



Community Events

October 2024



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

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.

<p>Mobile Support Team (MST) (Serves whole county)</p>	<p>InResponse (Santa Rosa)</p>	<p>SAFE (Petaluma, Rohnert Park, Cotati, SSU)</p>
<p>800-746-8181 24/7</p>	<p>Mobile Response Team 707-575-4357 7am-10pm/Daily</p>	<p>Petaluma Team 707-781-1234 Operates 24/7</p>
<p>Covers all cities and unincorporated areas not already represented by other teams</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>



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

800-746-8181

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

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800-746-8181



Family Service Coordination Team

October 2024

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



Family Service Coordination Team

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

Support Groups

Sonoma County Behavioral Health Family Education & Support Group

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

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

Main Adult Detention Facility Family Education & Support Group

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

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

Bilingual Community Resource Clinic

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

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

Clinica Bilingue de Recursos Comunitarios

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

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

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

707-571-8452 or Fsc@bucklelew.org

BILINGUAL COMMUNITY RESOURCE CLINIC

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



Where:

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

When:

Every Tuesday
3pm-4:30pm

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 Programas
2235 Mercury Way
Suite 107
Santa Rosa, CA 95407

Cuando:

Cada Martes
3:00-4:30pm

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:

JenniferV@Buckelew.org 707-292-3289 (se habla Español)
Fsc@Buckelew.org 707-571-8452





Family Service
Coordination Team



Sonoma County Behavioral Health Family Support & Education Group



2nd Monday
**EVERY
MONTH**

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



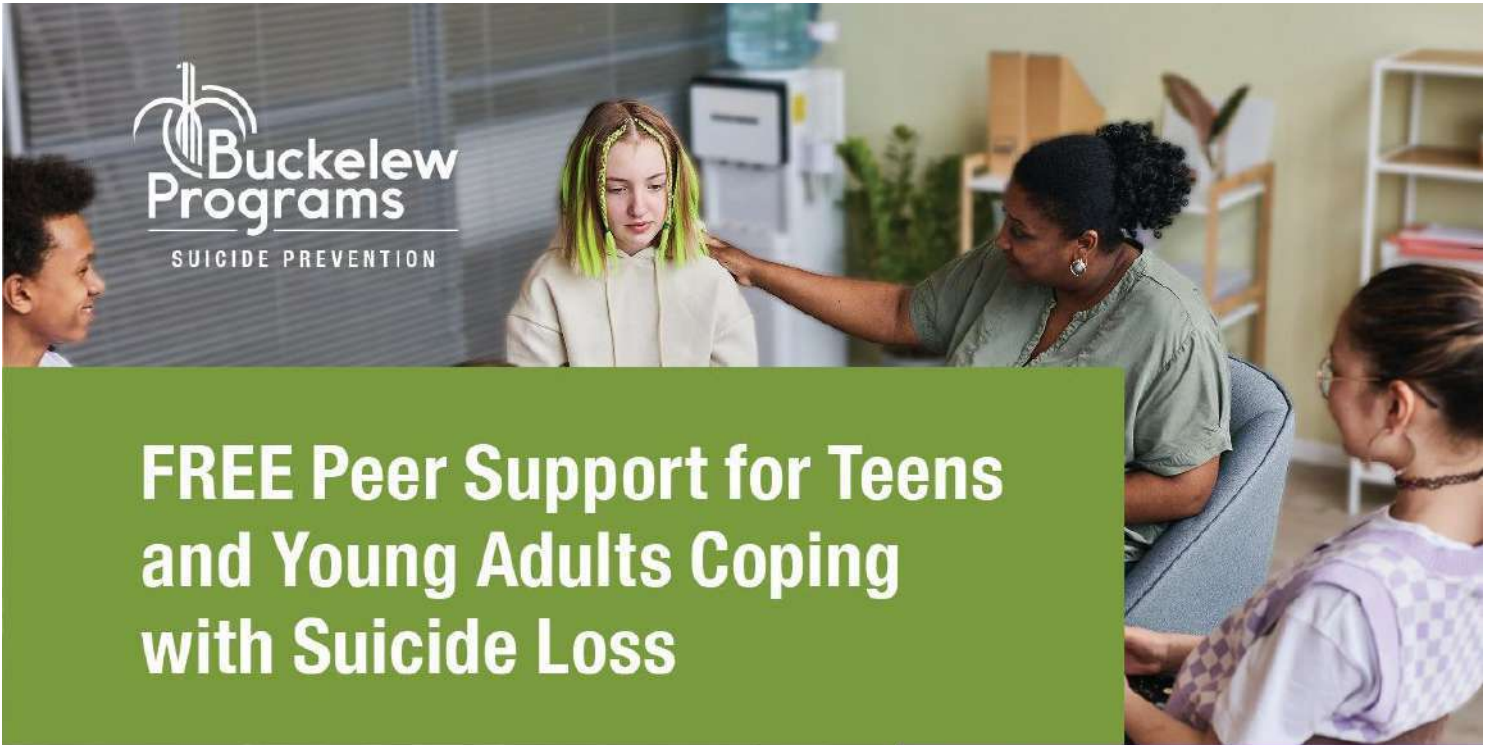
Buckelew Programs Grief Counseling & SOS: Allies for Hope Group Meetings

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

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

For more information, please call or email

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



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

When: 1st and 3rd Wednesday at 6pm, every month on Zoom

Who: This group is FREE and open to youth and young adults 14–24 years old who've lost a friend, family member, classmate, co-worker or partner to suicide.

Where: Meetings are virtual on Zoom

To register or for more information:

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

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

Buckelew.org



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

WIZARDS OF ELIXIRS



OCT 29 2024

VIP ADMISSION:

5:30 PM - 6:30 PM

GEN. ADMISSION:

6:30 PM - 8:30 PM

BREWSTERS

BEER GARDEN

SAMPLE COCKTAILS

from **WINE COUNTRY'S**

TOP BARTENDERS

HALLOWEEN

COSTUMES ENCOURAGED

CHARBAY
DISTILLERY

The Perfect Purée
OF NAPA VALLEY

Buckleleu
Programs



182 Farmers Lane #202
Santa Rosa CA 95405

About our NAMIWalk:

- Live jazz by the Russian River Ramblers
- Speaker program w/ local Leaders begins at 10:30 AM
- Mental health community providers
- Raffle prizes
- All ages welcome!

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.

Connection Support Group

For individuals (ages 18+) living with mental health challenges. Groups meet on Zoom.

Family-to-Family

An 8-session education program for those (ages 14+) who care for and support a loved one with serious mental illness. **Visit namisoco.org/f2f to register for our next class. Call or email for information.**

Peer-to-Peer

An 8-session education program for individuals (ages 18+) living with mental health challenges. **Visit namisoco.org/P2P.**

To join these free programs:

Visit: namisoco.org/groups
Call: 866-960-6264
Email: info@namisoco.org
Groups and classes meet on Zoom unless otherwise specified.

OCTOBER 2024

REGISTER NOW



Saturday, Oct. 19, 2024 - 10:00AM
Howarth Park - Santa Rosa
namiwalks.org/sonomacounty



NAMIWalks is here!

Sign up at
namiwalks.org/sonomacounty

MON	TUE	WED	THU	FRI
30 6:00-8:30 PM Family-to-Family (Class)	1 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group Sorry, no group tonight!	2	3 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	4
7 6:00-8:30 PM Family-to-Family (Class)	8 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	9	10 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	11
14 6:00-8:30 PM Family-to-Family (Class)	15 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	16	17 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	18 NAMIWalk with us! Saturday, Oct. 19
21 6:00-8:30 PM Family-to-Family (Class)	22 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	23	24 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	25
28 6:00-8:30 PM Family-to-Family (Class)	29 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	30	31 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	1 November 2024

NAMI Walks Sonoma County

Saturday,
October 19 - 10AM

Howarth Park - Santa
Rosa, California



Mental Health For All



Learn more at
namiwalks.org/sonomacounty



OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*SPIRIT WEEK</p>	<p>1 *DRESS LIKE YOUR FAVORITE CHARACTER DAY</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>2 *PUMPKIN DAY</p> <p>Wellness Group 3:30-5 PM</p> <p>FAFSA w/ Margaret appts 3-4:30PM</p>	<p>3 *MAGICAL DAY</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>4 *DRAG AND POTATO POTLUCK</p>
<p>7</p> <p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>8 WRITER'S WORKSHOP w/Mark Sanford Gross 3-5 PM</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>9 Wellness Group 3:30-5 PM</p> <p>FAFSA w/ Margaret appts 3-4:30PM</p>	<p>10</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>11</p> <p>CENTER CLOSED</p>
<p>14</p> <p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>15 QUEER WRITER'S WORKSHOP w/ Zack 2:30-5 PM</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>16 Wellness Group 3:30-5 PM</p> <p>FAFSA w/ Margaret appts 3-4:30PM</p>	<p>17</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>18</p> <p>Dungeons & Dragons 2:30-5 PM</p>
<p>21</p> <p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>22</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>23 Wellness Group 3:30-5 PM</p> <p>FAFSA w/ Margaret appts 3-4:30PM</p>	<p>24 Pumpkin Carving Activity 3-5 PM</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>25 HALLOWEEN BBQ 4-6 PM</p>
<p>28</p> <p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>29 JOB READINESS WORKSHOP w/Dena Lash 2:30-5 PM</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>30 Wellness Group 3:30-5 PM</p> <p>FAFSA w/ Margaret appts 3-4:30PM</p>	<p>31</p> <p>CalFresh & MediCal appts 1-3:30 PM</p>	<p>DROP-IN HOURS</p> <p>TUES - FRI</p> <p>1-6 PM</p>



Voices
YOUTH PROGRAMS



HALLOWEEN

BBQ

***COSTUME
CONTEST***

FREE FOOD! ACTIVITIES!
OPEN MIC! COMMUNITY!

FRI. OCT 25

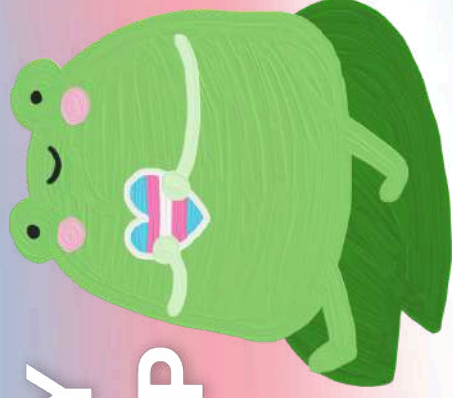
**4:00 PM-
6:00 PM**

**714 MENDOCINO AVE
SANTA ROSA, CA 95401**

**QUESTIONS? CONTACT
TISHA@VOICESYOUTHCENTER.ORG
OR CALL (707) 579-4327**



PRONOUN ADVOCACY WORKSHOP



Tuesday
October 22
5:00-7:30PM

Ages
14+

Scenario discussion,
anonymous Q&A, snacks,
self-regulation exercises,
and more!

Registration encouraged at:



TALLER DE APOYO DEL PRONOMBRES



Martes
22 de octubre
5:00-7:30PM

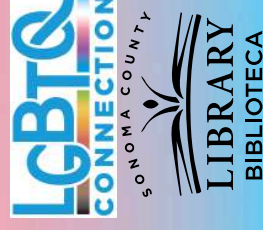
Edades
14+

Discusión de escenarios,
preguntas y respuestas
anónimas, botanas,
ejercicios de regulación
emocional y más!

Recomendamos que te
registres en:

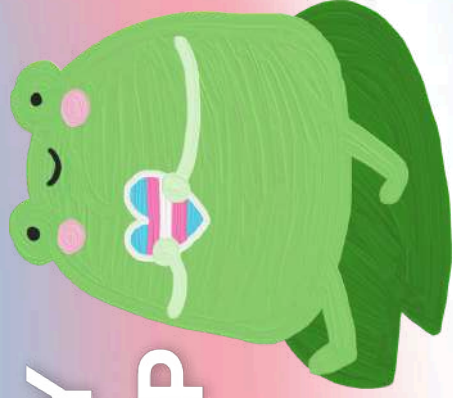


CENTRAL SANTA ROSA LIBRARY
211 E St, Santa Rosa, CA
707-308-3020
sonomalibrary.org



BIBLIOTECA CENTRAL DE SANTA ROSA
211 E St, Santa Rosa, CA
707-308-3020
sonomalibrary.org

PRONOUN ADVOCACY WORKSHOP



Tuesday
October 22
5:00-7:30PM

Ages
14+

Scenario discussion,
anonymous Q&A, snacks,
self-regulation exercises,
and more!

Registration encouraged at:



CENTRAL SANTA ROSA LIBRARY
211 E St, Santa Rosa, CA
707-308-3020
sonomalibrary.org

TALLER DE APOYO DEL PRONOMBRES



Martes
22 de octubre
5:00-7:30PM

Edades
14+

Discusión de escenarios,
preguntas y respuestas
anónimas, botanas,
ejercicios de regulación
emocional y más!

Recomendamos que te
registres en:



BIBLIOTECA CENTRAL DE SANTA ROSA
211 E St, Santa Rosa, CA
707-308-3020
sonomalibrary.org

Wellness and Advocacy Center Group Schedule

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

(707) 565-7800

Monday

9:00-9:30 *Nature TV*
9:30-10:00 *AM Support*
10:00-10:15 *Wellness Announcements*
10:15-11:00 *Connection & Coffee*
11:15-12:00 *Anxiety Support*
12:00-12:15 *Wellness Announcements*
12:15-1:00 *Career Development*
1:15-2:00 *Friendship Group*
2:15-3:00 *SMART Recovery*
2:15-3:00 *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 *Health & Wellness Group*
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 *Peer Support*
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 *Games, Art & More*

**The Wellness and Advocacy Center
will be closed Friday October 4th
for staff training**

OCTOBER 2024



WELLNESS · RECOVERY · RESILIENCE



Group Descriptions

AM Support/Wellness Announcements

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

Connection & Coffee

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

Anxiety Support

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

Career Development

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

Friendship Group

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

SMART Recovery

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

Wellness Bingo

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

Moving Forward

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

Mindfulness Matters

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

Visions & Voices

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

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

Transitions

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

Peer Support

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

Games, Art & More: Rotating weekly fun activities

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

Music Jam

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

Fun With Words

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

Palette Of Possibilities

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

Successful Living

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

Health and Wellness Group

No group description yet. Need to add

Walking Thru Depression

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

Exploring Emotions

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

Open Mic

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

El Horario del Wellness and Advocacy Center

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

(707) 565-7800

Lunes

9:00-9:30 *Televisión de la Naturaleza*
9:30-10:00 *Apoyo por la Mañana*
10:00-10:15 *Anuncios de Bienestar*
10:15-11:00 *Conexión y Café*
11:15-12:00 *Apoyo de Ansiedad*
12:00-12:15 *Anuncios de Bienestar*
12:15-1:00 *Desarrollo de Carrera*
1:15-2:00 *Grupo de Amistad*
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 *Grupo de Salud y Bienestar*
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 *Apoyo entre compañeros*
2:15-3:30 *Juegos, Arte, y Mas*

Viernes

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

Miércoles

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

**El Centro de Bienestar y Defensa
estará cerrado el viernes 4 de
octubre para capacitación del
personal.**

OCTUBRE 2024



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



The Wellness and Advocacy Center will be hosting an open informational forum about Sonoma County Acts of Kindness.

Sonoma County Acts of Kindness is an all volunteer, community nonprofit that is focused on local issues related to homelessness, affordable housing, health and human rights, and the immediate needs of the unsheltered community.

Join us on

Tuesday, October 8th 2024 @ 11:00am

CREATIVE EXPRESSIONS

-October 4th-Thursday (stays out for a week)
Shadow Scratch

-October 18th- Thursday (stays out for a week)
Spooky Bag Decoration

-November 7th- Thursday (stays out for a week)
Fall Wreaths Deco

-November 21st-Thursday (stays out for a week)
Thanksgiving Scrapbook



WELLNESS AND ADVOCACY

CENTER

HALLOWEEN EXTRAVAGANZA

WEDNESDAY, OCTOBER 30TH, 12PM-4PM

• Music

• Arts and crafts

• Trick-or-treating

• Bingo

• Costume Contest

• Spooky Sound Contest

2245 CHALLENGER WAY, SANTA ROSA, CA, 95407



PALETTE OF POSSIBILITIES

Art Class Every Wednesday From 2 - 3:30pm

Together we will explore creativity and expression using all types of materials! This weekly class will be taught by our guest artist Jeff Rubin. He is an artist from the Bay Area with experience in many mediums and formats. As a class we will be working towards having a group art show!

We hope you join us!!

September 25th - Charcoal Drawing

The class will explore drawing with charcoal pastels on paper.

October 2nd - Ceramics Day #1

The class will explore ceramic sculptures again and make new pieces for the art show.

October 9th - Ceramics Day #2

Our small sculptures get painted in class today!

October 16th - Still life painting on paper Day #1

October 23th - Still life painting on paper Day #2

October 30th - Collage

The class will make collages with magazines and paper colors

November 6th - Large Canvas Day #1

We will start a new large canvas together!

November 13th - Large Canvas Day #2

We will finish the new canvas.

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 **↩New Group ↪**
2:00 - 2:30 ----- Afternoon Check-In
2:30 -3:00 ----- Let's Talk About MH
3:00-4:00 ----- SMART Recovery - Zoom

Wednesday

- 10:00 - 2:30 ----- Open Art Studio
10:00 - 11:00 ----- SMART Recovery - Zoom
10:15 - 10:30 ----- Community Meeting
11:00 - 12:00 ----- Mindful Self Compassion
12:00 - 1:00 ----- Book Club - Reading Together
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
1:00 - 1:30 ----- Afternoon Check-In
1:30 - 2:30 ----- Success in Sobriety

Community Forum

Support Through the Seasons

Friday, October 25, 1:30 - 2:30

October, 2024

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.

Book Club: We will read Brené Browns' *The Gifts of Imperfection* together during our meetings this month.

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 Vyenielo, Certified Mindfulness and Compassion Meditation Instructor.

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

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

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

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

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

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

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

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

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

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

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

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

Success in Sobriety: We share and look into strategies, supports and resources to help us find and maintain *Success in Our Sobriety!* (Once a month our forum happens during this time slot.)

The Other Side of Overwhelm: 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.

Community Forum at Interlink Self-Help Center

Support Through the Seasons

Fall is upon us and Winter is just around the corner. Each season brings different opportunities and potential challenges for many of us. Please join us we share support skills, opportunities to create, and connect in community and more. Let's make some plans together here at the Center and find out about and share free events and more out in the community!

Hope to see you here!

In Person

Facilitated by:

In Person

Interlink Staff

Friday, October 25, 2024

1:30 to 2:30

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



October's Focus Growth Mindsets

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**





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

MON

- All Day* **Open Art Studio:** Use our wide array of art supplies!
- 10:00 AM* **Open at 10, Morning Check-In:** Tell us how you've been!
- 12:00 PM* **Intro to Peer Support:** Discuss peer support work!
- 1:00 PM* **Afternoon Check-In:** Tell us how you've been!
- 1:30 PM* **Calming Anxiety:** How to diffuse anxiety and negative thoughts.
- 3:00 PM* **Close at 3 PM**

WED

- All Day* **Open Art Studio:** Use our wide array of art supplies!
- 10:00 AM* **Open at 10, Morning Check-In:** Tell us how you've been!
- 10:30 AM* **Peer Discussion Group:** Share your insights about a topic.
 - 10/2* **Therapy Dog Presentation:** 4Paws will present to us!
 - 10/30* **Halloween Party:** Paint pumpkins and sugar skulls with us!
- 12:00 PM* **Fun and Games:** Join us for games like Scrabble, Uno and etc!
- 1:00 PM* **Afternoon Check-In:** Tell us how you've been!
- 1:30 PM* **Positive Thinking:** Work on developing or sustaining optimism.
- 3:00 PM* **Close at 3 PM**

THU

- All Day* **Open Art Studio:** Use our wide array of art supplies!
- 10:00 AM* **Open at 10, Morning Check-In:** Tell us how you've been!
- 10:30 AM* **Next Steps:** Tell us your journey in your recovery or career path!
- 12:00 PM* **Self-Acceptance, Mindfulness, and More:** Develop wellbeing.
- 1:00 PM* **Close at 1 PM:** Close early on Thursdays.

EVENTS IN OCTOBER

Therapy Dog Presentation

- Join us as a speaker from 4Paws, a therapy dog organization, presents!
- She will bring her puppy Milo along to demonstrate.
- We will discuss whether we would like therapy dogs to make a regular appearance at PPRC!

Halloween Party

- Paint pumpkins and sugar skulls with us! Make scary collages, drawings! Celebrate Halloween!

OUR INFO

Email: shannon.mcentee@westcountyservices.org

Phone: (707) 565-1299

Website: <https://petalumaprp.wordpress.com/>

Facebook: [Petaluma Peer Recovery Center](#)

Petaluma Peer Recovery Center Group Descriptions

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

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

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

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

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

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

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

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

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

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

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

OCTOBER'S FORUM

WHO

OCT 2ND, 2024

LIKES

AT PPRC

PUPPIES?

PRESENTATION:
4 PAWS AND
THERAPY DOGS!

MORE INFO ON
BACK





THE THERAPY DOGS AT PETALUMA PEER RECOVERY CENTER?!

Join us for a presentation by the organization 4Paws about how therapy dogs work! Meet Milo, a therapy dog! We will have a discussion about whether we would like therapy dogs to visit PPRC.

10:30am to 11:30am

October 2nd, 2024

ANY QUESTIONS?

shannon.mcentee@westcountyservices.org

707-565-1299



Petaluma Peer Recovery Center

HAPPY HALLOWEEN

You're invited to a Halloween Party!

31 OCTOBER

Start at 10:30am
Costumes optional

GAMES, CRAFTS, MUSIC, AND
MORE!

Questions?

(707) 565-1299 or

shannon.mcentee@westcountyservices.org



AFFORDABLE HOUSING WORKSOP

Orientation Every Monday at 1:30 PM
521 Mendocino Avenue, Santa Rosa CA 95401
(707) 528- 2745
www.MyDSLC.org

The Affordable Housing Workshop Includes:

- **How to find your credit score**
- **Filling Out Affordable Housing Applications**
- **Financial help with security deposits**
- **Keeping your rental long-term**
- **Current Affordable Housing Listing**
- **Ways to save money**

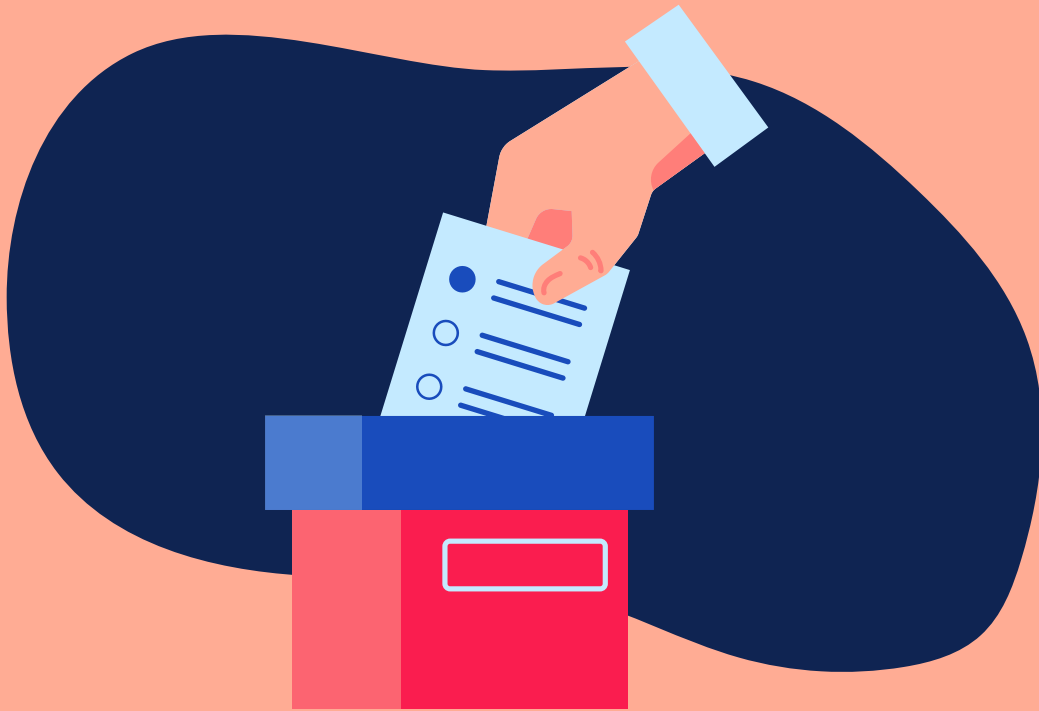
DSLC is a scent free agency, no fragrances please.

**DSLC provides a full range of accommodations for people with
Disabilities upon request.**

¡TU VOTO IMPORTA!

Acompañanos en una presentación sobre la importancia de su voto!

Votar es una de las maneras más poderosas de hacer oír tu voz. Tengamos un dialogo sobre como ser parte del cambio!



Participa y haz que tu voz sea escuchada!

Para registrarse por favor llámenos al (707) 393-8700

FECHAS: OCTUBRE, 1 DE 10-11:30AM

OCTUBRE, 3 DE 5-6:30PM



1221 Farmers Ln. Suite 200 Santa Rosa
CA, 95405

www.laplazanc.org



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.

**Cada Jueves de
10:00 – 11:00 am**

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



Velas Artesanales de Otoño

Disfrute este Invierno preparando tus propias velas de temporada y aprende a personalizarlas

Miércoles 20 de
Noviembre 2024
10:00-11:30am en La
Laguna de Santa Rosa
900 Sandford rd. santa
rosa, ca

ESPACIOS SON
LIMITADOS
LLAME AL (707)
393 -8700
PARA REGISTRARSE



Únete a Nuestro Grupo de Apoyo: Círculos de Sanación

¿Estás buscando un espacio seguro para compartir, escuchar y crecer? Nuestro Grupo de Apoyo: Círculos de Sanación. Ofrece un ambiente acogedor donde las personas pueden conectarse, reflexionar y encontrar apoyo emocional. Estos círculos fomentan la conversación abierta y crean un sentido de comunidad y sanación. Ya sea que estés atravesando desafíos personales, buscando equilibrio emocional, o simplemente necesites un grupo de apoyo, nuestros círculos están aquí para ofrecerte un espacio compasivo para sanar y crecer.

**EL GRUPO EMPEZARA EL
LUNES 9/30/24
DE 10-11:30AM Y SERA POR
6 SEMANAS**

**FECHAS DEL GRUPO:
9/30, 10/07, 10/14, 10/21,
10/28, 11/04**

**PARA REGISTRARSE
LLAMENOS AL**

707-393-8700

1221 Farmers Ln. Suite 200
Santa Rosa Ca 95405
www.laplazanc.org



Clases de Tejido

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

Para registrarse llama al
707-393-8700



1221 Farmers Ln. Suite 200
Santa Rosa CA 95405
www.laplazanc.org



INMUNIDAD EN ACCIÓN: PROTEGIENDO Y SANANDO EL CUERPO”

CONOCIENDO Y EXPLORANDO CÓMO MANTENER UN SISTEMA INMUNOLÓGICO
SALUDABLE Y EQUILIBRADO NATURALMENTE.

Taller:

Martes Octubre 1 “Bayer Farm”
10:00 am - 11:30 am

Martes Octubre 15 “LA Plaza”
10:00 am - 11:30 am

**Para Registrarse llámar al
(707) 393-8700**

1221 Farmers Ln. Suite 200
Santa Rosa CA 95405
www.laplazanc.org



Preparemos un Jabón Natural de Lavanda



Miercoles 16 de
Octubre 2024
10-11:30 AM en La
Laguna de Santa Rosa
900 Sandford Rd. Santa
Rosa, Ca

Espacios son
Limitados
Llame al
(707) 393 -8700
Para Registrarse

Introducete al maravilloso mundo de los jabones naturales y artesanales, y hazlos tu mismo con creatividad!





Círculo de Resiliencia Para Nuevos Padres

Ser un buen padre incluye cuidarse a uno mismo. ¡Si se cuida usted mismo, podrá cuidar mejor a su bebé y a su familia!
Únete al Círculo de Resiliencia para padres con un hijo de 0-24 meses.

Ubicación: **La Plaza en 1221 Farmers Ln. Suite 200 Santa Rosa**

5 sesiones | Comienza el viernes 25 de octubre | 9am- 11am

Habrà comida y recursos gratuitos

Escanea el código QR para registrarte



bit.ly/3TtJpGI

Para más información llame al 707-522-2020
o visite first5sonomacounty.org



**FREE
ENTRY**

Health & Wellness Fair

MUSIC • RESOURCE FAIR • FOOD

SUNDAY

OCT. 6, 2024

FROM 2 - 4PM

**BAYER FARM, 1550 WEST AVENUE,
SANTA ROSA, CA 95407**



LATINO
Service Providers

Feria De Salud Y

Bienestar

MÚSICA • FERIA DE RECURSOS • COMIDA

ENTRADA
GRATIS

**DOMINGO
6 DE OCTUBRE 2024
DE 2 - 4 PM**

**BAYER FARM, 1550 WEST AVENUE,
SANTA ROSA, CA 95407**



LATINO
Service Providers

A fundraiser for Latino Service Providers

LSPOOKY FEST

Mitote Food Park
4:30 - 8:00 PM
October 24th 2024



PURCHASE TICKETS HERE



Food, music, drinks, and activities
for the whole family!



Recaudación de fondos para
Latino Service Providers

LSPOOKY FEST

Mitote Food Park
4:30 - 8:00 PM
October 24th 2024



COMPRA BOLETOS
AQUI



¡Comida, musica, bebidas, y
actividades para toda la familia!





LA IMPORTANCIA DE LA COMUNICACIÓN ENTRE EL MÉDICO Y EL PACIENTE

UN EVENTO EDUCATIVO GRATUITO



SÁBADO

19 DE OCTUBRE DE 2024



11:00AM - 1:00PM



**HYATT REGENCY SONOMA
WINE COUNTRY
170 RAILROAD STREET
SANTA ROSA, CA 95401**

ES NECESARIO REGISTRARSE



Apoyo nacional para este programa proporcionado por:



En colaboración local con:





North Bay
Regional Center



SONOMA COUNTY
REGIONAL PARKS



TRUNK

OR

TREAT



**JOIN US FOR A SPOOKY HALLOWEEN
CELEBRATION & RESOURCE FAIR!**

Date : October 25, 2024

Time : 05:30PM - 7:30PM

Venue : Spring Lake Regional Park

393 Violetti Road, Santa Rosa, CA 95409

Please enter at the North Entrance - Violetti Rd
for the Environmental Discovery Center

**Costume & Trunk Competitions:
Scariest, Funniest & Most Creative**





North Bay
Regional Center



SONOMA COUNTY
REGIONAL PARKS



TRUNK

OR

TREAT



**SALIHAN NIYO KAMI PARA SA NAKAKATAKOT NA
SELEBRASYON NG HALLOWEEN AT RESOURCE FAIR!**

Petsa : Oktubre 25, 2024

Oras : 05:30PM - 7:30PM

Venue : Spring Lake Regional Park

393 Violetti Road, Santa Rosa, CA 95409

Pwedeng pumasok sa North Entrance - Violetti

Rd para sa Environmental Discovery Center



**Mga Kumpetisyon ng Costume at Trunk:
Pinaka nakakatakot, Pinaka nakakatawa at Pinaka malikhain**



North Bay
Regional Center



SONOMA COUNTY
REGIONAL PARKS



DULCES

EN

CAJUELAS



**¡ÚNASE A NOSOTROS PARA UNA ESPELUZNANTE
CELEBRACIÓN DE HALLOWEEN Y UNA FERIA DE RECURSOS!**

Fecha: 25 de octubre de 2024

Tiempo: 5:30 PM a 7:30 PM


Evento: Parque regional del lago Spring

393 Violetti Road, Santa Rosa, CA 95409

Ingrese por la entrada norte - Violetti Rd para el
Centro de descubrimiento ambiental



**Concursos de disfraces y cajuelas:
El más aterrador, el más divertido y el más creativo**



PETALUMA'S HALLOWEEN
**TRICK OR
TREAT**
WITH THE DOWNTOWN
MERCHANTS

OCTOBER 31
3:00-5:30 PM

Follow the Trick-Or-Treat Trail in Downtown Petaluma.
Safe, community Halloween fun for kids 10 and under.
Look for the participating signs and dazzlers
in shop windows!



FOR MORE INFO: PETALUMADOWNTOWN.COM



SCAN ME

You're Invited

Join the celebration as we launch this exciting public transit project.



Petaluma's *FREE* on-demand shuttle
Transporte gratuito a pedido de Petaluma

Join us for the LumaGO Launch!

Get a sneak peek at Petaluma's brand-new, free shuttle service! We'll have a quick intro to show you how easy it is to book your ride, a chance to win awesome raffle prizes, a guided tour of the LumaGO vehicle, and best of all – you can hop aboard for a fun test ride!

Don't miss out on this exciting new way to get around town!

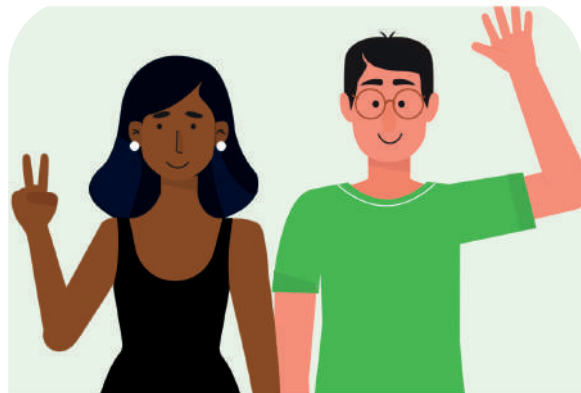


No RSVP required!

For more information

*1-877-778-LUMA, lumago@cityofpetaluma.org
transit.cityofpetaluma.net/lumago*

Powered by  **Petaluma Transit**



**Share love,
It's the Lumago way!**

Spread the word about
Petaluma Transit!

1

Download

Descarga la aplicación



2

Book a ride

Reserva un viaje

3

Ride *FREE*

Viaja *gratis*

Pop-up Launch Events

October 1, 2024 at 3 p.m.

Location: PEP Housing, Community Room, 210 Douglas Street

October 2, 2024 at 2 p.m.

Location: PEP Housing, Community Room, 575 Vallejo Street

October 3, 2024 at 11 a.m.

Location: Petaluma Women's Club, 518 B Street

October 4, 2024 at 1 p.m.

Location: Petaluma Family Resource Center 421 S McDowell Blvd

JOIN US and Take a FREE Ride!

LumaGo is a shared ride system operated by Petaluma Transit. This is a one-year pilot program, launched 09/30/2024. Wait times for service are subject to vehicle availability and demand. See website for details. Some restrictions apply.

Te Invitamos

Únete a celebrar el lanzamiento de este emocionante proyecto de transporte público.



Petaluma's *FREE* on-demand shuttle
Transporte gratuito a pedido de Petaluma

¡Únete a nosotros en el arranque de LumaGo!

Descubre el nuevo servicio de transporte gratuito de Petaluma. Tendremos una breve introducción para mostrarte lo fácil que es reservar tu viaje, la oportunidad de ganar fantásticos premios, una visita guiada al vehículo LumaGo y, lo mejor de todo...

¡podrás subirte para dar un paseo de prueba!

¡No te pierdas esta nueva y emocionante forma de moverte por la ciudad!



¡No es necesario reservar!

Para más información

1-877-778-LUMA, lumago@cityofpetaluma.org

transit.cityofpetaluma.net/lumago

Powered by  **Petaluma Transit**



**Share love,
It's the Lumago way!**

Spread the word about
Petaluma Transit!

1

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Descarga la aplicación



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Book a ride

Reserva un viaje

3

Ride *FREE*

Viaja *gratis*

Eventos

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Location: Petaluma Women's Club, 518 B Street

October 4, 2024 at 1 p.m.

Location: Petaluma Family Resource Center 421 S McDowell Blvd

Únete a nosotros y date una vuelta GRATIS.



Press Release FOR IMMEDIATE RELEASE

Contact:

Maria Arce

Transit Specialist: Marketing & Outreach
707-778-4506, marce@cityofpetaluma.org

City of Petaluma, Public Works & Utilities, Transit Division

Petaluma Transit Launches New On-Demand Shuttle Service, LumaGo

Petaluma, CA – September 30, 2024 – Petaluma Transit is excited to announce the launch of LumaGo, an innovative, on-demand transit service. LumaGo offers flexible transportation within a designated zone in Petaluma, providing users with an easy and convenient way to book rides through the LumaGo smartphone app or by calling 1-877-778-LUMA. Best of all, the service is FREE.

Similar to ride-hailing services, LumaGo is powered by Via’s microtransit software, a global leader in transit technology. Via’s software utilizes smart algorithms to optimize routes, providing a fast, shared-ride experience that picks up riders at convenient nearby locations. The service uses small, neighborhood-friendly shuttle buses that easily maneuver on residential streets. LumaGo operators are the same trusted bus drivers who service Petaluma Transit’s fixed routes and paratransit services, undergoing the same background screening. All vehicles are equipped with surveillance cameras to ensure safe transport, bike racks, and wheelchair accessibility.

“Petaluma is leading the way in sustainable transit solutions with LumaGo.” said Mayor McDonnell. “This service provides a real alternative to driving, helping us cut down on emissions, ease downtown congestion, and create a more livable city for everyone.”

How It Works:

LumaGo is an on-demand service allowing riders to schedule real-time trips by downloading the LumaGo app from their app store. Once a ride is booked, passengers will receive an estimated pickup time and meet their driver at a nearby corner for shared rides. The app will provide notifications when the driver is nearby. Say goodbye to bus stops and bus schedules—LumaGo meets you where you are and when you need a ride.

“As Petaluma continues to grow, we need smart solutions like LumaGo to ensure our transit network evolves with us.” said Petaluma Transit Manager Jared Hall. “This on-demand, shared ride service not only eases congestion but also addresses the critical need for accessible and equitable transit options for all members of our community.”

Key Features:

- **Booking Options:** Users can book a ride via the LumaGo app or by calling 1-877-778-LUMA.
- **Service Area:** The service area map and more details can be found at transit.cityofpetaluma.net/lumago.
- **Service Hours:** LumaGo’s hours extend beyond current fixed-route bus service, allowing riders to enjoy evening events and activities downtown with safe and convenient transportation.
 - Monday - Thursday: 7 a.m. - 8 p.m.
 - Friday: 7 a.m. - 10 p.m.
 - Saturday: 8 a.m. - 10 p.m.
 - Sunday: 9 a.m. - 6 p.m.
- **FREE Rides:** LumaGo, like all Petaluma Transit services, is free to all riders.

- **Request LumaGo in your neighborhood:** During the one-year pilot, city staff will monitor the effectiveness of the service and conduct public outreach to determine additional use cases for service extensions. If you would like LumaGo service to be considered for your neighborhood, visit transit.cityofpetaluma.net/lumago to submit a request.
- **Funding:** Operation of LumaGo is funded through a combination of Transportation Development Act (TDA) enterprise funding and Sonoma County Transportation Authority Measure M sales tax funding received by the City of Petaluma. TDA is a state quarter-cent sales tax dedicated to funding various transportation initiatives. Measure M is a Sonoma County quarter-cent sales tax funding transportation initiatives.

Community Launch Events: To celebrate the launch of LumaGo, Petaluma Transit is partnering with local organizations to hold pop-up events October 1-4. Everyone is encouraged to attend. Attendees will learn about LumaGo, see live app demonstrations, and even book their first ride. Event details are available at transit.cityofpetaluma.net/lumago.



Have Questions?

Petaluma Transit can provide flyers, brochures or a city representative to speak at a community event about LumaGo. Send request to LumaGo@cityofpetaluma.org.

About Petaluma Transit

Petaluma Transit provides safe and accessible access to transportation in and around the City of Petaluma. Petaluma Transit operates over 250,000 trips each year to a population of over 60,000 residents in the 12 square miles of Petaluma. They currently operate six local bus routes, Monday-Friday, three local bus routes on weekends, paratransit service for people with disabilities, and starting September 30 will also operate on-demand microtransit service, LumaGo. Petaluma Transit’s mission is to enhance the quality of life by offering convenient and affordable transit options that support a sustainable and inclusive community.

About VIA

Founded in 2012, Via pioneered the TransitTech category by using new technologies to develop public mobility systems — optimizing networks of buses, shuttles, wheelchair accessible vehicles, school buses, autonomous vehicles, and electric vehicles around the globe. Building the world’s most efficient, equitable, and sustainable transportation network for all riders — including those with limited mobility, those without smartphones, and unbanked populations — Via works with its partners to lower the costs of public transit while providing transportation options that rival the convenience of a personal car while reducing the environmental impact. At the intersection of transportation and technology, Via is a visionary market leader that combines software innovation with sophisticated service design and operational expertise to fundamentally improve the way the world moves, providing technology in 700 communities and more than 35 countries and counting.

###

For media inquiries, please contact: Maria Arce
Transit Specialist, Marketing & Outreach
City of Petaluma, Department of Public Works & Utilities- Transit Division
707-778-4506, marce@cityofpetaluma.org

#



Press Release FOR IMMEDIATE RELEASE

Contact:

Maria Arce

Transit Specialist: Marketing & Outreach

707-778-4506, marce@cityofpetaluma.org

City of Petaluma, Public Works & Utilities, Transit Division

Petaluma Transit lanza un nuevo servicio de transporte por demanda, LumaGo

Petaluma, CA – Septiembre 30, 2024 – Petaluma Transit se complace en anunciar el lanzamiento de LumaGo, un innovador servicio de transporte a pedido. LumaGo ofrece transporte flexible dentro de una zona designada de Petaluma, proporcionando a los usuarios una forma fácil y cómoda de reservar viajes a través de la aplicación para smartphone LumaGo o llamando al 1-877-778- LUMA. Lo mejor de todo es que el servicio es GRATUITO.

Al igual que los servicios de taxi, LumaGo funciona con el software de microtránsito de Via, líder mundial en tecnología de tránsito. El software de Via utiliza algoritmos inteligentes para optimizar las rutas, proporcionando una experiencia de viaje rápido y compartido que recoge a los usuarios en lugares cercanos y convenientes. El servicio utiliza autobuses pequeños, respetuosos con el vecindario, que circulan fácilmente por calles residenciales. Los operadores de LumaGo son los mismos conductores de autobús de confianza que prestan servicio en las rutas fijas y los servicios de paratransito de Petaluma Transit, y se someten a la misma investigación de antecedentes. Todos los vehículos están equipados con cámaras de vigilancia para garantizar un transporte seguro, portabicicletas y accesibilidad para sillas de ruedas.

“Petaluma está a la cabeza de las soluciones de transporte sostenible con LumaGo,” declaró el alcalde McDonnell. “ Este servicio ofrece una alternativa real a la conducción, ayudándonos a reducir las emisiones, a descongestionar el centro y a crear una ciudad más habitable para todos.”

Cómo Funciona:

LumaGo es un servicio bajo demanda que permite a los usuarios programar viajes en tiempo real descargando la aplicación LumaGo de su tienda de aplicaciones. Una vez reservado un viaje, los pasajeros recibirán una hora estimada de recogida y se reunirán con su conductor en una esquina cercana para realizar viajes compartidos. La aplicación enviará notificaciones cuando el conductor esté cerca. Despidete de las paradas de autobús y de los horarios: LumaGo te encuentra donde estés y cuando necesites que te lleven.

“A medida que Petaluma siga creciendo, necesitaremos soluciones inteligentes como LumaGo para garantizar que nuestra red de tránsito evolucione con nosotros,” dijo el director de Tránsito de Petaluma, Jared Hall. “Este servicio de viajes compartidos a petición no sólo alivia la congestión, sino que también aborda la necesidad crítica de opciones de tránsito accesibles y equitativas para todos los miembros de nuestra comunidad.”

Características Principales:

- **Opciones de Reserva:** Los usuarios pueden reservar un viaje a través de la aplicación LumaGo o llamando al 1-877-778-LUMA.
- **Área de Servicio:** El mapa del área de servicio y más detalles pueden encontrarse en transit.cityofpetaluma.net/lumago.
- **Horario de Servicio:** El horario de LumaGo se extiende más allá del actual servicio de autobús de ruta fija, lo que permite a los usuarios disfrutar de los eventos y actividades nocturnos del centro de la ciudad con un transporte seguro y cómodo.

- Lunes - Jueves: 7 a.m. - 8 p.m.
- Viernes: de 7.00-10 p.m.
- Sábado: 8 a.m. - 10 p.m.
- Domingo: 9 a.m. - 6 p.m.

- **Viajes GRATUITOS:** LumaGo, como todos los servicios de Petaluma Transit, es gratuito para todos los usuarios.
- **Solicita LumaGo en tu barrio:** Durante el periodo piloto de un año, el personal de la ciudad supervisará la eficacia del servicio y llevará a cabo actividades de divulgación pública para determinar casos de uso adicionales para la ampliación del servicio. Si quieres que se estudie la posibilidad de implantar el servicio LumaGo en tu barrio, visita transit.cityofpetaluma.net/lumago para presentar una solicitud.
- **Financiación:** El funcionamiento de LumaGo se financia mediante una combinación de la financiación empresarial de la Ley de Desarrollo del Transporte (TDA por sus siglas en inglés) y la financiación del impuesto sobre las ventas de la Medida M de la Autoridad de Transporte del Condado de Sonoma, que recibe la ciudad de Petaluma. La TDA es un impuesto estatal sobre las ventas de un cuarto de céntimo dedicado a financiar diversas iniciativas de transporte. La Medida M es un impuesto sobre las ventas de un cuarto de céntimo del condado de Sonoma que financia iniciativas de transporte.

Actos de Lanzamiento a la Comunidad: Para celebrar el lanzamiento de LumaGo, Petaluma Transit se asocia con organizaciones locales para celebrar eventos emergentes del 1 al 4 de octubre. Se anima a todo el mundo a asistir. Los asistentes podrán informarse sobre LumaGo, ver demostraciones en directo de la aplicación e incluso reservar su primer viaje. Los detalles del evento están disponibles en transit.cityofpetaluma.net/lumago.



¿Tienes preguntas?

Petaluma Transit puede proporcionar volantes, folletos o un representante de la ciudad para hablar en un acto comunitario sobre LumaGo. Envía tu solicitud a LumaGo@cityofpetaluma.org.

Acerca de Petaluma Transit

Petaluma Transit proporciona un acceso seguro y accesible al transporte en la ciudad de Petaluma y sus alrededores. Petaluma Transit realiza más de 250,000 viajes al año a una población de más de 60,000 residentes en las 12 millas cuadradas de Petaluma. Actualmente operan seis rutas locales de autobús, de lunes a viernes, tres rutas locales de autobús los fines de semana, servicio de paratransito para personas con discapacidad y, a partir del 30 de septiembre, también operarán el servicio de microtránsito a demanda, LumaGo. La misión de Petaluma Transit es mejorar la calidad de vida ofreciendo opciones de transporte cómodas y asequibles que favorezcan una comunidad sostenible e integradora.

Acerca de VIA

Fundada en 2012, Via fue pionera en la categoría TransitTech al utilizar nuevas tecnologías para desarrollar sistemas de movilidad pública, optimizando redes de autobuses, lanzaderas, vehículos accesibles para sillas de ruedas, autobuses escolares, vehículos autónomos y vehículos eléctricos en todo el mundo. Construyendo la red de transporte más eficiente, equitativa y sostenible del mundo para todos los usuarios —incluidos los que tienen movilidad limitada, los que carecen de teléfonos inteligentes y las poblaciones sin acceso a los servicios bancarios—, Via trabaja con sus socios para reducir los costos del transporte público a la vez que proporciona opciones de transporte que rivalizan con la comodidad de un coche personal, reduciendo al mismo tiempo el impacto medioambiental. En la intersección del transporte y la tecnología, Via es un líder de mercado visionario que combina la innovación de software con un sofisticado diseño de servicios y experiencia operativa para mejorar fundamentalmente la forma en que el mundo se mueve, proporcionando tecnología en 700 comunidades y más de 35 países y contando.

###

Para consultas de los medios de comunicación, ponte en contacto con María Arce

Especialista en Tránsito

Ciudad de Petaluma, Departamento de Obras Públicas y Servicios Públicos - División de Tránsito

707-778-4506, marce@cityofpetaluma.org

#



THE AUNTIES & UNCLES PROGRAM PRESENTS

Annual **MEMORIAL** *Gathering*

**POMO DANCERS | VENDORS
FOOD | RAFFLES | SPEAKERS**



**SATURDAY | OCTOBER 12TH
10:00 AM - 2:00 PM**

**YA-KA-AMA
7456 STEVE OLSON LANE
FORESTVILLE**



FOR MORE INFORMATION:

AUPEVENTS@SCIHP.ORG

CANDACE | 707.521.4559

KOLBY | 707.521.4684



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

Sonoma County Indian Health Project, Inc.



Family Fun Night

**October
4**



Food

Games

Raffles

**5:00 PM
to
7:00PM**

Gualala Arts Center
46501 Old Stage Road,
Gualala, Ca 95445

For Questions Please

Contact:

Candace (707) 521-4559
Kolby (707) 521-4684
aupevents@scihp.org

**TO REGISTER PLEASE
COMPLETE THIS FORM:**

<https://forms.office.com/r/CbcYhmz6aA>





SONOMA COUNTY
INDIAN HEALTH PROJECT



HEALTHY TRADITIONS DIABETES EDUCATION AND SUPPORT GROUP

This class is designed for SCIHP patients with type 2 diabetes to learn about our framework for diabetes education and support.

Location: SCIHP Community Room

Time: 1:00pm-2:00pm

**CONTACT HEALTHY TRADITIONS AT
(707) 521-4502**

Participants will receive a \$10 gift card upon completion of the class.

****Only Native SCIHP patients with a diagnosis of diabetes are eligible to receive a gift card.****

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2024 CLASS DATES

SEPT 26TH OCT 24TH NOV 14TH

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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 - 5:30PM
ON ZOOM



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

TO SIGN UP CONTACT THE
AUNTIES & UNCLES PROGRAM:



AUPEVENTS@SCIHP.ORG



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

Accessibility at Sugarloaf Ridge State Park



Sugarloaf Ridge State Park has 2 ADA-compliant campsites (sites 6 & 7), an accessible bath house for campers, an ADA-compliant trail (the Creekside Nature Trail) and offers volunteer-guided nature outings for people with limited mobility. For more information on the outings, scan the QR code or contact alma@sonomaecologycenter.org.

Slow Journeys in 2024

August 11, 5:00-7:00 pm—Slow Geological Journey
September 15, 4:00-6:00 pm—General Nature Outing
October 6, 3:00-5:00 pm—Slow Birding Journey
...and more!

Tickets and more details at
<https://sugarloafridgestatepark.simplertix.com/>

