



Monthly Community Resources  
**January 2024**

Buckelew Programs Sonoma  
Family Service Coordination  
2235 Mercury Way, Suite 107  
Santa Rosa, CA 95407  
(707) 571-8452

## Useful Phone Numbers

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**Access Team:** \_\_\_\_\_ (707)565-6900

The Access Team initiates services for Sonoma County Behavioral Health, Community Mental Health Centers and the Older Adult Team.

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

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

**CSU (Crisis Stabilization Unit – 24 Hours):** \_\_\_\_\_ (707)576-8181

Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week

**Human Services (General Assistance, Food Stamps, Medi-Cal):** \_\_\_\_\_ (707)565-2715

Human Services provides benefits for those in need, and strives to protect and improve the well-being of individuals and families.

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

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

**Interlink Self Help Center:** \_\_\_\_\_ (707)546-4481

Interlink Self-Help Center is open to all community members 18 years of age and over, they offer support for self-directed mental health recovery, and wellness.

**Information and Referral Search:** \_\_\_\_\_ 211

Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

**NAMI Warmline:** \_\_\_\_\_ (866)960-6264

The NAMi Warmline is available Monday through Friday 9am-5pm. Speak with a trained ally, develop a plan, get resources and find a path towards recovery.

**Petaluma Peer Recovery Center:** \_\_\_\_\_ (707)565-1299

Petaluma Peer Recovery Project runs Monday, Wednesday and Thursday 10am-3pm.

**Russian River Empowerment Center:** \_\_\_\_\_ (707)823-1604 Ext. 207

Russian River Empowerment Center is available to adults Monday through Friday 11:30am-4:30pm. They offer counseling, support, crisis management, variety of workshops etc.

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

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

**SOS Community Counseling Center:** \_\_\_\_\_ (707)284-3444

Provides counseling services in Sonoma County to individuals, couples, families, and youth both in schools and community clinics.

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

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

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

**Verity (Crisis Line):** \_\_\_\_\_ (707)545-7273

Crisis line and support for victims of sexual assault

**Wellness and Advocacy Center:** \_\_\_\_\_ (707)565-7800

Wellness and Advocacy Center is self-help, drop-in center for people with mental health challenges in Sonoma County. They offer various resources, peer programs, support groups, art and computer workshops etc.



# Family Service Coordination Team

## January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Bilingual Community Resource Clinic 3-4:30pm	3	4	5	6
7	8 SCBH Family Support & Education Group 4-6pm	9 Bilingual Community Resource Clinic 3-4:30pm	10 S.O.S: Allies for Hope 7-8:30	11	12	13
14	15	16 Bilingual Community Resource Clinic 3-4:30pm	17	18 Grupo de Apoyo y Educación Para Familiares 4-5:30pm	19	20
21	22	23 Bilingual Community Resource Clinic 3-4:30pm	24 S.O.S: Allies for Hope 7-8:30	25 Supporters of Young Folks 3-4:30pm	26	27
28	29	30 Bilingual Community Resource Clinic 3-4:30pm	31			

**\*\*These Groups Are Open To Supporters\*\*** **Los grupos son para las personas que apoyan a seres queridos\*\***

**Sonoma County Behavioral Health Family Education &**

**Support Group**

2nd Monday of Every Month

4:00 PM - 6:00 PM

Zoom

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

**Grupo de Apoyo y Educación Para Familiares**

Tercer Jueves de Cada Mes

4:00 PM - 5:30 PM

Zoom

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

**Supporters of Young Folks**

4th Thursday of Every Month

3:00 PM-4:30 PM

Zoom

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

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

**Buckelew Office line: 707-571-8452**

**Jennifer Vargas (She/Her/Ella): Family Service Coordinator**

**Work Cell: 707-292-3289 Email: JenniferV@Buckelew.org**

**Meghan Murphy (She/Her): Program Manager, Family Service Coordination**

**Work Cell: 707-787-0294 Email: MeghanM@Buckelew.org**



## Bilingual Community Resource Clinic | Clinica Bilingue de Recursos Comunitarios

**\*Open to Anyone Interested\***

Every Tuesday | Cada Martes

3:00 PM - 4:30 PM

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

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

**For ZOOM Info call | Para información de ZOOM llame al: 707-571-8452**

### **SOS: Allies For Hope**

2nd and 4th Wednesday of every month, 7-8:30 pm ZOOM.

Non-clinical peer-to-peer group, we share strategies and skills for coping with the complex issues surrounding the loss of a loved one to suicide as well as the feelings that accompany such a loss.

**For Zoom info [SOSinfo@Buckelew.org](mailto:SOSinfo@Buckelew.org) or 415.444.6000.**

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

**Buckelew Office line: 707-571-8452**

**Jennifer Vargas (She/Her/Ella): Family Service Coordinator**

**Work Cell: 707-292-3289 Email: [JenniferV@Buckelew.org](mailto:JenniferV@Buckelew.org)**

**Meghan Murphy (She/Her): Program Manager, Family Service Coordination**

**Work Cell: 707-787-0294 Email: [MeghanM@Buckelew.org](mailto:MeghanM@Buckelew.org)**



# Family Service Coordination Team

## Bilingual Community Resource Clinic

When: Tuesdays

3:00pm-4:30pm

Where: Zoom - Meeting ID: 651 932 9868

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

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Questions? Contact the Family Service Coordination team:

FSC Office Line 707-571-8452

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



# Equipo de Servicios Familiares

## Clinica Bilingue de Recursos Comunitarios

Cuando: Cada Martes

3:00pm-4:30pm

Donde: Zoom - ID de reunion: 651 932 9868

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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.

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Preguntas? Contacte al Equipo de Servicios Familiares:

JenniferV@Buckelew.org 707-292-3289 (se habla Español)

MeghanM@Buckelew.org 707-787-0294



# Family Service Coordination Team Sonoma County Behavioral Health Family Support & Education Group

When: Monday, January 8th

4:00pm-6:00pm

Where: Zoom

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

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Questions? Contact the Family Service Coordination team:

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289





# Equipo de Servicios Familiares

## Grupo de Apoyo y Educación Para Familiares

Cuando: Jueves, Enero 18

4:00pm-5:30pm

Donde: Zoom

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Este grupo mensual de educación y apoyo se lleva a cabo el tercer jueves de cada mes. Únase a nosotros para aumentar nuestra comprensión de la naturaleza de las enfermedades mentales; facilitar el diálogo de apoyo y fomentar la confianza en las ideas, intervenciones y estrategias de afrontamiento de los familiares y aliados.

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Preguntas? Contacte al Equipo de Servicios Familiares:  
JenniferV@Buckelew.org 707-292-3289 (se habla Español)  
MeghanM@Buckelew.org 707-787-0294



# Family Service Coordination Team Supporters of Young Folks

When: Thursday, January 25th  
3:00pm-4:30pm  
Where: Zoom

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

This is a free drop-in zoom support group.

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Questions? Contact the Family Service Coordination team:  
MeghanM@Buckelew.org 707-787-0294  
JenniferV@Buckelew.org 707-292-3289





## 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**

### Family Support Groups

For family members & caregivers (18+). A safe place to be heard and gain tools for supporting a loved one with mental health challenges.

### Connection Support Groups

For individuals (18+) living with mental health challenges. Structured support that provides a safe place to connect with others.

### Family-to-Family Class

An 8-session education program for those (age 14+) who care for and support a loved one living with serious mental illness. **Pre-registration required as space is limited. Visit [namisoco.org/12f](http://namisoco.org/12f).**

### Peer-to-Peer Class

An 8-session education program for individuals (18+) living with mental health challenges. **Pre-registration required at [namisoco.org/P2P](http://namisoco.org/P2P).**

### Wellness & Stress Relief Groups

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

To join these free programs, visit [namisoco.org/groups](http://namisoco.org/groups)

Or contact our Warmline at 866-960-6264 or [info@namisoco.org](mailto:info@namisoco.org)

All groups and classes meet on Zoom.

# JANUARY 2024

## Annual NAMMI Member Meeting

Meet our Board of Directors  
January 17, 2024, 5:30-7:30 PM

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

## New NAMMI Family-to-Family Class

8 weeks, begins January 24, 2024  
Meets Wednesdays, 6:00-8:30 PM

Registration required at [namisoco.org/F2F](http://namisoco.org/F2F).

MON	TUE	WED	THU	FRI
<p><b>1</b> CLOSED New Year's Day</p>	<p><b>2</b> 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p><b>3</b> 4:30-5:30 PM Wellness &amp; Stress Relief Group</p>	<p><b>4</b> 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p><b>5</b></p>
<p><b>8</b></p>	<p><b>9</b> 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p><b>10</b> 4:30-5:30 PM Wellness &amp; Stress Relief Group</p>	<p><b>11</b> 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p><b>12</b></p>
<p><b>15</b> CLOSED Martin Luther King, Jr. Day</p>	<p><b>16</b> 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p><b>17</b> 4:30-5:30 PM Wellness &amp; Stress Relief Group</p>	<p><b>18</b> 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p><b>19</b></p>
<p><b>22</b></p>	<p><b>23</b> 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p><b>24</b> 4:30-5:30 PM Wellness &amp; Stress Relief Group</p>	<p><b>25</b> 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p><b>26</b></p>
<p><b>29</b></p>	<p><b>30</b> 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p><b>31</b> 4:30-5:30 PM Wellness &amp; Stress Relief Group</p>	<p><b>1</b> 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p><b>2</b></p>

# 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 *Career Development*  
1:15-2:00 *Friendship Group*  
2:15-3:00 *SMART Recovery*  
2:15-3:30 *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 *Health & Wellness Group*  
1:15-2:00 *Walking Thru Depression*  
2:15-3:30 *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 *Peer Support*  
2:15-3:30 *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*  
2:15-3:30 *Games, Art & More*

## Wednesday

12:00-1:00 *Music Jam*  
1:00-1:15 *Wellness Announcements*  
1:15-2:00 *Fun With Words*  
2:15-3:00 *Stepping Stones*  
2:15-3:30 *Games, Art & More*

**The center will be closed for the following holidays: January 1st for New Years Day and January 15th for Martin Luther King Day**

**Creative Expression (art project's) on the 1st & 3rd Thursday of every month from 1:30-3pm, Sign-up in advance or call ahead to add your name to the list**

JANUARY 2024



WELLNESS • RECOVERY • RESILIENCE

# Group Descriptions

## AM Support/Wellness Announcements

Come by early to hear about our schedule for the day, 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

Come and enjoy games in our main room! We have many games to choose from. Please bring your ideas for other games you would like to play. The art area is always open if you enjoy the process of social creativity!

## 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.

## Stepping Stones

Stepping Stones has a strong focus on personal development. This group provides an opportunity for individuals to consider their personal skills/qualities and set goals to actualize their potential.

## 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!



# ART GROUP

**EVERYDAY** Assorted projects put out every afternoon.

## December 7 Medallions & Felt

Holiday decorations: Craft with mixed media on wooden medallions. Fun for wearing or tree ornaments. Decorate felt cutouts to hang

## December 21 Cookie Decorating & Paper Craft

Decorate cookies and old school paper crafts like paper chains and snowflakes.

## January 4 Vision Board

Start the new year with a collage of dreams, goals, and fun.

## January 18 Bracelets & Crazy Doodles

Jewelry: Cords, beads, charms and more. Learn Crazy Hair Doodling.

## Monday

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

## Tuesday

10:00 -2:30 ----- Open Art Studio  
10:15 -10:30 ----- Community Meeting  
10:30 -11:30 ----- Intro to Peer Support  
11:30 - 12:00 ----- Mindful Mornings  
12:00 -12:30 ----- *Funspiration / Let's Go*  
1:00 - 2:00 ----- Seeking Safety  
2:00 - 2:30 ----- Afternoon Check-In  
2:30 -3:00 ----- Let's Talk About MH  
3:00-4:00 ----- SMART Recovery - Zoom

## Wednesday

10:00 - 2:30 ----- Open Art Studio  
10:00 - 11:00 ----- SMART Recovery - Zoom  
10:15 - 10:30 ----- Community Meeting  
11:00 - 12:00 ----- Mindful Self Compassion  
12:00 - 1:00 ----- Adventurous Writing \* *New Group!*  
1:00 - 2:00 ----- Mid-Week Festivity  
2:00 - 2:30 ----- Afternoon Check-In

## Thursday

10:00-1:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- Expressing Creativity  
11:30-12:30 ----- SMART Recovery  
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 ----- *¡En Español - SMART Recovery!*  
12:00 - 1:00 ----- Aprendiendo Juntos/Ingles Y Español  
Learning Together/Spanish & English  
1:00 - 1:30 ----- Afternoon Check-In  
1:30 - 2:30 ----- **Success in Sobriety**

January Forum:

**Lyme Disease Awareness & Support**

Friday, January 19, 1:30 to 2:30

# January 2024

## Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

**Phone:** 707-546-4482



### **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 are available:*

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

**We are available for telephone support during our open hours.**



## Groups at Interlink Self-Help Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

<https://zoom.us/j/95950157089?pwd=UDVReWdreFZwU0I2OVBaVXFhYWIRdz09>

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

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

**Success in Sobriety:** Led by Andrea, Interlink's AOD Peer Specialist - we share and look into strategies, supports and resources to help us find and maintain Success in Our Sobriety! (Once a month our forum happens during this time slot.)

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

# Intro to Peer Support

Onsite & in Person!

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



## January's Focus *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

## Lyme Disease Awareness & Support

Coping with Lyme disease, a complex tick-borne infectious illness, can be quite challenging, both physically and emotionally. The disease can exert an emotional toll via biological effects on the nervous system or through the numerous social aspects of being ill, such as isolation and misunderstanding.

Please join us as Lucy and Karen, both long-term Lyme patients, raise awareness of the need for Lyme disease education and support resources. There will be time for questions and answers throughout the presentation. We will also discuss having a Lyme Disease Support Group here at Interlink.

*Hope to see you here!*

**In Person**

**Facilitated by:**

**In Person**

**Lucy Kenyon & Karen Miller**

**Friday, January 19, 2023**

**1:30 to 2:30**

**Interlink Self-Help Center**

1033 Fourth Street

Santa Rosa (707) 546-4481



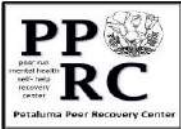
Interlink is hosting this group that is outside our services and facilitated by others not paid by WCCS.

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

This forum is open to the adult general public

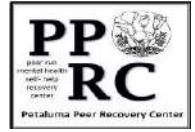
Interlink is Peer managed and operated as a program of West County Community Services





# Petaluma Peer Recovery Center

## Group Schedule January, 2024



	MONDAY	WEDNESDAY	THURSDAY
ALL DAY	Open Art Studio	Open Art Studio	Open Art Studio
10:00 -10:30	Morning Check-In	Morning Check-In	Morning Check-In
10:30 -11:30	Mindful Moments	Peer Discussion Group (Forum <i>January 31</i> )	Next Steps
12:00-1:00	Intro to Peer Support	Fun and Games	Self-Acceptance Mindfulness & More
Wednesday Monthly Forum 10:30 -11:30	Forum – Wednesday, January 31 ⇄⇄⇄		<b>Self-Love &amp; Mental Health</b>
1:00 - 1:30	Afternoon Check-In	Afternoon Check-In	Closing at 1:00 on Thursdays
1:30 - 2:30	Calming Anxiety	Positive Thinking	

One-To-One  
Peer Support

**January's Forum Topic:**  
**Mastering Goal Setting**  
 Wednesday January 31, 10:30 – 11:30

**OPEN**

Monday &  
Wednesday  
10:00 – 3:00  
Thursday  
10:00 – 1:00

Help with  
Resource  
Navigation

PPRC  
 5350 Old Redwood Highway Suite 600  
 Petaluma, Ca. 94954  
 (707) 565-1299

[www.petalumaprp@wordpress.com](mailto:www.petalumaprp@wordpress.com)

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

# Petaluma Peer Recovery Center Group Descriptions

---

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

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

**Intro to Peer Support:** Peer Support classes on various topics to increase communication skills in general and to see if we may want to do paid or volunteer peer support work.

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

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

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

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

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

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

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

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

JOIN US FOR A FORUM DISCUSSION

# Mastering GOAL SETTING

UNLOCK THE POWER OF GOAL SETTING FOR PERSONAL AND PROFESSIONAL GROWTH

## Key Topics:

- Understanding the Importance of Goal Setting
- Avoiding Overwhelm in Goal Setting
- Best Steps to Achieve Your Goals

## Why Attend?

- Gain Clarity and Direction
- Boost Motivation and Confidence
- Learn Effective Goal Setting Techniques
- Achieve Success in Your Personal and Professional Life

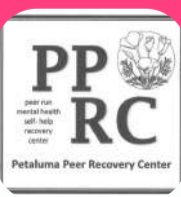
## What to Expect:

- Engaging Sessions
- Interactive Activities
- Practical Strategies
- Q&A Session

**January 31, 2024 | 1030 -1130am**

5350 Old Redwood Hwy STE 600 Petaluma , Ca 94954

707-565-1299



# 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 entre compañeros  
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 *Desarrollo de carrera*  
1:15-2:00 *Grupo de amistad*  
2:15-3:00 *SMART Recovery*  
2:15-3:30 *Bingo de bienestar*

## Jueves

9:00-9:30 *Televisión retro*  
9:30-10:00 Apoyo entre compañeros  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y café*  
11:15-12:00 *Grupo de vida exitosa*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-1:00 *Grupo de Salud y Bienestar*  
1:15-2:00 *Caminando a través de la depresión*  
2:15-3:45 *Grupo de arte*  
2:15-3:30 *Juegos, arte, y mas*

## Martes

9:00-9:30 *Televisión retro*  
9:00-10:00 *Transiciones a la vivienda*  
9:30-10:00 Apoyo entre compañeros  
10:00-10:15 *Anuncios de Bienestar*  
10:15-11:00 *Conexión y café*  
11:15-12:00 *Grupo de Avanzando*  
12:00-12:15 *Anuncios de Bienestar*  
12:15-1:00 *Grupo de Asuntos de Atención Plena*  
12:15-1:00 *Visiones y voces*  
1:15-2:00 *Transiciones*  
2:15-3:00 Apoyo entre compañeros  
2:15-3:30 *Juegos, arte, y mas*

## Viernes

9:00-9:30 Televisión de la naturaleza  
9:30-10:00 Apoyo entre compañeros  
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*  
2:15-3:00 *Peldaños*  
2:15-3:30 *Juegos, arte, y mas*

*El centro permanecerá cerrado durante los siguientes días festivos: 1 de Enero por Año Nuevo y 15 de Enero por el Día de Martin Luther King*

*Expresión creativa (proyectos de arte) el primer y tercer jueves de cada mes de 1:30 a 3 p.m. Regístrese con anticipación o llame con anticipación para agregar su nombre a la lista.*

ENERO 2023

# Descripciones de Grupos

## Apoyo entre compañeros/Anuncios de Bienestar

Venga temprano para conocer nuestro horario del día, los anuncios de la comunidad y tenga la oportunidad de registrarse mientras nos reunimos en el centro.

## Conexion y Cafe

¡Únase a 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!

## Grupo de Avanzando

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.

## Grupo de Asuntos de Atención Plena

Únase a nosotros mientras practicamos la atención plena 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.

## Visiones y voces

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 aliviar 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!

¡Ven y disfruta de juegos en nuestra sala principal! Tenemos muchos juegos para elegir. ¡Trae tus ideas para otros juegos que te gustaría jugar. El área de arte siempre está abierta si disfrutas del proceso de creatividad social.

## Sesiones de Música

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

## Peldaños

Este grupo brinda una oportunidad para que las personas consideren sus habilidades/cualidades personales y establezcan metas para actualizar su potencial.

## Grupo de 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 divertirte y brillar! ¡Todos son bienvenidos: participantes y oyentes!



WELLNESS · RECOVERY · RESILIENCE







**HUMANIDAD**  
Therapy & Education Services



**FREE therapy for  
Individuals living In the  
Cloverdale /  
Healdsburg area**

**Terapia GRATUITA para  
personas que viven en la  
área de Cloverdale y  
Healdsburg**



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GRATIS**



**1:1 Therapy  
Terapia 1:1**



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TERAPEUTAS BILINGÜES Y BICULTURALES.**



**HEALTHCARE  
FOUNDATION**  
NORTHERN SONOMA COUNTY



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MÁS INFORMACIÓN  
(707)525-1515 ext. 116**



**KAISER  
PERMANENTE®**



**HUMANIDAD**  
Therapy & Education Services



# Un Mismo Camino

Consejería de Grupo

**Todos los Viernes**

**6 pm to 7:30 pm**

**Via Zoom: 814 4870 5526**

**Acompáñanos a obtener herramientas para una buena salud emocional: depresión, ansiedad, miedo, autoestima, etc.**

Facilitado por Heidy Umali, ASW

Supervisor- Heather Harshbarger LMFT #53037

Escanea aquí  
para ingresar



**KEY:**

Underlined: In person

\*Starred\*: Online/virtual

# JANUARY

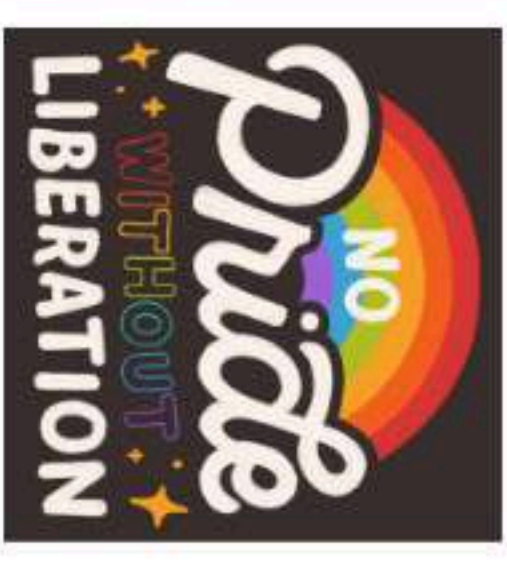
## POSITIVE IMAGES

### HOLIDAYS

- 1/15: MARTIN LUTHER KING, JR. DAY



- 1/15-1/19: LIBERATION WEEK



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	*Leader ship 6-6:30* *Youth Support 6:30-8:30*	*Leader ship 5-6* *Adult Support 6:30-8:30*	<u>HEALING HERBS WORKSHOP</u> 11-1
7	8	9	10	11	12	13
	<u>QTBIPOC SOCIAL HANGOUT</u> 6-8	<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	*Leader ship 6-6:30* *Youth Support 6:30-8:30*	*Leader ship 5-6* *Adult Support 6:30-8:30*	<u>SOCIAL SATURDAY</u> 12-3
14	15	16	17	18	19	20
		<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u> <u>QUEER ART CLUB</u> 6-8	*Leader ship 6-6:30* *Youth Support 6:30-8:30*	*Leader ship 5-6* *Adult Support 6:30-8:30*	
21	22	23	24	25	26	27
		<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u> *Leader ship 6-6:30 *Youth Support 6:30-8:30	<u>Drop-In 12-5</u> *Leader ship 5-6* *Adult Support 6:30-8:30	
28	29	30	31			
		<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>			

**LEYENDA:**

Subrayado: En persona

\*Estrella\*: en línea/virtual

# ENERO

## POSITIVE IMAGES

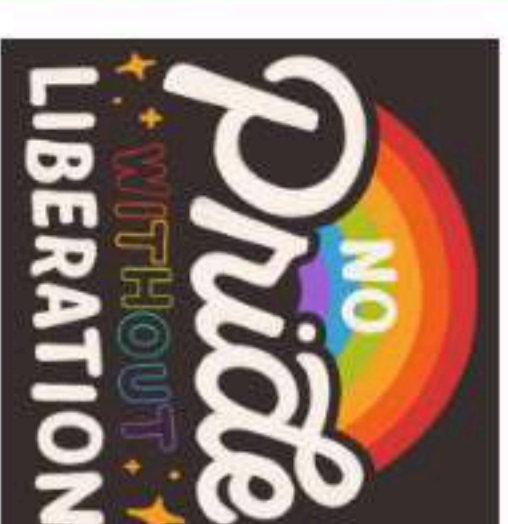
**HOLIDAYS**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> 12-5 *Lideraz go 6-6:30* *Apoyo Juvenil 6:30-8:30*	<u>Horas de visita</u> 12-5 *Lideraz go 5-6* *Apoyo para adultos 6:30-8:30*	<u>TALLER DE</u> <u>HIERBAS</u> <u>CURATIVAS</u> <u>11-1</u>
7	8	9	10	11	12	13
	<u>QTBIPOC SOCIAL</u> <u>HANGOUT</u> <u>6-8</u>	<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> 12-5 *Lideraz go 6-6:30* *Apoyo Juvenil 6:30-8:30*	<u>Horas de visita</u> 12-5 *Lideraz go 5-6* *Apoyo para adultos 6:30-8:30*	<u>SÁBADO</u> <u>SOCIAL</u> <u>12-3</u>
14	15	16	17	18	19	20
		<u>Horas de visita</u> <u>12-5</u>	<u>Drop-In</u> 12-5 <u>QUEER ART CLUB</u> <u>6-8</u>	<u>Horas de visita</u> 12-5 *Lideraz go 6-6:30* *Apoyo Juvenil 6:30-8:30*	<u>Horas de visita</u> 12-5 *Lideraz go 5-6* *Apoyo para adultos 6:30-8:30*	
21	22	23	24	25	26	27
		<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> 12-5 *Lideraz go 6-6:30* *Apoyo Juvenil 6:30-8:30*	<u>Horas de visita</u> 12-5 *Lideraz go 5-6* *Apoyo para adultos 6:30-8:30*	
28	29	30	31			
		<u>Horas de visita</u> <u>12-5</u>	<u>Horas de visita</u> <u>12-5</u>			

• 1/15: DÍA DE MARTIN LUTHER KING, JR.



• 1/15-1/19: SEMANA DE LA LIBERACIÓN



**January 2024 Mobile Health Clinic Schedule / Enero 2024 Horario de la Clinica Móvil**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 <b>Happy New Year</b> <b>Closed</b>	2 <b>Closed</b>	3	4 Santa Rosa Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am	5 Sonoma La Luz Center Arrive by 8:30 am Clinic starts at 9 am
8 Santa Rosa St. Rose of Lima Church Arrive at 9:30 am Clinic starts at 10 NO PHYSICALS	9 WindSOR Cavary Chapel River Fellowship Arrive by 8:30 am Clinic starts at 9 am	10	11 Santa Rosa Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am	12 Sonoma La Luz Center Arrive by 8:30 am Clinic starts at 9 am
15 <b>Martin Luther King</b> <b>Closed</b>	16 WindSOR Cavary Chapel River Fellowship Arrive by 8:30 am Clinic starts at 9 am	17	18 Santa Rosa Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am	11 Sonoma La Luz Center Arrive by 8:30 am Clinic starts at 9 am
22 Santa Rosa St. Rose of Lima Church Arrive at 9:30 am Clinic starts at 10 am NO PHYSICALS	23 WindSOR Cavary Chapel River Fellowship Arrive by 8:30 am Clinic starts at 9 am	24	25 Santa Rosa Resurrection Parish Arrive by 8:30 am Clinic starts at 9 am	26 Sonoma La Luz Center Arrive by 8:30 am Clinic starts at 9 am
29 Santa Rosa St. Rose of Lima Church Arrive at 9:30 am Clinic starts at 10 am NO PHYSICALS	30 WindSOR Cavary Chapel River Fellowship Arrive by 8:30 am Clinic starts at 9 am	31	First come first serve basis. <b>You need to be at the clinic site at 8:30AM to sign up.</b> No charge for visit. If any questions please call 707 547-4612	Las personas se atienden en orden como van llegando. <b>Necesita estar a la clinica a las 8:30AM para apuntarse. Las visitas son gratis.</b> Si tiene preguntas favor llamar 707 547-4612

Santa Rosa:

St Rose de Lima

Catholic Church

398 10<sup>th</sup> St,

Santa Rosa, CA 95401

Resurrection Parish

Catholic Church

303 Stony Point Rd

Santa Rosa, CA 95401

\*Samuel L. Jones Hall

4020 Finley Ave

Santa Rosa, CA 95407

\*The Palms Inn

3345 Santa Rosa Ave

Santa Rosa, CA 95407

\*Redwood Gospel Mission

101 6<sup>th</sup> Street

Santa Rosa, CA 95401

\*not open to the public at this point

Windsor:

Calvary Chapel River Fellowship

195 Windsor River Rd

Windsor, CA 95492

Sonoma:

La Luz Center

17560 Greger St

Sonoma, CA 95476



Mobile Health Clinic

Schedule

Horario De La Clinica

Movil

1111 Sonoma Ave Lower Level

Santa Rosa, CA 95405

Office: (707)547-4612

Fax: (707)522-1279

Answering Service (707)571-7025

Health.Mobile@sjjoe.org

Open enrollment is here!  
You can find *affordable* health  
insurance through Covered California.

*And we can help!*



Your plan's premium will depend on your income and might be as low as \$0 per month.

**It's easy! Call our Access Navigators at 707-547-3030**  
to get help with signing up for a new plan today.

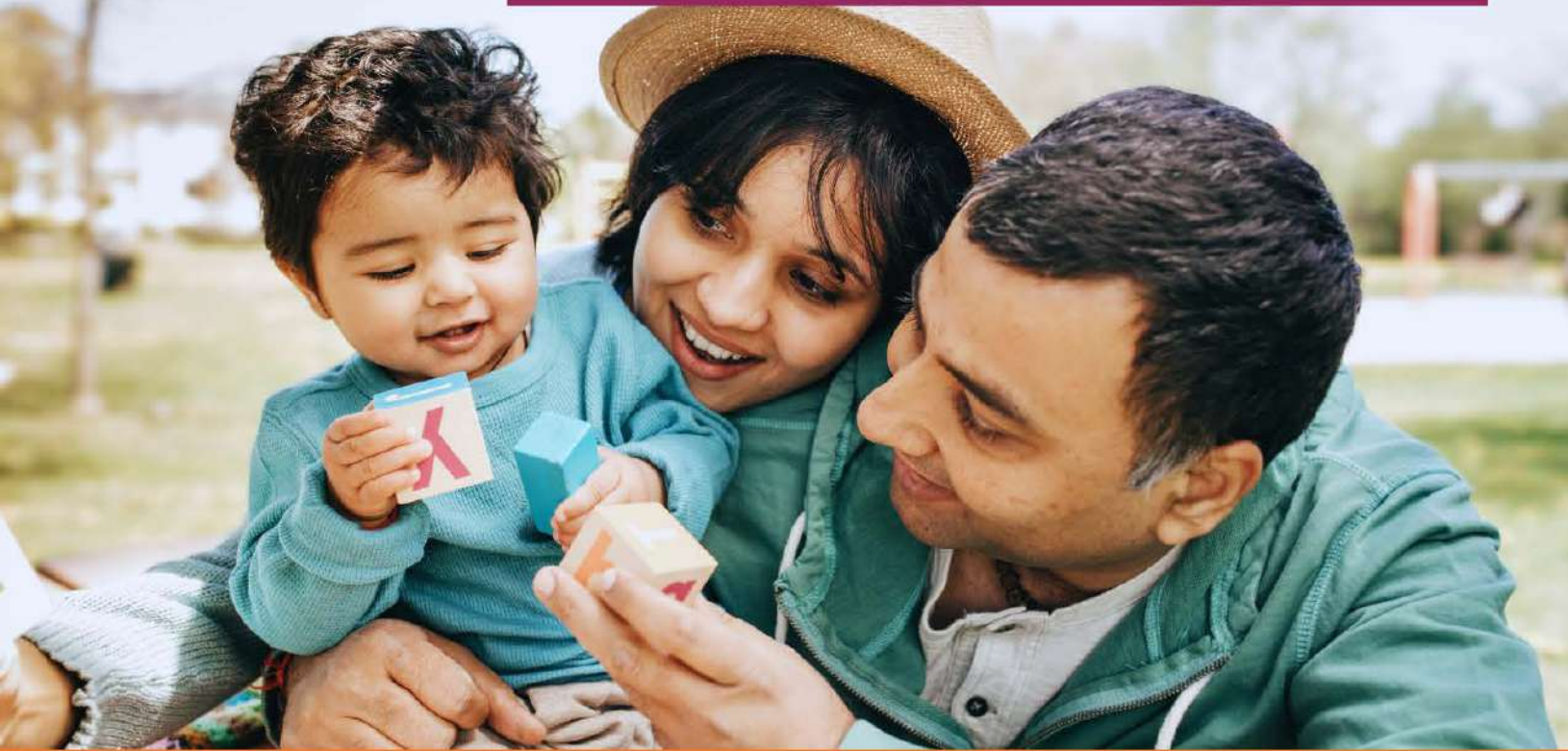


[srhealth.info/access](https://srhealth.info/access)



Ya inicio la inscripcion abierta!  
Usted puede encontrar una  
aseguranza de salud a un *bajo precio* a  
través de Covered California.

*¡Y nosotros le podemos ayudar!*



Su opción de planes dependerá de sus ingresos y podría ser tan bajo como \$0 al mes.

**¡Es fácil!** Para obtener ayuda con su solicitud para inscribirse a un nuevo plan, **llame a nuestros Navegadores de Acceso al 707-547-3030.**



Santa Rosa  
COMMUNITY  
HEALTH



[srhealth.info/access](https://srhealth.info/access)







# REDWOOD EMPIRE FOOD BANK

## CALFRESH ASSISTANCE

**How much money can I make and still get CalFresh?**

SIZE OF HOUSEHOLD	GROSS MONTHLY INCOME
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000

\*additional member, add \$858 each

Scan the QR code to schedule a CalFresh consultation today!



### WHO CAN APPLY?

Any US citizen or legal permanent resident, eligible immigration status, and living under the income guidelines. It's important to know that there are different exemptions for students, seniors, people with disabilities, and families.

### WHAT DO I NEED TO APPLY?

- Identification
- Social Security number
- Proof of income
- Students: EOP/EOPS letter + Financial Aid Award Letter
- Child care costs
- Medical receipts/statements (dental, medical insurance, prescriptions, equipment, and more)

### CALL US TO APPLY: 707-523-7903

Food Connections Resource Center  
 Redwood Empire Food Bank  
 3990 Brickway Blvd., Santa Rosa, CA  
**fc@refb.org | 707-523-7903**





**REDWOOD EMPIRE  
FOOD BANK**

## ASISTENCIA DE CALFRESH

**Cuanto dinero puede recibir  
y todavía obtener CalFresh?**

TAMANO DE FAMILIA	INGRESO MENSUAL BRUTO
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000

\*miembro adicional, agregue \$858

iEscanee el código QR  
para programar una  
consulta de CalFresh  
hoy!



### ¿QUIÉN PUEDE SOLICITAR?

Cualquier ciudadano estadounidense o residente legal permanente, estatus migratorio elegible, y que viva por debajo las guías de ingresos. Es importante saber que hay reglas diferentes para estudiantes, personas mayores de edad, personas con incapacidad y familias.

### ¿QUÉ NECESITO PARA APLICAR?

- Identificación
- Número de Seguro social
- Prueba de ingreso
- Recibo de alquiler + factura de PG&E
- Estudiantes: Carta EOP/EOPS + Carta de concesión de ayuda financiera
- Costos de cuidado infantil
- Recibos/estados de cuenta médicos (dental, seguro médico, recetas, equipo y más)

### LLÁMANOS PARA APLICAR: 707-523-7903

Food Connections Resource Center  
Redwood Empire Food Bank  
3990 Brickway Blvd., Santa Rosa, CA  
**fc@refb.org | 707-523-7903**





## GET EXTRA GROCERY MONEY

CalFresh is a nutrition assistance program that helps families and individuals buy the food that they need.

Scan the QR code below to book an appointment with a CalFresh staff member from the Redwood Empire Food Bank or call/text 707-523-7903 for more information.



## OBTÉNGA MÁS DINERO PARA ALIMENTOS

CalFresh es un programa de asistencia nutricional que ayuda a familias e individuos a comprar los alimentos que necesitan.

Escanee el código QR, para programar una cita con un miembro del Redwood Empire Food Bank o llame/envíe un mensaje de texto al 707-523-7903 para más información.

# AFFORDABLE CONNECTIVITY PROGRAM



**Get a discount** for your internet service through the **Affordable Connectivity Program!**



**SCAN ME!**

**GET FREE OR  
DISCOUNTED  
INTERNET!**

## YOU GET

- Up to **\$30/month discount** for internet service;
- Up to **\$75/month discount** for households on qualifying Tribal lands; and
- A one-time **discount of up to \$100** for a laptop, desktop computer, or tablet purchased through a participating provider.



**Find assistance near you!**

 **Call 707-544-6911**

 **or Visit [capsonoma.org/acp/](http://capsonoma.org/acp/)**

# The Affordable Connectivity Program helps connect families and households struggling to afford internet service

## WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines (\$60,000 for a family of 4), or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

## ACCEPTED ID LIST

- Social Security Number **(NOT required)**
- Tribal Identification Number
- U.S. Driver's License
- Other Government-issued ID, such as a state ID
- U.S. Military ID
- Passport **(US or Foreign)**
- Individual Taxpayer Identification Number **(ITIN)**
- INE **(Mexican Government ID Card)**
- VISA Consular Card **(Country Issued ID)**
- Birth Certificate **(Any Country)** for the minor that is the Benefit Qualifying Person **(BQP)**



# PROGRAMA DE DESCUENTOS PARA INTERNET (ACP)



Obtenga un descuento o servicio de internet **GRATIS**,  
**¡a través del** Programa de Descuentos para Internet!



**¡ESCANÉAME!**

**¡OBTENGA INTERNET  
GRATIS O CON  
DESCUENTO!**

## USTED OBTIENE

- Descuento de **hasta \$30 mensuales** por servicio de internet;
- Descuento de **hasta \$75 mensuales** para hogares elegibles en tierras tribales; y
- Un descuento **único de hasta \$100** para una computadora portátil —o de escritorio—, o tableta comprada por medio de un proveedor participante.



Encuentre asistencia cerca de  
usted



Llame al 707-544-6911



o Visite [capsonoma.org/acp/](http://capsonoma.org/acp/)

# El Programa de Descuentos para Internet ayuda a conectar familias y hogares que luchan por pagar el servicio de internet

## ¿QUIÉN ES ELEGIBLE?

Un hogar es elegible para el Programa de Descuentos para Internet si el ingreso del hogar es igual o inferior al 200% de las Guías Federales de Pobreza (\$60,000 para una familia de 4), o si un miembro del hogar cumple con al menos uno de los siguientes criterios

- Participa en cualquiera de los siguientes programas de asistencia: SNAP, Medicaid, Asistencia Federal de Vivienda Pública, Pensión para Veteranos o Beneficios para Sobrevivientes, SSI, WIC o Lifeline;
- Participa en cualquiera de los siguientes programas tribales específicos: Oficina de Asuntos Indígenas de Asistencia General, TANF Tribal, Programa de distribución de alimentos en reservas indígenas o Tribal Head Start (basado en los ingresos);
- Participa en el Programa de Almuerzo Escolar Gratis o a Precio Reducido o en el Programa de Desayuno Escolar, incluso a través de la Disposición de Elegibilidad Comunitaria del USDA;
- Recibió una Beca Federal Pell durante el año de concesión actual; o
- Cumple con los criterios de elegibilidad de un programa ya existente, para usuarios de bajos ingresos, ofrecido por algún proveedor de banda ancha.

## LISTA DE IDENTIFICACIONES ACEPTADAS

- Número de Seguro Social **(NO requerido)**
- Número de identificación tribal
- Licencia de conducir de EE.UU.
- Otra identificación emitida por el gobierno, como una identificación estatal
- Identificación militar de EE.UU.
- Pasaporte **(estadounidense o extranjero)**
- Número de Identificación Personal del Contribuyente **(ITIN)**
- INE **(Tarjeta de Identidad del Gobierno Mexicano)**
- Tarjeta consular VISA **(identificación emitida por el país)**
- Certificado de nacimiento **(cualquier país)** del menor que es la persona que califica para el beneficio **(BQP)**



# RESCATE HIPOTECARIO DE CALIFORNIA FUNCIONA. Y HAY AYUDA PARA PROPIETARIOS DE VIVIENDA.



## RESCATE HIPOTECARIO

Hasta \$80,000 para  
hipotecas atrasadas



## IMPUESTOS A LA PROPIEDAD

Hasta \$80,000 por  
impuestos a la propiedad  
atrasados



## RECLAMACIÓN PARCIAL/APLAZAMIENTO DE PRÉSTAMOS

Hasta \$80,000 para reducir o  
eliminar un reclamo parcial o  
aplazamiento de préstamo  
recibido durante o después de  
enero de 2020



## HIPOTECA INVERSA

Hasta \$80,000 para ayudar con  
impuestos atrasados y seguros  
para propietarios de vivienda  
para hipotecas inversas

\*Los solicitantes calificados pueden solicitar financiamiento adicional; máximo de \$80,000 en ayuda total por hogar elegible.

## REQUISITOS DE ELEGIBILIDAD

Aprenda más sobre la elegibilidad en [CaMortgageRelief.org/whoiseligible](https://CaMortgageRelief.org/whoiseligible).

### Requisitos

Requisitos	Rescate Hipotecario	Impuestos a la Propiedad	Hipoteca Inversa	Reclamación Parcial/Aplazamiento de Préstamos
Tiene que haber sufrido una dificultad financiera debido a la pandemia después del 21 de enero de 2020	X	X	X	X
Los ingresos combinados de todos los miembros del hogar mayores de 18 años es igual o menor al 150% del AMI (por condado)	X	X	X	X
Los propietarios de vivienda no pueden tener efectivo o activos (excluyendo los ahorros en una cuenta de jubilación) que sea igual o mayor que los fondos de ayuda necesarios +20,000	X	X	X	X
El saldo de capital original no pagado del préstamo hipotecario principal del propietario de vivienda, en el momento de la originación no puede ser mayor que el "límite del préstamo conforme" (determinado según las disposiciones de la Ley de Vivienda y Recuperación Económica de 2008) vigente en el momento de la apertura	X		X	X
Atrasado con al menos 2 pagos antes del 1 de marzo de 2023 y actualmente está atrasado.	X			
Tiene que estar atrasado con al menos 1 pago antes del 1 de marzo de 2023, y actualmente está atrasado		X		
Tiene que ser la residencia principal y ser dueño de 1 sola propiedad	X	X	X	X
La propiedad puede incluir hasta 4 unidades en el sitio (Casa, condominio, casa prefabricada fijada permanentemente, casas con ADU, dúplex, cuatro plex)	X	X	X	X
Múltiples asignaciones/solicitudes de financiamiento para solicitantes calificados, hasta \$80,000 en máxima ayuda	X	X	X	X
Reducir o eliminar las reclamaciones parciales y los aplazamientos de préstamos (recibidos durante o después de enero de 2020)				X
El prestamista del propietario de vivienda tiene que estar participando en el Programa de Rescate Hipotecario de California	X		X	X

**SOLICITE EN LINEA HOY EN**  
**CaMortgageRelief.org**

**LLAME CON PREGUNTAS**  
**1-888-840-2594**  
**LUNES-VIERNES 8 A.M.-6 P.M.**







# CALIFORNIA MORTGAGE RELIEF WORKS. AND THERE'S HELP FOR HOMEOWNERS.



## MORTGAGE RELIEF

Up to \$80,000 for past-due mortgage payments



## PROPERTY TAXES

Up to \$80,000 for delinquent property taxes



## PARTIAL CLAIM/LOAN DEFERRAL

Up to \$80,000 to reduce or eliminate a partial claim or loan deferral received during or after January 2020



## REVERSE MORTGAGE

Up to \$80,000 to help with late taxes and homeowners insurance for reverse mortgages

\*Qualified applicants may apply for additional funding; maximum of \$80,000 in total assistance per eligible household.

## ELIGIBILITY REQUIREMENTS

Learn more about eligibility at [CaMortgageRelief.org/whoiseligible](https://CaMortgageRelief.org/whoiseligible).

### Requirements

Requirements	Mortgage Relief	Property Tax	Reverse Mortgage	Partial Claim/ Loan Deferral
Must have faced a pandemic-related financial hardship after January 21, 2020	X	X	X	X
Combined household income for residents 18 and over must be at or below 150% AMI (by county)	X	X	X	X
Homeowners cannot have cash or assets on hand (excluding savings in a retirement account) that is equal to or greater than the relief funds needed +\$20,000	X	X	X	X
The unpaid principal balance of the homeowner's primary mortgage loan at the time of origination cannot be greater than the "conforming loan limit" (as determined under the provisions of the Housing and Economic Recovery Act of 2008) in effect at time of origination	X		X	X
Must have missed at least 2 payments by March 1, 2023, and are currently behind	X			
Must have missed at least 1 payment prior to March 1, 2023, and are currently behind		X		
Must be primary residence and own only 1 property	X	X	X	X
Property may include up to 4 units on site (House, condo, permanently affixed manufactured home, homes with ADUs, duplex, four-plex)	X	X	X	X
Multiple funding awards/applications for qualified applications, up to \$80,000 in maximum assistance	X	X	X	X
Reduce or eliminate partial claims and loan deferrals (received during or after January 2020)				X
Homeowner's mortgage/loan servicer must be participating in the California Mortgage Relief Program	X		X	X

**APPLY ONLINE TODAY AT**  
**CaMortgageRelief.org**

**CALL WITH QUESTIONS**  
**1-888-840-2594**  
**MONDAY-FRIDAY 8 A.M. - 6 P.M.**



## Apply with a local agency

\*For details on eligible housing and critical needs, please contact an agency listed below

### Sonoma County

- Face to Face HIV/AIDS, Santa Rosa, 707-544-1581
- Nation's Finest (Veterans only), Santa Rosa, 707-578-8387
- Santa Rosa Catholic Worker, Santa Rosa, 707-575-8342

### Santa Rosa

- Community Action Partnership of Sonoma County, Santa Rosa, 707-544-6911
- Disability Services and Legal Center (Individuals with disabilities), Santa Rosa, 707-528-2745
- InterFaith Shelter Network, Santa Rosa, 707-546-7907
- Salvation Army Family Services, Santa Rosa, 707-542-0981
- The Living Room (Women's day Services), Santa Rosa, 707-579-0138

### Petaluma

- Committee on the Shelterless (COTS) Petaluma, 707-765-6530
- PEP Housing, Petaluma, 707-762-2336

### Geyserville, Healdsburg, Windsor

- Corazon Healdsburg, 707-615-4567
- Reach for Home, Healdsburg, 707-433-6161

### West County (Guerneville, Monte Rio, Forestville, Bodega, Graton)

- West County Community Services, Guerneville, 707-823-1640

### Sonoma

- F.I.S.H (Friends in Sonoma Helping), 707-996-0111

# Season of Sharing

One-time, financial assistance grants for eligible Sonoma County Residents.

\*Emergency housing support and some critical needs

## People Eligible for SOS

- Families with dependent children 18 years and under
- Individuals age 55 and older
- Disabled Individuals
- U.S Veterans
- Recent survivors of intimate partner violence
- Pregnant individuals in 2nd or 3rd trimester
- Emancipated foster youth between 18 and 24 (Housing Only)



## Aplique con una agencia local

\*\*Para obtener más detalles sobre la elegibilidad, comuníquese con alguna de las agencias mencionadas abajo

### Sonoma County

- Face to Face HIV/AIDS, Santa Rosa, 707-544-1581
- Nation's Finest (Solo Veteranos), Santa Rosa, 707-578-8387
- Santa Rosa Catholic Worker, Santa Rosa, 707-575-8342

### Santa Rosa

- Community Action Partnership of Sonoma County, Santa Rosa, 707-544-6911
- Disability Services and Legal Center (Personas discapacitadas), Santa Rosa, 707-528-2745
- InterFaith Shelter Network, Santa Rosa, 707-546-7907
- Salvation Army Family Services, Santa Rosa, 707-542-0981
- The Living Room (Servicio de mujeres), Santa Rosa, 707-579-0138

### Petaluma

- Committee on the Shelterless (COTS) Petaluma, 707-765-6530
- PEP Housing, Petaluma, 707-762-2336

### Geyserville, Healdsburg, Windsor

- Corazon Healdsburg, 707-615-4567
- Reach for Home, Healdsburg, 707-433-6161

### West County (Guerneville, Monte Rio, Forestville, Bodega, Graton)

- West County Community Services, Guerneville, 707-823-1640

### Sonoma

- F.I.S.H (Friends in Sonoma Helping), 707-996-0111

# Season of Sharing

Ayuda financiera de solo una vez para residentes elegibles del Condado de Sonoma.

\*En casos de necesitar vivienda de emergencia y en situaciones críticas.\*

## QUIENES SON ELEGIBLES PARA PROGRAMA

- Familias con hijos dependientes menores de 18 años
- Individuos mayores de 55 años
- Personas discapacitadas
- Veteranos de guerra;
- Sobrevivientes recientes de violencia de pareja íntima
- Mujeres embarazadas en el 2do o 3er trimestre;
- Jóvenes independientes en el sistema de adopción 18 años-24 años; (solo vivienda)



# Sonoma County Community Health Worker Network

Join us every 3rd Wednesday of the month!  
12:30 pm - 2:00 pm via Zoom



- Local community resources and services
- Training and job opportunities
- Connect with peers and share information
- Panels and guest speakers

Register [HERE](#)

Follow us on social media for upcoming topics and speakers!



facebook.com/NCCWB



@nc\_centerforwellbeing



CENTER FOR  
WELL-BEING

# Red de Promotores de Salud del Condado de Sonoma

**¡Únase a nosotros cada 3ro miércoles del mes!  
12:30 pm - 2:00 pm a través de Zoom**



- Recursos y servicios de la comunidad local
- Capacitaciones y oportunidades de trabajo.
- Conéctese con sus compañeros y comparta información
- Paneles y oradores invitados

**Regístrese Aqui**

**¡Síguenos en las redes sociales para conocer los próximos temas y oradores!**



facebook.com/NCCWB



@nc\_centerforwellbeing



CENTER FOR  
WELL-BEING

# Community Health Worker Core Competency Training

Join us for a **FREE** online training to grow your skills as a Community Health Worker (CHW)! This training is perfect for anyone currently working as a CHW or those who are interested in joining the field!

Through this course, you'll learn:

- Resource Navigation
- Effective Communication Skills
- Self-Care and Resilience
- Outreach Skills
- Trauma-Informed Care
- Health & Well-Being
- And more!



Receive a \$1,750 Participant Stipend  
80 Hours, Starting March 2024

CHW Training Certification Provided Upon Completion

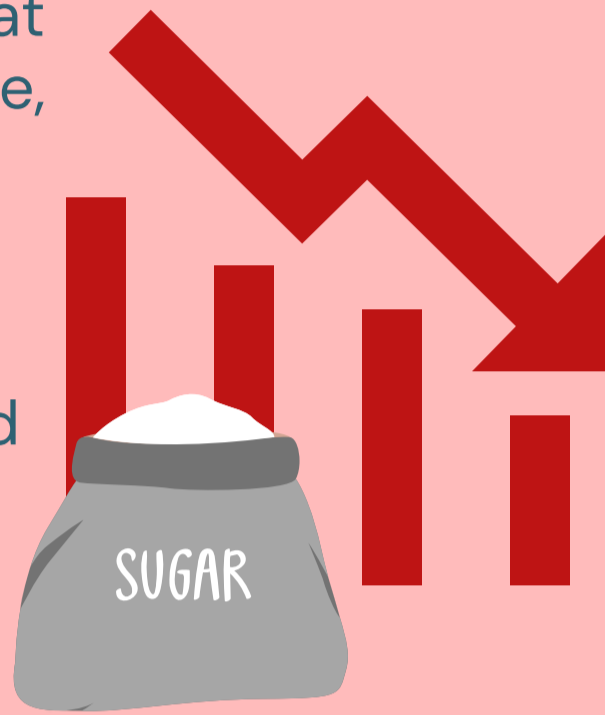
**Use the QR code to fill out an interest form  
and stay in the loop before registration  
opens in December 2023.**



**Mission:** To improve the health and well-being of our community through evidence-based health practices and innovative programs that advance health equity for all.

## Diabetes Management Classes

- ADA recognized program that focuses on nutrition, exercise, medication, and self-management.
- In 2021 **76%** of participants had HbA1c <7% or decreased by >1 point
- Avg HbA1c drop: **1.9%**
- **Diabetes Support Group hosted monthly**



## Healthy Weight Class

- An eight week group class to support long-term weight loss.
- In 2021, **8.6** pounds average loss



## Eat to Live: Preventing Diabetes & Heart Disease

- Comprehensive information on understanding cardiovascular risk factors and strategies for improving health.



## Steps to Wellness

- Behavior change class providing on-going group support
- A focus on techniques for stress management, improved sleep, nutrition, and increasing physical activity.



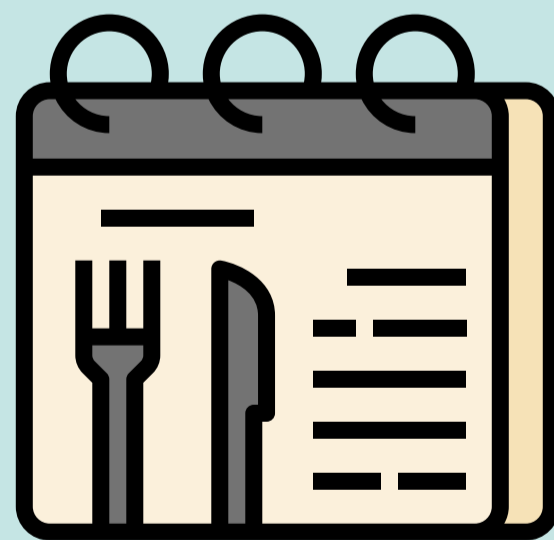
## Mindful Eating **New!**

- Learn about the connection between eating and mindfulness and how marketing and cultural influences impact our views and relationship with food.



## Meal Planning

- Healthy meal planning skill building.
- Discover tips, apps, & more for shopping on a budget & preparing healthy meals



## Nutrition: Fact or Fiction **New!**

- Evidence-based information from our nutrition professionals to sort out what's fact and what's fiction!



## Spanish Family Nutrition Class

- On-going group sessions that meet once a month.
- Group work with parents and children which include division of responsibility, nutrition and increasing physical activity.



## Contact Us!

Call our office for more information. Fax referrals & we can reach your patients ASAP.

**Phone:** 707-575-6043  
**Fax:** 707-575-1060





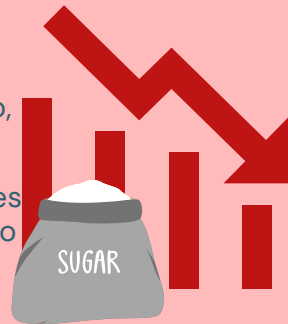
# CENTER FOR WELL-BEING

**Misión:** Mejorar la salud y el bienestar de nuestra comunidad a través de prácticas de salud basadas en evidencia y programas innovadores que promuevan la equidad en salud para todos.

## Clases de control de la diabetes

- Este programa está reconocido por la American Diabetes Association y se enfoca en nutrición, ejercicio, medicación y autogestión.
- En 2021, **76%** de participantes tenía HbA1c <7% o disminuido en >1 puntos
- Avg HbA1c cayó: **1.9%**

**\*Grupo de apoyo para la diabetes organizado mensualmente**



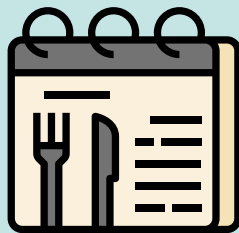
## Pasos hacia el bienestar

- Clase de cambio de comportamiento que proporciona apoyo grupal continuo.
- Un enfoque en técnicas para el manejo del estrés, mejorar el sueño, la nutrición y aumentar la actividad física.



## Planificación de comidas

- Desarrollo de habilidades de planificación de comidas saludables.
- Descubra consejos, apps y más para comprar con un presupuesto ajustado y preparar comidas saludables



## Clase de nutrición familiar en español

- Clases en grupo que se reúnen una vez al mes.
- Trabajo en grupo con padres e hijos que incluye división de responsabilidades, nutrición y aumento de la actividad física.



## Clase de peso saludable

- Una clase grupal para apoyar el control de peso a largo plazo.
- En 2021, **8.6** de pérdida de peso promedio



## Comer para vivir: prevención de la diabetes y las enfermedades cardíacas

- Información completa sobre cómo comprender los factores de riesgo cardiovascular y las estrategias para mejorar la salud.



## Alimentación consciente

- Conozca la relación entre comer y la atención plena y cómo las influencias culturales y de mercadeo afectan nuestras opiniones y nuestra conexión con la comida.



## Nutrition: Fact or Fiction

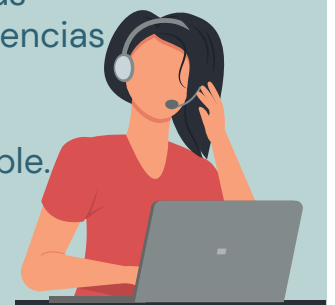
- ¡Información basada en evidencia de nuestros profesionales de la nutrición para clasificar qué es realidad y qué es ficción!



## ¡Contáctenos!

Llama la oficina para más información. Envíe referencias por fax y podemos comunicarnos con sus pacientes lo antes posible.

**Tel:** 707-575-6043  
**Fax:** 707-575-1060







**SPEAKERS + JOB FAIR + RESUME & INTERVIEW WORKSHOP**

# EcoPath Youth Career Expo



<https://bit.ly/3NjrEqe>

**FREE LUNCH**

**Age: High School and Up**

**When: Saturday, January 27, 2024 from 10am-2pm**

**Where: Chop's Teen Club, 509 Adams Street, Santa Rosa, CA 95401**

**Contact: [mirella@sonomalandtrust.org](mailto:mirella@sonomalandtrust.org) | (707) 324-3525**

## THANKS TO OUR SPONSORS





**SPEAKERS + JOB FAIR + RESUME & INTERVIEW WORKSHOP**

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<https://bit.ly/3NjrEqe>

## THANKS TO OUR SPONSORS



# Familias al Aire Libre

¡Diversión para toda la familia!



¡Traiga a su familia a un paseo gratuito por la naturaleza en español con nuestra guía bilingüe de excursiones!

Nos reunimos en Santa Rosa y viajamos juntos a un parque diferente cada mes. ¡Paseos gratis!

Interpretación al inglés.

### Para más información y registro:

- Por internet: [sonomalandtrust.org/outings/families-outdoors](http://sonomalandtrust.org/outings/families-outdoors)
- Correo electrónico: [outings@sonomalandtrust.org](mailto:outings@sonomalandtrust.org)
- Por teléfono o texto: (707) 324-3510



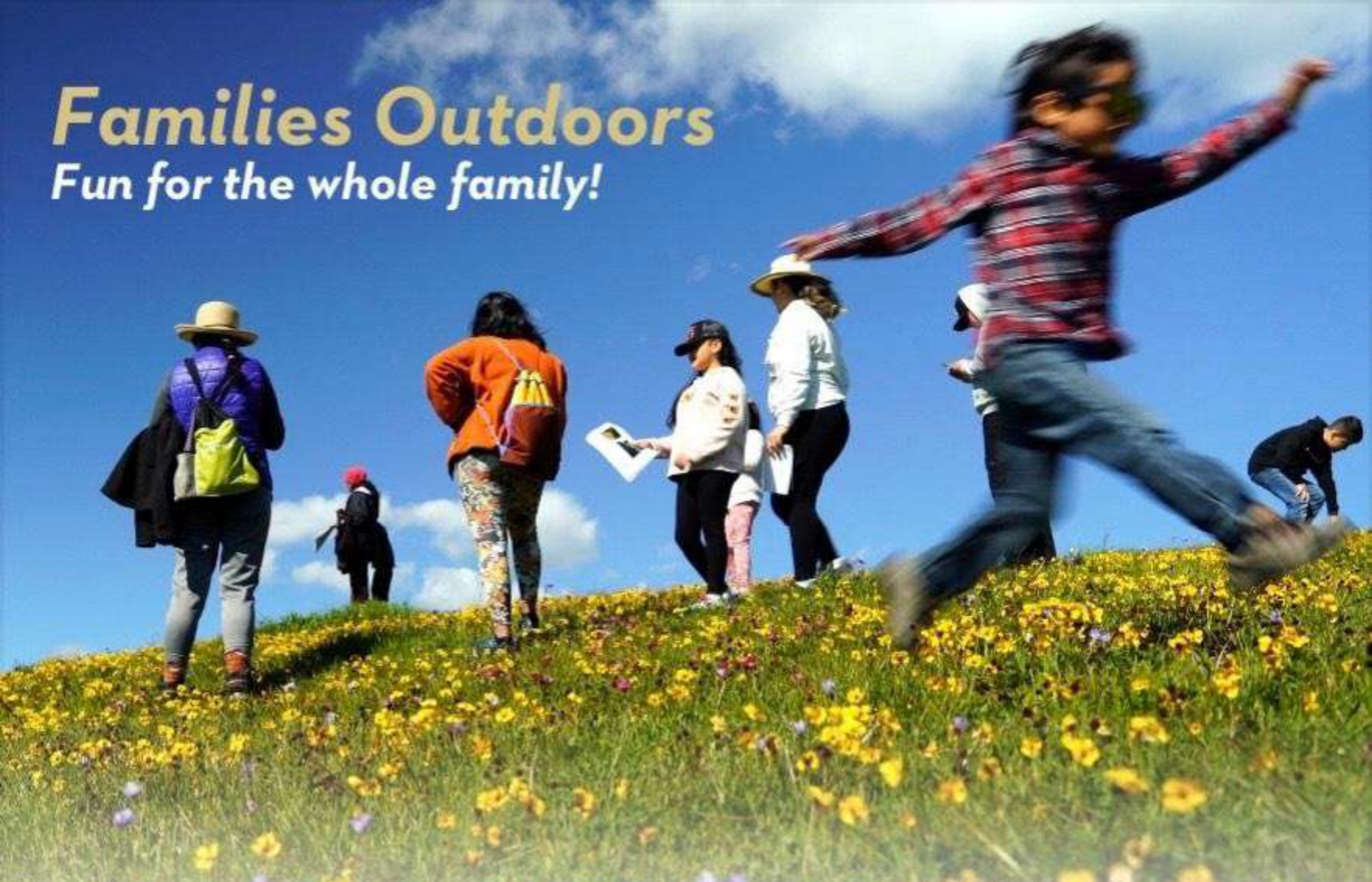
Estos eventos son gratuitos y son posibles gracias a los votantes del condado de Sonoma, que financian la labor de Ag + Open Space con un impuesto sobre las ventas de un cuarto de céntimo.



AG +  
OPEN  
SPACE  
SONOMA COUNTY

# Families Outdoors

Fun for the whole family!



Bring your family on a free Spanish-language nature walk with our bilingual outings guide!

We meet in Santa Rosa and travel together to a different park each month. Free transportation!

English interpretation provided.

### Learn more and register:

- Online: [sonomalandtrust.org/outings/families-outdoors](https://sonomalandtrust.org/outings/families-outdoors)
- Email: [outings@sonomalandtrust.org](mailto:outings@sonomalandtrust.org)
- Call or text: (707) 324-3510



There is no charge for these events which are made possible by the voters of Sonoma County who fund the work of Ag + Open Space with a quarter-cent sales tax.



AG +  
OPEN  
SPACE  
SONOMA COUNTY

# Financial Wellness Sessions



FAMILY  
JUSTICE CENTER  
Sonoma County



Free ongoing sessions for FJC past and present clients to complete your financial goals!



## Learn About:

- Navigating Financial Institutions
- Paying for College
- Managing Debt
- Credit Building
- Budgeting
- Major Household Purchases

**Session Dates**

**June -  
December  
2023**

**2755 Mendocino Ave,  
Santa Rosa, CA 95403**

**For Registration:  
707-565-4493**

# Sesiones de Bienestar Financiera



FAMILY  
JUSTICE CENTER  
Sonoma County



¡Sesiones gratuitas para clientes actuales y pasados de el Centro Familiar de Justicia para completar sus metas financieras!

## Aprender acerca:

- Navegando Instituciones Financieras
- Pagando por la Universidad
- Administrar la Deuda
- Establecer Credito
- Presupuestar
- Compras principales del hogar

2755 Mendocino Ave,  
Santa Rosa, CA 95403

A circular inset image showing a small green seedling with two leaves growing out of a pile of copper coins. The background is a soft-focus green and white bokeh.

Fechas de la Sesión  
Junio-  
Diciembre  
2023

Para Hacer Cita:  
707-565-4493

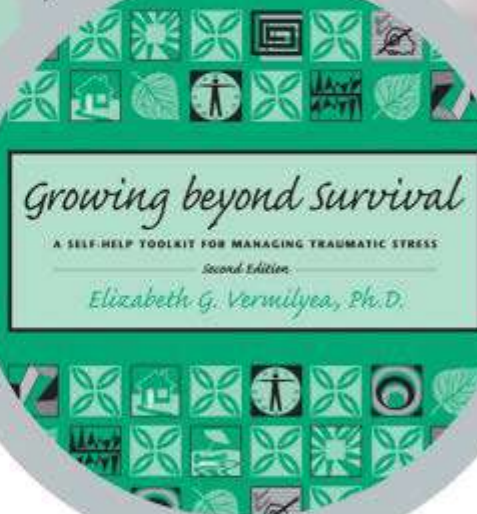


# *SURVIVOR* Group

This 12-week group focuses on teaching skills that empower survivors to take control of and de-escalate trauma symptoms such as feelings of anxiety, difficulty sleeping, or flashbacks. This group is not therapy but does aim to support you as you grow beyond survival and towards a life of hope and healing.

- ✓ Wednesdays, starting 10/18
- ✓ 6pm to 7:30pm
- ✓ Join Anytime

Groups will be help in both English and Spanish! You don't have to make it to every session to participate. Come as often as you can.



**Ask Your FJC Staff**

Contact Us  
707-565-8255





Are you, your friend or family the parent of a new baby?  
Don't let new parents go through the fourth trimester alone.

Focus on the Fourth addresses 6 challenges and changes new parents experience, from feelings & feeding to soothing and sleeping....all in the first 14 weeks after having a baby.

Parents who are supported have an easier time adjusting to the rapid changes in the fourth trimester.

Your support makes a difference!

Learn more: [mothercaresupport.com/fotf](https://mothercaresupport.com/fotf)

A Program of Mothers Care







Eres tu una nueva mamá o papá? ¿O conoces a alguien que acaba de tener un bebe?

**¡No permitas que pasen el cuarto trimestre solos!**

Focus on the Fourth (Enfócate en la Cuarentena) hablará de los 6 cambios y retos que viven los nuevos padres de familia en las primeras 14 semanas de haber tenido al bebe. De los temas, algunos son los sentimientos, el alimento, el tranquilizar al bebe, y el sueño.

Los padres que tienen apoyo tienden a pasar mejor tiempo ajustándose a los cambios rápidos que se dan en el cuarto trimestre.

**¡Su apoyo cuenta!**

Para aprender más: [mothercaresupport.com/fotf-es](https://mothercaresupport.com/fotf-es)

Un programa de atención a las madres



# PARENT CAFÉ



EVERY 3RD FRIDAY - 6:00 PM - 8:00 PM  
SEPTEMBER 15, OCTOBER 20, NOVEMBER 17,  
DECEMBER 15, 2023

*Help Build  
Support For Parents,  
By Parents*

**FREE!**



Register at:  
[bit.ly/ParentCafes23](https://bit.ly/ParentCafes23)



**AT THE PARENT CAFÉ,  
YOU CAN:**

- ✓ Share Ideas
- ✓ Make New Friends
- ✓ Build Strong Families

**DINNER & CHILD CARE  
PROVIDED**



**All sessions will be held at:**

**Reserve your seat today!**

*Child care space  
is limited.*

Roseland Creek Elementary  
1683 Burbank Ave.  
Santa Rosa, CA 95407

*Cafés are held bilingually in English & Spanish.*



**For more information contact: Sandra Lemus**



707-522-1413 x133



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

# CAFÉ PARA PADRES

CADA 3ER VIERNES - 6:00 PM - 8:00 PM  
SEPT 15, OCT 20, NOV 17, DICI 15, 2023

¡GRATIS!

*Ayuda a Construir Apoyo  
para los Padres  
Guiado por los Padres*



Regístrese en:  
[bit.ly/ParentCafes23](http://bit.ly/ParentCafes23)



EN EL CAFÉ PARA  
PADRES PUEDES:

- ✓ Compartir ideas
- ✓ Hacer Nuevos Amigos
- ✓ Construir Familias Fuertes

**CENA Y CUIDADO  
DE NIÑOS  
PROPORCIONADO**



**Todas las sesiones se  
llevarán a cabo en:**

Roseland Creek Elementary  
1683 Burbank Ave.  
Santa Rosa, CA 95407



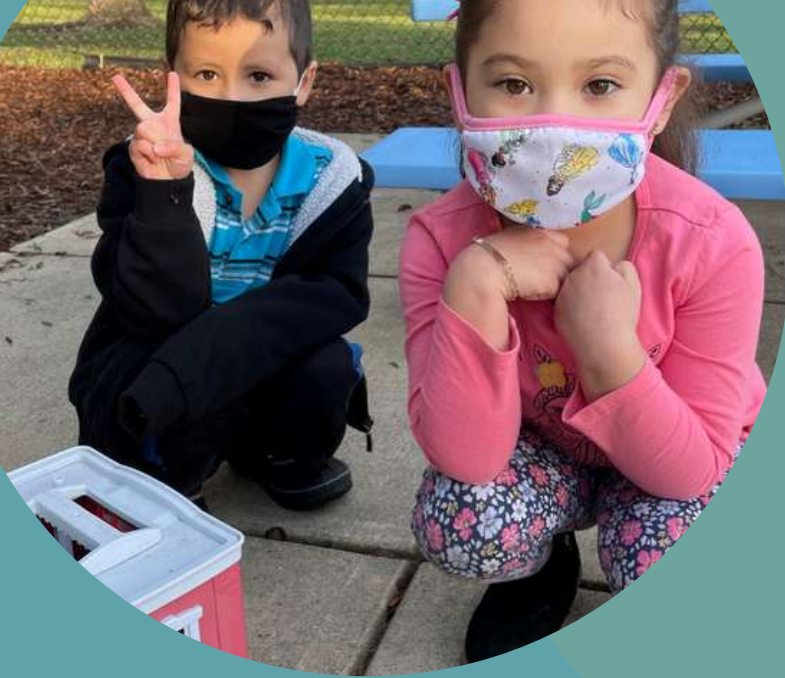
**¡RESERVA TU ASIENTO HOY!**  
*Espacio de cuidado infantil  
está limitado.*

*Los cafés se llevan a cabo de forma bilingüe en inglés y español.*



**Para más información contacte a: Sandra Lemus**

☎ 707-522-1413 x133    ✉ [slemus@sonoma4cs.org](mailto:slemus@sonoma4cs.org)



## HOW CAN 4Cs HELP YOU?

- **Free/Low Cost Preschool**
  - Locations: Cloverdale, Petaluma, Rohnert Park, Santa Rosa, Sonoma & Windsor
  - Part Day & Full Day Programs
- **Parent Choice Child Care Voucher (Ages 0-13)**
- **Find a Child Care Provider**
- **Community Resources**

**Want More Info ?**

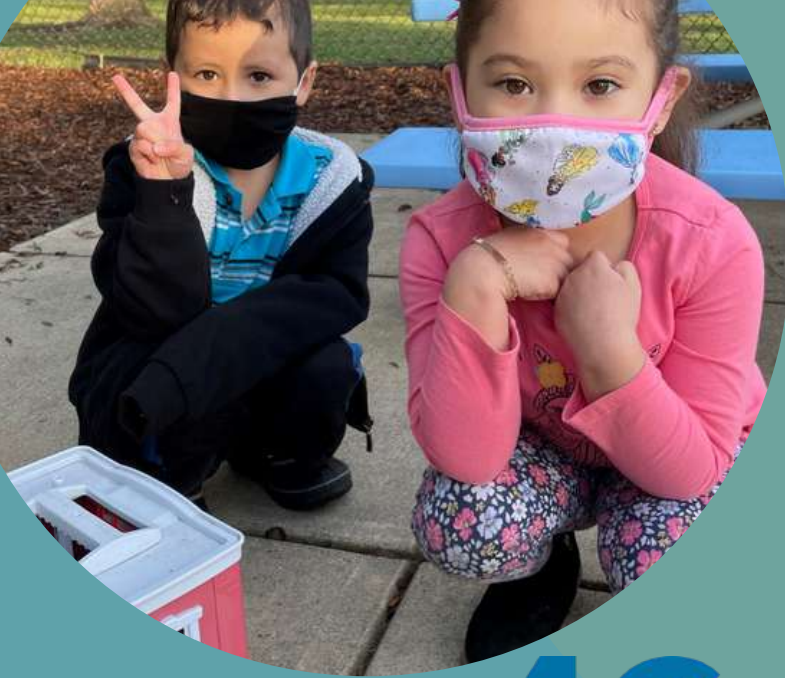
**Tel: (707) 544-3077**

**Fax: (707) 544-2625**

**Email: [info@sonoma4cs.org](mailto:info@sonoma4cs.org)**

**[SONOMA4CS.ORG](http://SONOMA4CS.ORG)**





## ¿COMO 4CS LE PUEDE AYUDAR?

- **Preescolar Gratuito o Bajo Costo**
  - Localizados; Cloverdale, Petaluma, Rohnert Park, Santa Rosa, Sonoma y Windsor
  - Programas de Medio Día o Tiempo Completo
- **Vale de Cuidado Infantil de Elección (edades 0-13)**
- **Encontrar un Proveedor de Cuidado**
- **Recursos de la Comunidad**

**Para Mas Informacion:**

**Tel: (707) 544-3077**

**Fax: (707) 544-2625**

**Email: [info@sonoma4cs.org](mailto:info@sonoma4cs.org)**

**[SONOMA4CS.ORG](http://SONOMA4CS.ORG)**



# LUNCH AND LEARN

virtual series



## HOW TO BUILD HEALTHY RELATIONSHIPS

with Native Students and Families

EVERY FOURTH WEDNESDAY  
11:15am- 12:15pm PST  
STARTING NOVEMBER 29TH



NATIVE  
AMERICAN  
INITIATIVE

# LUNCH AND LEARN

virtual series



## HOW TO START A NATIVE STUDENT ALLIANCE

Student Interest Driven & Adult Supported

EVERY FOURTH WEDNESDAY  
**10am- 11am PST**  
STARTING NOVEMBER 29TH



NATIVE  
AMERICAN  
INITIATIVE

# Apply to be a Young Steward!



**Who:** Sonoma County teens and young adults between the ages of 16 – 20

**What:** Learn about how to care for the land in a way that helps the future, and learn about the plants and animals that call Sonoma County home. Get school credits, work experience, & looks good on a college application!



**When:** 2024– Saturdays, January 20 through May 11, 2024



**Meeting Location:**

Bayer Farm,  
1550 West Ave.  
Santa Rosa

**Time:** Each day will begin at 9am and end at 3pm.



Questions? Contact Jessica Holloway at [jessica@landpaths.org](mailto:jessica@landpaths.org) or (707) 544-7284, ext. 104





## Matrix Upcoming Spring 2024 Trainings on Zoom

1.9.2024	<u><a href="#">IEP Basics</a></u>
1.10.2024	<u><a href="#">Fundamentos Básicos del IEP</a></u>
1.23.2024	<u><a href="#">Student-Led IEPs for Students</a></u>
1.24.2024	<u><a href="#">IEP Dirigidos por Estudiantes</a></u>
1.26.2024	<u><a href="#">Understanding Conservatorship</a></u>
2.6.2024	<u><a href="#">The IEP Form: One Page at a Time</a></u>
2.7.2024	<u><a href="#">El Formulario del IEP: Una Pagina a la Vez</a></u>
2.20.2024	<u><a href="#">Transition to Preschool</a></u>
2.21.2024	<u><a href="#">Transición a Preescolar</a></u>
3.5.2024	<u><a href="#">Understanding Assessments Part 1: The Process</a></u>
3.6.2024	<u><a href="#">Entendiendo las Evaluaciones Parte 1: El Proceso</a></u>
3.19.2024	<u><a href="#">Understanding Assessments Part 2: Interpreting Assessment Reports</a></u>
3.20.2024	<u><a href="#">Entendiendo las Evaluaciones Parte 2: Interpretando los Informes de la Evaluación</a></u>
3.26.2024	<u><a href="#">Understanding Conservatorship</a></u>
4.2.2024	<u><a href="#">Understanding IEP Goals</a></u>
4.3.2024	<u><a href="#">Entendiendo las Metas del IEP</a></u>
4.16.2024	<u><a href="#">Positive Behavior Supports and BIPs</a></u>
4.17.2024	<u><a href="#">Apoyos para el Comportamiento Positivo y BIPs</a></u>
5.7.2024	<u><a href="#">Transition to Kindergarten</a></u>
5.8.2024	<u><a href="#">Transición al Kindergarten</a></u>
5.21.2024	<u><a href="#">Act Early, the Early Start Years (0-3)</a></u>
5.22.2024	<u><a href="#">Actúe Temprano, los Años de Comienzo Temprano (0-3)</a></u>



1712 D South Main Street  
Willits, CA 95490  
Ph# (707) 459-2015  
Fax: (707) 518-8066

**MORE INFORMATION CONTACT**  
Trina Fitzgerald, Coordinator  
(707) 459-2015 or cell (707) 410-9565

**Hours of Operation**  
Monday-Friday 9AM-6PM

	Monday	Tuesday	Wednesday	Thursday	Friday
	1  New Year Holiday-Office Closed	2 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	3 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	4 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	5 12:00 PM Red Road Zoom 5:00 PM Red Road Zoom
<b>Monday:</b> 12:00 PM Fatherhood and Motherhood is Sacred 3:00 PM Strengthening Relationships 5:00 PM Fatherhood and Motherhood is Sacred	8 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	9 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	10 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	11 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	12 12:00 PM Red Road Zoom 5:00 PM Red Road Zoom
<b>Tuesday:</b> 12:00 PM Fatherhood and Motherhood is Sacred 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred	15 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	16  MLK Holiday-Office Closed	17 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	18 12:00 PM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	19 12:00 PM Red Road Zoom 5:00 PM Red Road Zoom
<b>Wednesday:</b> 12:00 PM Addressing Family Violence & Abuse 5:00 PM Addressing Family Violence & Abuse	22 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	23 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	24 11:00 AM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	25 11:00 AM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom	26 11:00 AM Red Road Zoom 5:00 PM Red Road Zoom
<b>Thursday:</b> 12:00 PM Addressing Family Violence & Abuse 5:00 PM Addressing Family Violence & Abuse	29 11:00 AM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	30 12:00 PM Fatherhood & Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	31 11:00 AM Addressing Family Violence and Abuse-Zoom 5:00 PM Addressing Family Violence and Abuse-Zoom		
<b>Friday:</b> 12:00 PM Red Road 5:00 PM Red Road	12:00 PM Fatherhood and Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	12:00 PM Fatherhood and Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom	12:00 PM Fatherhood and Motherhood is Sacred-Zoom 3:00 PM Strengthening Relationships Zoom 5:00 PM Fatherhood and Motherhood is Sacred - Zoom		

**Workshops have fluid entry and are ongoing**

**Holidays Observed**

01/01 New Year Holiday  
01/16 Martin Luther King Jr Day



## Suscol Intertribal Council Presents January 24th-May 29th, 2024.

### **Cohort #14: Native American Historical and Traditional Healing Project.**

Five Workshops presented in chronological order. Learning objectives: 1) Understand the accurate history of Native Americans in Napa County; that Native people lived in structured, civilized, complex societies in permanent villages. 2) Explain the historical process of the extreme systematic trauma to the Native population. 3) Show how California Natives are still present, active and involved in the modern world. Will share examples and explorations of tribal resilience. Pre-registration required.

#### **Zoom Link sent upon registration Fourth Wed at 6:00pm**

#### **1. Workshop #1, 4<sup>th</sup> Wed Jan. 24th, 2024 6:00pm-8:00 pm**

**Topic:** Overview of Napa County Regional Native History from pre-Colonial to Contemporary times

**Healing Element:** Traditional uses of **sage**. The importance and impact of smudging with sage, the different methods used by native communities, and the taboos involved.

#### **2. Workshop #2, 4<sup>th</sup> Wed Feb. 28th, 2024 6:00pm-8:00 pm**

**Topic:** Pre-colonial History of California Natives The beauty and complexity of the local Native communities before European contact.

**Healing Element:** Traditional uses of **salt** for healing.

#### **3. Workshop #3, 4<sup>th</sup> Wed March 27th, 2024 6:00pm-8:00 pm**

**Topic:** Colonial History in California Native Territories. The intense trauma of a +10,000-year-old civilization decimated in 25 years.

**Healing Element:** Traditional uses of **tobacco**. The traditional healing and ceremonial use of tobacco. Taboos involved.

#### **4. Workshop #4, 4<sup>th</sup> Wed April 24th, 2024 6:00pm-8:00 pm**

**Topic:** Post-Colonial History of California Natives Discussions of the core causes of lateral violence and substance abuse within the Native Community today

**Healing Element:** Traditional uses of the **rattle**. The traditional healing and ceremonial use of the rattle. How different types of rattles are used.

#### **5. Workshop #5, 4<sup>th</sup> Wed. May 29th, 2024 6:00pm-8:00 pm**

**Topic:** "Thrival" and Tribal Resiliency How culture and ceremony help Native communities Survive and thrive

**Healing Element:** Traditional Uses of **the Drum**. The traditional healing and ceremonial use of the drum. How different types of drums are used.

Contact Suscol Intertribal Council for questions or to register for workshops. **Cohort #14 ZOOM** [Suscol@suscol.net](mailto:Suscol@suscol.net)  
#707-256-3561 Native American Historical and Traditional Healing Project. **Donations accepted.**

Inter-Tribal Council of California Inc.  
The Mending Basket Resource Center  
is Offering a 12 Week

# Suicide Prevention Group

**988**

SUICIDE  
& CRISIS  
LIFELINE

NEED HELP? KNOW  
SOMEONE WHO DOES?

CONTACT THE 988 SUICIDE  
AND CRISIS LIFELINE IF  
YOU ARE EXPERIENCING  
MENTAL HEALTH-RELATED  
DISTRESS OR ARE  
WORRIED ABOUT A LOVED  
ONE WHO MAY NEED  
CRISIS SUPPORT.

CALL OR TEXT 988  
CHAT AT 988LIFELINE.ORG  
CONNECT WITH A TRAINED  
CRISIS COUNSELOR. 988 IS  
CONFIDENTIAL, FREE, AND  
AVAILABLE 24/7/365.

VISIT THE 988 SUICIDE  
AND CRISIS LIFELINE FOR  
MORE INFORMATION AT  
988LIFELINE.ORG.

REGISTRATION REQUIRED

THURSDAYS &  
FRIDAYS

AT 3:00 PM

IN PERSON AND ON  
ZOOM



FOR  
REGISTRATION  
AND MORE  
INFORMATION  
PLEASE  
CONTACT TRINA  
AT

(707)459-2015

trinaf@itccinc.org

1712 D. South Main Street  
Willits, CA 95490

INTER-TRIBAL COUNCIL OF CALIFORNIA INC.

The Mending Basket Presents

# "Addressing Family Violence and Abuse" Workshops

Certified 14 Week Parenting Program  
In Person and on Zoom



Wednesdays and Thursdays

12:00 PM

Wednesday & Thursday

Zoom Information

Meeting ID:

966 2145 7588

Passcode:

916010

[https://zoom.us/j/96621457588?  
pwd=SGdPSzFsaTNUbW1FaldoS2RyW  
HhpQT09](https://zoom.us/j/96621457588?pwd=SGdPSzFsaTNUbW1FaldoS2RyWHhpQT09)



  
Native American Fatherhood  
& Families Association

5:00 PM

Wednesday & Thursday

Zoom Information

Meeting ID:

930 4498 1467

Passcode:

147624

[https://zoom.us/j/93044981467?  
pwd=b3NQaFdVbkZpYXFwUUUyTm  
04RmVvdz09](https://zoom.us/j/93044981467?pwd=b3NQaFdVbkZpYXFwUUUyTm04RmVvdz09)

1712 D. South Main St., Willits, CA 95490

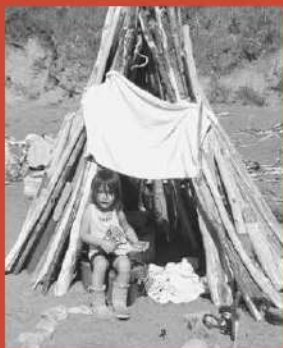
(707) 459-2015 Fax (707) 518-8066

Inter-Tribal Council of California Inc.  
The Mending Basket Presents

**Linking Generations by  
Strengthening  
Relationships Workshops**

Certified 14 Week Parenting Program

In Person and on Zoom



**MONDAYS AND TUESDAYS**

**3:00 PM**

Zoom Information:

Meeting ID: 930 8203 9575

Password: 267108

<https://zoom.us/j/93082039575>

pwd=TXVvbE12NHhKdVNGVIBVcVdHa

VQ2UT09



**1712 D. South Main St., Willits, CA 95490**

**(707) 459-2015 Fax (707) 518-8066**

# Mom Circle

six FREE session group for  
expectant mamas

*Session dates are:*

January 17, 24, 31

February 7, 14

Final session TBD after delivery

*being a mom is the best reason you'll  
ever have to take care of yourself*



*we invite you to join us during this special time  
as you prepare for motherhood*

In a supportive community environment providing  
tools to:

- manage pregnancy
  - life transitions
  - communication
- successful self advocacy
- facilitated by two licensed MFT's

---

Carla Reece, MFT  
Andrea Nortz, MFT

Please contact us at:

[carlareecemft@gmail.com](mailto:carlareecemft@gmail.com) or 707-774-5778







# Nursing with Nurses

Free Breastfeeding/Chestfeeding Support  
and Community

Hosted by Public Health Nurses

**When: Thursdays**  
10:30-12:00pm

**Where: 625 5<sup>th</sup> Street**  
Santa Rosa, CA  
95404

- \* A drop-in group for breast/chestfeeding people.
- \* Come get answers to your breast/chestfeeding questions, weigh your baby, or relax in a comfortable environment with a supportive group.
- \* English and Spanish speaking nurses available.
- \* Babies and older siblings always welcome.
- \* Information about other community resources for parents and families will also be available.
- \* Healthy snacks provided.



\* There is free 2-hour parking in the areas highlighted in yellow

**Free diapers and  
information about local  
resources available!**

**For questions, please call 707-565-4440**



# Lactancia Materna para padres

Apoyo gratuito para amamantamiento  
y la lactancia materna

Presentado por enfermeras de Salud Pública

Horario: cada Jueves  
10:30-12:00pm

Donde: 625 5<sup>th</sup> Street  
Santa Rosa, CA  
95404

- \* Grupo de apoyo para madres que necesitan asistencia y ayuda con conocimiento en lactancia materna, no necesita cita.
- \* Venga y obtenga respuestas a sus preguntas sobre amamantamiento/lactancia materna, pese a su bebe, o relájese en un ambiente cómodo.
- \* Enfermeras que hablan Inglés y Español disponibles.
- \* Bebés y hermanos/hermanos mayores siempre bienvenidos.
- \* También habrá información disponible sobre otros recursos comunitarios para padres y familias.
- \* Aperitivos Saludables serán proporcionados.



\* Hay estacionamiento gratuito de 2-horas  
en las áreas resaltadas en amarillo

¡Pañales gratis e  
información sobre  
recursos disponibles!

Si tiene preguntas, por favor llame al 707-565-4440

LGBTQ+

YOU WITH

Group

Call the Petaluma  
Health Center at  
(707) 559-7500 to  
schedule.

Meets Virtually Mondays

4:00 - 5:15 PM

Grupo de

# JÓVENES

LGBTQ+

Llame al Centro de  
Salud de Petaluma  
al (707) 559-7500  
para programar su  
cita.

Se reúne virtualmente  
los lunes  
4:00 - 5:15 p.m.

# My Pathway Program

**Preparing Young People for the World of Work**



**Are you 16-24 yrs old?  
Need help finding a job or  
career?**

**We Can Help! Explore Career Pathways and Education, Get Ready to Work, and Get the Support You Need!**



**Career Exploration**  
Tutoring, Study Skills  
GED attainment



**Work Readiness Training**  
Interview Skills  
Resume Prep



**Paid Work Experience**  
Supportive Services  
and more!

**Contact Now**



707-565-5550



scyec@schsd.org



<https://joblinksonoma.org/youth-services>

# My Pathway Program

**Preparando a los jóvenes para el mundo del trabajo**



**¿Tienes entre 16 y 24 años? ¿Necesita ayuda para encontrar un trabajo o una carrera?**

**¡Podemos ayudar! ¡Explora trayectorias profesionales y de educación. Prepárate para trabajar y obtén el apoyo que necesitas!**



**Exploración de carrera**  
Tutoría  
Asistencia con GED



**preparación para el trabajo**  
Practica de entrevistas  
Preparación de currículo



**Experiencia laboral pagada**  
Servicios de apoyo  
¡y más!

Contactenos ahora.. \_\_\_\_\_



707-565-5550



scyec@schsd.org



<https://joblinksonoma.org/youth-services>

# Youth Mental Health First Aid

**NOV 6, 2023 | JAN 16, 2024 | FEB 22, 2024**

8:30AM - 4:00PM • 5340 SKYLANE BLVD SANTA ROSA

**Caring citizens will learn to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or who is in crisis.**

Youth Mental Health First Aid is designed for adults (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other community members) who regularly interact with young people.

This course:

- introduces common mental health challenges for youth,
- reviews typical adolescent development, and
- teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**Contact:** Rebekah Pope | [rpope@scoe.org](mailto:rpope@scoe.org)

**Cost:** \$10 | materials, light snacks provided

**Register:** [scoe.org/classes](https://scoe.org/classes)



# SENIOR COOKING PROGRAM

Join us on a  
fun and  
flavorful  
adventure in  
the kitchen!

FOOD SAFETY  
COOKING ON A BUDGET  
CREATIVITY  
COOKING TECHNIQUES  
DISASTER PREPAREDNESS



8-WEEK SERIES

10/17 TO 12/05  
ON TUESDAYS

10:00AM TO 2:00PM  
AT

1370A REDWOOD  
WAY, PETALUMA CA

FOR MORE  
INFORMATION  
CALL  
(707) 978-2340





# PROGRAM DE COCINA PARA PERSONAS MAYORES

**¡Únete con  
nosotros en  
una aventura  
divertida y  
sabrosa en la  
cocina!**

**SEGURIDAD ALIMENTICIA  
COCINAR CON UN  
PRESUPUESTO  
CREATIVIDAD  
TÉCNICAS DE COCINA  
PREPARACIÓN PARA  
DESASTRES**



**SERIE DE 8  
SEMANAS**

**10/17 A 12/05  
ON MARTES**

**10:00AM A 2:00PM**

**1370A REDWOOD  
WAY, PETALUMA,  
CA**

**PARA MAS  
INFORMACION  
LLAME  
(707) 978-2340**





## WELLNESS GROUPS

COME HANG WITH THE ALCHEMY TEAM!



Thursdays, 3:30-5pm at 714 Mendocino Ave.

Contact Willow at [willow@voicesyouthcenter.org](mailto:willow@voicesyouthcenter.org)

or VOICES at (707) 251-9432