



Monthly Community Resources
October 2022

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

Useful Phone Numbers

Access Team: _____ (707)565-6900
The Access Team initiates services for Sonoma County Behavioral Health, Community Mental Health Centers and the Older Adult Team.

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

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

CSU (Crisis Stabilization Unit – 24 Hours): _____ (707)576-8181
Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week

Human Services (General Assistance, Food Stamps, Medi-Cal): _____ (707)565-2715
Human Services provides benefits for those in need, and strives to protect and improve the well-being of individuals and families

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: _____ 2-1-1
Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

NAMI Warmline: _____ (866)960-6264
The NAMi Warmline is available Monday through Friday 9am-5pm. Speak with a trained ally, develop a plan, get resources and find a path towards recovery.

Petaluma Peer Recovery Center: _____ (707)565-1299
Petaluma Peer Recovery Project runs Monday, Wednesday and Thursday 10am-3pm.

Russian River Empowerment Center: _____ (707)823-1604 Ext. 207
Russian River Empowerment Center is available to adults Monday through Friday 11:30am-4:30pm. They offer counseling, support, crisis management, variety of workshops etc.

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.

Suicide Prevention 24 Hour Hotline (North Bay): _____ (855)587-6373

Suicide Prevention & Crisis Intervention: _____ (800)764-8181

Verity (Crisis Line): _____ (707)545-7273
Crisis line and support for victims of sexual assault

Wellness and Advocacy Center: _____ (707)565-7800
Wellness and Advocacy Center is self-help, drop-in center for people with mental health challenges in Sonoma County. They offer various resources, peer programs, support groups, art and computer workshops etc.



Buckelew's Suicide Prevention Program

September is Suicide Prevention Awareness Month, designed to help normalize conversations about mental health and spread the message that *suicide is preventable*.

This year, we are also spreading awareness of 988, the new three-digit phone and text number for mental health and substance use crises. The launch of 988 this summer marks significant progress towards expanding access *at the critical time a person needs help*. Buckelew operates one of the 13 call centers in California that are part of the national 988 Lifeline network; our suicide prevention hotlines have been in continuous operation since 1971.

While September events draw much needed attention to this important issue of mental health care, year-round, Buckelew Programs' **Suicide Prevention Outreach Team** connects with local schools and community groups throughout the North Bay to provide education and awareness about suicide prevention and self-care. This includes meeting with local business groups for education and "Lunch & Learn" style events. Buckelew Programs also provides support programming to survivors of suicide.

If you would like to connect your community or business group with Buckelew Programs Suicide Prevention Outreach, please contact us [here](#).



Athena House

An angel donor, Buckelew Programs and the community join forces to rescue crucial substance use treatment and sober living housing for women and their children.



Gratitude for Petaluma Tattoo

Supporting the Community

Nick Rodin, owner of **Petaluma Tattoo**, and a cohort of 14 generous tattoo artists from throughout the Bay Area and Los Angeles, donated their talents and ink to benefit Buckelew Programs **Suicide Prevention** programs. The day-long community event also included food prepared and provided by **Little Lou's**, **Stemple Creek Ranch**, **BiRite Foodservice Distributors Lagunitas**, **Golden State Cider**, **Guayaki Yerba Mate** and a dance performance by **Ballet Folklorico Paquiyollotzin**. Check out

Family Service Coordination Team

Sonoma County Behavior Health

Family Education & Support Group

When: Monday, October 10, 2022
4:00pm to 6:00pm

Where: Zoom Group

Questions? Contact the Family Service Coordination team:

KiahnaB@Buckelew.org 707-780-7236

NicoleN@Buckelew.org 707-494-0762



Family Service Coordination Team

Petaluma Family and Ally Education and Support Group

When: Thursday, October 13th
4:00pm-5:30pm

Where: Zoom Group

Questions? Contact the Family Service Coordination team:

MichaelE@buckelew.org 707-237-1334

KiahnaB@Buckelew.org 707-780-7236



Family Service Coordination Team

Finding Connection

When: Wednesday, October 19th

2pm to 3:30pm

Where: Zoom

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

This group aims to provide tools and coping skills to navigate feelings of isolation.

Join us in having an open dialogue about isolation.

Questions? Contact the Family Service Coordination team:

KiahnaB@Buckelew.org 707-780-7236

MichaelE@Buckelew.org 707-237-1334



Family Service Coordination Team

Supporters of Young Folks

When: Thursday, October 27th
3:00pm-4:30pm

Where: Zoom

Questions? Contact the Family Service Coordination team:
KiahnaB@Buckelew.org 707-780-7236
NicoleN@Buckelew.org 707-494-0762



Family Service Coordination Team

West County Share and Care

When: Friday, October 28th
3:00pm to 4:30pm

Where: Zoom

Questions? Contact the Family Service Coordination team:

MichelleD@Buckelew.org 707-571-8452

KiahnaB@Buckelew.org 707-780-7236



Family Service Coordination Team

Hybrid Community Resource Clinic



When: Every Tuesday
3:00pm-4:30pm

Where: 2300 Northpoint Pkwy, Santa Rosa or on Zoom
Meeting I.D: 86830242650

Anyone looking for support and services in our community may come to the community resource clinic for assistance with understanding and accessing community support and services for themselves or their loved one. Family Members/Allies, Consumers/Peers and Service Providers are all welcome to join!

Questions? Contact the Family Service Coordination team:
KiahnaB@Buckelew.org 707-571-8452
NicoleN@Buckelew.org 707-494-0762





OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Community Resource Clinic 3-4 pm Hybrid*	5	6 National Depression Screening Day	7	8
9	10 World Mental Health Day Sonoma County Behavioral Health Family Education & Support Group 4-6 pm	11 Community Resource Clinic 3-4 pm Hybrid*	12 SOS: Allies for Hope 7-8:30 pm	13 Petaluma Education & Support Group 4-5:30 pm	14	15
16	17	18 Community Resource Clinic 3-4 pm Hybrid*	19 Finding Connection 2-3:30	20	21	22
23	24	25 Community Resource Clinic 3-4 pm Hybrid*	26 SOS: Allies for Hope 7-8:30 pm	27 Supporters of Young Folks 3-4:30 pm	28 West County Care & Share 3-4:30 pm	29
30	31					

All Buckelew-sponsored clinics & groups on Zoom unless otherwise noted.

*Community Resource Clinic: Zoom & in-person @ 2300 Northpoint Parkway, Santa Rosa

For more information, go to

<https://www.buckelew.org/upcoming-events>

Community Resource Clinic

Every Tuesday

3:00 PM - 4:30 PM

2300 Northpoint Parkway, Santa Rosa

Everyone is welcome to come to the

Resource Clinic for help with

understanding or assistance in accessing

services for themselves or their loved one.

Finding Connection

3rd Wednesday

2:00 PM - 3:30 PM

Zoom Group call

Isolation and finding connection is an online education and support group about isolation, and connection. This series aims at providing tools and coping skills to navigate feelings of isolation. Join us in having an open dialogue about isolation.

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

Michael Ellison (They/Them): Family Service Coordinator, Family Service Coordination, Buckelew

Work Cell: 707-237-1334

Email: MichaelE@buckelew.org

Kiahna Bell (She/Her/Hers): Administrative Assistant & Community Outreach Coordination,

Family Service Coordination, Buckelew

Work Cell: 707-780-7236

Email: KiahnaB@Buckelew.org



****These Groups Are Open To Anyone****

Sonoma County Behavioral Health Family Education &

Support Group

2nd Monday of Every Month

4:00 PM - 6:00 PM

Zoom Group call

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

Petaluma Education and Support Groups

2nd Thursday of Every Month

4:00 PM - 5:30 PM

Zoom Group call

Join us in increasing our understanding of the nature of mental health and trauma, facilitate supportive dialogue and foster confidence in family members (family, friends or allies) insights, interventions and coping strategies through education, peer support, understanding of community resources and hope.

West County Care and Share

4th Friday of Every Month or 3rd for Nov. Dec.

3:00 PM - 4:30 PM

Zoom Group call

Free, on-going, drop-in support group, led by trained family members for family/friends of individuals struggling with mental health and/or trauma. All facilitation services and course materials are free to class participants.

Supporters of Young Folks

4th Thursday of Every Month or 3rd for Sep. Nov. Dec.

3:00 PM-4:30 PM

Zoom

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

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

Michael Ellison (They/Them): Family Service Coordinator, Family Service Coordination, Buckelew

Work Cell: 707-237-1334

Email: Michaele@buckelew.org

Kiahna Bell (She/Her/Hers): Administrative Assistant & Community Outreach Coordination,

Family Service Coordination, Buckelew

Work Cell: 707-780-7236

Email: KiahnaB@Buckelew.org



****These Groups Are Open To Supporters****

Bay Area Hearing Voices Groups

Wild Flower Alliance w/ BAHVN

Wednesdays from 11am to 12:30am PST

A group for persons who experience Voices, Visions, or other unusual experiences.

Online BAHVN Berkeley Support Group

Mondays from 6pm to 8pm PST

Online Support Group Meetings for adults, family members, and transitional age youth (TAY, age 18-24).

HealthRIGHT 360 w/ BAHVN

Tuesdays from 6pm to 8pm PST

The Bay Area Hearing Voices Network (BAHVN) in partnership with the HealthRIGHT 360 is offering a new online adult group for those who hear voices, have visions, and experience unique experiences.

Mental Health Asso. of San Francisco (MHASF) w/ BAHVN

Wednesdays from 6pm to 8pm PST

The Bay Area Hearing Voices Network (BAHVN) in partnership with the Mental Health Asso. of San Francisco (MHASF) California Peer Run Warm Line is offering a new online adult group for those who hear voices, have visions, and experience unique experiences.

BAHVN GAME NIGHT

5pm to 7pm PST

BAHVN is offering everyone an online weekly night of fun and games. This is an organic, entertaining, and engaging way for peers to come out of isolation and join an open, safe, and accessible opportunity to relax and enjoy themselves to have fun. No experience is necessary. Game play is free of charge to BAHVN adults, TAY, and family members.

Questions? Contact Michelle Davis

(707) 529-6270

MichelleD@bucklew.org

BAHVN Online Support Groups Meetings



The SF Bay Area Hearing Voices Network (BAHVN) is a non-profit organization consisting of individuals who hear voices, see or sense things others don't, and have other extreme or unusual experiences and beliefs, family members, and clinicians. For more information contact our website: www.bayareahearingvoices.org

Monday Meetings:

BAHVN separate support groups for adults, family members, and transitional age youth (TAY, age 18-24) are now online. The 3 separate Support Groups meet Mondays from 6 to 8 pm. To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Monday group.

Tuesday Meeting:

BAHVN in partnership with [HealthRIGHT360 of San Francisco](#) offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health care system. HealthRIGHT360 is a family of integrated health programs that provides compassionate care and treatment to over 38,000 individuals a year through more than 70 distinct and culturally competent programs in 13 California counties, including San Francisco. For more information related to the HV group please call (1-415-814-9756). To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Tuesday group.

Wednesday Meeting:

BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm. The MHASF is a peer-led social justice community dedicated to progressive mental health issues for the past 70 years. The MHASF Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a non-discriminatory basis to anyone in need.

Thursday Meeting:

The HVN-USA Family and Friends Group (friends, lovers, and caretakers are welcome too) meets online every Thursday 3-4:30 pm PST. To join contact cindy@westernmassrlc.org

Friday Meeting:

Friday BAHVN Game Night, 5-7 pm, Game play is free of charge to BAHVN adults, TAY, and family members, an on-line weekly night of fun and games. All attendees are required to open an [account at boardgamearena.com](#), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org, click on the link at the bottom of the page.

Monday

10:00 - 2:30	-----	Open Art Studio
10:15-10:30	-----	Community Meeting
10:30-11:00	-----	Resource Group
12:00 - 1:00	-----	The Other Side of Overwhelm
1:00 - 2:00	-----	Coping Skills
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
11:30-12:30	-----	Mindful Mornings
1:00 -2:00	-----	Finding Our Best...
2:00 -3:00	-----	Let's Talk About MH
3:00-4:00	-----	SMART Recovery - <u>Zoom</u>

Wednesday

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

Thursday

10:00-1:30	-----	Open Art Studio
10:15-10:30	-----	Community Meeting
10:30-11:30	-----	<i>Funspiration / Let's Go</i>
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	-----	Expressing Creativity
11:00-12:00	-----	<i>¡En Español - SMART Recovery!</i>
12:00 - 1:00	-----	Apreniendo Juntos/Ingles Y Español Learning Together/Spanish & English
1:00 - 1:30	-----	Afternoon Check-In
1:30 - 2:30	-----	Next Steps

Monthly Forum

Friday October 28, 1:30 – 2:30

Transitions into Housing Program

(In Person & on Zoom)

October 2022

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 Peer managed and operated as a 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:

9:00 to 4:30 Monday, Tuesday, Wednesday & Friday and Thursday 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.

Coping skills: With a focus on self-care, we explore tools and techniques to help us cope and find healing from a wide variety of concerns, including anger and addiction.

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

Finding Our Best...: We explore and utilize a multitude of inspiration and maintenance tools and concepts to support us on our recovery journeys utilizing various media and publications.

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

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 in the Center and out in the community.

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

Mindful Mornings: This is a group to greet the day with light stretching, meditation, or music and if you want, setting an intention for the day. Please Join us.

Next Steps: We look into next steps we may want to consider taking on our life and recovery journeys. We share ideas, challenges, goals, etc. and look into resources that may be helpful to us along the way.

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

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

SMART Recovery: (Self-Management and Recovery Training) SMART Recovery's 4-Point Program supports individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

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

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

<https://zoom.us/j/95950157089?pwd=UDVReWdreFZwU0I2OVBaVXFhYW1Rdz09>

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

<https://zoom.us/j/99668398835?pwd=M2EyRnpWRUJFZk0yUWVvUUVm1NitCZz09>

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

Monthly Forum Zoom Link: <https://us02web.zoom.us/j/84343460727?pwd=bTUrTnQrN2VnYkM5ZTh0czN6dVhaZz09>

Intro to Peer Support

Onsite & in Person!

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



October's Topic is

Trauma Informed Peer Support

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**



Expungement Workshop

Sponsored by: Interlink Self-Help Center

December 8, 2022

1:30 to 3:00

Richard Ortiz will guide us through the process of criminal record expungement and Elizabeth Quiroz will share her amazing story of using education to overcome her history of incarceration. She will also speak on her new book "*Purified in the Flame.*"

Facilitated by Richard Ortiz

Retired Probation Officer

Guest Speaker Elizabeth Quiroz

Co-Founder of Redemption House of The Bay Area,
Social Worker Investigator, Author...

On Zoom

<https://us02web.zoom.us/j/86803467142?pwd=MUdFSU9rT1ZYWWNIbmk3cVF3ODlldz09>

Meeting ID: 868 0346 7142 Passcode: 365296

In Person at 1033 4th Street, Santa Rosa

↓ To Prepare: ↓

Please Google California Form CR-180 and California Wobblers- and make a copy. Throughout the presentation we will be referring to these documents. (We will have copies of these documents available to those who participate onsite at Interlink.) No need to RSVP - just show up and learn the steps to clear your criminal record.

For more information call Sean Kelson, Interlink Program Manager 707-546-4481 x 810

Sean.kelson@westcountyservices.org

Community Forum at Interlink Self-Help Center Transitions into Housing Program Workshop

Are you or someone you know transitioning into housing or struggling to maintain housing? Please join us to find out how the Transitions into Housing Program can be of help by providing one to one peer support, skill development, community engagement, and resource referral.



Presented by:

Transitions into Housing Staff

Friday, October 28, 2022

1:30 to 2:30



For more info call Paulette Hall at 707-890-1291 or paulette.hall@westcountyservices.org

at Interlink Self-Help Center

In Person 1033 Fourth Street
Santa Rosa (707) 546-4481

On Zoom

<https://us02web.zoom.us/j/84343460727?pwd=bTUrTnQrN2VnYkM5ZTh0czN6dVhaZz09>

www.interlinkselfhelpcenter.org

Interlink and the Transitions into Housing Program are Peer managed and operated as programs of West County Community Services





Community Support Network

OPEN HOUSE

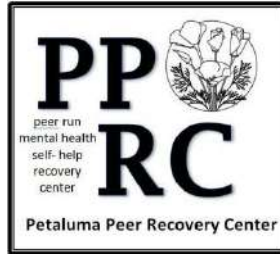
HOUSING AND WELLNESS
PROGRAM

October 6, 2022, 11:00am-1:00pm
201 South E Street Santa Rosa, CA 95404

Join us in celebrating our new program!
Enjoy a BBQ lunch and a tour!



Petaluma Peer Group Schedule



Recovery Center October, 2022

	MONDAY	WEDNESDAY	THURSDAY
ALL DAY	Open Art Studio	Open Art Studio	Open Art Studio
10:00 - 10:30	Morning Check-In	Morning Check-In	Morning Check-In
10:30 - 11:30	Mindful Moments	↓ Next Steps ↓ ↓ (Forum October 26) ↓	Peer Discussion Group
12:00-1:00	Closed for lunches & Cleaning	Closed for lunches & Cleaning	Self-Acceptance Mindfulness & More
Wednesday Monthly Forum 10:30 - 11:30	;Please join us – <u>Wednesday October 26!</u> 		*October's topic* <i>Emotional Balance</i>
1:00 - 1:30	Afternoon Check-In	Afternoon Check-In	Closing at 1:00 on Thursdays
1:30 - 2:30	Calming Anxiety	Positive Thinking	

One-To-One
Peer Support

Support with
Resource
Navigation

October's Forum Topic:
Emotional Balance
Wednesday October 26, 10:30 – 11:30

OPEN

Monday & Wednesday
10:00 – 3:00
 (Closed 12 - 1 for cleaning)

Thursday
10:00 – 1:00

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

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

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

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

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

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

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

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

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.

THE MATURE WOMAN:

Challenges and Rewards

A Zoom Support Group for Senior Women



Join The Mature Women's Group And....

Experience self-growth and development

Learn to live in the present

Explore a new view of yourself and aging

GROUPS ARE FOR WOMEN 55 YEARS AND OLDER, CO-FACILITATED BY TRAINED SENIOR PEER COUNSELORS FROM WEST COUNTY COMMUNITY SERVICES. ISSUES EXPLORED INCLUDE:

- SUCCESSFUL AGING
- SELF-ESTEEM

- COPING SKILLS
- RELATIONSHIPS

- COMMUNICATION
- AGING CHALLENGES

- EMPOWERMENT
- HEALTH ISSUES

**GROUP RUNS FOR 12 WEEKS STARTING OCTOBER 5TH, 2022
Every Wednesday from 1—2:30pm**

REGISTRATION IS REQUIRED. NO DROP-INS. ALL GROUPS ARE FREE!

For More Information Or To Register, Please Call:

West County Community Services Senior Programs at 707-823-1640, ext. 380

Wellness and Advocacy Center October Group Schedule (707) 565-7800

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 Nature TV	9:00-9:30 Retro TV	Open at 12:00 on Wednesdays	9:00-9:30 Retro TV	9:00-9:30 Nature TV
9:30-10:00 AM Support	9:30-10:00 AM Support		9:30-10:00 AM Support	9:30-10:00 AM Support
Member Meeting	Member Meeting		Member Meeting	Member Meeting
10:15-11:10 Coffee/Walk	10:15-11:10 Coffee/Walk	Open at 12:00 on Wednesdays	10:15-11:10 Coffee/Walk	10:15-11:10 Coffee/Walk
11:15-12:05 Anxiety Support	11:00-11:50 Walking Thru Depression		11:15-12:05 Successful Living	11:15-12:05 Friendship Group
12:15-1:05 Career Development	12:15-1:05 Exploring Emotions	12:00-1:00 Music Jam	12:15-1:05 Peer Support	12:15-2:05 Open Mic
		Member Meeting	12:15-1:05 I Am More Than...	
1:15-2:05 Lyrics of our Heart	1:15-2:05 Empowering Ourselves	1:15-2:05 Fun With Words	1:15-2:05 Walking Thru Depression	
2:15-3:05 SMART Recovery	2:15-3:05 Wellness Bingo	2:15-3:05 Mindfulness Matters	2:15-3:45 Art Group	2:15-3:05 SMART Recovery
		2:15-3:30 Games & More	2:15-3:30 Games & More	

**We will be having a Halloween party on Wednesday, October 26th!
We continue to require face coverings while at the center regardless of vaccination status.**

The Wellness and Advocacy Center is open at 100% capacity and offering a wide range of groups throughout the week.
See the following page for ZOOM meeting IDs and passcodes. Schedule subject to change.

In Person

Zoom

Closed

2245 Challenger Way Ste. 104, Santa Rosa CA 95407

In-Person

AM Support: Rotating

M/T/Th/F @ 9:30am-10:00am

Member Meeting: Rotating

M/T/Th/F 10:00am-10:15am
Wednesday 1:00pm-1:15pm

Coffee/Walk: Brice

M/T/Th/F 10:15am-11:10am

Anxiety Support: Gracie

Monday @ 11:15am-12:05pm

Career Development: Suzy

Monday @ 12:15pm-1:05pm

Lyrics of our Heart: Brice

Monday @ 1:15pm-2:05pm

Wellness Bingo: Suzy

Monday @ 2:15pm-3:30pm

SMART Recovery: Susan

Monday @ 2:15pm-3:05pm

Transitions: Suzy

Tuesday @ 11:15am-12:05pm

Exploring Emotions: Peyton

Tuesday @ 12:15pm-1:05pm

Visions and Voices: Gracie and Jeff

For emotional safety, please speak with the facilitator before attending.

Tuesday @ 12:15pm-1:05pm

Empowering Ourselves: Lori

Tuesday @ 1:15pm-2:05pm

Stepping Stones: Peyton

Tuesday @ 2:15pm-3:05pm

Games & More: Rotating

Tuesday-Friday @ 2:15pm-3:30pm

Music Jam

Wednesday @ 12:00pm-1:00pm

Fun with Words: Gracie

Wednesday @ 1:15pm-2:05pm

In-Person-Continued

Mindfulness Matters: Shari

Wednesday @ 2:15pm-3:05pm

Successful Living: Sara

Thursday @ 11:15am-12:05pm

I am More Than...: Danette

For emotional safety, please speak with the facilitator before attending.

Thursday @ 12:15pm-1:05pm

Peer Support: Gracie

Thursday @ 12:15pm-1:05pm

Walking Thru Depression: Susan

Thursday @ 1:15pm-2:05pm

Art Group: Naomi

Thursday @ 2:15pm-3:45pm

Friendship Group: Sara

Friday @ 11:15am-12:05pm

Open Mic: Rotating

Fridays @ 12:15pm-2:05pm

ZOOM

Walking Through Depression: Susan

Monday @ 11:00AM-11:50AM

Meeting ID: 969 2318 8849

Passcode: 329197

SMART Recovery: Susan

Friday @ 2:15PM-3:05PM

Meeting ID: 974 6916 4928

Passcode: 826504

Halloween Party!

*Wednesday,
10/26/2022,
noon-4 pm,*



- Outdoor Trick-or-Treating extravaganza **starts at 12:15 p.m.**
- Costume Contest
- Spooky Sound contest
- Short Movie
- Bingo game
- Fun Craft Activities!

*There will be no shower and laundry services.

**Call the front desk for more information;
707.565.7800**





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



For everyone’s emotional safety please have a conversation with the one of the facilitator beforehand.



Tuesdays 12:15p.m. ~1:05p.m.
Facilitated by Jeff Glauthier and Gracie Mckeowen

To join these free activities, contact our Warmline:

(866) 960-6264

info@namisoco.org

or visit namisoco.org/groups

All groups and classes meet on Zoom.

NAMI Family Support Group

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

NAMI Connection Recovery Support Group

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

NAMI 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. **Registration required at namisoco.org/f2f.**

New! NAMI Homefront Class

A 6-session course for families, caregivers and friends of military service members and veterans with mental health conditions. **Begins October 25, 2022. Registration required at namisoco.org/homefront.**

Wellness & Stress Relief Group

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

Monthly Speaker Meeting

Learn from from local experts. Open to the community. New topics each month! To learn more and register, visit namisoco.org/monthlyspeaker.

OCTOBER 2022

About our October 24th Speaker: Join a discussion with Eve Harstad, Peer Education Training Manager, West County Community Services, on Peer Support Services. Peer Support Specialists are people who have been successful in their own recovery process. They use their lived experience to help others become and stay engaged in the recovery process and reduce the likelihood of relapse. Learn how Peer Support Specialists can play a critical role in crisis care and why their services are increasingly seen as essential to quality mental health care.

Learn more and register at namisoco.org/monthlyspeaker.

MON	TUE	WED	THU	FRI
3	4	5	6 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	7
10	11 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	12 4:30-5:30 PM Wellness & Stress Relief Group	13 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	14
17	18 5:00-6:30 PM Connection Group	19 4:30-5:30 PM Wellness & Stress Relief Group	20 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	21
24 4:00-5:00 PM Monthly Speaker)	25 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	26 4:30-5:30 PM Wellness & Stress Relief Group	27 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	28
31 	1 5:00-6:30 PM Connection Group	2 4:30-5:30 PM Wellness & Stress Relief Group	3 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	4

NAMI Homefront

for loved ones of military service members and veterans



A free, 6-session online educational program for families, caregivers and friends of military service members and veterans with mental health conditions.

Starts Tuesday, October 25th

Register at namisoco.org/homefront

Contact the Warmline at 866-960-6264
or info@namisoco.org to learn more.



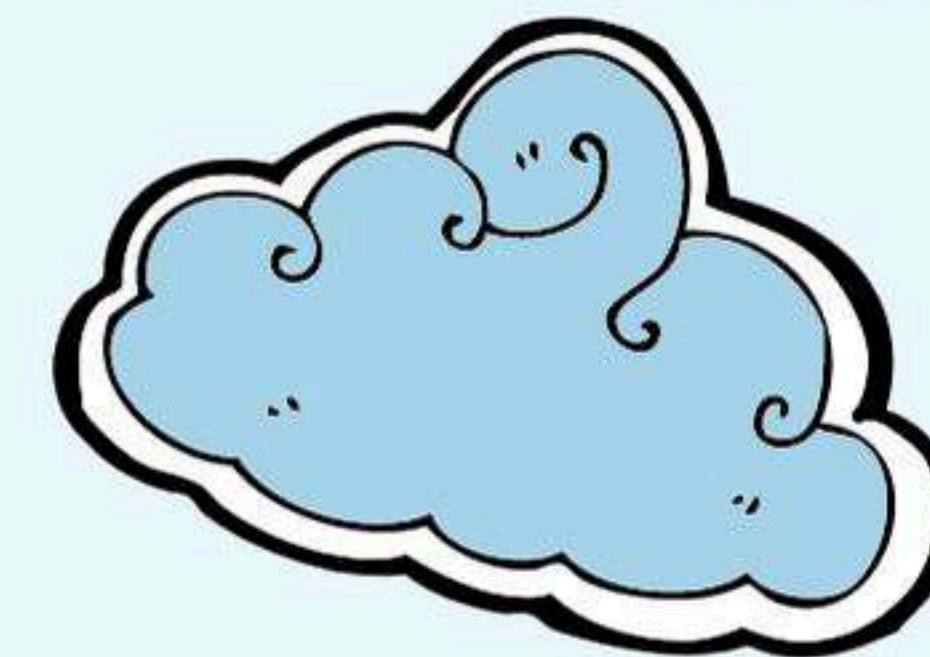
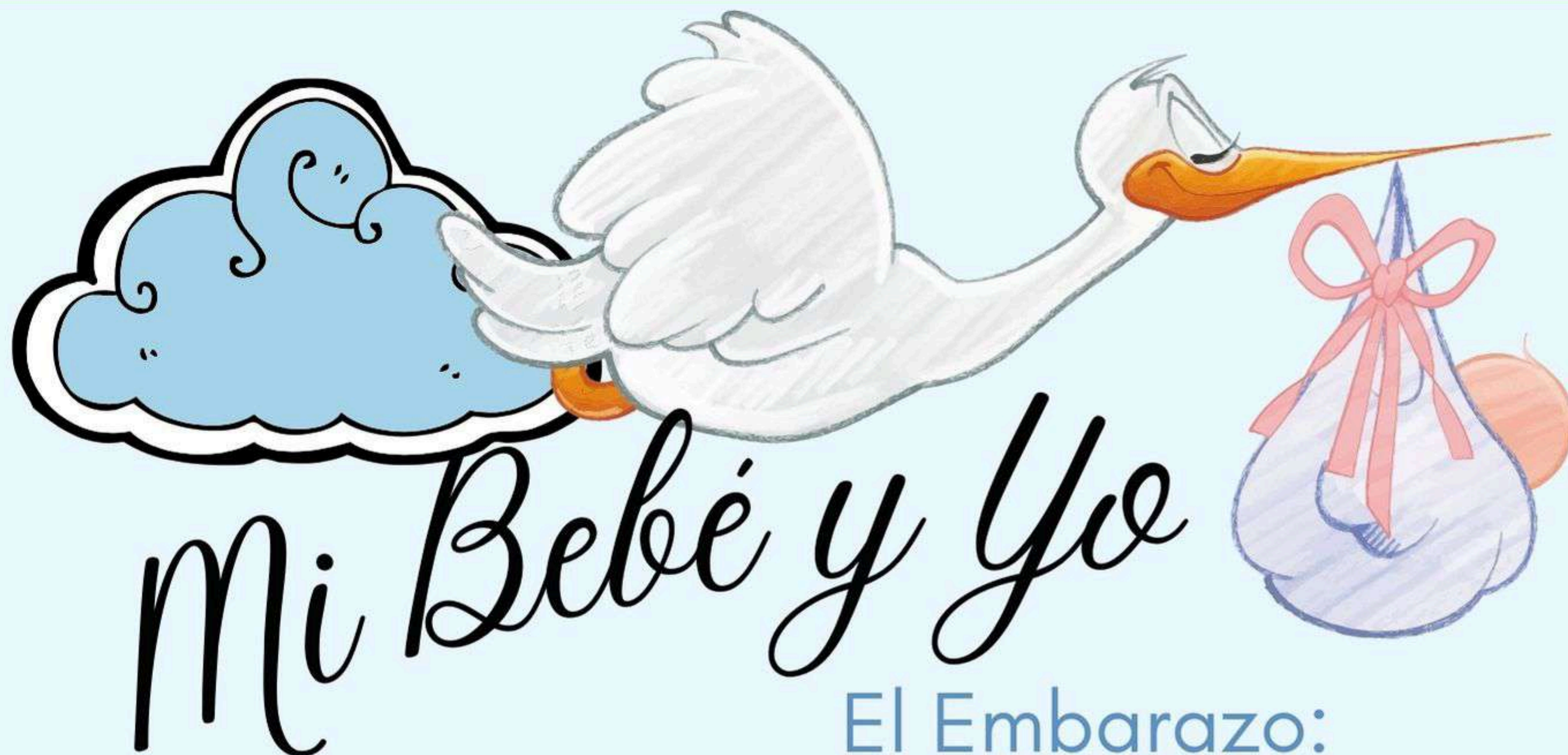
LUNES MONDAY MARTES TUESDAY MIERCOLES WEDNESDAY JUEVES THURSDAY VIERNES FRIDAY SABADO SATURDAY DOMINGO SUNDAY

Para los enlaces de nuestros grupos:



<p>3</p> <p>ESCUELA DE MADRES Y PADRES 5:30PM-7:00PM VIA ZOOM</p>		<p>4</p> <p>TIEMPO PARA UN CAPECITO (CLINICA DE RECURSOS) 10:00AM-11:00AM VIA ZOOM</p> <p><u>GRUPO DE CONVIVENCIA</u> (SESION 2) 5:30PM-7:30PM VIA ZOOM</p>		<p>5</p> <p>LA VENTANITA DEL BIENESTAR (GRUPO DE APOYO) 5:30PM-6:30PM VIA ZOOM</p> 		<p>6</p> <p><u>UN MISMO CAMINO</u> (GRUPO DE APOYO) 6:00PM - 7:30PM VIA ZOOM</p> 		<p>8</p>		<p>9</p>	
<p>10</p> <p>INDIGENOUS PEOPLES' DAY</p> <p><u>DISCIPLINA POSITIVE</u> <u>JOVENES SESION 1</u> (GRUPO DE APOYO DE CPI) 5:30PM - 7:00PM VIA ZOOM</p> <p>ESCUELA DE MADRES Y PADRES 5:30PM-7:00PM VIA ZOOM</p>		<p>11</p> <p>TIEMPO PARA UN CAPECITO CON CORAZON HEALDSBURG 10:00AM-11:00AM VIA ZOOM</p> <p>COMPARTIENDO ESPERANZA (GRUPO DE APOYO) 3:00PM-4:00PM VIA ZOOM</p> <p><u>GRUPO DE CONVIVENCIA</u> (SESION 3) 5:30PM-7:30PM VIA ZOOM</p>		<p>12</p> <p>LA VENTANITA DEL BIENESTAR (GRUPO DE APOYO) 5:30PM-6:30PM VIA ZOOM</p> 		<p>14</p> <p><u>UN MISMO CAMINO</u> (GRUPO DE APOYO) 6:00PM - 7:30PM VIA ZOOM</p> 		<p>15</p> <p> DIA DE LOS MUERTOS CELEBRACION 10:00AM - 12:00PM KEISER PARK, WINDSOR</p>		<p>16</p>	
<p>17</p> <p><u>DISCIPLINA POSITIVE</u> <u>JOVENES SESION 2</u> (GRUPO DE APOYO DE CPI) 5:30PM - 7:00PM VIA ZOOM</p> <p>ESCUELA DE MADRES Y PADRES 5:30PM-7:00PM VIA ZOOM</p>		<p>18</p> <p>TIEMPO PARA UN CAPECITO (CLINICA DE RECURSOS) 10:00AM-11:00AM VIA ZOOM</p> <p><u>GRUPO DE CONVIVENCIA</u> (SESION 4) 5:30PM-7:30PM VIA ZOOM</p>		<p>19</p> <p><u>CONVIVENCIA DE COMUNIDAD</u> 6:00PM-8:00PM SRJC CAMPUS - DREAM CENTER</p>		<p>21</p> <p><u>UN MISMO CAMINO</u> (GRUPO DE APOYO) 6:00PM - 7:30PM VIA ZOOM</p> 		<p>22</p>		<p>23</p>	
<p>24</p> <p><u>DISCIPLINA POSITIVE</u> <u>JOVENES SESION 3</u> (GRUPO DE APOYO DE CPI) 5:30PM - 7:00PM VIA ZOOM</p> <p>ESCUELA DE MADRES Y PADRES 5:30PM-7:00PM VIA ZOOM</p>		<p>25</p> <p>TIEMPO PARA UN CAPECITO (CLINICA DE RECURSOS) 10:00AM-11:00AM VIA ZOOM</p> <p>COMPARTIENDO ESPERANZA (GRUPO DE APOYO) 3:00PM-4:00PM VIA ZOOM</p> <p><u>GRUPO DE CONVIVENCIA</u> (SESION 5) 5:30PM-7:30PM VIA ZOOM</p>		<p>26</p> <p>LA VENTANITA DEL BIENESTAR (GRUPO DE APOYO) 5:30PM-6:30PM VIA ZOOM</p> 		<p>28</p> <p><u>UN MISMO CAMINO</u> (GRUPO DE APOYO) 6:00PM - 7:30PM VIA ZOOM</p> 		<p>29</p>		<p>30</p>	
<p>31</p>											





El Embarazo:

Cambios Físicos y Emocionales

¿Está embarazada y quiere aprender sobre los trimestres del embarazo?
Acompáñenos el **4 de octubre en el Centro Comunitario de Healdsburg,**
de 5:00pm-7:00pm.



¡Cena y cuidado de niños incluido!
pareja o persona de apoyo son bienvenidos



PARA MAS INFORMACIÓN LLAME A CAROLINE GONZÁLEZ
707-615-4995

KEY:

Underlined: In person

Starred: Online/virtual



OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <u>Drop-In 12-5</u>	5	6 <u>Drop-In 12-5</u>	7 <u>Drop-In 12-5</u>	8 <u>SOCIAL SATURDAY!</u> <u>2-6:30</u>
		SCHOOL ADVOCACY WORKSHOP 7-8:30	<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*	
9	10	11 <u>Drop-In 12-5</u>	12	13 <u>Drop-In 12-5</u>	14 <u>Drop-In 12-5</u>	15
		<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*	
16	17	18 <u>Drop-In 12-5</u>	19	20 <u>Drop-In 12-5</u>	21 <u>Drop-In 12-5</u>	22
		SCHOOL ADVOCACY WORKSHOP 7-8:30	<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*	
23	24	25	26	27	28	29
		<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	<u>Drop-In 12-5</u>	
30	31					
	HALLOWEEN					

HOLIDAYS

LGBTQIA+ HISTORY MONTH



- 10/11: NATIONAL COMING OUT DAY
- 9/15-10/15: NATIONAL HISPANIC HERITAGE MONTH
- 10/19: INTERNATIONAL PRONOUNS DAY
- 10/23-10/29: ACE WEEK
- 10/26: INTERSEX AWARENESS DAY



QTPOC

QUEER TRANS PEOPLE OF COLOR

LGBTQ
CONNECTION
Napa • Sonoma
Community Driven Action



1ST
FRIDAY

OCTOBER 7
4PM-6PM

DIA DE LOS MUERTOS

ALTER CREATION
STORY TELLING

SONOMA VALLEY
MAXWELL PARK

LGBTQIA+ School Advocacy Workshops

for

Parents & Caregivers

- October 4
- October 18
- November 1

All 7-8:30pm via Zoom

*Attendance stipends available

**Topics include LGBTQIA+
cultural responsiveness,
FAIR Act, health/sex ed,
and more!**

Registration: bit.ly/lgbtqia-school-workshops



Talleres de inclusión LGBTQIA + en las escuelas

para
(pa) madres / guardianes

- 4 de octubre
- 18 de octubre
- 1 de noviembre

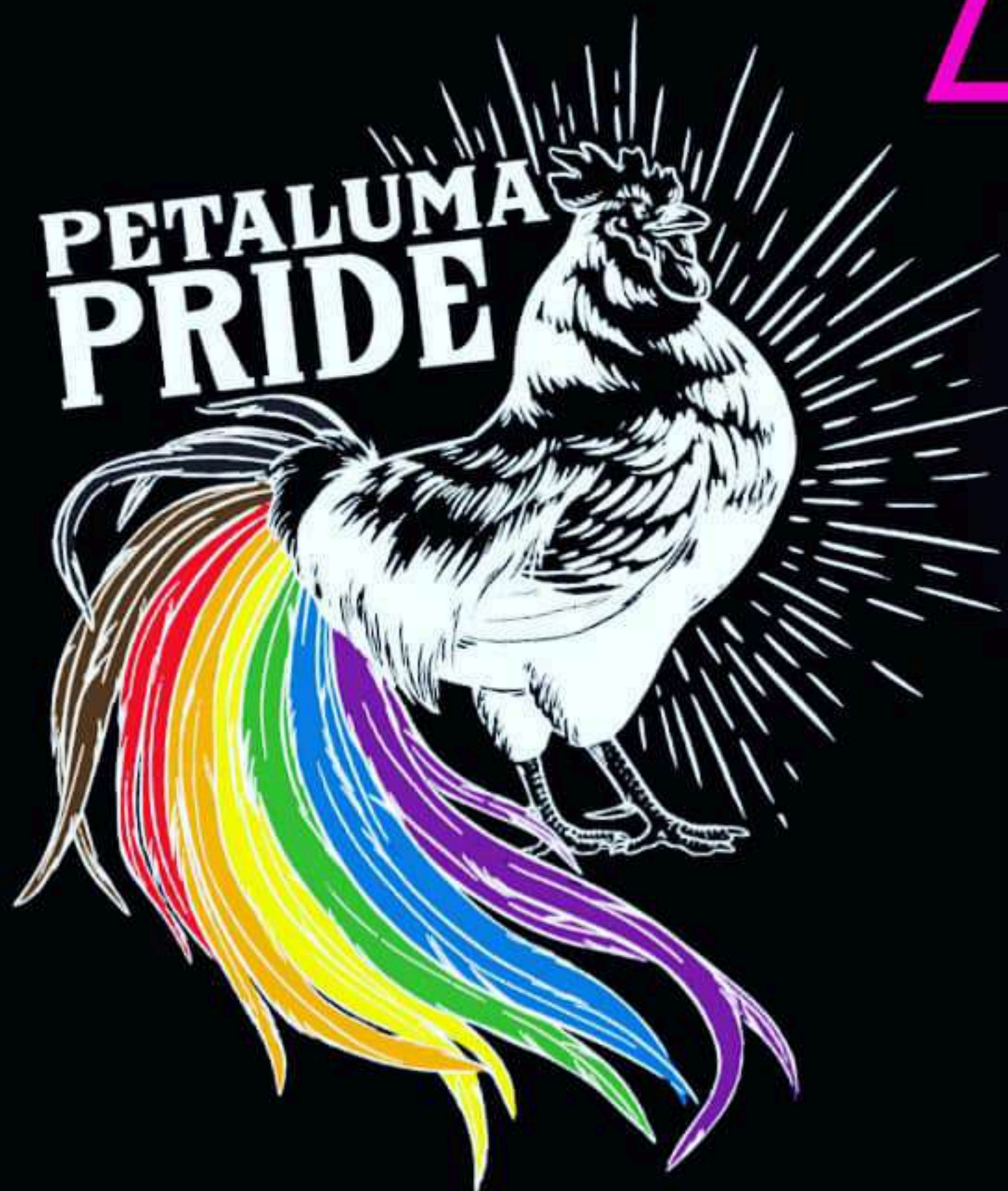
Todos de 7 a 8:30 p. m. via Zoom

*Estipendios de asistencia disponibles

¡Los temas incluyen la
capacidad de respuesta
cultural LGBTQIA +, la Ley FAIR,
la salud/educación sexual y
más!

Registro: bit.ly/lgbtqia-school-workshops





AFTER

Party

Saturday, October 8th,

at the Big Easy

8:30 PM - Closing it Down

\$25 Cover Fee

Live Music

Kayatta - The Lee Vandever Band

Burlesque/Drag

Juliano Wade (Male Bellydancer)

Betty Fungi, Frankie Velvet

Ryder Moore, Bobbie Rose

Dance party with

DJ DYOPS



Work Ready

Wednesdays & Fridays

4:00 - 6:00 p.m.

Session 1: Sept. 21 - Oct. 28

Session 2: Nov. 2 - Dec. 14

- Customer Service & Cash Handling Experience
- Create a personalized Cover Letter & Resume
- Create a Professional Portfolio
- Earn a Food Handlers Certificate
- Obtain a Work Ready Certificate
- **Earn a \$200 Completion Award!**

Questions?

Contact KC Silva

katies@chopsteenclub.org

(707) 284-2467 x 132

October Parenting Classes/ Clases para padres de octubre

FREE ONLINE PARENTING CLASSES/
CLASES GRATUITAS PARA PADRES EN LINEA

www.calparents.org/classes

www.cpiespanol.org/classes

Suicide Prevention:

QPR Community Gatekeeper Training

Aug 30, 2022 - Aug 31, 2022 - Feb 1, 2023 - May 3, 2023

Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

Join SCOE's Special Education and Behavioral Health Services team for a QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention.

This educational program is designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond.

After this training, QPR participants will:

- Recognize someone at risk for suicide
- Intervene with those at risk
- Refer them to an appropriate resource

Target Audience:

Any Sonoma County community members, including parents, educators, and anyone interested in learning more about suicide prevention.

Contact: Rebekah Pope | rpope@scoe.org

Cost: Free

Register: bit.ly/QPR_SCOE





WEDNESDAY OCT 26, 2022

4:00PM - 7:00PM

1351 MAPLE AVE - VETERANS MEMORIAL BUILDING

Enjoy a safe place to Trick-or-Treat from the trunks of Santa Rosa Police Department vehicles and community partners. Enjoy fun Halloween decorations and candy with first responders. Costumes are strongly encouraged!

This is a drive-thru Trunk-or-Treat event.





TRUNK - OR - TREAT

26 OCTUBRE 2022

4:00PM - 7:00PM

1351 MAPLE AVE - VETERANS MEMORIAL BUILDING

Disfrute un día festivo y seguro con SRPD. Oficiales del departamento de policía estarán ofreciendo dulces. Queremos que este día sea divertido y seguro para toda la familia. ¡Los animamos que vengan de disfraz!

Este será un evento de pedir dulces por carro.





SCOPE (Sonoma Citizens Organized to Prepare for Emergencies)

Session for the Great California Shakeout

Thursday, October 20th at 6 pm at Sonoma Valley Fire Station
#1 (630 2nd St. West, Sonoma, CA)

Topics: Earthquake Preparedness, Wildfire Preparedness

Contact: Ben Gulson at beng@sonomavalleyfire.org to RSVP



Ready, Set, Go!



2022

Wildfire Preparedness Is Year-Round



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

FAMILY
GONA 2022

**KEISER PARK 700 WINDSOR RIVER RD
WINDSOR, CA**

**OCTOBER 29TH - 30TH, 2022
8:00AM - 4:00PM**

FOOD | TRADITIONAL STORIES | FUN ACTIVITES | RAFFLES

**GONA FACILITATORS:
ALBERT TITMAN, DEAN HOAGLIN & GAYLE ZEPEDA**

PRE REGISTRATION REQUIRED BY OCTOBER 21ST

TO REGISTER EMAIL: AUPEVENTS@SCIHP.ORG

OR CALL SHADEE AT (707) 521-4554



"Spirit of Healing" Wall Mural on display at Elsie Allen High School, Santa Rosa

Sebastopol *Sonoma County* Santa Rosa
POMO PROJECT

13th Annual Pomo Honoring Month October 2022

Open To All

September 30 - November 28

POMO PROJECT GROUP ART EXHIBIT

"California Native Creations"

Person Senior Wing

Finley Community Center, Santa Rosa
 Open Monday - Friday 8:30am - 4:30pm

Sunday, October 9 at Noon

SONOMA COUNTY POMO DANCERS

Sebastopol Farmers Market



"Flickerbird" ©Sandy Eastoak 2022

Friday, October 14, at 7 p.m.
KOWS 92.5 FM Radio

**ARNOLD LEVINE'S CONVERSATION WITH
 ROSE HAMMOCK, BUFFIE SCHMIDT AND CHRISTINE COBAUGH**

- An interview about the Pomo mural at Elsie Allen High School.
- Rose Hammock and Buffie Schmidt share their involvement in expanding educational opportunities and a variety of exciting cultural activities.

www.pomoproject.org

SONOMA COUNTY INDIAN HEALTH PROJECT, INC.
BEHAVIORAL HEALTH DEPARTMENT PRESENTS



MEMORIAL GATHERING

*Join us as we gather with Community to Celebrate
Wellness & Honor our past loved ones*

SATURDAY
OCTOBER 22, 2022

10:00 AM - 3:00 PM

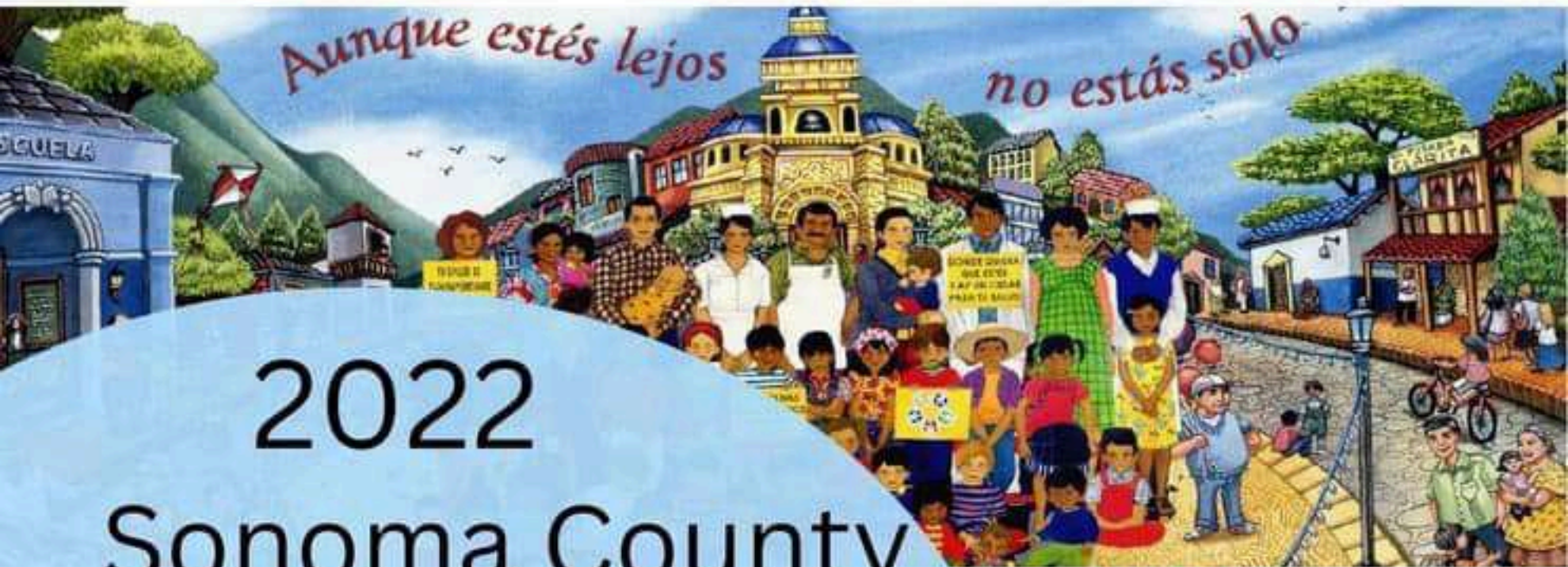
YA-KA-AMA

7456 STEVE OLSEN LANE, FORESTVILLE, CA

FOOD • SPEAKERS • POMO DANCING • RAFFLES

FOR MORE INFORMATION PLEASE CONTACT:
DEAN (707)565-1032 OR CAROLYN (707)521-4559

Aunque estés lejos no estás solo



2022 Sonoma County Binational HEALTH FAIRS

**100% Free
Screenings &
Information**

- Blood pressure
- Diabetes
- COVID Vaccines
- Immigration
- Support services

October 2nd 2022 1:00pm-4:00pm
St Vincent Church
35 Liberty St. Petaluma

November 6th 2022 10:00am-2:00pm
California Human Development
End of Harvest
3315 Airway Dr. Santa Rosa

October 9th 2022 10:00am-12:30pm
St Rose Church
368 Tenth St. Santa Rosa





We're moving in!

As of September 13th, Catholic Charities will begin operating the Homeless Services Center in Caritas Center. Services offered:

DROP-IN SERVICES

- Clothing
- Coordinated Entry Access Point
- Informational Resources
- Laundry
- Mail
- No-Fee ID Vouchers
- Showers
- Temporary address

HOST SERVICES

- Community Outreach
- Mobile Shower Operations
- Rental Assistance
- Resource Referrals
- Reunification



**Entrance on
Morgan and 6th Street**

Address:

Caritas Center: 301 6th Street (Suite 108)
Santa Rosa, CA 94501

Hours:

Monday-Wednesday & Friday: 6:00-11:00am, 1:00-5:30pm
Thursday: 6:00-11:00am, 1:00-5:30pm (MAIL ONLY)
Saturday & Sunday: CLOSED



Caritas Village
Love for all

SRCHARITIES.ORG

In honor of California Clean Air Day,

Wednesday

October 5, 2022

is a Fare-Free Day!

Tell your Friends!



14TH ANNUAL

GREEK & MIDDLE EASTERN FESTIVAL

OCTOBER 1ST & 2ND, 2022

NOON - 9 PM

HOSTED BY ST. GEORGE ORTHODOX CHURCH
7311 COLLEGE VIEW DR., ROHNERT PARK, CA

JOIN US ... EAT, DRINK, DANCE!

- LIVE ENTERTAINMENT •
- AUTHENTIC MEDITERRANEAN CUISINE •
- INTERNATIONAL MARKETPLACE • BOUTIQUES •
- HOOKAH LOUNGE • HENNA TATTOO • KIDS CORNER •



FREE ADMISSION / FREE PARKING

For more information: stgeorgep.org/festival

Find us on Facebook and Instagram: [@stgeorgefestival](https://www.instagram.com/stgeorgefestival)



NorthCa

Sonoma County

October 01, 2022

10:00 am PST

Location: Petaluma, CA

*To rsvp for this hike click the link in our bio and sign up for membership. Active members can also click 'member event rsvp.'

*If you would like to sponsor this or any events please DM or email us. Thank you!

Event leader: **Esaia Gonzalez**

CELEBRATING YOU THIS AND EVERY MONTH. VWAT IS NOT ONLY AN ALLY BUT A SAFE PLACE FOR ALL.

To sign up for Veterans Walk & Talk newsletter and updates on future events:



For any questions, contributions, or collaborations please call or text: 6192416632 or email vwat@veteranswalkandtalk.com

To view this flier online:



POST SHARED ON SEP 22, 2022
BY VETERANSWALKANDTALK/NORTHERNCAL



Aqus Café at Foundry Warf

189 H Street, Petaluma, CA 94952