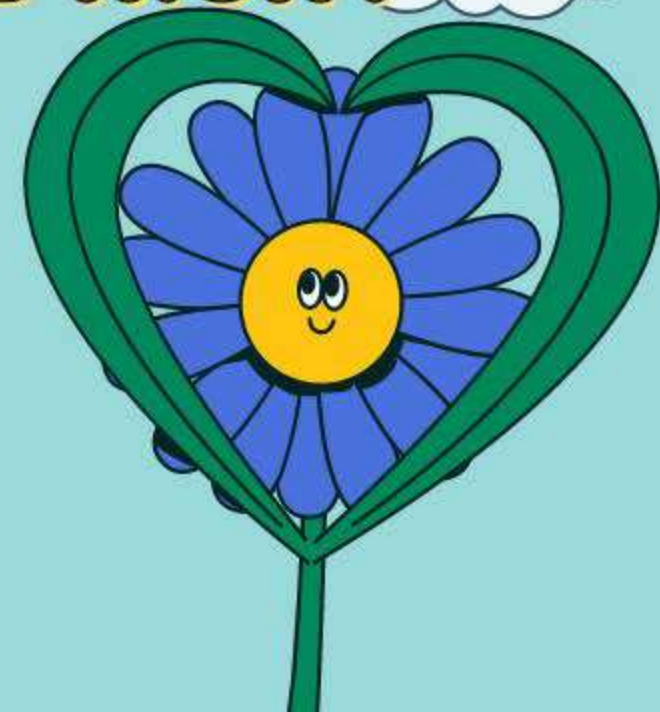
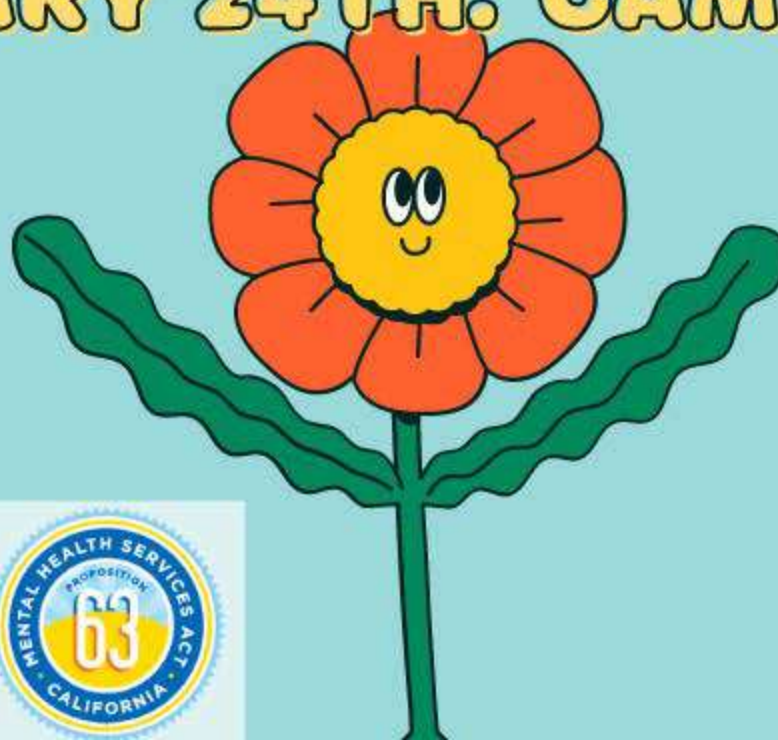
LGBTQIA+ YOUTH SUPPORT GROUP (12-18)
THURSDAYS 6:30-8:30PM

FEBRUARY 3RD: CHECK-IN

FEBRUARY 10TH: SPEED FRIENDING

FEBRUARY 17TH: DISCUSSION GROUP

FEBRUARY 24TH: GAME NIGHT



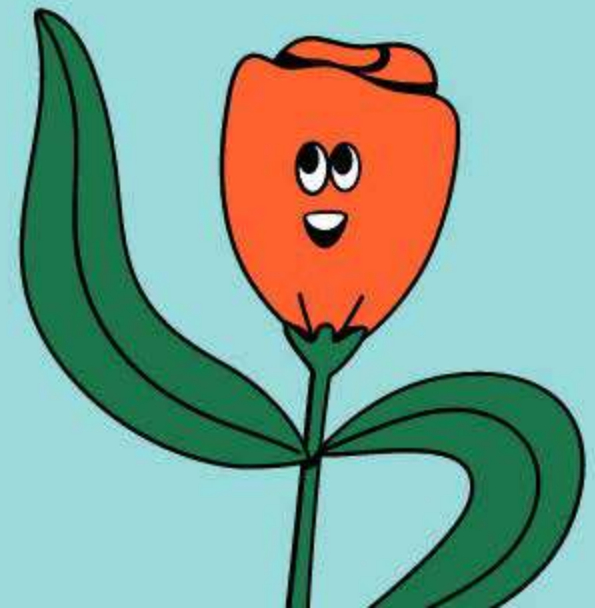


FRIENDLY FEBRUARY

LGBTQIA+ YOUTH SUPPORT GROUP (12-18)

SPEED FRIENDING

FEBRUARY 10, 2022 FROM 6:30-8:30 PM.
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.



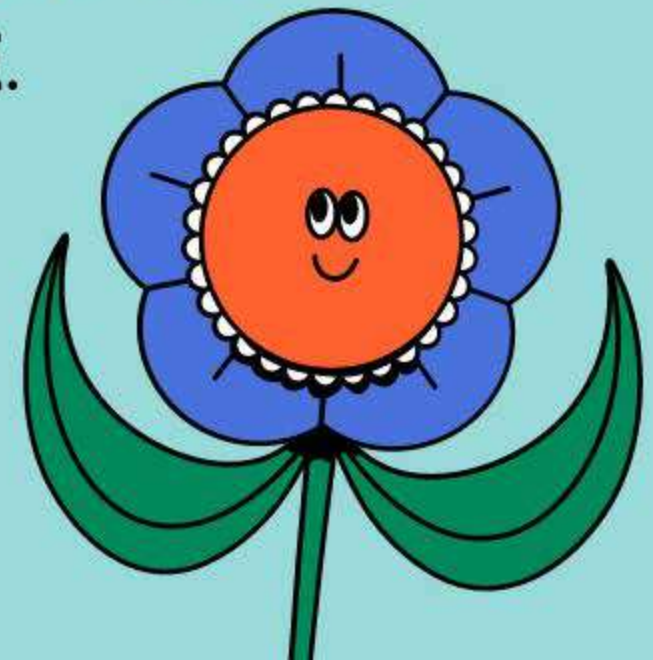


FRIENDLY FEBRUARY

LGBTQIA+ YOUTH SUPPORT GROUP (12-18)

DISCUSSION GROUP

FEBRUARY 17, 2022 FROM 6:30-8:30 PM.
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.



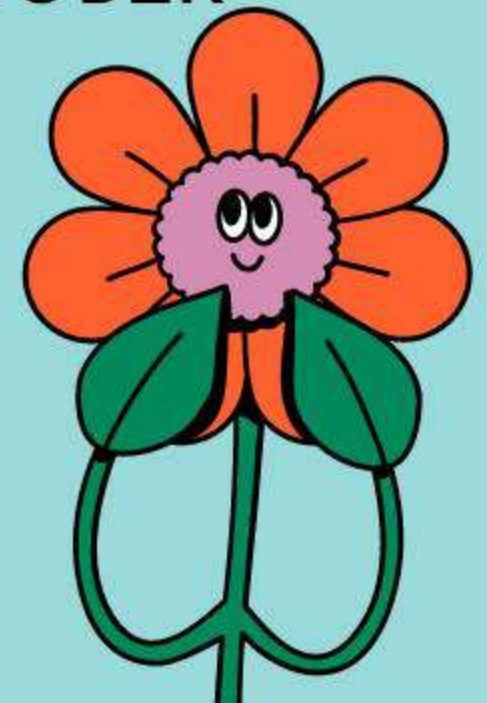


FRIENDLY FEBRUARY

LGBTQIA+ YOUTH SUPPORT GROUP (12-18)

GAME NIGHT

FEBRUARY 24, 2022 FROM 6:30-8:30 PM.
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.





LGBTQIA+ ADULT SUPPORT GROUP

FRIDAYS 6:30-8:30PM

FEBRUARY 4TH: CHECK-IN

FEBRUARY 11TH: SHOW & TELL

FEBRUARY 18TH: DISCUSSION GROUP

FEBRUARY 25TH: SOCIAL NIGHT





LGBTQIA+ ADULT SUPPORT GROUP

FRIDAYS 6:30-8:30PM



SHOW & TELL

FEBRUARY 11, 2022 FROM 6:30-8:30PM
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.



LGBTQIA+ ADULT SUPPORT GROUP

FRIDAYS 6:30-8:30PM



DISCUSSION GROUP

FEBRUARY 18, 2022 FROM 6:30-8:30PM
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.



LGBTQIA+ ADULT SUPPORT GROUP

FRIDAYS 6:30-8:30PM



SOCIAL NIGHT

FEBRUARY 25, 2022 FROM 6:30-8:30PM
POSITIVE IMAGES IS A SAFE AND SOBER
COMMUNITY SPACE.



Tiempo para un cafecito/ Time for Coffee

Un grupo de apoyo para navegar los recursos de nuestra
comunidad/ A support group to navigate our community
resources

TODOS LOS MIERCOLES/ EVERY WEDNESDAY
10:00AM-11:00AM VIA/POR ZOOM

Para mas informacion llame/ for more
information call (707) 525-1515 x120/x121
- Community.resources@humanidadtherapy.org



HUMANIDAD
Therapy & Education Services



HUMANIDAD
Therapy & Education Services

CONVIVENCIA DE COMUNIDAD

DEPRESION POST- PARTO

**11 de Febrero
12pm-2pm
Via zoom**

La depresión posparto es una enfermedad de salud mental que afecta mas frecueete de lo que se piensa a las mujeres después de dar a luz a un bebé



**COVID-19 Urgent Response & Al
CURA Project**



Safe Space Training for Early Childhood Settings

Safe Space for Early Childhood Settings Training - 2 Part Series - prepares early childhood educators to create safe, inclusive and culturally responsive learning environments for LGBT students, families and their colleagues.

Gender Inclusion is not just about trans, nonbinary, or queer children. Gender inclusion benefits EVERY child. It allows all children to express their genders however they appear or feel. Similarly, Diverse Family inclusion is not just about LGBTQ families. It benefits ALL families. It allows all children to celebrate their families however they may look.

February 12, 2022

Part 1: Making Early Childhood Settings More LGBTQ and Gender Inclusive

&

February 26, 2022

Part 2: Queerly and Culturally Responsible Language for Early Childhood Educators Serving Spanish Speaking Families



**These trainings will be hosted in English and Spanish via
Time: 10:00 am - 12:00 pm**



Register here: <https://tinyurl.com/ecesafespace>

Sponsored by First 5 Napa & The Quality Counts CA Region 1 HUB

**For questions regarding registration, please contact
Adriana Geringer at ageringer@solanocoe.net or 707-399-4436**



Entrenamiento de Espacios Seguros Para Entornos de La Primera Infancia

Entrenamiento de Espacios Seguros para Entornos de la Primera Infancia - Serie de dos partes - Prepara a los educadores de la primera infancia a crear ambientes de aprendizaje seguros, inclusivos y culturalmente sensibles para niños, familias y sus colegas de la comunidad LGBTQ (Lesbiana, Gay, Bisexual, Transgénero, Queer).

La inclusión de género no se trata solo de niños trans, no binarios o queer. La inclusión de género beneficia a TODOS los niños. Permite que todos los niños expresen sus géneros sin importar cómo ellos se vean o sientan. Del mismo modo, la inclusión de familias diversas no se trata únicamente de familias quienes se identifican como LGBTQ. Beneficia a TODAS las familias y permite que todos los niños celebren a sus familias sin importar cómo se vean.

12 de febrero de 2022

Parte 1: Hacer Que Los Entornos de la Primera Infancia Sean Más Inclusivos de Géneros y a la Comunidad LGBTQ

Y

26 de febrero de 2022

Parte 2: Lenguaje Queer y Culturalmente Responsable Para Educadores y Profesionales de la Primera Infancia Que Trabajan con Familias de Habla Hispana



**Estos entrenamientos se realizarán en Inglés y Español por medio de Zoom
Hora: 10:00 am - 12:00 pm**



Registrarse aquí: <https://tinyurl.com/ecesafespace>

Patrocinado por First 5 Napa y The Quality Counts CA Region 1 HUB

Si tiene preguntas sobre la registración, comuníquese con Adriana Geringer al 707-399-4436 o ageringer@solanocoe.net



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March 10, 2022

**Part 1: Making Early Childhood Settings More LGBTQ and Gender Inclusive
&**

March 24, 2022

Part 2: Queerly and Culturally Responsible Language for Early Childhood Educators Serving Spanish Speaking Families



**These trainings will be hosted in English and Spanish via
Time: 6:00 pm - 8:00 pm**



Register here: <https://tinyurl.com/ecesafespace>

Sponsored by First 5 Napa & The Quality Counts Region 1 HUB

**For questions regarding registration, please contact
Adriana Geringer at ageringer@solanocoe.net or 707-399-4436**



Entrenamiento de Espacios Seguros Para Entornos de La Primera Infancia

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10 de marzo de 2022

Parte 1: Hacer Que Los Entornos de la Primera Infancia Sean Más Inclusivos de Géneros y a la Comunidad LGBTQ

Y

24 de marzo de 2022

Lenguaje Queer y Culturalmente Responsable Para Educadores y Profesionales de la Primera Infancia Que Trabajan con Familias de Habla Hispana



**Estos entrenamientos se realizarán en Inglés y Español por medio de Zoom
Hora: 6:00 pm - 8:00 pm**



Registrarse aquí: <https://tinyurl.com/ecesafespace>

Patrocinado por First 5 Napa y The Quality Counts CA Region 1 HUB

Si tiene preguntas sobre la registración, comuníquese con Adriana Geringer al 707-399-4436 o ageringer@solanocoe.net



FREE PARENT SUPPORT LINE

[CALPARENTS.ORG/SUPPORTLINE](https://calparents.org/supportline)

(707) 755-2858





February Parenting Classes

FREE ONLINE PARENTING CLASSES

www.calparents.org/classes

@calparents



COMMUNITY MENTAL HEALTH FORUM



Presents

**Listening to our Community Needs-
Mental health resources for youth, young adults and families.**

Special thank you to:

Moderator, Maite Iturri, MA Educational Leadership
Consultant, Jeni Olsen, from Mentis & founder of Teens Connect

SAVE THE DATE

Saturday , March 5th - 10am to 1pm

Hanna Auditorium

RSVP risksonomavalley@gmail.com

***Rescheduled from January 22nd**

FORO COMUNITARIO DE SALUD MENTAL



Presenta

**Escuchando a las Necesidades de Nuestra Comunidad-
Recursos de salud mental para jóvenes, adultos jóvenes y familias.**

Un agradecimiento especial a:

Moderadora, Maite Iturri, Maestria en Liderazgo Educacional
Consultora, Jeni Olsen, de Mentis y fundadora de Teens Connect

GUARDE LA FECHA

sabado , marzo 5 - 10am a 1pm

Hanna Auditorium

RSVP a risksonomavalley@gmail.com

***Reagendado del 22 de enero**



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 Kristen Holmes at COTS to see if we can assist you!

707.340.5699 cell
 707765.6530 x101
 kholmes@cots.org



SAVE THE DATE!

FREE YOUTH & YOUNG ADULT **HEART** SCREENING EVENT SRJC Petaluma February 27, 2022

- WHEN:** February 27, 2022 9:00 am - 2:30 pm
- INVITED:** All **SONOMA COUNTY** youth and young adults ages 12 to 25 are invited to participate in Via Heart Project's free heart screening event.
- WHY:** It is estimated that 1 in 300 children suffer from an undiagnosed heart defect, which can lead to sudden cardiac arrest and death. A typical annual physical does not screen for advanced heart abnormalities. **This screening does not take the place of your annual or pre-participation sports physical.**
- WHAT:** Screenings take **60-90 minutes** (wait times may vary). A team of medical volunteers, including cardiologists, sonographers, and nurses from Petaluma, Santa Rosa, and the Bay Area, will conduct a health history questionnaire review, an EKG test, and an echocardiogram. The entire process is non-invasive—no needles or x-ray exposure—and we ensure each teen's confidentiality, privacy, and individual modesty is respected throughout all aspects of the screening.
- HOW:** All participants must be registered in advance. Registration is limited to 750 and will open 6 weeks prior to the event date. Check the VIA website for registration information <https://viaheartproject.org/screenings/> or call (707) 766-9226
- WHERE:** SRJC Petaluma
680 Sonoma Mountain Parkway
Petaluma, CA 94954
- Scan the QR code to sign up for a reminder email when registration opens.**
- 
- COST:** Via Heart Project screenings are offered free of charge thanks to sponsors. Consider paying it forward to allow Via to keep saving young lives. Just \$25 helps screen another teen. Donations may be made at the screening, during the online registration process, or at <https://viaheartproject.org/donate/>





RESERVA EL DIA!

EEVENTO GRATUITO DE DETECCIÓN DEL CORAZÓN SRJC Petaluma, 27 de Febrero de 2022

CUAND: Domingo 27 de Febrero de 2022 9 :00 am -2:30 pm

INVITADO: Se le invita a todos los jóvenes y adultos jóvenes del Condado de Sonoma entre 12 a 25 años a participar en el evento gratuito de detección del corazón, Via Heart Projects.

PORQUE: Se estima que 1 de cada 300 niños padece un defecto cardíaco no diagnosticado que puede provocar un paro cardiaco repentino y la muerte. Un típico examen físico anual no detecta anomalías cardíacas avanzadas. Este examen no reemplaza su examen físico anual o examen deportivo previo a la participación

QUE: Los exámenes demoran entre 60 y 90 minutos (los tiempos de espera pueden Variar). Un equipo de médicos voluntarios, incluidos radiólogos, ecografistas y enfermeras de Petaluma, Santa Rosa y de la Área de la Bahía, llevará a cabo una revisión del cuestionario de historial médico, una prueba de ECG (EKG) y una ecocardiograma. Todo el proceso es no invasivo, sin agujas ni exposición a los rayos X y nos aseguramos de que se respete la confidencialidad, la privacidad y la modestia individual de cada joven en todos los aspectos de la evaluación.

COMO: Todos los participantes deben registrarse con anticipación. La inscripción está limitada a 750 y se abrirá 6 semanas antes de la fecha del evento. Consulte el sitio/página web para obtener información sobre el registro <https://viaheartproject.org/screenings/> o llame al (707) 766-9226

DONDE: SRJC Petaluma CUAND:
680 Sonoma Mountain Parkway
Petaluma, CA 94954

Escanee el código QR para registrarse y recibir un correo electrónico recordatorio cuando se abra el registro.



COSTO: Los exámenes de Via Heart Project se ofrecen gratuitos, sin costo alguno gracias a los patrocinadores. Si gusta apoyar a Via Heart Project para que siga salvando vidas jóvenes, puede ayudar donando \$25, esta donación ayuda evaluar a otros jóvenes y salvar vidas. La donaciones se pueden hacer durante el proceso de registro, durante los exámenes o en línea: <https://viaheartproject.org/donate/>





SAS CAMP APPLICATION

We are set to go explore Alliance Redwoods in Occidental this summer! We will go on giant rope obstacle courses and play on musical instruments. We have spots available for anyone aged 11-17. We provide 3 meals per day. Parents drop-off and pick-up in Occidental (rideshare can be arranged if transportation is a barrier) We want EVERYONE who's interested to be able to come! Camp fee is \$95 BUT we can get teens in without payment or on a sliding scale so don't be shy to apply!

Dates: June 27,28,29,30, July 1. July 4,5,6,7,8. July 18,19,20,21,22. Choose up to 2 days max.

LINK TO PAY FOR CAMP ENTRY www.sascamp.org Follow the links to "book now" sessions

LINK TO CAMP LOCATION www.allianceredwoods.org

S.A.S Camp will be using the grounds and some of their equipment, but we will do our own activities. Once you've paid or contacted Rebekah for sliding scale, we will send you a link to register with Alliance Redwoods, they will not ask for a second payment, it is covered by S.A.S Camp Inc.

IF ANYONE DOESN'T HAVE ACCESS TO THE WEBSITE OR NEEDS TO PAY CASH,
CALL REBEKAH



Open Enrollment!

This summer 2022, we will be taking over the activity courses at Alliance Redwoods! There's rope obstacle courses, giant swings, climbing walls and that's only a tiny bit of what we'll be doing! We will bring our own musical instruments for everyone to explore! Each person must be between 11-17. You can book for 1 or 2 days (next year we hope to have longer sessions available).

Book now to reserve your spot!

www.sascamp.org



T-Shirts available soon!