



Community Events
January 2025



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

Useful Phone Numbers

Access Team: _____ (707)565-6900

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

Al-Anon/ Alateen (24 Hour Hotline): _____ (707) 575-6760

Consumer Education & Affairs: _____ (707)565-7809

CSU (Crisis Stabilization Unit – 24 Hours): _____ (707)565-4970

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

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

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

inRESPONSE: _____ 707-575-HELP (4357)

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

Interlink Self Help Center: _____ (707)546-4481

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

Information and Referral Search _____ 211

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

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

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

NAMI Warmline: _____ (866)960-6264

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

Petaluma Peer Recovery Center: _____ (707)565-1299

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

Russian River Empowerment Center: _____ (707)823-1604 Ext. 207

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

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

Social Security Office (Benefits): _____ 1-877 870-6384 or 1-877-890-8459

SOS Community Counseling Center: _____ (707)284-3444

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

Substance Use Disorder Services: _____ (707) 565-7450

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

Suicide Prevention 24 Hour Hotline (North Bay) _____ 988

Verity (Crisis Line): _____ (707)545-7273

Crisis line and support for victims of sexual assault

Wellness and Advocacy Center: _____ (707)565-7800

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



Sonoma County Mobile Crisis Teams

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

New! Mobile Support Team (MST) Crisis Call Center

800-746-8181

Or call 911 and ask for Crisis Call Center

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

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

Equipo Móvil de Crisis del Condado de Sonoma



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

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

800-746-8181

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

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

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



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

- **Expanded Response**

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

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

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

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

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

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

800-746-8181



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800-746-8181

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

800-746-8181

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800-746-8181



Family Service Coordination Team

January 2025

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

BILINGUAL COMMUNITY RESOURCE CLINIC

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



Where:

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

When:

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

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

Questions? Contact the Family Service Coordination team:

MarisabelM@buckelew.org | 707-513-5135

Fsc@buckelew.org | 707-571-8452



CLINICA BILINGUE DE RECURSOS COMUNITARIOS

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



Donde:

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

Cuando:

Cada Martes a las 3pm
7 de Enero
14 de Enero
21 de Enero
28 de Enero

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

Preguntas? Contacte al Equipo de Servicios Familiares:

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

Fsc@buckelew.org | 707-571-8452





Family Service Coordination Team

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

Support Groups

Sonoma County Behavioral Health Family Education & Support Group

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

2nd Monday of Every Month
4:00 PM - 6:00 PM
Bucklelew Office

Main Adult Detention Facility Family Education & Support Group

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

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

Bilingual Community Resource Clinic

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

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

Clinica Bilingue de Recursos Comunitarios

Todos son bienvenidos a asistir a la Clínica de Recursos para obtener ayuda con la comprensión o asistencia de acceder servicios para ellos mismos o sus seres queridos. La Clínica de Recursos puede asisterte a encontrar comida, refugio, vivienda, apoyo para la salud mental y más.

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

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

707-571-8452 or Fsc@bucklelew.org



Family Service
Coordination Team



Sonoma County Behavioral Health Family Support & Education Group



Monday
JANUARY
13TH
4pm-6pm
In Person



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

Questions?

**Contact the Family Service
Coordination Team:**

Fsc@buckelew.org 707-571-8452

MarisabelM@buckelew.org 707-513-5135

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

www.buckelew.org






MADF FAMILY SUPPORT & EDUCATION GROUP

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







Join us!

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




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

Upcoming Dates:

-  Thursday, January 23rd (1/24/25)
-  Thursday, February 27th (2/27/25)
-  Thursday, March 27th (3/27/25)
-  Thursday, April 24th (4/24/25)

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

Contact Us:

-  707-571-8452
-  Fsc@Buckelew.org
-  2235 Mercury Way, STE 107
Santa Rosa, CA 95407



Sonoma County

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

Family Support Group

For family members and caregivers (ages 18+). Thursday groups are in person at NAMI Sonoma County office. All other groups meet on Zoom. **Register at [namisoco.org/groups](https://forms.gle/SEKAFtb3GUZetKZh7).**

Connection Support Group

For individuals (ages 18+) living with mental health challenges. Meets on Zoom. **Register at [namisoco.org/groups](https://forms.gle/SEKAFtb3GUZetKZh7).**

Family-to-Family Class

An 8-session education program for those (ages 14+) who care for and support a loved one with serious mental illness. Next class begins in early 2025. **Register at [namisoco.org/f2f](https://forms.gle/SEKAFtb3GUZetKZh7).**

Peer-to-Peer Class

An 8-session education program for adults living with mental health challenges. **Register at [namisoco.org/P2P](https://forms.gle/SEKAFtb3GUZetKZh7).**

Learn more about our free programs:

Visit: namisoco.org
Call: 866-960-6264
Email: info@namisoco.org

Groups and classes meet on Zoom unless otherwise specified.

JANUARY 2025

Program Leader Info Session - January 14, 2025

Meets on Zoom, 4:00-5:00 PM. Join us to learn about becoming a NAMI Program Leader and upcoming trainings for NAMI Connection and NAMI Peer-to-Peer. Register at <https://forms.gle/SEKAFtb3GUZetKZh7>

NAMI Family-to-Family - Begins March 5, 2025!

Meets in person on Wednesdays in Santa Rosa, 6:00-8:30 PM. Registration required at namisoco.org/F2F.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Office Closed Winter Holidays	31 Office Closed New Year's Eve	1 Office Closed New Year's Day	2 2:00-3:30 PM In-Person Family Support Group	3
6	7 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	8	9 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	10
13	14 4:00-5:00 PM Program Leader Info Session 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	15	16 2:00-3:30 PM In-Person Family Support Group	17
20 Office Closed Martin Luther King, Jr. Day	21 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	22	23 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	24
27	28 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	29	30 2:00-3:30 PM In-Person Family Support Group	31

NAMI Family-to-Family Class

Begins Wednesday, March 5, 2025 at 6:00 PM

NAMI Family-to-Family is a free, 8-week program for those who care for and support a loved one with serious mental illness. Led by trained family members with lived experience, it provides practical knowledge, support skills, and connections with others in similar situations.

You'll learn about:

- Better communication with your loved one
 - Navigating a mental health crisis
 - Effective self-care strategies
 - Accessing local supports and services
 - Current information on mental illness, treatments, and more
 - How mental illness impacts the entire family
-



“This has been such a healing experience for me.”

“We thought we were on an island. Now we know we are not alone.”

“A wonderful class ... brings me peace of mind.”



Register at namisoco.org/F2F
or scan the QR code.

Questions? Call 866-960-6264.





You're invited to attend our upcoming

NAMI PROGRAM LEADER INFORMATION MEETING

Join us on **Tuesday, January 14, 2025,**
from **4:00-5:00 PM** for an informational Zoom
session about our programs. Ask questions and
learn about the next steps to be a part of what
we do at NAMI Sonoma County.



To register, please visit
<https://forms.gle/SEKAftb3GUZetKZh7>
or scan the QR code.





AMILE
IN THEIR SHOES

One Mile. One Mission.

End Homelessness

Saturday, April 5, 2025



**NOTHING ABOUT US
WITHOUT US!**

HOMELESS ACTION!

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

We want your input!

MEETINGS EVERY MONDAY 9:30 AM

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

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

KNOWLEDGE IS POWER! CIVIL RIGHTS OF THE UNHOUSED!

Cafecito Informativo



**JAN
15**



Santa Rosa
COMMUNITY
HEALTH
All of us. For all of you.

**FEB
5**



REDWOOD EMPIRE
FOOD BANK

**FEB
19**



**MAR
5**



**MAR
19**



HUMANIDAD
Therapy & Education Services
HUMANIDADTHERAPY.ORG

(707)525-1515



HUMANIDAD
Therapy & Education Services

FIRST  **5**
sonoma county

Grupo de Apoyo Para Mujeres Embarazadas y Postparto

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

Habrà comida y cuidado de niños gratis



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



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

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

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

Regístrese aquí

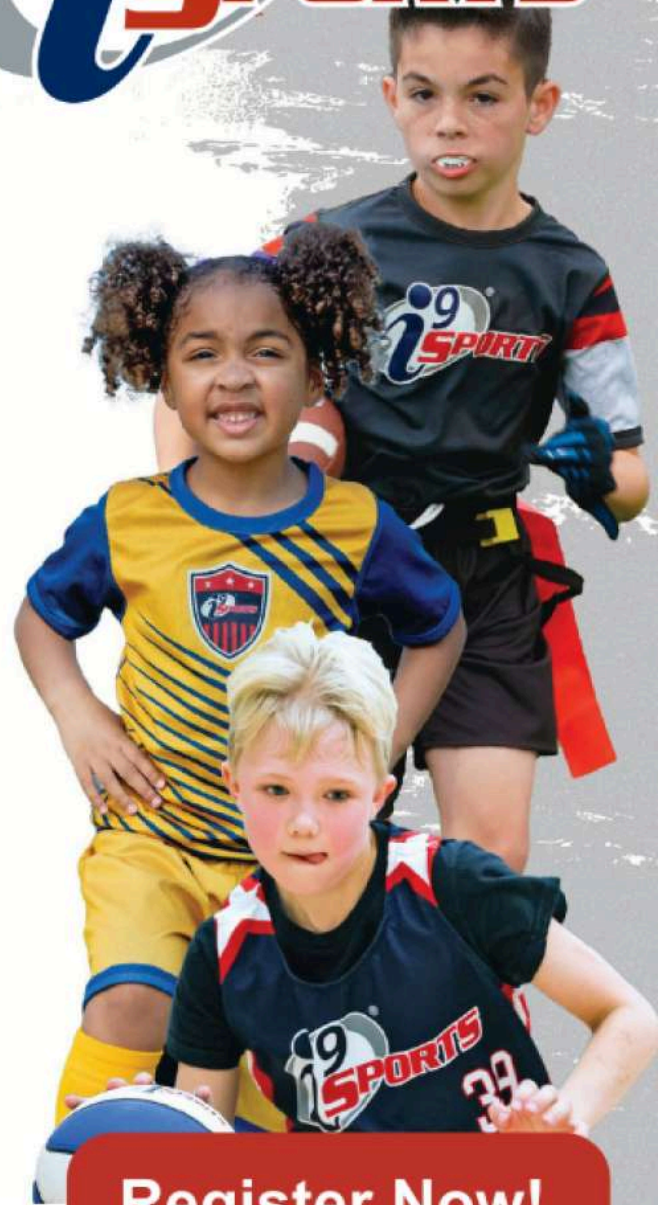
WINTER 2025



REGISTER NOW! **¡REGÍSTRATE AHORA!**

Petaluma High School
January 11 - February 15

-  **Basketball**  **Soccer**  **Volleyball**
 **Flag Football**  **T-Ball for ages 3-14**
- **All Skill Levels Welcome, No Tryouts!**
¡Todos los niveles son bienvenidos, no hay pruebas!
- **One Day Per Week. Practice Held Before Game on Saturdays.**
Un día por semana en los sábados.



Register Now!



DISCLAIMER: The activities, products, or services advertised in this flyer are not sponsored or endorsed by Santa Rosa City Schools or its schools.

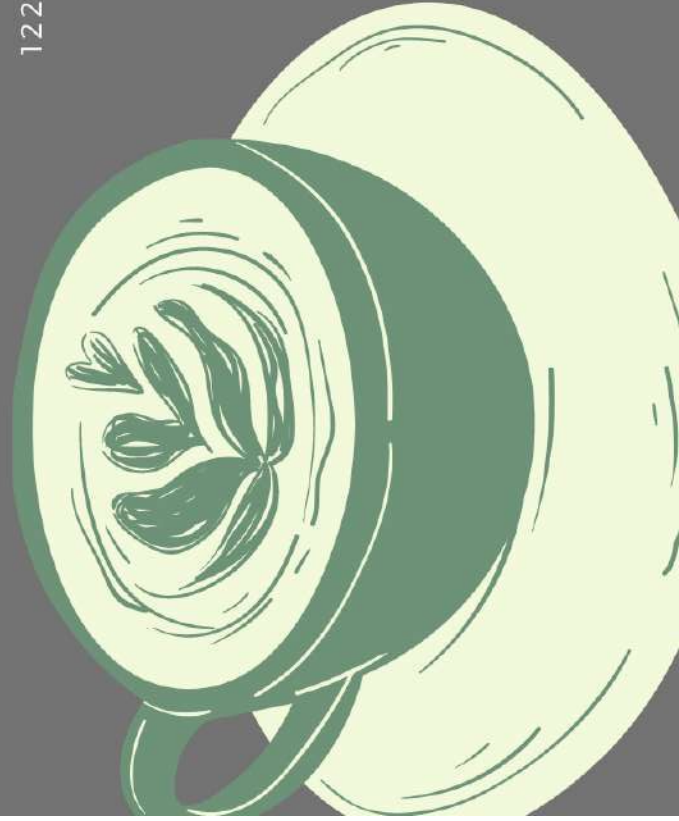
Las actividades, productos o servicios anunciados en este folleto no están patrocinados ni respaldados por el Santa Rosa City Schools ni sus escuelas.

CADA JUEVES 10:00 - 11:00 AM

CAFECITO CREATIVO

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

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



January
Monthly Meeting
HOSTED BY

**Planned
Parenthood**

16 Jan | 12-1:30PM

1000 Apollo Way
Santa Rosa CA 95407



ENERO

**Junta Mensual
Presentado por**

**Planned
Parenthood**

16 Enero | 12-1:30PM

1000 Apollo Way
Santa Rosa CA 95407



TRAUMA-INFORMED CARE TRAININGS 2024-2025

Building Hope and Resilience through
Trauma-Informed Care

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

REGISTER HERE: WWW.CAREGISTRY.ORG

TRAINING HOSTED VIA
ZOOM* FROM 1 PM - 4 PM

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

For questions contact Irma Zavala

(707) 522-1413 EXT 226

bridge@sonoma4cs.org



*For Zoom link call or email



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



ENTRENAMIENTOS DE CUIDADO INFORMADO SOBRE EL TRAUMA 2024-2025

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

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



REGISTRATE AQUI: WWW.CAREGISTRY.ORG

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

Sabado, Octubre 12- Modulo 1, Parte 1

Sabado, Noviembre 9- Modulo 1, Parte 2

Sabado, Enero 11- Modulo 2, Parte 1


Sabado, Febrero 8- Modulo 2, Parte 2

Sabado, Marzo 8- Modulo 1, Parte 1

Sabado, Abril 5- Modilo 1, Parte 2

Para preguntas contacté a Irma Zavala

(707) 522-1413 EXT 226 

bridge@sonoma4cs.org 

*Para la Información de Zoom llame o mande correo electrónico



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



Professionals Meetings

Recovery & Peer Support

Hosted by Pura Vida Recovery Services
130 Stony Point Rd., Suite J,
Santa Rosa, CA, 95401



Hospital • Private Practice • SUD • Non-Profit • First Responders



Professionals in Recovery

- 1st & 3rd Friday of each month
- 5:30pm - 7pm *In Person*
- A safe & confidential sober support network exclusively for service providers

Peer Support Community

- 2nd Friday of each month
- 5:30pm - 7pm *In Person*
- Manage stress, avoid burnout, & share insights with fellow care professionals



For More Information

Contact Matt Schembari, Director of Special Projects
(707) 888-9436; matthew.s@pvrecovery.com



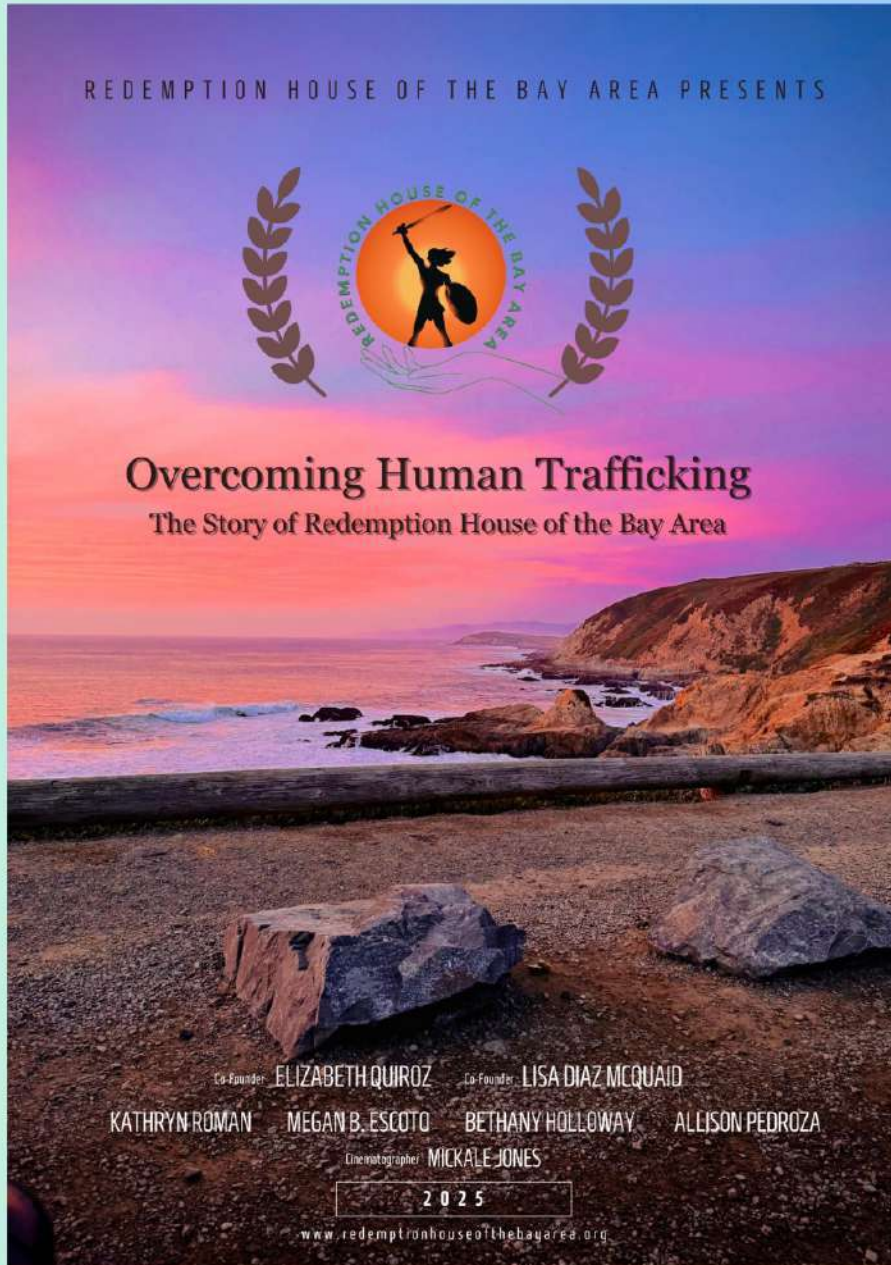
Overcoming Human Trafficking:

The Story of Redemption House of the Bay Area

Shedding Light on the Ongoing Fight Against Human Trafficking in Our Community

Thursday January 23rd 2025 • 630pm - 830pm • Sonoma State University

Free Film Screening, Panel Discussion & Book Signing



Sponsored By:
Sonoma County Human Trafficking Task Force
Rohnert Park Department of Public Safety
Redemption House of the Bay Area
Sonoma State University

1801 E Cotati Ave
Rohnert Park, CA 94928
Student Center, 3rd Floor, Ballroom A
Parking Permit Info: www.parking.sonoma.edu





SEBASTOPOL COMMUNITY
CULTURAL CENTER

BEGINNING BREAKING

FOUNDATIONS
DANCE CLASSES

TUESDAYS

JANUARY 21ST-
FEBRUARY 25TH

AGES 6-12



BEGINNING
3:30PM-4:30PM

ADVANCED #2
5PM-6PM



W/ INSTRUCTOR
SEAN ARMSTRONG

6 WEEK
SESSION
FOR
\$60

LEARN:

TOP ROCKS, GO DOWNS,
FOOTWORK, FREEZES, POWER,
MUSICALITY & MORE



JOIN NOW!!

@ [HTTPS://SEB.ORG/DANCE/](https://seb.org/dance/)

@ SEBASTOPOL COMMUNITY CULTURAL CENTER, 390 MORRIS ST. SEBASTOPOL CA



FLAG FOOTBALL

NEXT LEVEL SPORTS / MARIA CARRILLO HS



COMMUNITY CENTRIC LEAGUE
PLAY WITH FRIENDS & CLASSMATES

PERSONALIZED UNIFORMS
CUSTOM JERSEY & NEXT LEVEL SHORTS

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TODOS LOS PARTIDOS DE DOMINGOS
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X





Movement is Medicine

ACORNS

MOVE-IT MONDAYS
WALKING GROUP



EVERY MONDAY

WEATHER PERMITTING

TIME: 10:00AM- 10:45AM

LOCATION: FINLEY PARK NEXT TO GAZEBO

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



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

ADULT TALKING CIRCLE

EVERY 1ST & 3RD
THURSDAY

*EXCLUDING HOLIDAYS

3:00PM-4:30PM
ON ZOOM

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

BEGINNING JANUARY 4, 2024

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



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

YOUTH TALKING CIRCLE

CHECK IN . PEER SUPPORT . CULTURAL TEACHINGS

FOR AGES 12-24



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

TO SIGN UP CONTACT THE
AUNTIES & UNCLES PROGRAM:



AUPEVENTS@SCIHP.ORG



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

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

JANUARY 2025

SUN

MON

TUE

WED

THU

FRI

SAT



Sebastopol's
In-Person
Events Calendar

5

Django Reinhardt
Style Open Music
Jam at 1:30pm

6

Intergenerational
Chess Club
at 3:15pm



12



Book Sale Prep

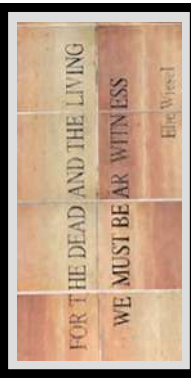
19

Sonoma County Non-Profit:



snowleopardconservancy.org

26



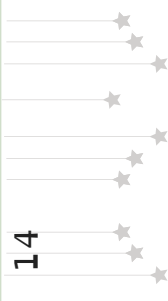
December
Holocaust Remembrance Day

7

Friends of the
Sebastopol Library
Board Mtg at 4pm

So. Co Zine Club at 6pm

14



Book Sale Prep

21



Library
Closed
for
Martin
Luther
King Jr. Day

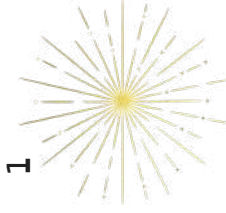
27

Intergenerational
Chess Club
at 3:15pm



December
27, 2025

1



Library Closed for
New Year's Day

8

Spanish Music &
Movement at 10:30am
Read to a Dog
at 3:30pm

Teen Knitting Club
at 4pm

15

Read to a Dog at 3:30pm
Teen Knitting Club at 4pm

Book Sale 5-8pm

22



Read to a Dog at 3:30pm
Teen Knitting Club at 4pm

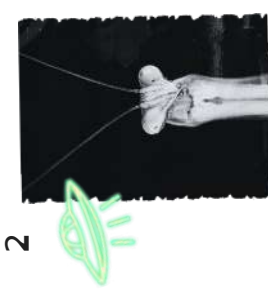
29

Read to a Dog at 3:30pm
Teen Knitting Club at 4pm



Forum Room
Carpet Replacement

2



National
Science Fiction Day

9

Tween Game Lounge
1:15-3:30pm

16

Book Sale
10am-6pm

23

Tween Game Lounge
1:15-3:30pm

30

Tween Game Lounge
1:15-3:30pm

3

Teens:
January Journals
at 4pm

10



Common
Ground
Book Club:
Books By
& About
People
w/ Disabilities at 10:30am

17



Book Sale: 1/2 price!
10am-6pm

24

Pride Book Club
for Teens at 4pm

31

Tiny Art for Teens:
MLK Edition at 4pm

4



Forum Room
Art Show:
Nature
Photography:
Nov. 19, 2024
- Jan. 10, 2025
Artist
Bob Hart

11

January is
Adopt a Rescued Bird Month



Bay Area Non-Profit: Palomacy
PigeonRescue.org

18

Community Gardening
Workshop at 11am

Book Sale: \$5 a Bag!
10am-2pm

25



Classics
You
Missed

Book Club at 2pm



January virtual events

SEBASTOPOL REGIONAL LIBRARY

7140 BODEGA AVE
707-823-7691



Kids & Families

música y movimiento en español (edades 0-5) ~

Este programa se presentará en español. ¡Música y Movimiento es un recorrido por la cultura, el idioma y la diversión! Esta presentación no es para sentarse: Su familia será un personaje activo en estas aventuras, participando con bufandas coloridas, instrumentos y animales mientras se mueve al sonido del lenguaje. /

- o / **spanish music & movement (ages 0-5)** ~ This program is presented in Spanish. Spanish Music & Movement is a tour of culture, language, and fun! This presentation is not for sitting – your family will be active characters in these adventures, participating with colorful scarves, instruments, and animals as you move to the sound of language. Even if you are not fluent Spanish speakers, see the language come alive through the animated and energetic activities designed for children under 6 years and family. ~ 1/8

read to a dog (grades k-6) ~ Come read aloud to the PALS (Paws as Loving Support) dogs. These dogs are well trained & love to listen to stories in any language. Children build confidence in their reading skills by reading aloud in a safe space. ~ 1/8, 1/15, 1/22, 1/29

tween game lounge (grades 4-8) ~ Drop by the Game Lounge to play video games, study, or just hang with your peers! Laptops, iPads, and board games will be available to use. ~ 1/9, 1/23, 1/30

Programs on Break

babytime Resumes Tuesday, February 4, 2025

baby Village Resumes Tuesday, February 4, 2025

social service day Resumes Tuesday, February

family storytime Resumes Wednesday, February 5, 2025

sewing in community Resumes Wednesday, February 5, 2025

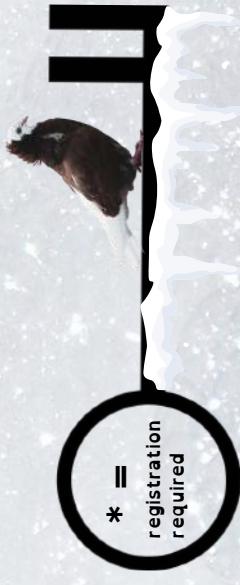
Teens

teens: january journals (grades 7-12)* ~ Explore your goals for 2025 while enjoying snacks and cocoa! Journals, prompts, and snacks provided. ~ 1/3

sonoma co. zine club (grades 7-12) ~ Sonoma County Zine Club is a collaborative space to create and share zines in our community. The library will provide basic supplies like paper, glue sticks, scissors, etc. Feel free to bring your own materials and tools. ~ 1/7

teen knitting club (grades 7-12) ~ Join us as a beginner or experienced knitter who wants to learn new techniques, make new friends, & help other students. We will support knitters in gaining the skills needed to achieve their own goals, whether that is making garments, accessories, designing their own patterns, or just simply having fun and de-stressing w/ a meditative project. Basic supplies are provided, though students are welcome to bring supplies for their own project. ~ 1/8, 1/15, 1/22, 1/29

tiny art for teens: mlk edition (grades 7-12)* ~ Create art inspired by Martin Luther King Jr. on mini canvases. Art will be displayed during Black History Month. Prompts, all art materials, and snacks provided. ~ 1/31



Adults

sunsetting art show: nature photography ~ Sebastopol Regional Library is delighted to showcase Bob Hart's art show, Nature Photography, a collection of photographs from Oregon to Iceland (with a few stops between), November 19, 2024, through January 10, 2025. ~ month of January

django reinhardt style open music jam ~ This loose knit group of musicians gathers approximately monthly to play and share the style of swing music made famous by Django Reinhardt. This delightful music is not often played on commercial media but has stayed alive by being played in small groups, both in performance and informal jams. This jam is open to acoustic instrumentalists and best suited for those with moderate to high proficiency on their instrument. Most tunes are selected from the 2008 Django Fakebook, available for free on the internet in .pdf format. Listeners & newcomers are welcome. ~ 1/5

sonoma co. zine club ~ Sonoma County Zine Club is a collaborative space to create and share zines in our community. The library will provide basic supplies like paper, glue sticks, scissors, etc. Feel free to bring your own materials and tools. ~ 1/7

common ground book club: books by & about people w/disabilities ~ Meet with others to discuss books centering disability voices! Print & digital copies of each month's book are available at the Sonoma County Library Catalog and/or Link+. Pre-Register to receive a reminder email. Drop-ins are welcome. If you didn't have time to read or finish the month's book, you are still welcome to attend. Snacks will be provided. For our Dec. 13 meeting, we will be reading Disfigured: On Fairy Tales, Disability, and Making Space. ~ 1/10

classics you missed book club ~ Join us for a monthly meeting to read and discuss underrepresented classics & to explore the depth and diversity of classic literature. Borrow a copy via the library catalog or Link+ of this month's selection, Suite Francaise by Irene Nemirovsky. ~ 1/25



All Ages

intergenerational chess club ~ Join fellow players to enjoy the great game of chess. ~ 1/6, 1/27

friends of the Sebastopol library book sale ~ The Friends of the Sebastopol Library is a volunteer nonprofit organization that provides support to the Sebastopol Regional Library. While the Sebastopol Regional Library is a part of the Sonoma County Library system and is tax-supported, there are many items for which there are not enough tax dollars. The Friends sponsor programs such as Summer Reading, music performances, and holiday events. Funds from the Friends' book sales, membership dues, and donations enable the Friends to purchase books, equipment, and furnishings for the library. ~ 1/15, 1/16, 1/17, 1/18

community gardening workshop ~ Join permaculture teacher Oscar as we learn about gardening all year long while creating a beautiful and delicious library landscape. ~ 1/18

Community Forum at Interlink Self-Help Center

Understanding **MEDICARE**

CONFUSED ABOUT MEDICARE..
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the MEDICARE Health Insurance
Counseling & Advocacy Program.

HICAP Health Insurance
Counseling &
Advocacy Program
Free Service to Medicare Beneficiaries

Before you consider all the options, sit with a
truly **unbiased** source so you can make more
informed decisions.

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Navigating Medicare

California
Department
of **AGING**

TRUSTED SOURCE
for unbiased help as the
TECHNICAL EXPERTS
on Medicare, since 1986

www.SeniorAdvocacyServices.org/HICAP

Hope to see you here!

In Person

Facilitated by:

In Person

Michael Thompson

Medicare HICAP Outreach Coordinator
Senior Advocacy Services

Friday, January 31, 2025

1:30 to 3:00

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

www.interlinkselfhelpcenter.org



This forum is open to the adult general public

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



Intro to Peer Support

Onsite & in Person!

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



January we'll be focusing on:

Communication Skills

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**



Monday

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

Tuesday

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

Wednesday

10:00 - 2:30 ----- Open Art Studio
10:00 - 11:00 ----- SMART Recovery - Zoom
10:15 - 10:30 ----- Community Meeting
11:00 - 12:00 ----- Mindful Self Compassion
1:00 - 2:00 ----- Mid-Week Festivity
2:00 - 2:30 ----- Afternoon Check-In

Thursday

10:00-1:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:30 ----- **Understanding Anger**
11:30-12:30 ----- SMART Recovery
12:00- 1:00 ----- Expressing Creativity
12:30-1:30 ----- Living with Lyme
➤ **Lyme Disease support 2nd & 4th Thursdays** ➤
1:00 - 1:30 ----- Afternoon Check-In

Friday

10:00-2:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:30 ----- *Funspiration / Let's Go*
11:00-12:00 ----- **SMART Recovery →→ ¡En Español!**
12:00 - 1:00 ----- Aprendiendo Juntos/Ingles Y Español
Learning Together/Spanish & English
1:30 - 2:30 ----- * Monthly Forum *
2:00 - 2:30 ----- Afternoon Check-In

Community Forum

Understanding MEDICARE

HICAP Presentation

Friday, January 31, 1:30 -3:00

January, 2025

Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

www.interlinkselfhelpcenter.org

Phone: 707-546-4482



Interlink Self-Help Center Mission:

To provide a safe environment in which those of us facing our mental health challenges can improve our quality of life through self-help, mutual support and empowerment.

All of our services are offered **free** of charge and available to adult community members.

Services include:

- One to One Peer Support
- Socialization Opportunities
- Support and Education Groups
- Indoor and Outdoor Activities
- Drug and Alcohol Counseling
- Warmline Support
- Monthly Forums



Interlink Self-Help Center is a Peer managed and operated program of West County Community Services.

In person services and telephone support are available:

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

Groups at Interlink Self-Help Center

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

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

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

Expressing Creativity: We explore and express the creativity using a variety of modalities and supplies.

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

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

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

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

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

Mid-Week festivity: From Bingo to Wii sports, and karaoke, join us for socialization and fun!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



SMART
Recovery

Viernes de 11:00 a 12:00
Interlink Self-Help Center
1033 4th Street, Santa Rosa

¡en
Español!

Para más información llame a Alfredo - 707-546-4482 ext 817

SMART, Self Management and Recovery Training, significa Entrenamiento de Manejo Personal y Recuperación.

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

Con SMART Recovery las personas encuentran el poder dentro de sí mismas para cambiar y llevar una vida sana, plena y llena de satisfacciones.

Como ves, es un programa sencillo de 4 puntos:

1. Desarrollar y mantener la motivación.
2. Lidiar con tus deseos e impulsos.
3. Mejorar el manejo de tus pensamientos, sentimientos y comportamientos.
4. Vivir una vida equilibrada.

Los servicios de Interlink son gratuitos y están disponibles para mayores de 18 años.

Interlink es una programa de  **WCCS** West County Community Services

Creative Expressions

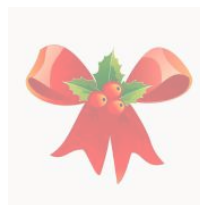


1ST & 3RD THURSDAYS 2-3:30
PROJECTS AVAILABLE FOR A WEEK



December 5th - Thursday (stays out for a week)

Holiday Wheels and Trees



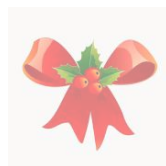
December 26th - Thursday (stays out for a week)

Build a Snowman



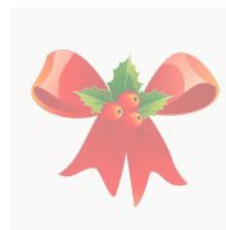
January 2nd - Thursday (stays out for a week)

New Year Nature Mobile



January 16th - Thursday (stays out for a week)

2025 Scrapbooking



Wellness and Advocacy Center Group Schedule

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

(707) 565-7800

Monday

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

Thursday

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

Tuesday

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

Friday

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

Wednesday

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

HAPPY NEW YEAR!

The Wellness and Advocacy Center
will be closed for the following
Holiday's: New Year's Day January 1st
& Martin Luther King Day January 20th

JANUARY 2025



WELLNESS • RECOVERY • RESILIENCE



WCCS
West County Community Services

Group Descriptions

AM Support/Wellness Announcements

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

Connection & Coffee

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

Anxiety Support

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

Career Development

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

Friendship Group

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

SMART Recovery

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

Wellness Bingo

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

Moving Forward

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

Mindfulness Matters

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

Visions & Voices

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

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

Transitions

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

Peer Support

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

Games, Art & More: Rotating weekly fun activities

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

Music Jam

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

Fun With Words

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

Palette Of Possibilities

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

Successful Living

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

Health and Wellness Group

No group description yet. Need to add

Walking Thru Depression

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

Exploring Emotions

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

Open Mic

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

El Horario del Wellness and Advocacy Center

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

(707) 565-7800

Lunes

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

Jueves

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

Martes

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

Viernes

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

Miércoles

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

¡FELIZ AÑO NUEVO!

El Centro de Bienestar y Defensa de los Derechos estará cerrado los siguientes días festivos: Año Nuevo, 1 de enero, y Día de Martin Luther King, 20 de enero.

ENERO 2025



WELLNESS · RECOVERY · RESILIENCE



Descripciones de Grupos

Apoyo por la Mañana/Anuncios de Bienestar

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

Conexion y Cafe

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

Apoyo de Ansiedad

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

Desarrollo de Carrera

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

Grupo de Amistad

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

SMART Recovery

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

Bingo de Bienestar

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

Movimiento hacia Adelante

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

Asuntos de Conciencia

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

Voces y Visiones

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

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

Transiciones

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

Apoyo entre Compañeros

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

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

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

Sesiones de Música

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

Diversión con Palabras

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

Paleta de Posibilidades

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

Vida Exitosa

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

Grupo de Salud y Bienestar

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

Caminando a través de la Depresión

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

Explorando Emociones

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

Karaoke

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

Wellness and Advocacy Center

2245 Challenger Way - Suite 104, Santa Rosa CA 95407

(707)565-7800

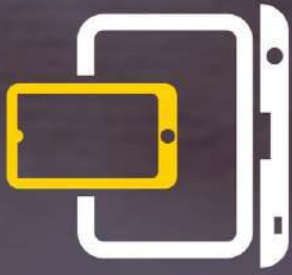
Wellness and Advocacy Center will be hosting an
n-Person, Open Community Forum hosted by
Redwood Gospel Mission

We hope you will join us!

Tuesday January 14th 2025 From 10:15-11:00

Beginning as a 14 bed shelter in 1963, the RGM now mobilizes the community to minister to the needy through a variety of homeless services, recovery programs, vocational training, jail ministries, outreach events and thrift stores.



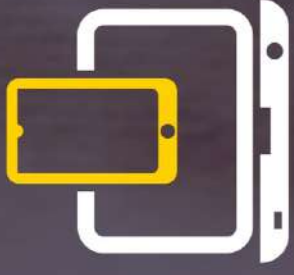


YOUTH Mental Health + Support Survey

California youth ages 12-25 and caregivers of youth ages 0-25 are invited to anonymously respond to a survey about mental health and community supports.



tinyurl.com/YouthMentalHealthSurvey2024



Jóvenes Encuesta de Salud Mental y Apoyo

Se invita a los jóvenes de California de 12 a 25 años y a los cuidadores de jóvenes de 0 a 25 años a participar de forma anónima responder a una encuesta sobre salud mental y apoyo comunitario.



tinyurl.com/YouthMentalHealthSurvey2024