Monthly Community Resources
January 2020

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)565-7803

CSU (Crisis Stabilization Unit – 24 Hours): (707) 565-8181
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.
Sonoma County Behavioral Health Family Education & Support Group

This monthly education and support group is held the 2nd Monday 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.

When:    Monday, January 13th, 2020
         4:00pm to 6:00pm

Where:   2245 Challenger Way, Santa Rosa
         Main Conference Room

Facilitated by:    Questions? Call:
Sid McColley, SCBH   Katie Swan at (707)583-5284
Katie Swan, Buckelew Programs
West County Care & Share

Friday, January 24, 2019
3:00-4:30 PM

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.

Location: O'Reilly Media, Inc., Tarsier Conference Room
1005 Gravenstein Hwy
Sebastopol CA 95472

Facilitated By: Jessica Wolfe and Katie Swan, Buckelew Programs

Questions?
Contact Katie Swan: (707) 583-5284
Petaluma Family and Ally Education and Support Group

When: Thursday, January 9th
4:00pm-5:30pm

Where: First Presbyterian Church
939 B Street
Petaluma, CA 94952

Facilitated by: Katie Swan
Buckelew Programs

Questions? Contact: Katie Swan
(707)583-5284

This meeting is held the 2nd Thursday of every month. Join us in increasing our understanding of the nature of mental illnesses; facilitate supportive dialogue and foster confidence in family members’ and allies’ insights, interventions and coping strategies.
Petaluma Family and Ally Education and Support Group

When: Thursday, January 23rd
3:00pm-4:30pm

Where: 945 Petaluma Blvd North
Petaluma, CA 94952

Facilitated by: Katie Swan
Buckelew Programs

Questions? Contact: Katie Swan
(707)583-5284

This meeting is held the 4th Thursday of every month. Join us in increasing our understanding of the nature of mental illnesses; facilitate supportive dialogue and foster confidence in family members’ and allies’ insights, interventions and coping strategies.
Community Resource Clinic

Every Tuesday, except the 4th Tuesday of the month, from 3:00 to 4:30 PM
2300 North Point Parkway, Santa Rosa, CA 95407
(707) 571-8452

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!

*Due to nature of conversations, this group is open to adults only

If you can’t make it to the drop in clinic, please feel free to call:
Katie Swan,
Team Lead of Family Service Coordination at
(707)583-5284

Follow Family Service Coordination on Facebook!
www.Facebook.com/FamilyServiceCoordination
Petaluma
Community Resource Clinic

Every 2nd Thursday, from 1:00 to 2:30 PM
945 Petaluma Blvd North, Petaluma, CA 95942
(707) 571-8452

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!

*Due to nature of conversations, this group is open to adults only

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Buckelew Programs, Family Service Coordination

Support and Education Groups

**These Groups Are Open To Anyone**

**Community Resource Clinic**
Dates: Every Tuesday except the 4th Tuesday of the month
Hours: 3:00 PM - 4:30 PM
Contact: (707) 571-8452
Location: Buckelew Programs Sonoma, 2300 Northpoint Pkwy, Santa Rosa

**Petaluma Community Resource Clinic**
Dates: Every 2nd Thursday of the month
Hours: 1:00 to 2:30 PM
Contact: (707) 571-8452
Location: 945 Petaluma Blvd North, Petaluma, CA 95942

Any family member or consumer may come to a resource clinic for help with understanding or assistance in accessing services for themselves or their loved one.
**Sonoma County Behavioral Health Family Education & Support Group**

Facilitators: Katie Swan, Buckelew Programs & Sid McColley, SCBH  
Dates: 2nd Monday of Every Month  
Hours: 4:00 PM - 6:00 PM  
Contact: (707) 583-5284 or katies@buckelew.org  
Location: 2245 Challenger Way, Santa Rosa, Main Conference Room

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** (two groups)

Facilitator: Katie Swan, Buckelew Programs  
Contact: (707) 583-5284 or katies@buckelew.org  
Dates: 2nd Thursday of Every Month  
Hours: 4:00 PM - 5:30 PM  
Location: 939 B Street, Petaluma, Frst Presbyterian Church, Fireside Room  

Dates: 4th Thursday of Every Month  
Hours: 3:00 PM-4:30 PM  
Location: 945 Petaluma Blvd North, Petaluma, CA 94952

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**

Facilitators: Katie Swan, Jessica Wolfe, Buckelew Programs  
Dates: 4th Friday of Every Month  
Hours: 3:00 PM - 4:30 PM  
Contact: (707) 583-5284  
Location: 1005 Gravenstein Hwy North, Sebastopol, O'Reilly Media, Inc., Tarsier Conference Room

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.
## Group Schedule for January 2020

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<th>Monday</th>
<th>Tuesday</th>
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<td>12:15-1:10 Ted Talk Group</td>
<td>12:15-1:10 Young at Heart</td>
<td>12:15-1:10 Healing Through Writing</td>
<td>12:15-1:45 Music Jam</td>
<td>12:15-1:10 Career Development</td>
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<td>1:15-2:10 Anxiety Support</td>
<td>1:15-2:10 Self-Advocacy</td>
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<td>1:15-2:10 Visions &amp; Voices</td>
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<td>1:15-2:10 LGBT and Friends</td>
<td>1:15-2:10 Speakers Group</td>
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<td>1:15-2:10 SMART Recovery</td>
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<td>2:15-3:10 SMART Recovery</td>
<td>2:15-3:10 I Am More Than...</td>
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<td>2:15-3:45 Art Group</td>
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<td>Games &amp; More</td>
<td>2:15-3:10 Games &amp; More</td>
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**Notes**

Art Wisdom – Crocheting on **Thursday, January 30th** at 11:15am. RSVP with Naomi Murakami.

New Groups and Times – **Peer Support** added Wednesdays at 11:15am-12:10pm


WE WILL BE CLOSED January 1st and January 20th

**Events**

1/7/2020, Tuesday, **Census Presentation** by DSLC’s Juan Orantes at 12:15pm

1/10/2020, Friday Forum, **CalFresh Benefits** by DSLC’s Juan Orantes at 12:15pm

The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire in contract with Sonoma County Department of Health Services Behavioral Health Division
# January 2020

**Interlink Self-Help Center**

**Group Schedule**

1033 Fourth St., Santa Rosa, CA 95404  
Telephone: 707-546-4481  
FAX: 707-546-4515  
Member Phone: 707-546-1085  
Open: M-T-W-F-S 10:00-3:00 and Thursday 10:00 -2:00

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<td>10:00-2:00</td>
<td>Open Art Studio</td>
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<td>10:15-11:00</td>
<td>Community Meeting</td>
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<td>11:00-11:30</td>
<td>In-Depth Support</td>
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<td>11:00-12:00</td>
<td>Music Group</td>
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<td>12:00-12:30</td>
<td>Resource Group</td>
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<td>12:00-1:00</td>
<td>Art Journaling</td>
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<td>1:00-2:00</td>
<td>Managing Depression/Mania</td>
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<td>Afternoon Check-In</td>
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<td>10:15–10:30</td>
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<td>Intro to Peer Support*</td>
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<td>11:30-12:00</td>
<td>In-Depth Support</td>
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<td>11:30-12:00</td>
<td>Walk</td>
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<td>12:00-1:00</td>
<td>SMART Recovery</td>
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<td>1:00-2:00</td>
<td>Membership Council</td>
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<td>1:15-2:00</td>
<td>Be Well and Enjoy Life</td>
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<td>2:00-2:45</td>
<td>Coping with Anxiety</td>
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<td>In-Depth Support</td>
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<td>11:30-12:00</td>
<td>Mid-Week Festivity**</td>
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<td>12:00-1:00</td>
<td>Seeking Safety</td>
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<td>12:00-12:30</td>
<td>Aprendiendo Juntos</td>
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<td>12:30-1:00</td>
<td>Productive Inspiration***</td>
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<td>Afternoon Check-In</td>
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<td>1:30-2:00</td>
<td>TraumaBusters!</td>
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<td>3:45-4:45</td>
<td>SMART Family and Friends</td>
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<td>Intro to Peer Support*</td>
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<td>12:00-1:00</td>
<td>Expressing Creativity</td>
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<td>In-Depth Support</td>
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<td>Let's Talk About MH</td>
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<td>Afternoon Check-In</td>
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<td>LifeRing</td>
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<td>Client Forum***</td>
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<td>10:45-12:45</td>
<td>Movie</td>
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<td>11:30-1:30</td>
<td>Art Expression</td>
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<td>SMART Recovery</td>
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<td>Taking a Closer Look at MH</td>
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**Tuesday and Thursday**

*January’s Topic: “What is Peer Support?”*

**Wednesday**

**Mid-Week Festivity**

- Game Day 1/8
- Improv Skills 1/15
- Birthday Celebration 1/22
- General Membership 1/29

***Productive Inspiration: 1st and 3rd Wednesdays***

**Forum**

**** New Year, New Decade, New Beginnings

*Please join us as we reflect on the last year and decade and look forward to the upcoming year and opportunities for growth.*

*We have all been through a lot this last year, dealing with fires, evacuations, power shutoffs, budget and housing crises and more. As we look towards the coming year, we plan to celebrate and bolster our resilience and best prepare ourselves for positive growth. Please join us!*

Hosted by: Sean Kelson, Interlink Manager & Sean Bolan, Wellness and Advocacy Center Manager
Groups at Interlink Self-Help Center

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

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

**Art Journaling:** Create your own journal about your past, present, future, goals, things you enjoy. Write, draw, collage, etc.

**Be Well and Enjoy Life:** We talk about different dimensions of living well and finding joy. Topics include emotional and mental well-being, exercise, nutrition, sleep, communication, etc.

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

**Coping With Anxiety:** We talk about different types of anxiety and different ways of coping with it.

**Expressing Creativity:** We explore and utilize the creativity that comes from within us by using themed art projects.

**General Membership Meeting:** Members and staff discuss a wide range of topics, including upcoming activities, concerns, and suggestions for improving the Center.

**In-Depth Support:** Ongoing support groups designed for check-ins, discussion of problems, issues, and personal successes.

**Intro to Peer Support:** Classes with a different focus each month. No need to sign up, no homework, please join us.

**Let's Talk About MH:** A video then open discussion on various topics relating to mental health, well-being and recovery.

**LifeRing:** A secular, abstinence-based group for individuals seeking to live in recovery from addiction to alcohol and/or other non-medically indicated drugs.

**Managing Depression/Mania “Big Feelings”:** A process group with a focus on Bipolar and Depression that seeks to be a non-judgmental, safe space where we can confidentially discuss what is happening in our lives.

**Membership Council:** The Membership Council functions as a liaison between the members and staff, provides program leadership, helps with event planning, conveys concerns, requests, and observations from members, and process suggestions from our suggestion box. They deal with disciplinary issues and recommend follow-up actions to staff.

**Mid-Week festivity:** Join us every week for a different festivity, providing opportunities for us to interact and have fun.

**Monthly Forum:** Open to the general public, often with guest speakers, focused on different topics each month.

**Music Group:** We play music, watch music videos, and sometimes sing. We have some instruments and you can also bring your own.

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

**Productive Inspiration:** Laura Hodge, from the Behavioral Health Coop, brings inspirational presentations and ideas to support us our next steps towards our goals.

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

**Seeking Safety:** An evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance use. It directly addresses both trauma and addiction, without requiring clients to delve into the trauma narrative, thus making it relevant to a very broad range of individuals and easy to implement.

**SMART Family and Friends:** Provides resources, support, and tools for people who are affected by the addictive behavior of someone close to them. It aims to help participants develop more effective coping strategies, increase self-esteem, develop a greater sense of fulfillment. The communication methods help with emotional upset and to establish healthier relationships with loved ones.

**SMART Recovery:** Uses tools based on methods for a variety of addictions. CBT, Motivational Interviewing and REBT are used. SMART Recovery helps those of us seeking recovery to choose what works best.

**Taking a Closer Look at Mental Health:** We discuss a variety of mental health aspects, such as depression, emotional intelligence, stress reduction, and more.

**Trauma Busters:** This is a group for those of us who have experienced traumatic stress. This group focuses on tools and strategies for dealing with traumatic stress. Participants are invited to share tools they find helpful, teach a lesson, and support each other.
Monthly Forum at Interlink Self-Help Center

New Year, New Decade, New Beginnings

Please join us as we reflect on the last year and decade and look forward to the upcoming year and opportunities for growth.

We have all been through a lot this last year, dealing with fires, evacuations, power shutoffs, budget and housing crises and more. As we look towards the coming year, we plan to celebrate and bolster our resilience and best prepare ourselves for positive growth. Please join us!

Hosted by: Sean Kelson, Interlink Manager
Sean Bolan, Wellness and Advocacy Center Manager

Friday, January 24th, 2020
1:00 to 2:30 p.m.
Interlink Self-Help Center
1033 4th Street, Santa Rosa
(707) 546-4481
www.interlinkselfhelpcenter.org

This forum is open to the adult general public. Please join the conversation!

Sponsored by Sonoma County Department of Health Services, Behavioral Health Division. Interlink Self-Help Center is consumer operated & funded by the Sonoma County Behavioral Health Division operated by Goodwill - Redwood Empire
Interlink Presents:
Introduction to Peer Support

January’s Topic:
“What is Peer Support?”

Tuesdays and Thursdays from 10:30 am to 11:30 am
at Interlink Self-Help Center

Introduction to Peer Support are being offered at Interlink Self-Help Center utilizing 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.

Topics will include:

- Communication Skills
- Listening Skills
- Coping Skills
- Co-dependency, Boundaries and Re-parenting Skills
- Co-Occurring Challenges
- Recovery Issues
- Goal Setting
- Peer Self-Advocacy

For further information:
(707) 546-4481

Sign up in advance, or just show up - all Interlink members are welcome!
### January 2019

**Petaluma Peer Recovery Center**

**Theme:** "Communication in Social Situations"

<table>
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<th>MONDAY</th>
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<td>Positive Thinking</td>
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<td>TED Talk Series</td>
<td>Calming Our Anxiety</td>
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**Special Events January 2019**
- Closed Wednesday January 1st New Year’s Day
- Wednesday January 8th and 22nd (Second and Fourth Wed) 10:30am – 11:30am Depression Bipolar Support
- January 15th and 27th GIRE COOP with Laura Hodge 11:30am – 1:00pm
- Monday January 27th 10:30am – 2:30pm Pizza Party and Table Games
- See reverse side for opportunities for you to have your voice heard by Board of Supervisors and Mental Health Board

**Contact Information**
5350 Old Redwood Hwy.
Suite 600 (Off Redwood Way)
Petaluma, CA 94954
(707) 565-1299
Carol West cwest@gire.org
petalumaprp.wordpress.com

**OPEN**
10 AM – 3 PM
MONDAY
WEDNESDAY
THURSDAY

*Updated 12.2.2019*
Advocacy: “Nothing About Us Without Us” -Peer, Self, and Beyond: A discussion about mental health legislation, patient’s rights, constitutional rights, grassroots movements, the peer community, and more.

Boundaries: Learn how to establish, communicate and honor your personal boundaries

Calming Our Anxiety: We come together to understand anxiety, discuss a spectrum of anxious feelings and explore many different ways to diffuse extreme unease.

Emotional Balance: Learn to cope with the emotional roller coaster of life. Support and skills group

Goal Setting: In a fun, supportive and non-judgmental atmosphere, join us to look at our life goals and choose one to break down into Specific, Measurable, Achievable, Realistic and Time sensitive (SMART) goals

Health, Wealth, & Happiness: The impact of building positive mind body connections

Living Our Full Potential: Work together to find ways to personal fulfilment; explore new hobbies, volunteering or a path to going back to work...what would you do if you were not afraid?

Music/Jam Session: No experience necessary, just a willingness to have fun in a creative and healing way! We have a keyboard, guitar and a number of drums at PPRC. You are welcome to bring your own drum or other small instrument.

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through paint, sketching, & more. Explore through creativity. Many mediums are available.

Peer Support: Mutually respectful, intentional, active listening, positive, forward looking support.

Positive Thinking: Yes we know, easier said than done...come and learn how

Round Table Discussion: (This month’s topic: Friendship) Join us at the round table to participate in peer support, open communication, connection building, current events discussions, sharing ideas, sharing stories, and more

Self-Care/ Morning Stretch: Take steps towards being your best self includes discussion about nutrition choices and gentle movement to help us feel more flexible and get muscles moving

Spirituality in Recovery: A safe, non-judgmental, open space to discuss our personal spiritual practices, how they may help us overcome recovery challenges and share personal experiences that spirituality brings into our lives.

TED Talk Series: We explore TED Talks within the mental health and recovery themes, with discussion to follow.

Opportunities For You To Have Your Voice Heard (Please check websites for dates and times)

- Sonoma County Peer Council website or email sonomacountypeercouncil@gmail.com (707) 481-7965
- ‘Peer Voices Now’ Newsletter for and by people with mental health challenges Kate Raben (707) 483-7425
- Board of Supervisors, 575 Administration Drive Room 102A, Santa Rosa, CA 95403 Board of Supervisors Chambers 575 Administration Drive 102A
- Mental Health Board, Executive Committee Meeting First Wednesday 2227 Capriorn Way Second Floor Suite 215, Galaxy Conference Room, Santa Rosa, CA 95407
- Mental Health Board Meeting: Third Tuesday 5:00 - 7:00 PM
- MHS Advisory Committee
- MHS Stakeholder Meeting Contact: Melissa LaRoch Melissa.LaRoch@sonoma-county.org
- Mental Health Services Act Newsletter - September 2019 (PDF: 960 Kb)
- Peer Action League https://petalumapep.wordpress.com/peer-action-league/

Our Center is open and available to individuals that are 18+ and identify as having a lived experience of a mental health challenge. No diagnoses or prescriptions necessary; however, we do wish to support members in fostering an environment focused on wellness and recovery.
The Co-op

The Behavioral Health Co-op has successfully assisted persons with mental health challenges meet their employment goals for over 20 years. The Co-op uses pre-employment readiness classes, employment services and provides 90 days of on or off-site job support related to personnel issues, change in job duties or job performance.

January 2020

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**GIRE OFFICES CLOSED January 1st & January 20th**

For more information contact:

Sonoma County Behavioral Health Division
2245 Challenger Way, Santa Rosa, Ca 95407
Vocational Support Specialist- (707) 565-4752
Department of Rehabilitation
50 D Street, Suite 425
Santa Rosa, Ca 95404- (707) 576-2233
Goodwill- Redwood Empire
651 Yolanda Ave.
Santa Rosa, Ca 95404- (707) 523-0550 x263/205

Life's most persistent and urgent question is, 'What are you doing for others?' -Martin Luther King, Jr.

Productive Inspirations by Laura Hodge

Motivational presentations and ideas to support us in our next steps towards our goals. Please join us at any of the following:

**The Wellness Center, 2245 Challenger Way, SR**
12:15pm-1:15pm

**January 2nd, January 16th & January 30th**

**Interlink Self-help Center, 1033 4th St. SR**
12:30pm-1:30pm, January 8th & January 22nd

**Outreach by Laura Hodge at the Petaluma**

Peer Recovery Center, 5350 Old Redwood Hwy, Petaluma
11:30am-1:00pm January 13th & January 27th

Additionally, Outreach at the Vet Connection located at the Veteran’s Memorial Hall, SR 9:30am-11:00am, January 7th & January 21st

If you would like Laura Hodge to speak at additional events, please reach out to her at (707)523-0550 x205

**Co-op Connection for Co-op Consumers Wednesdays, 10:15am-11:45am**

**Held by Heather Jerde & Laura Hodge**
Santa Rosa:
Catholic Charities
Samuel L. Jones Hall/Shelter
4020 Finley Ave
Santa Rosa, CA 95407

Catholic Charities
The Palms Inn
3345 Santa Rosa Ave.
Santa Rosa, CA 95407

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

Redwood Gospel Mission
101 6th Street
Santa Rosa, CA 95401

Windsor:
Windsor Presbyterian Church
251 Windsor River Road
Windsor, CA 95492

Sonoma:
La Luz Center
17560 Greger Street
Sonoma, CA 95476

Mobile Health Clinic Schedule

Horario De
La Clinica Movil

1450 Medical Center Dr.
Rohnert Park, CA 94928
707-547-4612
707-522-1279 Fax
Health.Mobile@stjoe.org
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| First come first serve basis; Arrive early, space fills up quickly! | Las personas se atienden en orden como van llegando. Las citas se llenan rápido! Venga al principio de la clínica. Donaciones aceptadas. Si tiene preguntas favor llamar 707 547-4612 | 1 HAPPY NEW YEAR FELIZ ANO NUEVO       | 2 Santa Rosa  
Resurrection Parish    
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Santa Rosa  
Samuel Jones Hall    
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No Service Today  
Dia Administrativo  
No Servicio Hoy | 17 **June** Sonoma  
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La Luz Center    
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Presbyterian Church  
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11:30 AM- 1:30PM | **June** Sonoma  
La Luz Center    
9:00AM -1:30PM |
FIRST THURSDAYS AT THE MARIN COUNTY LAW LIBRARY
FEBRUARY 6, 2019
6:00-7:00 P.M.

Kara Connors, Community Outreach and Education Coordinator, will present information about building a safe community for individuals in distress.

Participants will gain increased general knowledge about suicide and an ability to respond to someone at risk for suicide with specific basic suicide intervention skills.

Question and answer session immediately following.

Buckelew Programs helps people with behavioral health challenges lead healthier, more independent lives by providing treatment and support services tailored to their unique needs, encouraging the active partnership of loved ones and other supporters.

No reservations necessary.

Believing in the power of partnerships to improve overall community health, Kara Connors, MPH is the Community Outreach and Education Coordinator for Suicide Prevention at Buckelew Programs. She is a trained public health professional and is a member of the American Association of Suicidology Public Health Committee and Co-Chair of the AAS School/Education Task Force. She has received additional training by the Society for the Prevention of Teen Suicide and has completed Living Work’s ASIST and SafeTalk training.

MARIN COUNTY LAW LIBRARY
20 N. San Pedro Road, Suite 2007
San Rafael, CA 94903
(415) 472-3733 | lawlibsb@sonic.net | marincountylawlibrary.org
LOOKING FOR SHELTER & HOUSING SERVICES?

Sonoma County Coordinated Entry System

Sonoma County Coordinated Entry is a “no wrong door” approach for families and individuals experiencing homelessness to access emergency shelter and housing resources. It aims to streamline the process to qualify for shelter and housing programs. These include Rapid Rehousing, Transitional Housing, Emergency Shelter and Permanent Supportive Housing units throughout the county.

Call the Coordinated Entry System at 1-866-542-5480 (M-F, 9am-5pm) or email ce@srcharities.org

**Homeless Services Center (Individuals)**
600 Morgan Street, Santa Rosa, CA 95401
Mondays and Wednesdays, 8:00am-10:00am (excluding holidays)

**Mary Isaak Center**
900 Hopper Street, Petaluma, CA 94952
Mondays, 1pm-4pm (excluding holidays)

**Social Advocates for Youth (Ages 18-24)**
Dream Center 2447 Summerfield Rd Santa Rosa, CA 95405
Tuesdays and Fridays, 12:00pm-5:00pm (excluding holidays)

**Family Justice Center Victims Services**
Santa Rosa, * Contact (707) 565-8260
*(by appointment only—call to schedule)*

**Sonoma Valley Community Health Center**
19270 Sonoma Hwy, Sonoma, CA 95476
1st & 3rd Fridays, 11am-1pm (excluding holidays)

**Family Support Center (Families)**
465 A Street, Santa Rosa, CA 95401
Tuesdays and Wednesdays, 1:00pm to 3:00pm (excluding holidays)

**Face 2 Face**
873 2nd Street, Santa Rosa, CA 95404
Make an appointment, call (707) 544-1581
Or walk in anytime to request an appointment

**North Bay Veteran’s Resource Center**
444 10th Street, Ste 102, Santa Rosa, CA 95401
Tuesdays and Thursdays (excluding holidays)
10am-12pm and 1pm-3pm
Or call for an appointment, (707) 578-8387

**The Living Room (Women & Women w/ Children)**
1207 Cleveland Ave, Santa Rosa, CA 95401
1st & 3rd Tuesday of the month 1:00pm to 3:00pm (excluding holidays)

**Russian River Health Center**
16319 3rd St, Guerneville, CA 95446
Call to make an appointment, (707) 869-2849

**Community Support Network**
Sanctuary House (Transition Aged Youth with trauma and/or behavioral health challenges)
Call for appointment, (707) 799-0429

**Community Support Network**
Stony Point Commons (Individuals with serious behavioral health challenges)
Call for appointment, (707) 543-7087

**SRJC Student Resource Center**
Bertolini Student Center, 1st Floor, Room 4657
Monday-Thursday, 8am-4pm (Closed Fridays, holidays and school holidays)
By appointment only, (ask for appointment at reception desk) or call SRJC Student Resources (707)522-2638

Updated 12/17/2019
Vet Connect (Veterans)
Santa Rosa Veterans Memorial Building
1351 Maple Ave, Santa Rosa, CA 95404
Tuesdays, 9am-11am

TLC Children and Family Services (18-24)
Transitional Housing Program (THP)
821 Mendocino Ave., Santa Rosa, CA 95401
Mondays and Thursdays, 12:00pm-3:00pm

Family Youth and Children’s Services (FY&C)
Santa Rosa, *Contact (707) 546-7907
*(by appointment only—call to schedule)

Interfaith Shelter Network (IFSN)
The Haven
151 First Street West, Sonoma, CA 95476
Tuesdays and Thursdays, 10:00am-1:00pm

Interfaith Shelter Network (IFSN)
Probation Department
630 Administration Dr, #104J, Santa Rosa, CA 95403
Tuesdays, 9:00am-12:00pm

St. Peter’s Church
491 S. Franklin St, Cloverdale, CA 95425
Tuesdays, 9:00am-11:00am (excluding holidays)

Occidental Area Health Center
3802 Main St., Occidental, CA 95465
Call to make an appointment (707) 874-2444

Gravenstein Community Health Center
652 Petaluma Ave, Suite H, Sebastopol, CA 95477
Call to make an appointment, (707) 823-3166

VA Clinic (Veterans)
3841 Brickway Blvd, Santa Rosa, CA 95403
Call to make an appointment (707) 815-4308

Reach for Home
443 Hudson Street, Healdsburg CA 95448
Mon-Friday, 8:30am-3:30pm
Call for appointment, (707)433-6161

Time/location not work?
Call a CE Service Navigator to set up an appointment over the phone or in person (M-F, 9am-5pm)
Adriana Torres 707-800-5771 Kaitlin Carney 707-791-8968 Maria Velez 707-755-0817
Troy Jordan 707-800-5732 Stephanie Smith 707-890-0151 Lulu Molina 707-890-0126

Community and Fire Recovery: 833-513-6977 getfirehelp@srcharities.org
BUSCANDO REFUGIO Y SERVICIOS DE VIVIENDA?

Sistema de entrada coordinado del Condado de Sonoma:
El CE del Condado de Sonoma es un programa de "ninguna puerta incorrecta" para las familias y los individuos que se encuentran sin hogar para poder tener acceso a refugio de emergencia y recursos de vivienda. El CE del Condado de Sonoma tiene como objetivo racionalizar el proceso, si usted califica para programas podemos proporcionar referencias a esos programas. Estos incluyen referencias a Mudarse Rápido, Vivienda Transitoria, Refugio de Emergencia y unidades de vivienda de apoyo permanente en todo el condado. La ubicación, contactos y horario está a continuación.
Adicionalmente, puede llamar al sistema de entrada coordinado al 1-866-542-5480 o enviar un correo electrónico a CE@srcharities.org.

Centro de Servicio para personas sin hogar
(Sólo Individuos)
600 Morgan Street, Santa Rosa, CA 95401
Lunes y Miercoles, 8:00am-10:00am
(excluyendo días festivos)

El Centro Mary Isak
900 Hopper Street, Petaluma, CA 94952
Lunes, 1pm-4pm (excluyendo días festivos)

Defensores Sociales de Jovenes-SAY (18-24 años)
(Juventud de le edad de transición) Dream Center
2447 Summerfield Road Santa Rosa, CA 95405
Martes y Viernes, 12:00pm-5:00pm

Centro de Justicia Familiar - Servicios de Victimas
Santa Rosa, *(707) 555-8260
*(solo con cita previa)

Centro de Salud Comunitario del Valle de Sonoma
19270 Sonoma Hwy, Sonoma, CA 95476
Cada primer y tercer Viernes del mes,
11am-1pm (excluyendo días festivos)

Centro de Apoyo Familiar (Sólo Familias)
465 A Street, Santa Rosa, CA 95401
Martes y Miercoles, 1:00pm to 3:00pm
(excluyendo días festivos)

Centro de Recursos para Veteranos
del Norte de la Bahía
444 10th Street, St 102, Santa Rosa, CA 95401
Martes y Jueves 10:00am-12:00pm y 1:00pm-3:00pm
O llame para una cita, (707) 578-8387

La Sala De Estar
1207 Cleveland Ave, Santa Rosa, CA 95401
Cada primer y tercer martes del mes
1:00pm-3:00pm (excluyendo días festivos)

Centro de Salud del Río Ruso
16319 3rd Street, Guerneville, CA 95446
Llame para una cita, (707) 869-2849

Red de Apoyo Comunitario
Sanctuary House (Jovenes en edad de transito con trauma y/o problemas de salud de comportamiento)
Llame para una cita, (707) 799-0429

Red de Apoyo Comunitario
Stony Point Commons (Individuos con graves problemas de salud del comportamiento)
Llame para una cita, (707) 543-7087

Cara a Cara
873 2nd Street, Santa Rosa, CA 95403
Entrar/Llamar para hacer una cita
(707) 544-1581

Actualizado 12/17/2019
BUSCANDO REFUGIO Y SERVICIOS DE VIVIENDA?

SRJC Centro de Recursos Estudiantiles
Bertolini Student Center, 1st Floor, Room 4657
Lunes a Jueves, 8am-4pm
(cerrado los Viernes, días festivos y vacaciones escolares)
Solo con cita llama a recursos para estudiantes al
(707) 522-2638

Conexión de Veteranos (Veteranos)
Edificio conmemorativo de veteranos de Santa Rosa
1351 Maple Ave, Santa Rosa, CA 95404
Martes, 9:00am-11:00am

Iglesia de San Pedro
491 S. Franklin St, Cloverdale, CA 95425
Martes 9:00am-11:00am
(excluyendo días festivos)

TLC niños y Familias (18-24)
Programa de vivienda de transición (THP)
821 Mendocino Ave., Santa Rosa, CA 95401
Lunes y Jueves, 12:00pm-3:00pm

Centro de Salud de la Comunidad de Gravenstein
652 Petaluma Ave, Ste H, Sebastopol, CA 95472
Llame para una cita, (707) 823-3166

Centro de Salud de Occidental
3802 Main St., Occidental, CA 95465
Llame para una cita, (707) 874-2444

Servicios para Familia, Jóvenes y Niños (FY&C)
Santa Rosa, * (707)546-7907
*(solo con cita previa)

VA Clinic (Veteranos)
3841 Brickway Blvd, Santa Rosa, CA 95403
Llame para cita, (707) 815-4308

Interfaith Shelter Network (IFSN)
The Haven
151 First Street West, Sonoma, CA 95476
Martes y Jueves, 10:00am-1:30pm

Alcance para el Hogar
443 Hudson Street, Healdsburg, CA 95448
Lunes- Viernes, 8:30am-3:30pm
Llame para cita, (707) 433-6161

Hora/Ubicacion no funciona? Habla con un navegador de servicio CE para hacer una cita Telefónica o en persona. (M -F, 9am-5pm)

Adriana Torres 707-800-5771 Kaitlin Carney 707-791-8968 Maria Velez-707-755-0817
Troy Jordan 707-800-5732 Stephanie Smith 707-890-0151 Lulu Mollina 707-890-0126

recuperacion de comunidad y incendios: 833-513-6977 getfirehelp@srcharities.org

Catholic Charities
of the Diocese of Santa Rosa
CSN
Reach for Home
SAY
West County Community Services
The Living Room
COTS
Community Support Network
Housing for People, Skills for Life.
www.reachforsolutions.org
AMERICA’S POVERTY FIGHTING NETWORK
Hospice by the Bay
Community Grief Support Groups

Sonoma County • Winter 2020

Losing someone is hard. Finding help is easier than you think.

When you hear “grief support group,” do you tell yourself you don’t need therapy, you won’t like it, or that it will be awkward sharing your feelings with strangers? Well, you’re not alone. But the reality is very different. Each of our counselor-led support groups are designed to help you connect with others, express your grief in a safe environment and show you ways you can begin to heal.

Drop-in Adult Grief Support
• Wednesdays, ongoing, Noon—1 p.m.
Want to see what grief support is all about, without the multi-week commitment? Then this ongoing group is ideal—all you have to do is show up.
FREE. No registration required. Please be on time.

Resiliency & Grief
• Friday, Feb. 7, 1–2 p.m.
Traumatic grief or loss can take us on an emotional roller coaster ride. Learn how trauma affects us and how to reset the nervous system to develop lasting resiliency after the death of a loved one.
FREE. Pre-register by Feb 1.

What Now? Practical Tools for the Newly Bereaved
• Tuesday, Feb. 25, 11 a.m.—Noon
The loss of a loved one can have a profound impact on our day-to-day lives. Join us for this one-hour class to receive practical tools, ideas and coping suggestions.
FREE. Pre-register by Feb. 16.

For groups requiring pre-registration, call (707) 931.7299.

Horse Power: Healing Teen Grief
• Saturdays, March 14–April 18, 3–4:30 p.m.
Under the guidance of a certified Equine Assisted Learning instructor from Halleck Creek Ranch in Nicasio and a Hospice by the Bay grief counselor, teens interact with horses in ways that promote trust, patience and self-confidence. No previous horse experience necessary.
6 sessions. Fee $150*. Telephone intake and completion of enrollment packet required by Mar. 6.

Coping with the Loss of a Loved One
• Tuesdays, March 17–May 5, 1–2:30 p.m.
Losing someone can affect many aspects of life. In this 8-week group, experience the support of others, share your grief and develop strategies for coping with your loss.
8 sessions. Fee $185*. Pre-registration and telephone intake required by March 10.

By the Bay Camp® for Grieving Children & Teens
• Friday–Sunday, August 7–9
Join us for this year’s weekend retreat for ages 7–17. This exciting program features icebreakers, age-based support groups, and camp fun such as games, crafts, a ropes course, archery and swimming.
FREE. Online applications available Mar. 16.

Counseling Office location: 922 First Street West, Sonoma
Hospice by the Bay Main Office • 355 West Napa Street, Suite B, Sonoma (707) 931.7299
www.hospicebythebay.org • griefsupport@httb.org
All support groups are available to the community at large, as well as individual and family counseling.
*A sliding-fee scale is available for those who qualify. For family members of patients who received Hospice by the Bay’s care, the fee for one group series is waived during the first 13 months after the loss. Donations gratefully accepted.
Lawyers in the Library

- Sonoma County Library offers free legal information and referrals, in partnership with the Sonoma County Law Library and the Sonoma County Bar Association.
- Sonoma County Library is pleased to host "Lawyers in the Library," a program providing free legal information and referrals, in partnership with the Sonoma County Law Library and the Sonoma County Bar Association.
- Local attorneys will offer free legal information and referral. These lawyer consultations will last up to 20 minutes. The consultations will take place at the Sonoma County Public Library and the Sonoma County Law Library on a rotating basis.
- The program is a partnership between the Sonoma County Public Library, the Sonoma County Law Library, and the Sonoma County Bar Association and is staffed by volunteer attorneys. These attorneys should not be considered as personal lawyers. You will be required to sign a waiver before speaking to an attorney that states that no attorney-client relationship is being created with this free service.
- No appointment is necessary. Sign-ups are first come, first served and begin 30 minutes before the program start time.
- No language translation services are offered by library staff. Participants bring their own interpreters. And, participants may bring support persons, family members or other affiliation groups to see the attorney all together.

Dates And Locations
Monday, January 13, 2020:  5:00-7:00pm Sonoma County Law Library
Monday, February 10, 2020:  6:00-8:00pm Sonoma Valley Regional Library
Monday, March 9, 2020:  5:00-7:00pm Sonoma County Law Library
Monday, April 13, 2020:  6:00-8:00pm Rincon Valley Library
Monday, May 11, 2020:  5:00-7:00pm Sonoma County Law Library
Monday, June 8, 2020:  6:00-8:00pm Guerneville Regional Library
Monday, July 13, 2020:  5:00-7:00pm Sonoma County Law Library
Monday, August 10, 2020:  6:00-8:00pm Central Santa Rosa Library
Monday, September 14, 2020:  5:00 7:00pm Sonoma County Law Library
Monday, October 12, 2020:  6:00-8:00pm Roseland Community Library
Monday, November 9, 2020:  5:00-7:00pm Sonoma County Law Library
Monday, December 14, 2020:  6:00-8:00pm Petaluma Regional Library

Website: sonomalibrary.org/events/programs/lawyers-in-the-library
Sonoma County Winter Shelters are open from Dec 1, 2019 - Mar. 31, 2020. Up to 184 beds provided by nonprofits help to protect people from the year's harshest weather. Beds are available on a first-come, first-served basis, with several locations offering wraparound services. For more information, please visit [http://sonomacounty.ca.gov/CDC/Homeless-Services/Emergency-Shelters/](http://sonomacounty.ca.gov/CDC/Homeless-Services/Emergency-Shelters/)

**CATHOLIC CHARITIES**

**FAMILY SUPPORT CENTER - 12 BEDS**
Families with minor children only
11/1-3/31, 8:00 PM - 6:00 AM
465 A St. Santa Rosa, CA

**HOMELESS SERVICES CENTER**
Hot showers & Coordinated Entry
11/1-3/31, M,T,W,F, 6-11 AM & 1-5:30 PM
600 Morgan St. Santa Rosa, CA

**COORDINATED ENTRY**
(866) 542-5480

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**REDWOOD GOSPEL MISSION - 40 BEDS**
10/1 - 4/30, 5:00 PM - 7:00 AM
Entertaining Angels
Nomadic Shelter Program
101 6th St. Santa Rosa, CA
(707) 542-4817

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**SOCIAL ADVOCATES FOR YOUTH - 15 BEDS**
12/1 - 3/31, 7:00 PM - 8:00 AM
Dream Center Emergency Shelter
2447 Summerfield Rd. Santa Rosa, CA
Youth Crisis Line: (888) 729-0012
*For youth ages 18-24 yrs. only

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**REACH FOR HOME - 30 BEDS**
Open when temperature falls below 32F
5:30 PM - 7:00 AM
St. Paul's Episcopal Church
209 W Matheson St. Healdsburg, CA
(707) 433-6161

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**WEST COUNTY COMM. SERVICES - 40 BEDS**
12/1 - 3/31/19, 5:00 PM - 7:00 AM
Winter Shelter at Guerneville Veterans Memorial Building
16255 First St. & Church St.
Guerneville, CA
(707) 823-1640 x 115

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**SONOMA OVERNIGHT SUPPORT - 15 BEDS**
12/1 - 3/31, 7:00 PM - 8:30 AM
The Haven (transport to Sonoma Alliance Church)
Sonoma Alliance Church
151 First Street W. Sonoma, CA
(707) 939-6777

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**COTS - 32 BEDS**
12/1 - 3/30, 5:00 PM - 9:00 AM
Mary Isaak Center Emergency Shelter
900 Hopper St. Petaluma CA
(707) 765-6530 x 120
REFUGIOS DE INVIERNO

Diciembre 2019 - Marzo 2020

Los refugios del Condado de Sonoma estarán abiertos del 1 de Diciembre 2019 al 30 de Marzo 2020. Hasta 184 camas son provistas por negocios sin fines de lucro para ayudar a proteger a las personas del clima más severo del año. Las camas están disponibles a quienes lleguen primero con servicios en varias localizaciones. Para más información, visite sonomacounty.ca.gov/CDC/Homeless-Services/Emergency-Shelters.

CATHOLIC CHARITIES

CENTRO DE AYUDA FAMILIAR - 12 CAMAS
Para familias Con Menores
11/1-3/31, 8:00 PM - 6:00 AM
465 A St. Santa Rosa, CA

CENTRO DE SERVICIOS SIN HOGAR
Baños y Coordinacion de Entrada
11/1-3-31, M-F, 6-11 AM & 1-5:30 PM
600 Morgan St. Santa Rosa, CA

COORDINACION DE ENTRADA
(866) 542-5480

REDWOOD GOSPEL MISSION - 40 CAMAS
10/1 - 4/30, 5:00 PM - 7:00 AM
Programa de Refugio Nómada
101 6th St. Santa Rosa, CA
(707) 542-4817

DEFENSORES SOCIALES PARA MENORES
-15 CAMAS 12/1 - 3/31, 7:00 PM - 8:00 AM
Dream Center Refugio de Emergencia
2447 Summerfield Rd. Santa Rosa, CA
Youth Crisis Line: (888) 729-0012
*Jóvenes de Edades 18-24 años

REACH FOR HOME - 30 CAMAS
Abierto cuando baja la temperatura por debajo de 32F, 5:30 PM - 7:00 AM
Iglesia episcopal de St. Paul
209 W Matheson St.
Healdsburg, CA
(707) 433-6161

WEST COUNTY COMM. SERVICES - 40 BEDS
12/1 - 3/31/19, 5:00 PM - 7:00 AM
Refugio de Invierno en Edificio Guerneville Veterans Memorial
16255 First St. & Church St. Guerneville,
CA (707) 823-1640 x 115

APOYO PARA LA NOCHE SONOMA - 15 CAMAS 12/1 - 3/31, 7:00 PM - 8:30 AM
The Haven
(transporte a Iglesia Sonoma Alliance
151 First Street W. Sonoma, CA
(707) 939-6777

COTS - 32 CAMAS
12/1 - 3/30, 5:00 PM - 9:00 AM
Refugio de emergencia del centro de Mary Isaak
900 Hopper St. Petaluma, CA
(707) 765-6530 x 120
Healthy Habits Start Here

90 Days to Wellness
At the Sonoma County Family YMCA

Starting and sustaining healthy living habits can be challenging. You don’t have to go it alone!

In 90 Days to Wellness, you decide what wellness means to you, and we help you get there, through sustainable goal setting and the support of a group.

- Meet twice a week for 90 days.
- Mondays, we have a group exercise class catered just for this group.
- Wednesdays, we explore topics such as goal setting, safe exercise principles, nutrition, and stress management.
- Discussions are led by trained health and lifestyle coaches and a Registered Dietician.

90 Days to Wellness is a great first step for anyone looking to live a healthier lifestyle.

INFORMATION MEETING:
Jan. 8th at 6pm
Accounting Office Conf. Room 1101 College Ave., 2nd floor. (Register in membership office)

PROGRAM DATES:
Jan. 15 – Apr. 8
Mon. & Weds. 6-7pm

COST:
$120 Members
$145 Program Members
$175 Non-Members
(program member & non-member rate includes 3 month membership to the Y)
Financial assistance available

CONTACT:
Nicole Martinovich
Healthy Initiatives Coordinator
nmartinovich@scymca.org
707-545-9622, ext. 3412