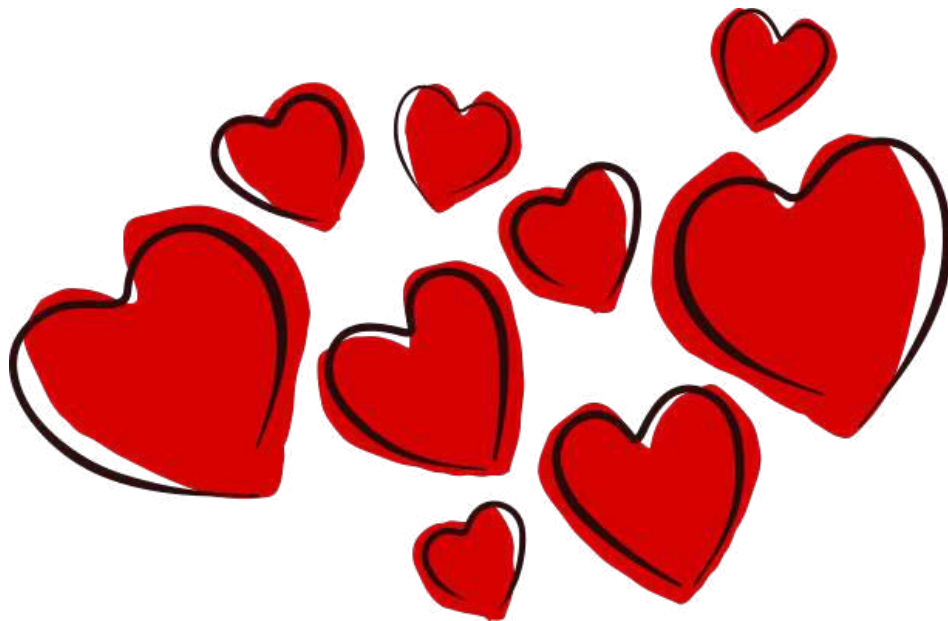




Community Events  
**February 2025**



Buckelew Programs Sonoma  
Family Service Coordination  
2235 Mercury Way, Suite 107  
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)565-4970

CSU provides walk-in and short-term inpatient care for individuals experiencing a behavioral health crisis.

**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

**Mobile Support Team Crisis Call Center – 24 Hours:** \_\_\_\_\_ (800)746-8181

Anyone living anywhere in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week. People can receive support over the phone or request an in-person response.

**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 Mobile Crisis Teams

Updated 7/19/2024 - Scan the QR code to learn more.

## **New!** Mobile Support Team (MST) Crisis Call Center

**800-746-8181**

**Or call 911 and ask for Crisis Call Center**

- **Staffed 24/7.** Provides phone support for families and individuals experiencing a behavioral health crisis.
- Can send appropriate crisis response team to provide on-scene support.
- Responds without law enforcement, when safety is not an issue.
- Co-responds with law enforcement when safety is a concern.

| <b>Mobile Support Team (MST)</b><br>(Serves whole county)  | <b>InResponse</b><br>(Santa Rosa)   | <b>SAFE</b><br>(Petaluma, Rohnert Park, Cotati, SSU)   |
|--|---|--|
| <p style="text-align: center;"><b>800-746-8181</b><br/>24/7</p> <p>Covers all cities and unincorporated areas not already represented by other teams</p> | <p style="text-align: center;"><b>Mobile Response Team</b><br/> <b>707-575-4357</b><br/>                     7am-10pm/Daily</p>   | <p style="text-align: center;"><b>Petaluma Team</b><br/> <b>707-781-1234</b><br/>                     Operates 24/7</p>                  |
|  | <p style="text-align: center;"><b>System Navigators</b><br/>                 (For Santa Rosa Residents)<br/> <b>707-204-9756</b><br/>                     8am-5pm/Monday-Friday</p> | <p style="text-align: center;"><b>Rohnert Park Team</b><br/>                     707-584-2612<br/>                     9am-3am/Daily</p> |
|  |   | <p style="text-align: center;"><b>Cotati, SSU Team</b><br/>                     707-792-4611<br/>                     9am-3am/Daily</p>  |

# Equipo Móvil de Crisis del Condado de Sonoma



Actualizado 9/4/2024 - Escanee el código QR para obtener más información.

**¡Nuevo! Centro de llamadas de crisis del equipo de soporte móvil (MST)**

**800-746-8181**

**O llame al 911 y pregunte por el Centro de llamadas de crisis**

- Con personal **24 horas al día, 7 días a la semana**. Brinda apoyo telefónico a familias e individuos que experimentan una crisis de salud conductual.
- Puede enviar un equipo de respuesta a crisis apropiado para brindar apoyo en el lugar.
- Responde sin aplicación de la ley, cuando la seguridad no es un problema.
- Co-responde con las autoridades cuando la seguridad es una preocupación.

|  |   |   |
|--|---|---|
| <p><b>Equipo de soporte móvil (MST)</b><br/>(Atiende a todo el condado)</p>  | <p><b>inResponse</b><br/>(Santa Rosa)</p>   | <p><b>SAFE</b><br/>(Petaluma, Rohnert Park, Cotati, SSU)</p>                                      |
| <p><b>800-746-8181</b><br/>24/7</p> <p>Cubre todas las ciudades y áreas no incorporadas que aún no están representadas por otros equipos</p> | <p><b>Equipo de Respuesta móvil</b><br/><b>707-575-4357</b><br/>7 am-10 pm/Diario</p>   | <p><b>Petaluma Team</b><br/><b>707-781-1234</b><br/>Opera 24 horas al día, 7 días a la semana</p> |
|  | <p><b>Navegadores de Sistemas</b><br/>(Para residentes de Santa Rosa)<br/><b>707-204-9756</b><br/>8 am-5 pm/Lunes-Viernes</p> | <p><b>Equipo del Rohnert Park</b><br/>707-584-2612<br/>9 a. m. a 3 a. m. / Diario</p>             |
|  |   | <p><b>Cotati, Equipo SSU</b><br/>707-792-4611<br/>9am-3am/Daily</p>                               |



- **What is the Mobile Support Team (MST)?**  
MST is a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises on location in the community since 2012.

- **Expanded Response**

MST is now able to respond with or without law enforcement when it is safe to do so, and we can transport individuals in crisis when a higher level of care is necessary.

- **Call Center: 800-746-8181**

The new MST Crisis Call Center is able to take calls directly from the community.

The Call Center is staffed by MST **24/7**. Staff are able to offer support over the phone and to send a crisis response team to the crisis location when needed.

- **24/7 Response County-Wide**

- MST mobile crisis response teams are available to provide on-scene support 24/7 to all areas of the County not covered by other teams.

# 800-746-8181



- **What is the Mobile Support Team (MST)?**  
MST is a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises on location in the community since 2012.

- **Expanded Response**

MST is now able to respond with or without law enforcement when it is safe to do so, and we can transport individuals in crisis when a higher level of care is necessary.

- **Call Center: 800-746-8181**

The new MST Crisis Call Center is able to take calls directly from the community.

The Call Center is staffed by MST **24/7**. Staff are able to offer support over the phone and to send a crisis response team to the crisis location when needed.

- **24/7 Response County-Wide**

- MST mobile crisis response teams are available to provide on-scene support 24/7 to all areas of the County not covered by other teams.

# 800-746-8181

- **¿Qué es el Equipo de Apoyo Móvil (MST)?**  
MST es un grupo de profesionales dedicados y atentos que brindan apoyo a personas y familias que están teniendo una crisis de salud conductual/mental. Hemos estado respondiendo a crisis en la comunidad desde 2012.
- **Ayuda Ampliada**  
MST ahora puede responder con o sin oficiales de policía cuando es seguro hacerlo, y podemos transportar a personas en crisis cuando se necesita un mayor nivel de atención.
- **Centro de llamadas: 800-746-8181**  
El nuevo Centro de Llamadas de Crisis de MST puede recibir llamadas directamente de la comunidad. El Centro de Llamadas tiene personal de MST disponible **las 24 horas del día, los 7 días de la semana**. El personal puede ofrecer apoyo por teléfono y enviar un equipo de respuesta a crisis al lugar de la crisis cuando sea necesario.
- **Respuesta 24/7 en todo el condado**  
Los equipos móviles de respuesta a crisis de MST están disponibles para apoyar en la escena las 24 horas del día, los 7 días de la semana a todas las áreas del condado que no están cubiertas por otros equipos.

**800-746-8181**

- **¿Qué es el Equipo de Apoyo Móvil (MST)?**  
MST es un grupo de profesionales dedicados y atentos que brindan apoyo a personas y familias que están teniendo una crisis de salud conductual/mental. Hemos estado respondiendo a crisis en la comunidad desde 2012.
- **Ayuda Ampliada**  
MST ahora puede responder con o sin oficiales de policía cuando es seguro hacerlo, y podemos transportar a personas en crisis cuando se necesita un mayor nivel de atención.
- **Centro de llamadas: 800-746-8181**  
El nuevo Centro de Llamadas de Crisis de MST puede recibir llamadas directamente de la comunidad. El Centro de Llamadas tiene personal de MST disponible **las 24 horas del día, los 7 días de la semana**. El personal puede ofrecer apoyo por teléfono y enviar un equipo de respuesta a crisis al lugar de la crisis cuando sea necesario.
- **Respuesta 24/7 en todo el condado**  
Los equipos móviles de respuesta a crisis de MST están disponibles para apoyar en la escena las 24 horas del día, los 7 días de la semana a todas las áreas del condado que no están cubiertas por otros equipos.

**800-746-8181**



# Family Service Coordination Team

## February 2025

| SUN | MON  | TUE   | WED   | THU   | FRI | SAT |
|-----|--|---|---|---|-----|-----|
|     |  |   |   |   |     | 1   |
| 2   | 3  | 4 Bilingual Community Resource Clinic 3pm-4:30pm  | 5 Peer Support Group for Teens and Young Adults Coping with Suicide Loss 6pm  | 6   | 7   | 8   |
| 9   | 10 SCBH Family Support & Education Group 4pm-6pm | 11 Bilingual Community Resource Clinic 3pm-4:30pm | 12 S.O.S: Allies for Hope 7pm-8:30  | 13  | 14  | 15  |
| 16  | 17   | 18 Bilingual Community Resource Clinic 3pm-4:30pm | 19 Peer Support Group for Teens and Young Adults Coping with Suicide Loss 6pm | 20 MADF Family Support & Education Group 6pm-7:30pm | 21  | 22  |
| 23  | 24   | 25 Bilingual Community Resource Clinic 3pm-4:30pm | 26 S.O.S: Allies for Hope 7pm-8:30  | 27  | 28  |     |



# 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  
Bucklelew Office**

### Main Adult Detention Facility Family Education & Support Group

We invite you to join us to learn additional ways to support your loved ones while in custody. You will have the opportunity to meet other families with incarcerated loved ones and learn more about the services available within the correctional system..

**4th Thursday of Every Month  
6:00pm-7:30pm  
RSVP Required**

### Bilingual Community Resource Clinic

Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one. The Resource Clinic can assist you with finding food, shelter, housing, mental health support and more!

**Every Tuesday  
3:00 PM - 4:30 PM  
Bucklelew Office**

### 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. La Clínica de Recursos puede asistirte a encontrar comida, refugio, vivienda, apoyo para la salud mental y más.

**Cada Martes  
3:00 PM - 4:30 PM  
Oficina de Buckelew**

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

**707-571-8452 or Fsc@bucklelew.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, February 4th  
Tue, February 11th  
Tue, February 18th  
Tue, February 25th

*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](mailto:MarisabelM@buckelew.org) | 707-513-5135**

**[Fsc@buckelew.org](mailto: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 Programs  
2235 Mercury Way  
Suite 107  
Santa Rosa, CA 95407

## Cuando:

Cada Martes a las 3pm  
4 de Febrero  
11 de Febrero  
18 de Febrero  
25 de Febrero

*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:**

**NicoleN@Buckelew.org 707-494-0762 (se habla Español)**

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





Family Service  
Coordination Team



# Sonoma County Behavioral Health Family Support & Education Group



**Monday**  
**FEBRUARY**  
**10TH**  
**4pm-6pm**  
**In Person**



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**

**2235 Mercury Way, Suite 107  
Santa Rosa, CA 95407**

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



# MADF FAMILY SUPPORT & EDUCATION GROUP

*We invite you to join us to learn additional ways to support your loved ones while in custody or in the community. You will have the opportunity to meet other families with incarcerated loved ones and learn more about the correctional systems and the services available for your loved one.*







## Join us!

-  Fourth Thursday of every month
-  6:00pm-7:30pm (please arrive by 5:50pm)
-  **RSVP Required for Entry!**




Please contact the Family Service Coordination Team to RSVP for upcoming groups.

## Upcoming Dates:

-  Thursday, February 27th (2/27/25)
-  Thursday, March 27th (3/27/25)
-  Thursday, April 24th (4/24/25)
-  Thursday, May 22nd (5/22/25)

*The Family Service Coordination Team provides support, education and resource navigation to those who have loved ones that are struggling with mental health or substance use.*

## Contact Us:

-  707-571-8452
-  [Fsc@Buckelew.org](mailto:Fsc@Buckelew.org)
-  2235 Mercury Way, STE 107  
Santa Rosa, CA 95407

# AFSP WALK SONOMA COUNTY '25

Please join Buckelew Programs as we join thousands of teams across the country to help save lives and bring hope to those affected by suicide.



 **SATURDAY, FEBRUARY 8TH**

**On-Site Registration: 9am  
Program Begins: 10am**

 **SONOMA STATE UNIVERSITY**  
Rohnert Park



**JOIN OUR TEAM!**

Team Website:

[https://supporting.afsp.org/index.cfm?  
fuseaction=donordrive.team&teamID=360642](https://supporting.afsp.org/index.cfm?fuseaction=donordrive.team&teamID=360642)

**BUCKELEW TEAM** 



**Email:**  
[SPP\\_Outreach@buckelew.org](mailto:SPP_Outreach@buckelew.org)



**AFSP Team Website**  
<https://supporting.afsp.org/team/360642>

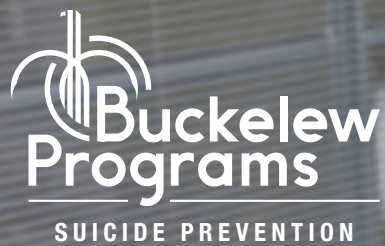
**AFSP TEAM** 



**Phone Number:**  
**(707) 721 - 4062**



**Website:**  
<https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=10513>



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

**When:** 1st and 3rd Wednesday at 6pm, every month 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.

**Where:** Meetings are virtual on Zoom

**To register or for more information:**

Please contact: Shriya Ambre  
Shriyaa@Buckelew.org  
415-328-3382

**Buckelew Programs** offers a safe place in our community for families and loved ones of those who have lost someone to suicide to safely share their experiences with others who are similarly affected.

**Buckelew.org**



If you or someone you know is struggling or in crisis, help is available.  
Call or text 988 or chat 988lifeline.org.



## GRUPO DE APOYO para sobrevivientes de suicidio

**Cuando:** cada primer miércoles del mes  
de 6:30 a 8:00 pm

**Dirigido a:** familias que han perdido seres  
queridos por suicidio

**Dónde:** via Zoom

**Para participar:** llama al 415-858-5827  
o manda un correo electrónico a  
[marioc@buckelew.org](mailto:marioc@buckelew.org)

Este es un grupo de mutuo apoyo que se reúne virtualmente. El grupo está liderado por dos empleados de Buckelew entrenados como facilitadores, Hilda Castillo y Mario Castillo-Guido.

**Los Programas Buckelew** ofrecen un lugar seguro en nuestra comunidad para que las familias y seres queridos de personas que buscan conocer y compartir de forma segura sus experiencias con otras personas sobre la Salud Emocional.

**Buckelew.org**





## Buckelew Programs Grief Counseling & SOS: Allies for Hope Group Meetings

Buckelew Programs offers a safe place in our community for families and loved ones of people who have died by suicide to safely share their experience with others who are similarly affected. This is a peer-to-peer group. We are meeting virtually at this time out of respect to social distancing due to the Covid-19 pandemic. This group is led by trained Buckelew Staff members, Chris Nihil MA and Kate Kriebel.

- **SOS: Allies For Hope:**  
Survivors of Suicide Bereavement Support Group (SOS) is a virtual group via Zoom that meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month from **7 pm to 8:30pm**. Call **415.444.6000** to get a zoom link or email **SOSinfo@Buckelew.org**.
- **Grief Counseling Hotline:**  
We all suffer from grief and here at Buckelew we offer a grief hotline that provides 24/7 support at a critical time. This support is free and confidential with resources for you or your loved ones, and best practices for professionals. Please call this number below for help with grief counseling:  
**415.499.1195**

**For more information, please call or email**

**Phone: 415-444-6000**  
**Counseling: 415.491.5716**  
**SOSinfo@Buckelew.org**





**Sonoma County**

**866-960-6264**  
**182 Farmers Lane #202**  
**Santa Rosa CA 95405**

**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. **Register at [namisoco.org/groups](https://namisoco.org/groups).**

**Connection Support Group**

For individuals (ages 18+) living with mental health challenges. Meets on Zoom. **Register at [namisoco.org/groups](https://namisoco.org/groups).**

**Family-to-Family Class**

An 8-session education program for those (ages 14+) who care for and support a loved one with serious mental illness. Next class begins on March 5, 2025. **Register at [namisoco.org/f2f](https://namisoco.org/f2f).**

**Peer-to-Peer Class**

An 8-session education program for adults living with mental health challenges. **Register at [namisoco.org/P2P](https://namisoco.org/P2P).**

Learn more about our free programs:

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

Groups and classes meet on Zoom unless otherwise specified.

# FEBRUARY 2025

**Free QPR Suicide Prevention Awareness Training**

*Friday, February 28, 2025, 4:00-5:30 PM at NAMI Sonoma County*  
 Learn to identify warning signs of suicide and how to talk to someone who may be at risk. Make a difference! RSVP [using this link](#) or scan the QR code at the bottom of this page.

**NAMI Walks Sonoma County 2025**

*Save the Date: Saturday, November 1, 2025*  
 Interested in volunteering? Contact Hana Casita, Walk Chair, at [hcasita@namisoco.org](mailto:hcasita@namisoco.org).

| MONDAY                                | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---------------------------------------|--|--|---|--|
| 3                                     | 4<br>5:30-7:00 PM<br>Connection Group<br>6:00-7:00 PM<br>Family Support Group  | 5  | 6<br>2:00-3:30 PM<br>In-Person<br>Family Support Group                                      | 7  |
| 10                                    | 11<br>4:30-5:30 PM<br>Family Support Group<br>5:30-7:00 PM<br>Connection Group | 12   | 13<br>2:00-3:30 PM<br>In-Person<br>Family Support Group<br>5:30-7:00 PM<br>Connection Group | 14   |
| 17<br>Office Closed<br>Presidents Day | 18<br>5:30-7:00 PM<br>Connection Group<br>6:00-7:00 PM<br>Family Support Group | 19   | 20<br>2:00-3:30 PM<br>In-Person<br>Family Support Group                                     | 21   |
| 24                                    | 25<br>4:30-5:30 PM<br>Family Support Group<br>5:30-7:00 PM<br>Connection Group | 26   | 27<br>2:00-3:30 PM<br>In-Person<br>Family Support Group<br>5:30-7:00 PM<br>Connection Group | 28<br>4:00-5:30 PM<br>In-Person QPR Suicide<br>Prevention Training<br>Scan the code below to RSVP! |
| March 2025                            | 4<br>5:30-7:00 PM<br>Connection Group<br>6:00-7:00 PM<br>Family Support Group  | 5<br>6:00-8:30 PM<br>Family-to-Family Class<br>(Registration required) | 6<br>2:00-3:30 PM<br>In-Person<br>Family Support Group                                      | 7<br>  |

# Wellness and Advocacy Center Group Schedule

2245 Challenger Way, Ste. 104, Santa Rosa, CA

(707) 565-7800

## Monday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Anxiety Support*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Health & Wellness Group*  
1:15-2:00 *Peer Support*  
2:15-3:00 *SMART Recovery*  
2:15-3:00 *Wellness Bingo*

## Thursday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Successful Living*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Career Development*  
1:15-2:00 *Walking Thru Depression*  
2:00-3:30 *Games, Art & More*

## Tuesday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Moving Forward*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Mindfulness Matters*  
12:15-1:00 *Visions & Voices*  
1:15-2:00 *Transitions*  
2:15-3:00 *Friendship Group*  
2:00-3:30 *Games, Art & More*

## Friday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Exploring Emotions*  
12:00-12:15 *Wellness Announcements*  
12:15-2:00 *Open Mic*  
2:00-3:30 *Games, Art & More*

## Wednesday

12:00-1:00 *Music Jam*  
1:00-1:15 *Wellness Announcements*  
1:15-2:00 *Fun With Words*  
2:00- 3:30 *Palette Of Possibilities*  
2:00-3:30 *Fun & More*

The Wellness and Advocacy Center  
will be closed Monday February 17th  
in observance of President's Day!

FEBRUARY 2025



WELLNESS • RECOVERY • RESILIENCE



# Group Descriptions

## AM Support/Wellness Announcements

Community announcements, and have an opportunity to check in as we gather together at the center.

## Connection & Coffee

Come join us for coffee, chat and make new connections with your peers!

## Anxiety Support

A group to process, collaborate, and support each other with an emphasis on tools used to reduce anxiety.

## Career Development

This group will help you to gain support and knowledge if you are seeking to improve your resume or get back to work.

## Friendship Group

A group that enables us all to be welcome. Bring your experiences and your ideas for relationships within our community.

## SMART Recovery

"Self Management and Recovery Training" helps those seeking recovery to choose what works best for them. It uses tools based on methods for a variety of addictions.

## Wellness Bingo

Join us for Bingo games in the main room and have a chance to win a small prize!

## Moving Forward

This group focuses on learning the tools needed to go forward without dwelling on your past. Group members share what has helped them move forward.

## Mindfulness Matters

Join us as we practice mindfulness through meditation, observation, describing, and participating in our thoughts so that we can live intentionally with awareness in the present moment.

## Visions & Voices

A peer support group for those of us who experience things others may label as "hallucinations". We can talk to each other, ask questions and find out we are not alone in a safe, supportive environment.

**\*For everyone's emotional safety, please speak with the facilitator beforehand.**

## Transitions

We all encounter many transitions throughout our lives. This group is here to help people alleviate stress and learn coping skills to assist with these transitions.

## Peer Support

This group provides a safe and supportive place for members to share their struggles and successes!

## Games, Art & More: Rotating weekly fun activities

Come and enjoy board games and art in our main room and share in the process of social creativity! **More:** Monthly movies & popcorn, move & groove exercise, nature walk, charades, bean bag toss, YouTube trivia and Wii games coming our way!

## Music Jam

Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

## Fun With Words

Come have a blast choosing a phrase, person, tourist attraction etc. for others to guess. Test your knowledge and challenge yourself and your peers.

## Palette Of Possibilities

Together we will explore creativity and expression using all types of materials, By bay area artist Jeff Rubin

## Successful Living

This group explores issues surrounding successful living, including physical changes, health care, nutrition, social networks, relationships, attitudes, and mental health challenges.

## Health and Wellness Group

No group description yet. Need to add

## Walking Thru Depression

A support group for peers who have struggled with depression. We are able to find acceptance and experience self-discovery alongside others who have experienced the same.

## Exploring Emotions

Let's explore emotions by taking a mindful look at them like a passing rain cloud or the shining sun. Learn how to express them in ways that will help you understand others, overcome challenges, and improve your communication skills.

## Open Mic

Share your creativity with the community. Whether you sing, play an instrument, read poetry or perform your own stand-up comedy; This is your time to have fun and shine! All are welcome—participants and listeners!

# El Horario del Wellness and Advocacy Center

2245 Challenger Way, Ste. 104, Santa Rosa, CA

(707) 565-7800

## Lunes

9:00-9:30 *Televisión de la Naturaleza*  
9:30-10:00 *Apoyo por la Mañana*  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y Café*  
11:15-12:00 *Apoyo de Ansiedad*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-1:00 *Grupo de Salud y Bienestar*  
1:15-2:00 *Apoyo entre compañeros*  
2:15-3:00 *SMART Recovery*  
2:15-3:00 *Bingo de Bienestar*

## Jueves

9:00-9:30 *Televisión Retro*  
9:30-10:00 *Apoyo por la Mañana*  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y Café*  
11:15-12:00 *Vida Exitosa*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-1:00 *Desarrollo de Carrera*  
1:15-2:00 *Caminando a través de la Depresión*  
2:15-3:30 *Juegos, Arte, y Mas*

## Martes

9:00-9:30 *Televisión Retro*  
9:30-10:00 *Apoyo por la Mañana*  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y Café*  
11:15-12:00 *Movimiento hacia Adelante*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-1:00 *Asuntos de Conciencia*  
12:15-1:00 *Voces y Visiones*  
1:15-2:00 *Transiciones*  
2:15-3:00 *Grupo de Amistad*  
2:15-3:30 *Juegos, Arte, y Mas*

## Viernes

9:00-9:30 *Televisión de la Naturaleza*  
9:30-10:00 *Apoyo por la Mañana*  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y Café*  
11:15-12:00 *Explorando Emociones*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-2:00 *Karaoke*  
2:15-3:30 *Juegos, Arte, y Mas*

## Miércoles

12:00-1:00 *Sesiones de Música*  
1:00-1:15 *Anuncios de Bienestar*  
1:15-2:00 *Diversión con Palabras*  
2:00- 3:30 *Paleta de Posibilidades*  
2:15-3:30 *Juegos, Arte, y Mas*

**¡El Centro de Bienestar y Defensa  
estará cerrado el lunes 17 de febrero  
en conmemoración del Día del  
Presidente!**

**FEBRERO 2025**



# Descripciones de Grupos

## Apoyo por la Mañana/Anuncios de Bienestar

Anuncios de la comunidad y tendrá la oportunidad de platicar mientras nos reunimos en el centro.

## Conexion y Cafe

¡Únase con nosotros para tomar un café, hablar y hacer nuevas conexiones con sus compañeros!

## Apoyo de Ansiedad

Un grupo para procesar, colaborar y apoyarse mutuamente con herramientas utilizadas para reducir la ansiedad.

## Desarrollo de Carrera

Este grupo lo ayudará a obtener apoyo y conocimiento si busca mejorar su currículum o volver a trabajar.

## Grupo de Amistad

Un grupo que nos permite a todos ser bienvenidos. Traiga sus experiencias y sus ideas para las relaciones dentro de nuestra comunidad.

## SMART Recovery

La "Capacitación en autocontrol y recuperación" ayuda a quienes buscan recuperación a elegir lo que funciona mejor para ellos. Utiliza herramientas basadas en métodos para una variedad de adicciones.

## Bingo de Bienestar

¡Únase a nosotros para jugar bingo en la sala principal y tenga la oportunidad de ganar un pequeño premio!

## Movimiento hacia Adelante

Este grupo se enfoca en aprender las herramientas necesarias para seguir adelante sin pensar en su pasado. Los miembros del grupo comparten lo que les ha ayudado a seguir adelante.

## Asuntos de Conciencia

Únase a nosotros mientras practicamos la atención de conciencia a través de la meditación, la observación, la descripción y la participación en nuestros pensamientos para que podamos vivir intencionalmente con conciencia en el momento presente.

## Voces y Visiones

Un grupo de apoyo entre pares para aquellos de nosotros que experimentamos cosas que otros podrían etiquetar como "alucinaciones". Podemos hablar entre nosotros, hacer preguntas y descubrir que no estamos solos en un entorno seguro y de apoyo.

\*Por la seguridad emocional de todos, por favor hable con el facilitador previamente.

## Transiciones

Todos nos encontramos con muchas transiciones a lo largo de nuestras vidas. Este grupo está aquí para ayudar a las personas a que alivien el estrés y aprender habilidades de afrontamiento para ayudar con estas transiciones.

## Apoyo entre Compañeros

¡Este grupo proporciona un lugar seguro y de apoyo para que los miembros compartan sus luchas y éxitos!

**Juegos, Arte, y Mas! Actividades divertidas semanales rotativas** ¡Ven a disfrutar de juegos de mesa y arte en nuestra sala principal y comparte el proceso de creatividad social!

**Más:** Películas y palomitas de maíz mensuales; ¡Ejercicio de movimiento y ritmo, caminadas por la naturaleza, charadas, lanzamiento de bolsas de frijoles, trivia de YouTube y juegos de Wii en camino!

## Sesiones de Música

Traiga su instrumento, su voz o simplemente sus oídos y disfrute de la música con varios miembros y miembros del personal.

## Diversión con Palabras

Ven a divertirte eligiendo una frase, persona, atracciones turísticas, etc. para que otros adivinen. Pon a prueba tus conocimientos y desafíate a ti mismo y a tus compañeros.

## Paleta de Posibilidades

Juntos exploramos la creatividad y la expresión utilizando todo tipo de materiales. Con el artista de la área de la bahía, Jeff Rubin.

## Vida Exitosa

Este grupo explora cuestiones relacionadas con una vida exitosa, incluidos los cambios físicos, la atención médica, la nutrición, las redes sociales, las relaciones, las actitudes y los desafíos de salud mental.

## Grupo de Salud y Bienestar

Un grupo que habla sobre la salud y el bienestar. Una forma de obtener nuevas ideas sobre el tema.

## Caminando a través de la Depresión

Un grupo de apoyo para compañeros que han luchado contra la depresión. Podemos encontrar aceptación y experimentar el autodescubrimiento junto a otras personas que han experimentado lo mismo.

## Explorando Emociones

Exploremos las emociones mirándolas atentamente como una nube de lluvia pasajera o el sol brillante. Aprenda a expresarlas de maneras que le ayudarán a comprender a los demás, superar desafíos y mejorar sus habilidades de comunicación.

## Karaoke

Comparte tu creatividad con la comunidad. Ya sea que cantes, toques un instrumento, leas poesía o realices tu propia comedia; ¡Este es tu momento de divertirse y brillar! ¡Todos son bienvenidos: participantes y oyentes!

# *Wellness and Advocacy Center*

2245 Challenger Way - Suite 104, Santa Rosa CA 95407

(707)565-7800

Wellness and Advocacy Center will be hosting an In-Person, Open Community Forum hosted by **NAMI**

We hope you will join us!  
Thursday February 13th 2025 From 10-11:00am

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.



# **Wellness and Advocacy Center**

**2245 Challenger Way- Suite 104, Santa Rosa, CA. 95407**

**707-565-7800**

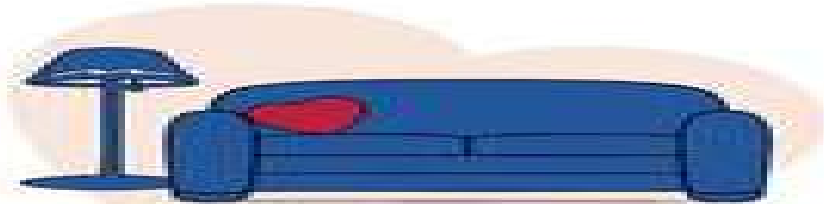
**Wellness and Advocacy Center will be hosting an  
In-Person, Open Community Forum hosted by The Living  
Room Center**

**Tuesday February 11th 2025**

**From 10:00am to 11:00am**

**We hope you will join us!**

**The Living Room Center provides a safe place for women and children to gain a better standing in life. Along with peer to peer support, resources, case management, and self improvement classes.**



**The Living Room**



# *Creative Expressions*

**1ST & 3RD THURSDAYS 2-3:30**  
**PROJECTS AVAILABLE FOR A WEEK**



**February 6th- Thursday (stays out for a week)**

***Lit bottle deco***

**February 20th- Thursday (stays out for a week)**

***Rock a Picture***



**March 6th- Thursday (stays out for a week)**

***Flower canvas***

**March 20th- Thursday (stays out for a week)**

***Spring Mask***



## 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 – 12:15 ----- **Mindfulness Meditation & Connection**  
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  
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 ----- **Understanding Anger**  
11:30–12:30 ----- SMART Recovery  
12:00– 1:00 ----- Expressing Creativity  
12:30–1:30 ----- Living with Lyme  
↗ **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 →→ ¡En Español!**  
12:00 – 1:00 ----- Aprendiendo Juntos/Ingles Y Español  
Learning Together/Spanish & English  
1:30 – 2:30 ----- \* Monthly Forum \*  
2:00 – 2:30 ----- Afternoon Check-In

## **Community Forum**

## **Boundaries Workshop**

**Friday, February 28, 1:30 – 2:30**

# February, 2025

## Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

**Phone:** 707-546-4482



### **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:***

**Mon, Tues, Weds & Fri 10:00 to 3:00, Thurs 10:00 to 2:00**

## 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...

**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 using a variety of modalities and supplies.

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

**Intro to Peer Support:** We have a different focus each month. No need to sign up, no homework...

**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:** From Bingo to Wii sports, and karaoke, join us for socialization and fun!

**Mindfulness Meditation & Connection:** Join us on a Healing Journey into Mindfulness and Compassion. Help reduce anxiety and stress while opening our hearts to more joy, happiness and ease through mindful meditation.

Led by Bob Vyenielo, Certified Mindfulness and Compassion Meditation Instructor.

**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.

**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>

**The Other Side of Overwhelm:** Please join us as we explore and share tools, techniques and skills that help us move to *the other side of overwhelm*.

**Understanding Anger:** We define and explore anger, aggression and hostility, and check out some tools and techniques to support us to get better at responding rather than reacting.

# Palentine's Day at Interlink

## *Celebrating*

### *Friendship, Gratitude and Community*

- All day crafts, card making, letter writing...  
(Friendship, Thank You... we've got stamps)
- Karaoke / Art / Poetry...
- Bingo with prizes

**Wednesday, February 12, 2025**

**Interlink Self Help Center**

1033 4<sup>th</sup> Street, Santa Rosa

707-546-4481



Interlink Self-Help Center is a Peer managed and operated 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 we'll be focusing on:**

## *Values and Ethics*

***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**



## Community Forum at Interlink Self-Help Center

# Boundaries Workshop

Please join us as we explore and discuss boundary types, understanding and setting boundaries, looking at our boundary beliefs, overcoming boundary challenges, other peoples' boundaries and more. We will be utilizing worksheets and videos together.

*We hope to see you here!*



**Presented by:  
Interlink Staff**

**Friday, February 28, 2025**

**1:30 to 2:30**



*In Person* at Interlink Self-Help Center

1033 Fourth Street

Santa Rosa (707) 546-4481

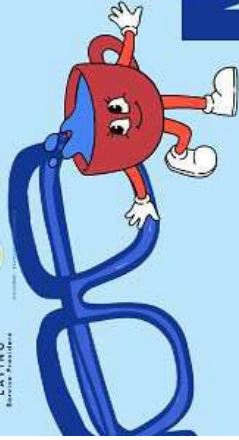
[www.interlinkselfhelpcenter.org](http://www.interlinkselfhelpcenter.org)

This forum is open to the adult general public.

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



LATINO  
STUDENT CENTER



# JUNTA MENSUAL

Presentado por



SRJC

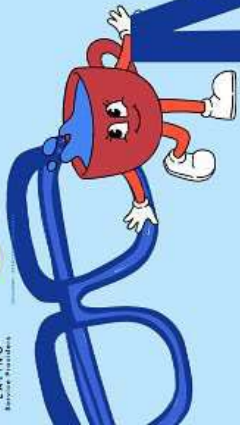


Dirreccion: **Student Activity Center**  
1501 Mendocino Ave Santa Rosa CA

Fecha: February 20th

Hora: 12-1:30pm





# MONTHLY MEETING



Hosted by




**SRJC**

Address: **Student Activity Center**  
 1501 Mendocino Ave Santa Rosa CA  
 Fecha: February 20th  
 Hora: 12-1:30pm





# ESTAMOS CONTRATANDO

## MÁNAGER DE PROGRAMAS

### TIEMPO COMPLETO



Estamos contratando un Mánager de Programas para liderar el Programa de Youth Promotores

Este rol incluye:

- Seleccionar y orientar a los Youth Promotores.
- Supervisar las operaciones del programa y construir alianzas comunitarias.
- Se requiere ser bilingüe (español/inglés).
- Salario: Empezando \$61,380.80 | Tiempo completo | Exento.



¿Le interesa aplicar? Visita [www.latinoserviceproviders.org/careers](http://www.latinoserviceproviders.org/careers) para obtener más información y enviar tu solicitud.  
¿Tienes preguntas? Llama al (707) 909-7556.





# WE'RE HIRING


**PROGRAM MANAGER  
FULL-TIME**



We are seeking a Program Manager to lead the Youth Promotor Internship Program.

This role involves:

- Recruiting and mentoring Youth Promotores
- Managing program operations, and building community partnerships.
- Bilingual (Spanish/English) required.
- Salary: Starting \$61,380.80 | Full-Time | Exempt.



Interested in applying? Go to [www.latinoserviceproviders.org/careers](http://www.latinoserviceproviders.org/careers) to learn more and submit your application. Questions? Call (707) 909-7556



# 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.**

**Todos los Jueves de  
10:00 – 11:00 am**

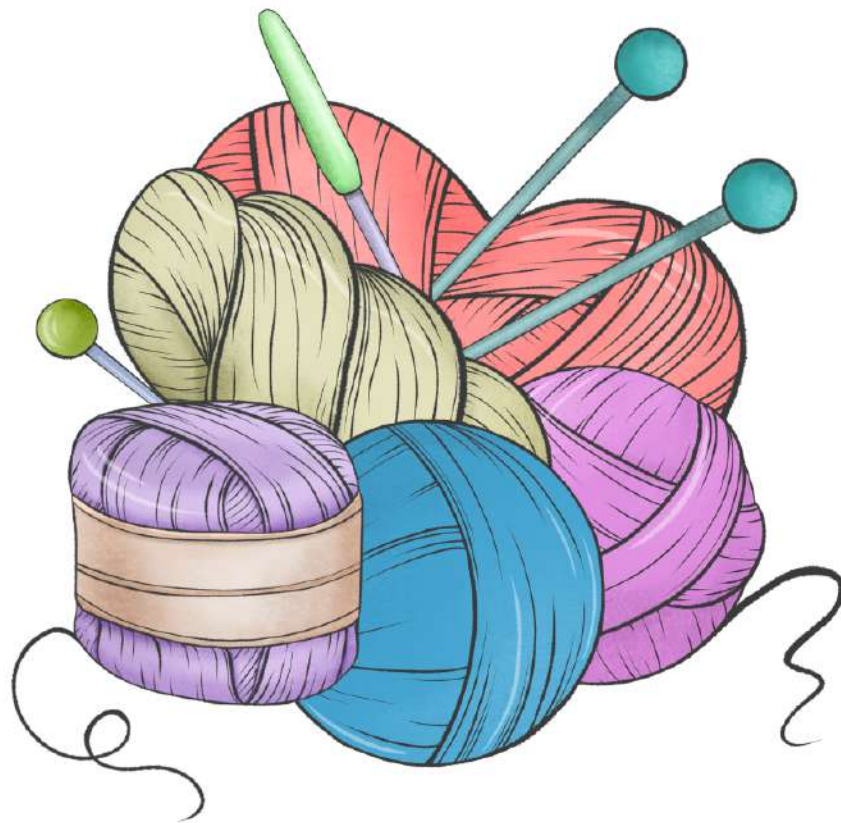
**1221 Farmers Lane Suite 200  
Santa Rosa CA. 95405  
(707) 393-8700**



# Clases de Tejido

Todos los lunes de 5:00pm- 6:30pm

Para registrarse llama al  
707-393-8700



1221 Farmers Ln. Suite 200  
Santa Rosa CA 95405  
[www.laplazanc.org](http://www.laplazanc.org)



# Únete a Nuestro Grupo de Apoyo: Círculos de Sanación

¿Estás buscando un espacio seguro para compartir, escuchar y crecer? Nuestro Grupo de Apoyo: Círculos de Sanación. Ofrece un ambiente acogedor donde las personas pueden conectarse, reflexionar y encontrar apoyo emocional. Estos círculos fomentan la conversación abierta y crean un sentido de comunidad y sanación.

Ya sea que estés atravesando desafíos personales, buscando equilibrio emocional, o simplemente necesites un grupo de apoyo, nuestros círculos están aquí para ofrecerte un espacio compasivo para sanar y crecer.

**EL GRUPO ES LOS LUNES  
DE 10-11:30AM**

**PARA REGISTRARSE  
LLAMENOS AL**

**707-393-8700**

1221 Farmers Ln. Suite 200  
Santa Rosa Ca 95405  
[www.laplazanc.org](http://www.laplazanc.org)



# “Alergias Estacionales Bajo Control”

No puede con las alergias estacionales? Venga y atrévase descubrir soluciones naturales, prácticas, y efectivas dando un alivio a su respiración para disfrutar al máximo la Primavera.



## La Plaza

Martes 4 de Marzo 2025

10:00 - 11:30 am

## Bayer Farm

Martes 11 de Marzo 2025

10:00 - 11:30 am

## Jeff's Garden (Moorland)

Martes 25 de Marzo 2025

10:00 - 11:30 am



1221 Farmers Ln. Suite 200

Santa Rosa CA 95405

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

REGISTRESE  
LLAMANDO AL  
**(707) 393-8700**

La Plaza

**Martes 18 de Febrero 2025**

10:00 - 11:30 am



# ARTRITIS: ALIVIO NATURAL RECUPERA TU MOVILIDAD.

REGISTRESE  
LLAMANDO AL  
**(707) 393-8700**

1221 Farmers Ln. Suite 200  
Santa Rosa CA 95405  
[laplazancc.org](http://laplazancc.org)



# "Desafío del Azúcar en Sangre: Alcanza Niveles Saludables Naturalmente

Conoce las herramientas prácticas y naturales para regular los niveles de azúcar en sangre y prepara tu propio suplemento natural para ayudara con este proceso más facilmente.

**La Plaza**  
**Martes 4 de febrero 2025**  
**10:00 - 11:30 am**

**Bayer Farm**  
**Martes 11 Febrero 2025**  
**10:00 - 11:30 am**

**Jeff's Garden**  
**(Moorland)**  
**Martes 25 de Febrero 2025**  
**10:00 - 11:30 am**



**REGISTRESE LLAMANDO**  
**AL**  
**(707) 393-8700**



1221 Farmers Ln. Suite 200  
Santa Rosa CA 95405  
laplazancc.org



# Cafecito Informativo



**JAN  
15**



Santa Rosa  
COMMUNITY  
HEALTH

All of us. For all of you.

**FEB  
5**



REDWOOD EMPIRE  
FOOD BANK

**FEB  
19**



**MAR  
5**



**MAR  
19**



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

**(707)525-1515**





**HUMANIDAD**  
Therapy & Education Services

**FIRST**  **5**  
sonoma county

# Grupo de Apoyo Para Mujeres Embarazadas y Postparto

Un espacio para ti, donde cuidar tu salud mental, conectar con otras mamás en tu misma etapa podría ser un gran apoyo para ti y tu familia.

Habrà comida y cuidado de niños gratis



1260 N. DUTTON AVE.  
SUITE 230 SANTA  
ROSA, CA 95401



**VIERNES ENERO 24, 2025**  
11:30AM - 1:30PM

**VIERNES FEBRERO 21, 2025**  
11:30AM - 1:30PM

**VIERNES MARZO 28, 2025**  
11:30AM - 1:30PM

Regístrese aquí



**SONOMA**  
**CAN**  
Community Action Network

**REGISTER**

SCAN ME



For more information  
[fuerza@capsonoma.org](mailto:fuerza@capsonoma.org)  
(707) 331-2448

# PADRES UNIDOS STARTING JANUARY 29, 2025

Presented by  
FUERZA Parent and Youth Support Center

## SPANISH PARENTING CLASS

Join us and participate in 10 sessions that will provide tools for:

- Strengthen your family's communication
- Guidance with discipline & establishing routines
- Stress reduction
- School and community resources



**Weekly on  
Wednesdays**



**6:00pm - 8:00pm**

**Accepting parents until  
February 12, 2025**



**Roseland  
Elementary School**  
950 Sebastopol Rd.  
Santa Rosa CA, 95407

During in-person sessions, we provide childcare for children ages 2-11, and youth group for ages 12-17.



**SONOMA**  
**CAN**  
Community Action Network

**REGISTRATE**

SCAN ME



Para mas informacion  
fuerza@capsonoma.org  
(707) 331-2448

## **PADRES UNIDOS**

# **COMIENZA ENERO 29, 2025**

Presentado por

FUERZA Centro de Apoyo Para Padres y Jovenes

## **CLASE PARA PADRES EN ESPAÑOL**

**Únase a nosotros y participe en  
10 sesiones que brindarán  
herramientas para:**

- Fortalece la comunicación de tu familia
- Orientación con disciplina y estableciendo rutinas
- Reducción de estrés
- Recursos escolares y comunitarios



**Semanales los  
Miercoles**



**6:00pm - 8:00pm**

**Aceptando padres hasta  
Febrero 12, 2025**



**Roseland**

**Escuela Elementaria**

950 Sebastopol Rd.  
Santa Rosa CA, 95407

Durante sesiones presenciales, proporcionamos cuidado infantil para niños de 2-11 años, y grupo de jóvenes de 12-17 años.



# BUILDING RECIPROCITY WITH NATURE

SATURDAY FEBRUARY  
8TH  
9:30AM - 3PM

RIDDELL PRESERVE

- FREE
- UBER VOUCHERS AVAILABLE
- LIMITED FREE  
TRANSPROTATION
- FOOD PROVIDED

[REGISTER HERE](#)



FOR ANY QUESTIONS REACHOUT TO  
MIRANDA AT  
[MIRANDA@LGBTQCONNECTION.ORG](mailto:MIRANDA@LGBTQCONNECTION.ORG)



ALMOST  
**SPRING  
EQUINOX  
CELEBRATION**

MARCH 1ST 2025

- FREE
- TRANSPORTION
- AVAILABLE
- FREE FOOD

REGISTER HERE



FOR ANY QUESTIONS REACHOUT TO  
MIRANDA AT  
MIRANDA@LGBTQCONNECTION.ORG



# GRUPO DE ADULTOS APOYO PARA LGBTQ+

¿Estás buscando un espacio seguro para compartir tus experiencias y conectarte con otros? Únete a nuestro Grupo de Apoyo para Adultes, un lugar de apoyo, empoderamiento y comunidad.

**Horario:** Todos los viernes, de 6:30 PM a 8:30 PM

**Formato:** Dos sesiones al mes en persona y dos sesiones al mes por Zoom

## ¿QUIÉN PUEDE PARTICIPAR?

Adultos de 18+ años que deseen conectar con comunidad.

## FACILITADO POR:

El equipo bilingüe bicultural de Imágenes Positivas, con experiencia en crear un espacio inclusivo y sin juicios

## ¡GRATIS! 🎉

¡Este grupo es completamente gratuito! Ven como eres y encuentra un lugar donde puedas ser tú mismo. ¡Te esperamos!





# YOUTH GENDER GROUP

Space for non-cis folks to be in community

Talk about gender

Meet new people

Discuss queer sexual health topics

Get questions answered

Make an appt with a gender affirming  
therapist or healthcare provider

**Ages 12-18**

**1ST & 3RD  
WEDNESDAY  
OF EVERY  
MONTH!  
4-5PM**

No need to RSVP,  
just show up!

Questions?  
Call 707-887-0427 or  
DM us @wcteenclinic

Address:  
652 Petaluma Ave Suite F  
in Sebastopol



# GRUPO DE GÉNERO

Espacio para que las personas no cis estén en comunidad

Hablar de genero

Conocer gente nueva

Discutir temas de salud sexual

Obtenga respuestas a sus preguntas

Haga una cita con un terapeuta de afirmación de género o un proveedor de atención médica

Para edades 12-18

**PRIMERO Y  
TERCERO  
MIÉRCOLES DE  
CADA MES!  
4-5 P. M.**

No es necesario confirmar su asistencia, ¡Solo aparece!

¡MASCARILLAS REQUERIDAS!

Preguntas?  
llámanos 707-887-0427 o DM @wcteenclinic

dirección:  
652 Petaluma Ave Suite F  
in Sebastopol





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 Candace at (707) 521-4559



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# YOUTH TALKING CIRCLE

CHECK IN . PEER SUPPORT . CULTURAL TEACHINGS

**FOR AGES 12-24**



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

TO SIGN UP CONTACT THE  
AUNTIES & UNCLES PROGRAM:



AUPEVENTS@SCIHP.ORG



CANDACE 707-521-4559  
KOLBY 707-521-4684

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



Movement is Medicine

# ACORNS

MOVE-IT MONDAYS  
WALKING GROUP

Movement is Medicine



**EVERY MONDAY**

**WEATHER PERMITTING**

**TIME: 10:00AM- 10:45AM**

**LOCATION: FINLEY PARK NEXT TO GAZEBO**

**TO REGISTER CONTACT: CHRs Tania or Robert (707) 521-4500**

SONOMA COUNTY INDIAN HEALTH PROJECT, INC.



# BINGO

★ NIGHT ★

PRIZES | FOOD | FUN

Friday March 7, 2025

5pm to 7pm

*Gualala Arts Center*

*46501 Old Stage Road, Gualala, CA 95445*



LIMITED SPACE IS AVAILABLE PLEASE RSVP BY MARCH 3RD

TJ | 707.521.4533 OR KOLBY | 707.521.4684

AUPEVENTS@SCIHP.ORG

# Master Your Balance

The Basics



Next Session: Feb 18th-April 8th

**(No Class from March 18th-25th)**

This 6-week workshop consists of weekly classes to prevent falls. Learn tips and exercises that improve mobility, strength, balance, and confidence. Improve your balance and lead a more active life!

Participants must be preregistered to participate.  
Contact Healthy Traditions at 707-521-4502 to register.

When: Tuesdays from 1-2 PM

Where: SCIHP Community Room



SONOMA COUNTY  
INDIAN HEALTH PROJECT



Healthy Traditions  
144 Stony Point Road, Santa Rosa, CA 95401

# TRAUMA-INFORMED CARE TRAININGS 2024-2025

Building Hope and Resilience through Trauma-Informed Care

Join us to learn how experiences, including neglect and trauma, affect brain development. Learn about support and services by looking through the lens of "what happened to you" rather than "what's wrong with you."

REGISTER HERE: [WWW.CAREGISTRY.ORG](http://WWW.CAREGISTRY.ORG)

TRAINING HOSTED VIA ZOOM\* FROM 1 PM - 4 PM

- Friday, October 25- Module 1, Part 1
- Friday, November 15- Module 1, Part 2
- Friday, January 24- Module 2, Part 1
- Friday, February 21- Module 2, Part 2
- Friday, March 21- Module 1, Part 1
- Friday, April 18- Module 1, Part 2

For questions contact Irma Zavala

(707) 522-1413 EXT 226

[bridge@sonoma4cs.org](mailto:bridge@sonoma4cs.org)



\*For Zoom link call or email



4Cs of Sonoma County  
131-A Stony Circle, Suite 300  
Santa Rosa, CA 95401  
(707) 544-3077  
[WWW.SONOMA4CS.ORG](http://WWW.SONOMA4CS.ORG)



# ENTRENAMIENTOS DE CUIDADO INFORMADO SOBRE EL TRAUMA 2024-2025

Construyendo Esperanza y Resiliencia A Traves de Cuidado Informado Sobre el Trauma TIC

Acompáñanos a aprender como las experiencias, incluyendo negligencia y trauma afectan el desarrollo del cerebro, así como también maneras en las que ellos pueden tener un plan de apoyo y servicios, asiendo el objetivo de "Algo esta mal contigo." a "Que paso ?"



REGISTRATE AQUI: [WWW.CAREGISTRY.ORG](http://WWW.CAREGISTRY.ORG)

LOS ENTRENAMIENTOS SON POR  
**ZOOM\* FROM 9 AM-12 PM**

Sabado, Octubre 12- Modulo 1, Parte 1

Sabado, Noviembre 9- Modulo 1, Parte 2

Sabado, Enero 11- Modulo 2, Parte 1


Sabado, Febrero 8- Modulo 2, Parte 2

Sabado, Marzo 8- Modulo 1, Parte 1

Sabado, Abril 5- Modilo 1, Parte 2

Para preguntas contacté a Irma Zavala

(707) 522-1413 EXT 226 

[bridge@sonoma4cs.org](mailto:bridge@sonoma4cs.org) 

\*Para la Información de Zoom llame o mande correo electrónico



 4Cs of Sonoma County  
131-A Stony Circle, Suite 300  
Santa Rosa, CA 95401  
(707) 544-3077  
[WWW.SONOMA4CS.ORG](http://WWW.SONOMA4CS.ORG)



**NOTHING ABOUT US  
WITHOUT US!**

# **HOMELESS ACTION!**

**WHERE ARE THE FUNDS BEING SPENT?  
WHEN WILL I BE HOUSED?**

**We want your input!**

**MEETINGS EVERY MONDAY 9:30 AM**

**IN PERSON MEETING 2ND MONDAY OF MONTH AT 1ST METHODIST CHURCH  
1551 MONTGOMERY DRIVE**

other Mondays Zoom id: 840-2191-1354 or  
call (707)907-8108. Victoria

**KNOWLEDGE IS POWER! CIVIL RIGHTS OF THE UNHOUSED!**





North Bay  
**SCIENCE**  
DISCOVERY DAY

A science festival to spark children's wonder and curiosity for science, technology, engineering, and mathematics.

**Over 100 hands-on interactive exhibits in 5 buildings!**

Explore rockets and beehives, robots and bats, forests and hearts, animation, animals, art, and more.

Talk to professional scientists and engineers.



**Saturday**  
**March 8, 2025**  
**10:00 a.m. to 4:00 p.m.**  
**Sonoma County**  
**Fairgrounds**  
**FREE Parking**  
**FREE Admission**

A public education event organized by the  
University of California.



Día de

# Ciencia

en el Norte de la Bahía

Festival de Ciencia para despertar la curiosidad y el fascinación de los niños por la ciencia, la tecnología, la ingeniería y las matemáticas.

**¡Más de 100 exhibiciones interactivas y prácticas en 5 edificios!**

Explora cohetes y colmenas, robots y murciélagos, bosques y corazones, animación, animales, arte y más.

Habla con científicos e ingenieros profesionales.

**Sábado**  
**8 de Marzo, 2025**  
**10:00 a.m. to 4:00 p.m.**

**Terrenos de la Feria de  
Santa Rosa**

**Evento completamente  
GRATIS**

Un evento de educación pública organizado  
por la Universidad de California.

# City Sluggers

An instructional coed t-ball league for youth ages 5-7



Saturday mornings—start time varies by week  
Rincon Valley Community Park (Rick Dr)  
Program runs from 3/1/25 to 5/3/25

## FREE City Sluggers Field Day!

Meet the coaches and try the program before registering  
Saturday 2/22/25 Rincon Valley Community Park 9-11am

### More Youth Sports Activities

- Spring Break All Sports Camp (3/17-3/21): ages 7-13, at Galvin Community Park.
- Soccer Club & Jr Academy: ages 3-4 & 5-6, begins Saturday 3/29 at Finley Community Park.
- Flag Rugby: ages 5-17, begins 6/23 at 'For Pete's Sake Field' at Northwest Community Park.



### TO REGISTER

Visit [srcity.org/sports](http://srcity.org/sports) or call 707.543.3737

Questions? Contact 707.543.4317 | [sports@srcity.org](mailto:sports@srcity.org)

For accessibility information, please call  
707.543.3292 TDD 707.543.3289 (M-F 8am-5pm)



# City Sluggers

Una liga de béisbol instruccional para niños y niñas de edad 5-7



Los sábados por la mañana—tiempo de empezar cambia cada semana  
Parque Comunitario de Rincon Valley (Rick Drive)  
Programa sera de 1 de marzo al 3 de mayo 2025

## Día de campo GRATIS de City Sluggers!

Conozca a los entrenadores y pruebe el programa antes de registrarse  
Sabado 22 de febrero, Parque Comunitario Rincon Valley 9-11am

### Más actividades deportivas para jóvenes


- Campamento de Vacaciones de Primavera Todos los Deportes (17/3-21/3): edades 7-13, at Parque Comunitario Galvin.
- Club de fútbol y academia juvenil: edades 3-4 y 5-6, comienza el sábado 29 de marzo en Parque Comunitario Finley.
- Flag Rugby: edades de 5 a 17 años, comienza el 23 de junio en el 'Campo de For Pete's Sake' en Parque Comunitario Northwest.



### PARA INSCRIBIR

Visite [srcity.org/sports](http://srcity.org/sports) o llame 707.543.3282

¿Preguntas? Contacte 707.543.4317 | [sports@srcity.org](mailto:sports@srcity.org)

Para información accesibilidad, llame a  707.543.3292 TDD 707.543.3289 (L-V 8am-5pm)

