Monthly Community Resources

October 2021

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 metal health crisis can get help 24 hours a day, seven days a week

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

Interlink Self Help Center: _____ (707)546-4481
Interlink Self-Help Center is open to all community members 18 years of age and over, they offer support for self-directed mental health recovery, and wellness.

Information and Referral Search: _____2-1-1
Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

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

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

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

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

SOS Community Counseling Center: _____ _____ (707)284-3444
Provides counseling services in Sonoma County to individuals, couples, families, and youth both in schools and community clinics.

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

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

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

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

Family Service Coordination Team

SCBH Family Education and Support

When: Monday, October 11th
4:00pm-6:00pm
Where: Zoom

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

Questions? Contact the Family Service Coordination team:
Nicolen@buckelew.org 707-494-0762
Michaele@buckelew.org 707-237-1334

Buckelew Programs
Healthier Lives Stronger Communities

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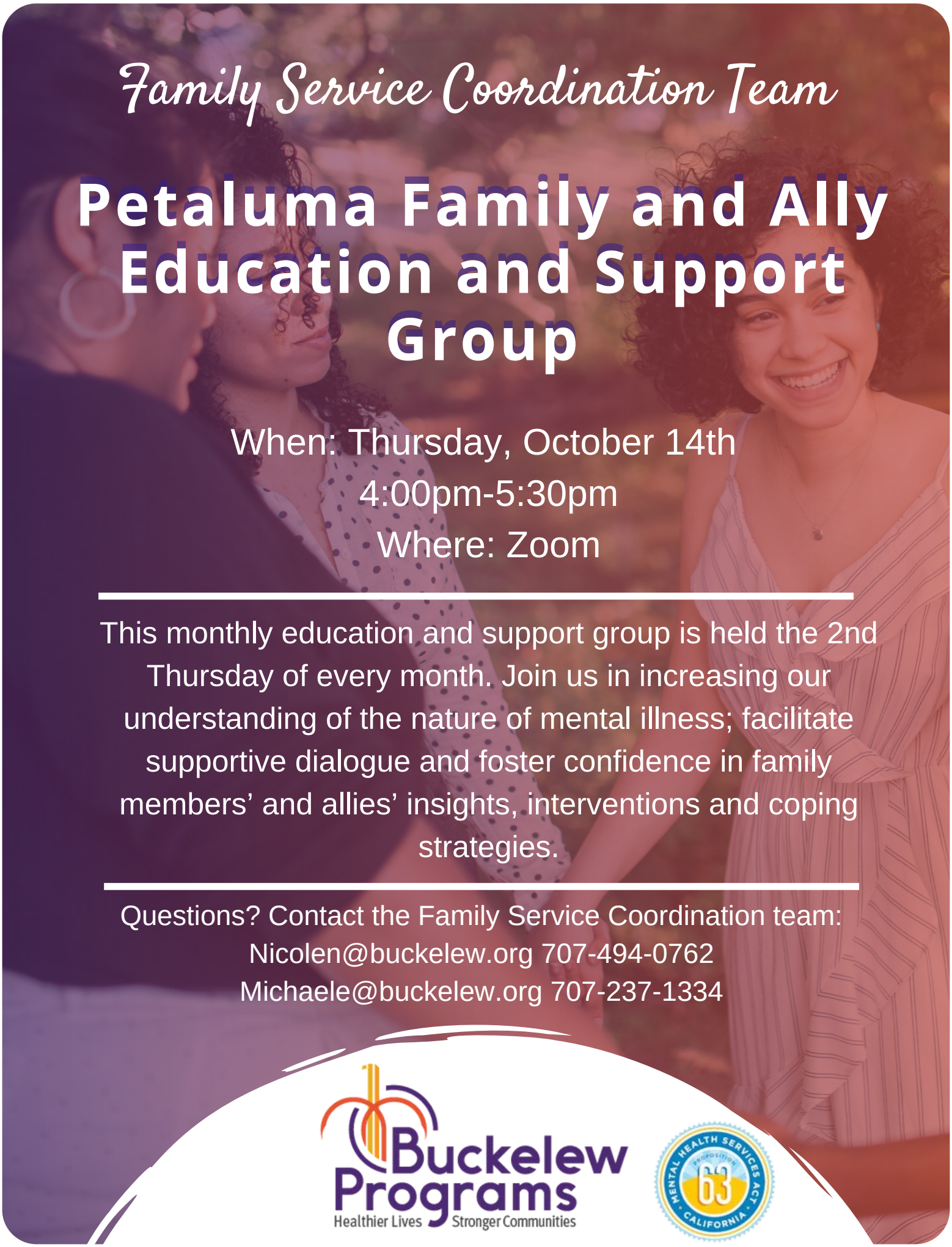

Family Service Coordination Team

Petaluma Family and Ally Education and Support Group

When: Thursday, October 14th
4:00pm-5:30pm
Where: Zoom

This monthly education and support group is held the 2nd Thursday of every month. Join us in increasing our understanding of the nature of mental illness; facilitate supportive dialogue and foster confidence in family members' and allies' insights, interventions and coping strategies.

Questions? Contact the Family Service Coordination team:
Nicolen@buckelew.org 707-494-0762
Michaele@buckelew.org 707-237-1334

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Family Service Coordination Team

Supporters of Young Folks

When: Thursday, October 28th
3:00pm-4:30pm
Where: 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.
This is a free drop-in zoom support group.

Questions? Contact the Family Service Coordination team:
Katies@buckelew.org 707-583-5284
Michaele@buckelew.org 707-237-1334

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Family Service Coordination Team

West County Share & Care

When: Friday, October 22nd
3:00pm-4:30pm
Where: Zoom

This group is a free and on-going drop-in support group led by trained family members for family and friends with mental illness or emotional disorders. All facilitation services and course materials are free to class participants.

Questions? Contact the Family Service Coordination team:
Nicolen@buckelew.org 707-494-0762
Michaele@buckelew.org 707-237-1334

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Family Service Coordination Team

Isolation & Finding Connection

co-hosted with Humanidad

Finding Community

When: October 20th, 2pm to 3:30pm
Where: Zoom

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.

Questions? Contact the Family Service Coordination team:
Michaele@buckelew.org 707-237-1334
Nicolen@buckelew.org 707-494-0762

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HUMANIDAD
Therapy & Education Services

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Family Service Coordination Team

Community Resource Clinic

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

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:
Nicolen@buckelew.org 707-494-0762
Michaele@buckelew.org 707-237-1334

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CALIFORNIA

Family Service Coordination Team

October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Resource Clinic 3-4:30pm	6	7	8	9
10	11 SCBH Family Support & Education Group 4-6pm	12 Resource Clinic 3-4:30pm	13	14 Petaluma Education & Support Group 4:00-5:30pm	15	16
17	18	19 Resource Clinic 3-4:30pm	20 Isolation & Finding Connection 2 - 3:30pm	21	22 West County Care & Share Group 3pm-4:30pm	23
24	25	26 Resource Clinic 3-4:30pm	27	28 Supporters of Young Folks 3-4:30pm	29	30

Community Resource Clinic
Every Tuesday
3:00 PM - 4:30 PM
Zoom Group call
Everyone is welcome to come to the
Resource Clinic for help with understanding
or assistance in accessing services for
themselves or their loved one.

Isolation and 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:

Nicole Natividad (She/Her/Hers): Family Service Coordinator, Family Service Coordination, Buckelew
Work Cell: 707-494-0762
Email: nicolen@buckelew.org
Michael Ellison (They/Them): Administrative Assistant, Family Service Coordination, Buckelew
Work Cell: 707-237-1334
Email: michaele@buckelew.org

Buckelew Programs
Healthier Lives Stronger Communities

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
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
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:

Nicole Natividad (She/Her/Hers): Family Service Coordinator, Family Service Coordination, Buckelew
Work Cell: 707-494-0762
Email: nicolen@buckelew.org
Michael Ellison (They/Them): Administrative Assistant, Family Service Coordination, Buckelew
Work Cell: 707-237-1334
Email: michaele@buckelew.org

Buckelew Programs
Healthier Lives Stronger Communities

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 Francoscp (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 Francoscp (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@buckelew.org

Organized by Providence, Sonoma County & Buckelew Programs

Community Partner Connection

Biweekly on Tuesdays
from 3:30 – 5:00 PM Online
(October 5th & 19th)

Come learn about program updates,
bring your questions for community partners,
and present to the group.
All community partners are welcome!

Contact Erika.Klohe@stjoe.org
to be added to the calendar invitation.

Providence

Buckelew Programs
Healthier Lives Stronger Communities

NAMI Sonoma County
National Alliance on Mental Illness

To join these activities, contact our Warmline:

Call (866) 960-6264
Email info@namisoco.org

All groups and classes meet on Zoom.

NAMI Family Support Group

For family members/caregivers (18+) of individuals living with mental health challenges. A safe, confidential place to be heard and gain practical tools for supporting loved ones. **Disponible en español el primer y tercer lunes: Grupo de Apoyo para Familiares**

NAMI Connection Group

For adults in recovery (18+) from a mental health condition. Groups provide a safe, confidential place to share coping strategies, encouragement and understanding.

Wellness & Stress Relief Group

A psychoeducational group offering a supportive place to learn and practice resiliency tools, healthy coping strategies and stress management techniques.

NAMI Basics Class

Free 6-session course designed for parents, caregivers, and other family caring for a child or adolescent (under age 22) experiencing mental health symptoms. **Next class starts 10/13/21; contact our Warmline to register.**

NAMI Family-to-Family Class

Free 8-session education program for those who care for and support an adult living with serious mental illness. Builds knowledge and improves coping, communication, and compassion. **Next class starts 10/21/21; contact our Warmline to register.**

OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 6:00-7:00 PM Grupo de Apoyo para Familiares	5 5:00-6:30 PM Connection Group	6 12:00-1:00 PM Wellness & Stress Relief Group	7 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	8	9
10	11	12 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	13 12:00-1:00 PM Wellness & Stress Relief Group	14 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	15	16
17	18 6:00-7:00 PM Grupo de Apoyo para Familiares	19 5:00-6:30 PM Connection Group	20 12:00-1:00 PM Wellness & Stress Relief Group	21 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	22	23
24	25	26 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	27 12:00-1:00 PM Wellness & Stress Relief Group	28 2:00-3:00 PM Family Support Group 5:30-7:30 PM Connection Group	29	30
31	1	2	3	4 6:00 PM NAMITalks*	5	6

Next month: NAMITalks returns Thursday, November 4th at 6:00 PM, with a live panel discussion on Community Crisis Response

October 2021

Interlink Self-Help Center

Group Schedule

1033 Fourth St., Santa Rosa, CA 95404
www.interlinkselfhelpcenter.org
Phone: 707-546-4481

Monday

10:00 - 2:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:00 ----- Resource Group
12:00 - 1:00 ----- Closed for Cleaning
1:00 - 2:00 ----- The Other Side of Overwhelm
2:00 - 3:00 ----- Mindful Self-Compassion

Tuesday

10:00 - 2:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:30 ----- Intro to Peer Support
11:30-12:00 ----- Mindful Mornings
12:00 -1:00 ----- Closed for Cleaning
1:00 -2:00 ----- Finding Our Best…
2:00 -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
10:30-11:00 ----- Mindful Mornings
11:00-12:00 ----- Coping Skills
12:00 - 1:00 ----- Closed for Cleaning
1:00 -2:00 ----- Mid-Week Festivity
2:00 -2:30 ----- Afternoon Check-In

Thursday

10:00-12:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:30 ----- Expressing Creativity
11:30-12:30 ----- SMART Recovery

Friday

10:00-12:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:00 ----- In-Depth Support
11:00-12:00 ----- *Funspiration / Let's Go*
12:00 - 1:00 ----- Closed for Cleaning
1:00 - 1:30 ----- Afternoon Check-In
1:30 - 2:30 ----- Next Steps *

Friday Monthly Forum

Sonoma County Office of Patients' Rights
Friday, October 22nd 1:30-2:30

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 12:00 and 1:00 to 3:00

Thursday 10:00 to 1:00

We are available for telephone support:
10:00 to 4:30 Monday, Tuesday, Wednesday & Friday and Thursday 10:00 to 1:00.

Groups at Interlink Self-Help Center

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

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. We use various media and publications including the Wellness Workbook, Finding Your Best Self, SMART Recovery, YouTube and more. Please bring your questions, wisdom, concerns and Ideas!

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

In-Depth Support: On-going support group designed for checking in and discussion of personal successes, challenges, and what is going on with us.

Intro to Peer Support: Peer Support classes with a different focus each month. No need to sign up, no homework, please join us. **September's focus: Celebrating Recovery in all its forms!**

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: This is a time where we look into 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 the way. This group also inspires monthly forum topics and ideas for presenters.

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 - 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 (2nd and 4th Wednesdays 10:00 to 10:30) To Join: Meeting ID: 996 6839 8835 Passcode: 113347 (by phone: +1 669 900 6833)
https://zoom.us/j/99668398835?pwd=M2EyRnpWRUJFZk0yUWVVUVM1NitCZz09

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 at Interlink Self-Help Center

Sonoma County Office of Patients' Rights

The SmithWaters Group, a professional Patient Rights Advocate (PRA) organization, manages PRA services in Sonoma County. Their staff collectively possess more than five decades of experience providing PRA services in several counties. PRA duties include: oversight over the Lanterman-Petris-Short (LPS) Certification Hearing process; grievance response from clients, staff and community members, and mandated PRA audits.

Please join us as representatives from the SmithWaters Group give us an overview of their services, share some of their philosophy & history, and answer our questions.

Presenters:

The SmithWaters Group
Sonoma County Office of Patients'Rights

Friday, October 22, 2021

1:30 to 2:30 p.m.

Interlink Self-Help Center
1033 4th Street, Santa Rosa
(707) 546-4481

www.interlinkselfhelpcenter.org

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

Sponsored by Sonoma County Department of Health Services, Behavioral Health Division. Interlink Self-Help Center is consumer operated & funded by the Sonoma County Behavioral Health Division as a program of West County Community Services

Wellness and Advocacy Center Ocotber 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
10:00-10:30 Member Meeting	10:00-10:30 Member Meeting		10:00-10:30 Member Meeting	10:00-10:30 Member Meeting
10:30-11:10 Coffee/Walk	10:30-11:10 Coffee/Walk		10:30-11:10 Coffee/Walk	10:30-11:10 Coffee/Walk
11:00-12:00 Walking Thru Depression	11:00-12:00 Anxiety Support			
11:15-12:05 Peer Support	11:15-12:05 Transitions		11:15-12:05 Empowering Ourselves	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 Video Voyage	12:15-2:15 Open Mic
1:00-2:00 Empowering Ourselves			1:00-2:00 Visions and Voices	
1:15-2:05 Anxiety Support	1:15-2:05 LGBTQ Support	1:15-2:05 Fun With Words	1:15-2:05 Walking Thru Depression	
1:15-3:30 Games & More				
2:15-3:05 SMART Recovery	2:15-3:05 Nature Appreciation	2:15-3:45 Midweek Movie	2:15-3:45 Art Group	2:15-3:30 Games & More
2:15-3:30 Wellness Bingo		2:15-3:30 Games & More	2:15-3:05 Challenging Narratives	2:30-3:30 SMART Recovery

Halloween Party on Friday, October 29th. Costume and Spooky Sound Contest, Trick or Treating, and more.

The Wellness and Advocacy Center is open at 100% capacity and offering a wide range of groups throughout the week. We continue to require face coverings while at the center regardless of vaccination status. Please bring your face covering if you plan to attend the center.

In order to accommodate individuals who may not feel comfortable returning to on site services, we will continue to offer multiple support groups throughout the week on Zoom. See following page for 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-10:30am
Wednesday 1:00pm-1:15pm

Coffee/Walk: Rotating
M/T/Th/F 10:30am-11:10am

Peer Support: Nicole
Monday @ 11:15am-12:05pm

Career Development: Suzy
Monday @ 12:15pm-1:05pm

Anxiety Support: Gracie
Monday @ 1:15pm-2:05pm

Wellness Bingo: Nicole and Suzy
Monday @ 2:15pm-3:30pm

SMART Recovery: Danette and Susan
Monday @ 2:15pm-3:05pm

Games & More: Rotating
M/W/Th/F @ 2:15pm-3:30pm
Tuesday @ 1:15pm-3:30pm

Transitions: Nicole
Tuesday @ 11:15am-12:05pm

Exploring Emotions: Lori
Tuesday @ 12:15pm-1:05pm

LGBTQ Support: Nicole
Tuesday @ 1:15pm-2:05pm

Nature Appreciation: Lori and Susan
Tuesday @ 2:15pm-3:05pm

Music Jam
Wednesday @ 12:00pm-1:00pm

Fun with Words: Gracie
Wednesday @ 1:15pm-2:05pm

Midweek Movie
Wednesday @ 2:15pm-3:45pm

Empowering Ourselves: Susan
Thursday @ 11:15am-12:05pm

In-Person-Continued

Video Voyage: Brice
Thursday @ 12:15pm-1:05pm

Walking Thru Depression: Susan
Thursday @ 1:15pm-2:05pm

Art Group: Naomi
Thursday @ 2:15pm-3:45pm

Challenging Narratives: Sean
Thursday @ 2:15-3:05pm

Friendship Group: Susan
Friday @ 11:15am-12:05pm

Open Mic: Rotating
Fridays @ 12:15pm-2:15pm

ZOOM

Walking Through Depression: Susan
Monday @ 11:00AM-12:00PM
Meeting ID: 969 2318 8849
Passcode: 329197

Anxiety Support: Gracie
Tuesday @ 11:00AM-12:00PM
Meeting ID: 964 0849 9333
Passcode: 672331

Empowering Ourselves: Susan
Wednesday @ 1:00PM-2:00PM
Meeting ID: 987 9328 0159
Passcode: 299527

Visions and Voices: Jeff and Gracie
For individuals who see and/or hear things that others may label as "hallucinations."
Thursday @ 1:00PM-2:00PM
Meeting ID: 944 8491 2946
Passcode: 712349

SMART Recovery: Danette and Susan
Friday @ 2:30PM-3:30PM
Meeting ID: 974 6916 4928
Passcode: 826504

Petaluma Peer Recovery Center

Group Schedule

October, 2021

	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	Calming Anxiety	Positive Thinking	Peer Discussion Group
12:00-1:00	Closed for lunches & Cleaning	Closed for lunches & Cleaning	Next Steps *(Except October 28) *
*Last Thursday Monthly Forum 12:00 - 1:00	*¡Please join us!* ☞ ☞ ☞		* October's topic * *Combating Depression With Creativity*
1:00 - 1:30	Afternoon Check-In	Body Image & Wellness	Closing at 1:00 on Thursdays
1:30 - 2:30	Music and Movement	Fun & Games	

One-To-One Peer Support

Support with Resource Navigation

October's Monthly Forum Topic:

Combating Depression With Creativity

Thursday October 28, 12:00 – 1:00

OPEN

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

Thursday
10:00 – 1:00

PPRC
5350 Old Redwood Highway Blvd. 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: October 2021

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through working on individual and group art projects. We have paints, spin art, collaging, sketching and drawing supplies, & more.

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: Usually held on the last Thursday of the month, we will be highlighting 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.

Music & Movement: We hold this space for us to make and/or listen to music and do gentle stretching, chair yoga and other fun and relaxing movement. We have a number of instruments including a keyboard, bongos, and a guitar at PPRC. No experience necessary, just a willingness to have fun in a creative and healing way!

Fun & Games: Having fun is a very important part of our recovery journeys and we have a number of games onsite to choose from, such as Yahtzee (a big hit), bingo, clue, cards, scrabble and dominos - and we can always play charades, Pictionary and more!

Body Image & Wellness: Together we come to share our struggles and triumphs related to how we perceive ourselves, and challenge traditional ideas of what health, beauty and wellbeing really are. Please come engage in our enriching discussion space as we learn and grow together.

HUMANIDAD
Therapy & Education Services

CONVIVENCIA DE

COMUNIDAD

ACEPTANDO LA NEURODIVERSIDAD DE MI HIJO

Martes
5 de
Octubre
6pm- 8pm
Via Zoom
Registrese
pronto!

NUESTRA CULTURA CURA
LA PLAZA

KAISER PERMANENTE

KEY:
Underlined: In person
Starred: Online/virtual

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Drop In 12-5 *Adult Support* 6:30-8:30	2
3	4	5 Drop In 12-5	6 Drop In 12-5	7 Drop In 12-5 *Leadership 6-7* *Youth Support 7-9*	8 Drop In 12-5 *Leadership 5-6* *Adult Support 6:30-8:30*	9 Social Saturday!
10 World Mental Health Day	11 Indigenous Peoples' Day National Coming Out Day	12 Drop In 12-5	13 Drop In 12-5	14 Drop In 12-5 *Leadership 6-7* *Youth Support 7-9*	15 Drop In 12-5 *Leadership 6-7* *Adult Support 6:30-8:30*	16
17	18	19 Drop In 12-5	20 Drop In 12-5 Queer Art Club 6-8	21 Drop In 12-5 *Leadership 6-7* *Youth Support 7-9*	22 Drop In 12-5 *Leadership 6-7* *Adult Support 6:30-8:30*	23
24	25	26 Drop In 12-5 Intersex Awareness Day	27 Drop In 12-5	28 Drop In 12-5 *Leadership 6-7* *Youth Support 7-9*	29 Drop In 12-5 *Leadership 6-7* *Adult Support 6:30-8:30*	30
31 Halloween	1	2	3	4	5	6

POSITIVE IMAGES

ONLINE EVENT

POSITIVE IMAGES

OUTSTANDING OCTOBER

LGBTQIA+ YOUTH SUPPORT GROUP

(12-18)

OCTOBER 7TH: CHECK IN

OCTOBER 14TH: GA(Y)ME NIGHT

OCTOBER 21: CHECK IN--COMING OUT

OCTOBER 28: HALLOWEEN SOCIAL

sonoma county
DEPARTMENT OF HEALTH SERVICES
BEHAVIORAL HEALTH DIVISION

MENTAL HEALTH SERVICES ACT · PROPOSITION 63 · CALIFORNIA

ONLINE EVENT

POSITIVE IMAGES

LGBTQIA+ ADULT SUPPORT GROUP

October 1: Check In

October 8: Show & Tell

October 15: Discussion Group

October 22: Drive In Field Trip

October 29: Social Night

sonoma county
DEPARTMENT OF HEALTH SERVICES
BEHAVIORAL HEALTH DIVISION

MENTAL HEALTH SERVICES ACT · PROPOSITION 63 · CALIFORNIA

POSITIVE
IMAGES
NORTH BAY
LGBTQI
FAMILIES
BUILD. PROTECT. ADVOCATE
SOCIAL
SATURDAY
October 9
11am - 2pm
Riverfront Regional Park
Healdsburg
FREE ALL-AGES YOGA WITH XOCHI

Join Positive Images LGBTQIA+ Center and North Bay LGBTQI Families for a Social Saturday: Intergenerational Gathering on October 9th from 11am-2pm at Riverfront Regional Park (7821 Eastside Road) in Healdsburg!

All LGBTQIA+ youth, families, adults, and elders are welcome at this gathering, which is part of a recurring series of monthly events taking place throughout Sonoma County where we are seeking to bring together members of our community across generations, particularly gender expansive youth, teens, and adults.

At our October gathering we will be led in a series of all-ages yoga activities by local yoga instructor Xochi Lubin-Amaya. Yoga activities will begin at approximately 11:30 and will continue throughout the gathering, and will include offerings for kids depending on attendance and interest.

Please bring your own yoga mat or towel if possible (not required); we anticipate having a few extra mats on hand that you can borrow if needed. Feel free to bring your lunch or snacks, along with any chairs or blankets you would like. We will have water and a small selection of pre-packaged snacks available. We encourage you to bring sunscreen and hand sanitizer as well.

Parking at Riverfront Regional Park costs $7 (or free for folks with a Sonoma County Regional Parks Pass!) and we are happy to reimburse you the day of!

We will have $50 gift cards available at the picnic to families for whom financial barriers such as the cost of gas, a meal, or missed work would otherwise prevent them from attending. If you feel your family could benefit from this support, please fill out the form at the following link:

Queer Cafe Presents

LGBTQ CONNECTION

HALLOQUEER

Thurs, Oct 28th, 2021 - 4-5:30 pm

714 Mendocino Ave, Santa Rosa

Ages 14-24

For more info, DM us or contact isamar@lgbtqconnection.org

Queer Cafe Presents

I'm Coming Out!

Thu, Oct 14th 4pm-5:30pm

714 Mendocino Ave, Santa Rosa

Ages 14-24

Come out and join us for paper crafts and
a discussion on what it means to be "out"
and what closets are really made of

LGBTQ CONNECTION
Napa • Sonoma
Community Driven Action

For more info, DM us or contact emerson@lgbtqconnection.org

QTPOC GROUP

A group for Queer and Trans People of Color

Monday, Oct 25th

6-7:30pm

All ages

Via Zoom

For more info or link to join, DM us or contact
isamar@lgbtqconnection.org

LGBTQ CONNECTION

GAYME NIGHT

Mon, Oct 18th

3:30-5pm

Ages 14-24

Via Zoom

LGBTQ CONNECTION

Dm us or email
isamar@lgbtqconnection.org to join

Sonoma October Youth Socials

H 10/7 Pumpkin Spice - 5-6:30pm
10/11 Transcend - 3:30-5pm
SR 10/14 I'm Coming Out - 4-5:30pm
10/18 Gayme Night - 3:30-5pm
H 10/21 Spooky Make-Up - 5-6:30pm
10/25 QTPOC Group - 6-7:30pm
SR 10/28 Halloqueer - 4-5:30pm

Socials are for ages 14-24. For more info, DM us or contact isamar@lgbtqconnection.org.

Trans+ identified space
Virtual event
H *Healdsburg*
SR *Santa Rosa*

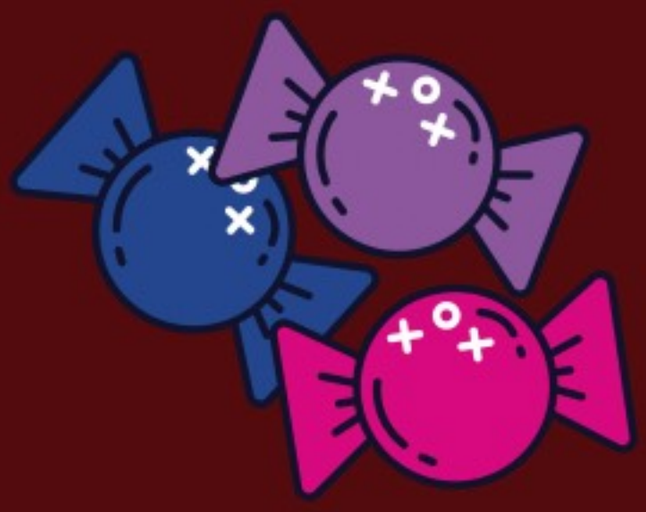
LGBTQ CONNECTION

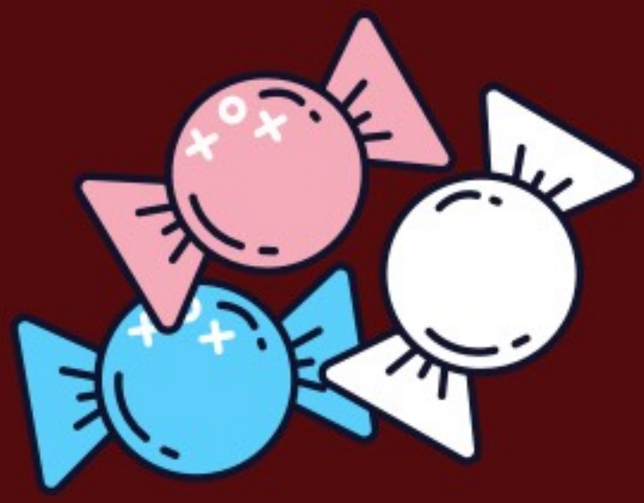
LGBTQ CONNECTION

Wicked Queers Presents

PUMPKIN SPICE AND EVERYTHING NICE

PUMPKIN CARVING





OCTOBER 7TH
5-6:30 PM
AGES 14-24
PETER@LGBTQCONNECTION.ORG
HEALDSBURG PLAZA

Wicked Queers Presents

Queers And Crafts

Spooky Makeup Tutorial

Ages 14-24

October 21st

From 5-6:30pm

Location: TBD

contact solicia@lgbtqconnection.org

LGBTQ CONNECTION

PROGRAM CALENDAR
Napa & Sonoma Counties

September 2021

More Information

For Virtual Events

For in Person Events:

Napa

Santa Rosa

American Canyon

Healdsburg

Calistoga

Phone counseling appointments can be scheduled with Den or Gwendolyn

Napa County: (707) 948 - 6640

Sonoma County: (707) 595 - 8961

For events via zoom contact us for the link!

FOLLOW US

@LGBTQNAPA

@LGBTQSONOMA

SUN	MON	TUE	WED	THU	FRI	SAT
LGBTQ History Month					1	2
3	4	5 **LGBT Older Adults Virtual Check In** 10:30-11:30AM, older adults and all ages welcome, via zoom	6	7 **Queerations: Pumpkin Painting** 4-5:30 PM, ages 14-24, VOICES Napa **Pumpkin & Spice & Everything Nice** 5-6:30 PM, ages 14-24, Healdsburg Square	8	9
10	11 **National Coming Out Day** **Transcend** 3:30-5 PM, ages 14-24, via zoom	12	13	14 **I'm Coming Out** 4-5:30 PM ages 14-24 VOICES Santa Rosa **Spooky Game Night** 4-5:30 PM, ages 14-24, AC Library	15	16
17	18 **Game Night** 3:30-5 PM, ages 14-24, via zoom	19	20	21 **Spooky Movie Night** 4-5:30 PM, ages 14-24, VOICES Napa **Queers and Crafts Spooky Make-Up** 5-7 PM, all ages, Healdsburg Square **Spirit Day (Wear Purple)**	22	23
24	25 **Napa DA Support Services** 1-3 PM @780 Lincoln Ave/Napa Center **QTPOC Group** 6-7:30 PM all ages via zoom	26	27	28 **Halloqueer** 4-5:30 PM ages 14-24 VOICES Santa Rosa **Queerations: Trick or Chic** 4-5:30 PM, ages 14-24,	29	30
31 **Halloween**						

For more info & other resources visit lgbtqconnection.org.
For Napa County contact fernando@lgbtqconnection.org or (707) 948 - 6640.
For Sonoma County contact chantavy@lgbtqconnection.org.

CALENDARIO DEL PROGRAMA
Condados de Napa y Sonoma

Septembre 2021

Mas Información

Eventos Virtuales

Para Eventos en Persona:

Napa

Santa Rosa

American Canyon

Healdsburg

Calistoga

Citas de asesoramiento pueden hacerse con Den o Gwendolyn.

Condado de Napa: (707) 948 - 6640

Condado de Sonoma: (707) 595 - 8961

Para eventos virtuales por zoom contáctenos para mas información.

DOM	LUN	MAR	MIE	JUE	VIE	SAB
Mes de Historia LGBTQ					1	2
3	4	5 **Saludos Virtuales Para Personas LGBT De La 3ra Edad** 10:30-11:30AM, adultos y todas edades bienvenidxs, por zoom	6	7 **Pintando Calabazas** 4-5:30 PM, edades 14-24, VOICES Napa **Calabaza Especial** 5-6:30 PM, edades 14-24, Healdsburg Square	8	9
10	11 **Día de Salir del Clóset** **Transcend** 3:30-5 PM, edades 14-24, por zoom	12	13	14 **Estoy Saliendo del Closet** 2-3:30 PM edades 14-24 VOICES Santa Rosa **Notche de Juegos** 4-5:30 PM, edades 14-24,	15	16
17	18 **Noche de Juegos** 3:30-5 PM edades 14-24 por zoom	19	20	21 **Notche de Película** 4-5:30 PM, edades 14-24, VOICES Napa **LGBTQ y Manualidades** 5-7 PM, todas edades, Healdsburg Square **Día del Espíritu (Usa Morado)**	22	23
24	25 **Servicios de Apoyo del Fiscal de Napa** 1-3 PM @780 Lincoln Ave/Napa Center **QTPOC** 6-7:30 PM Todas edades por zoom	26	27	28 **Halloqueer** 2-3:30 PM edades 14-24 VOICES Santa Rosa **Todo lo que Necesitas es un Micrófono** 4-5:30 PM, edades 14-24, por zoom	29	30
31 **Halloween**						

Para obtener más información y otros recursos, visite lgbtqconnection.org.
Para el condado de Napa, comunícate con fernando@lgbtqconnection.org o (707) 948 - 6640.
Para el condado de Sonoma, comunícate con chantavy@lgbtqconnection.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

October 15, 2021

4:00PM to 6:00 PM

on Zoom

There will be a traditional story, keynote speaker, Pomo dancing & raffles!

To join this event email aupevents@scihp.org

or contact Dean (707) 565 -1032 or Carolyn (707) 521- 4559

Annual Sunrise Gathering on Alcatraz Island

Ohlone Welcome, Pomo/Ohlone Inter-tribal, Aztec and other Indigenous Nations dancers and cultural presenters, and the All Nations Drum

TICKETS NOW ON SALE
https://link.iitc.org/SUNRISE

$11.00 general admission
Children under 5 years of age are free
Ticket booth opens at 4:15 AM
Boats will depart Pier 33 at approximately 5:00am, 5:15am, and 5:45am.

The event will be broadcast live on KPFA 94.1 FM and online at www.kpfa.org and will be simulcast via IITC's Facebook page from 6 - 8:00 AM. Wheelchair accessible, no drugs, alcohol or sales permitted on the island.

Check IITC's website, www.iitc.org, IITC's Facebook page, email to morningstar@treatycouncil.org or rochelle@treatycouncil.org, or call IITC's San Francisco Office, (415) 641-4482, for more information and updates.

International Indian Treaty Council Annual Indigenous Peoples Day Events

October 11, 2021

Yelamu, Ohlone Territory (San Francisco, California)

San Francisco's 3rd annual Indigenous Peoples Day Commemoration 12-3:30 PM

Yerba Buena Gardens, Mission St. between 3rd & 4th Streets, San Francisco, CA with an Ohlone welcome and Indigenous performers, speakers and vendors from California and throughout the world. This event is free. For more information call YBG at (415) 543-1718, or the IITC San Francisco Office.

Safety and health practices will apply at all IITC events. Cloth masks are required indoors and outdoors, vaccinations are strongly recommended for participants.

Thank you for your understanding

Co-sponsored by the American Indian Cultural Center & American Indian Cultural District

For more information, contact the IITC San Francisco Office:
Phone: (415) 641-4482 • Email: iitc@treatycouncil.org
Rochelle Diver: rochelle@treatycouncil.org
www.iitc.org

15th Annual

DANCING FEATHERS POWWOW

SPONSORED BY:

AMERICAN INDIAN CULTURAL CENTER SAN FRANCISCO

FRIENDSHIP HOUSE

Where:
THOMAS EDISON CHARTER ACADEMY
3521 22ND ST. SAN FRANCISCO, CA

October 23rd, 2021 10am-6pm

Grand Entry @ 12pm

Arts and crafts

Raffles and food

Potato Dance

Contest Dancing

FEATURING:

M.C- Manny Lieras (Dine/Comanche)
Arena Director- Randy Pico Sr. (Luiseno)
Head Gourd- Michael Reifel (San Carlos Apache, Rosebud Red Sioux, Chickasaw Nation)
Head Man - Larry Harrison (Dine)
Head Woman- Arianna Antone (Tohono O'odham)
Head Teen Boy- Tokala Halsey-American Bear (Lakota, Yuki/Wappo)
Head Teen Girl- Summer Harrison-Little Cloud (Dine, Pomo, Paiute, Yankton Sioux)
Head Jr. Boy- Tank Young (Cherokee, Choctaw, Apache, Taos Pueblo)
Head Jr. Girl- Joni Marshall-Lieras (Shoshone-Bannock/Eastern Shoshone/Dine & Comanche)
Head Tiny Tot Boy - Arley Rosales (Ojibwe)
Head Tiny Tot girl- Lynn Marshall-Lieras (Shoshone-Bannock/Eastern Shoshone/Dine & Comanche)

HOST NORTHERN DRUM
ALL NATIONS

HOST SOUTHERN DRUM
SOUTHERN EXPRESS

For vendor Infomation call Sara Benallie @ 4157963569- Sarab@friendshiphousesf.org

Sonoma County Indian Health Project, Inc.

Behavioral Health Department Presents

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October 15, 2021

4:00PM to 6:00 PM

on Zoom

There will be a traditional story, keynote speaker, Pomo dancing & raffles!

To join this event email aupevents@scihp.org

or contact Dean (707) 565 -1032 or Carolyn (707) 521- 4559

Sonoma County Indian Health Project, Inc.

Coping with COVID

Outreach and Support Services

For COVID Resources and Support Call
(707) 521-4550 Monday-Friday 8am-5pm

For referrals to local resources as well as caring and culturally sensitive support.

SCIHP is here to help support your well being during COVID.

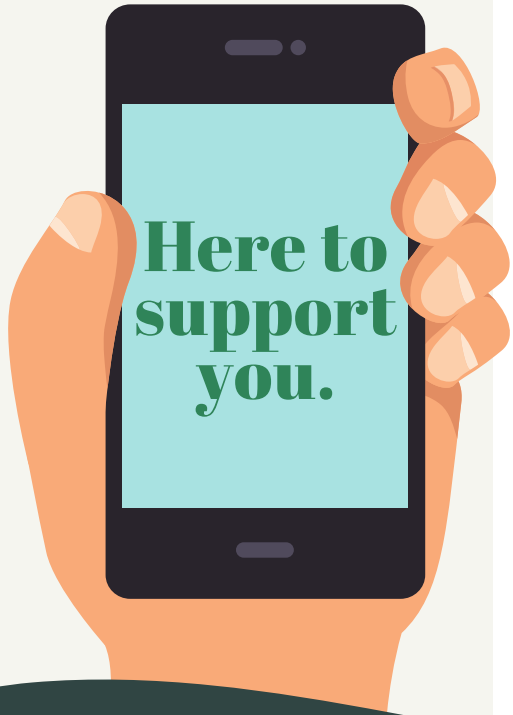
Coping with COVID Talking Circle

For group support join our Coping with COVID Talking Circle on Zoom

Every 2nd and 4th Tuesday 6-7pm

Every 1st and 3rd Thursday 3-4pm

- Connection to tribal community and resources
- Peer support
- Coping skills



To join the talking circle email: AUPEVENTS@SCIHP.ORG
or call Carolyn (707) 521- 4559 or Dean (707) 565-1032

SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

October is

DOMESTIC VIOLENCE AWARENESS MONTH

DID YOU KNOW?

- American Indian and Alaska Native women experience assault and domestic violence at much higher rates than women of any other ethnicity
- Over 84% of Native women experience violence during their lifetimes
- American Indians are 3 times more likely to experience sexual violence than any other ethnic group

If you or someone you know is experiencing Domestic Violence, Inter-Tribal Council is here to help with:

- Emergency Services
- Referrals
- Counseling
- Restraining Order Assistance & More

To speak to a domestic violence advocate call

(707) 694-9944

¡Obtén el cuidado médico que necesitas!
Encuentra tu Centro de Salud

Visita bit.ly/health-salud
para encontrar una clínica cerca de ti.

Get the care you need!
Find Your Health Care Home

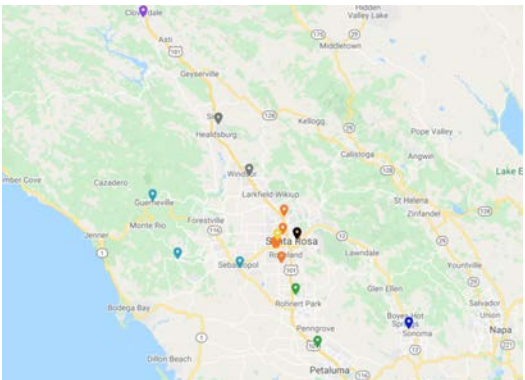
Visit bit.ly/health-salud
to find a clinic near you

¡Mantente saludable para aquellos que te necesitan!

Tu centro de salud:

- Brindará cuidado médico de alta calidad a ti y tus seres queridos
- Ayudará a manejar tu salud para vivir una vida más saludable!

Sin importar su habilidad de pagar o su estatus migratorio.



Alexander Valley Health Center
(707) 894-4229

Alliance Medical Center
(707) 433-5494

Jewish Community Free Clinic
(707) 585-7780

Petaluma/Rohnert Park Health Center
(707) 559-7500

Santa Rosa Community Health
(707) 303-3600

**St. Joseph Mobile Clinic Call (707) 547-4684 to learn about their location*

Sonoma Valley Health Center
(707) 939-6070

West County Health Center
(707) 823-3166

Stay healthy for those that need you!

Your health care home will:

- Provide high quality care for you and your loved ones
- Help you manage your health to live a healthier you!

Regardless of your ability to pay or your immigration status.

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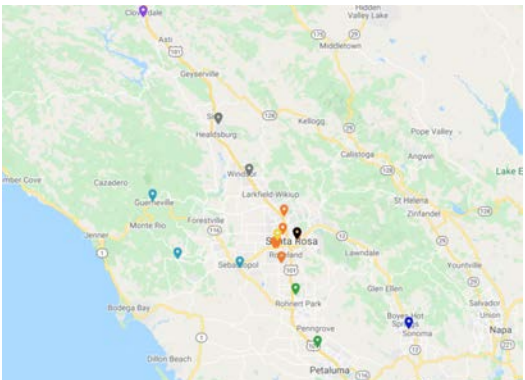

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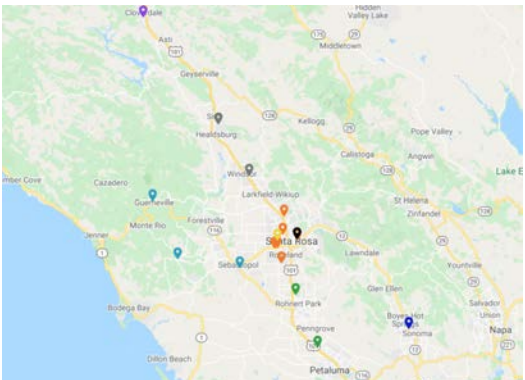

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REDWOOD EMPIRE FOOD BANK

P-EBT QUESTIONS? WE CAN HELP!

IT'S AS EASY AS 1-2-3

1. If you had children ages 0 to 6-years-old who got CalFresh benefits between October 2020 and May 2021, you will start getting their P-EBT cards in early July.

2. If you had children (students) TK-12 who were enrolled in free or reduced-price school meals at a school participating in the National School Lunch or Breakfast Programs for the 2020-21 school year and are assumed to have attended school via distance learning at least some of that time, you will start getting their cards in early September.

3. After the P-EBT debit card arrives in the mail, you will need to activate the card before using it.
*P-EBT does not require an application.

Questions? Call (707) 523-7903 or P-EBT hotline at (877) 328-9677

REDWOOD EMPIRE FOOD BANK

¿TIENES PREGUNTAS SOBRE P-EBT? ¡NOSOTROS PODREMOS AYUDAR!

ES TAN FÁCIL COMO 1-2-3

1. Si tiene niños de 0 a 6 años que obtuvieron los beneficios alimentarios de CalFresh entre octubre de 2020 y mayo 2021 recibirán sus tarjetas de P-EBT empezando el mes de julio.

2. Si su niños (estudiantes) en TK hasta 12 grado que estuvieron en una escuela con servicio de alimentos gratuitos, o a precios reducidos, la esquela que participe en los Programas de Desayuno y Almuerzo Escolar Nacional durante el año escolar 2020-21 y que un tiempo asistieron a la escuela vía aprendizaje a distancia, comenzarán a recibir sus tarjetas a principios de septiembre y hasta noviembre.

3. Cuando reciba la tarjeta de P-EBT por correo postal, deberá activarla antes de usarla.
*P-EBT NO requiere una solicitud de inscripción.

¿Preguntas? llame (707) 523-7903 o linea de ayuda P-EBT (877) 328-9677

Extra Food Benefits During an Extra Hard Time

More breakfasts. More lunches. P-EBT provides *additional* food support to eligible families that have been impacted by the pandemic.

Here's What You Need to Know:

These benefits:

- Do NOT affect immigration. The program does not report anyone to immigration services for buying food with this card nor will anyone using this card be considered a public charge.
- Do NOT affect other benefits. You can still get free or reduced school meals.
- Do NOT affect your taxes. You don't need to claim them as income.
- DO expire, so make sure you use them at least once every year.
- Do NOT require an application. P-EBT eligibility is based on getting CalFresh Food benefits or individual or school eligibility for free or reduced price school meals, as well as attending school via distance learning

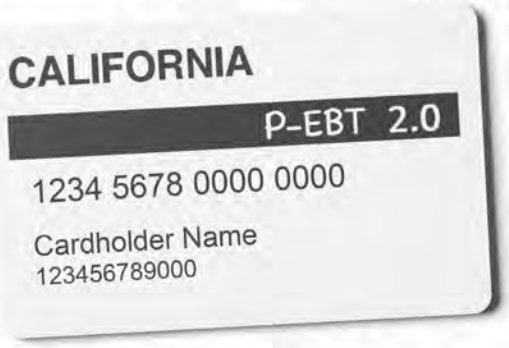
Don't throw your card away! New benefits get added to your card at scheduled intervals.

Who Gets a P-EBT Card:

Students enrolled in free or reduced price school meals at a school participating in the National School Lunch or Breakfast Programs for the 2020-21 school year and are assumed to have attended school via distance learning or a hybrid of both distance learning and in person learning, and young children aged 0-6 years old who got CalFresh Food benefits. Cards will be sent out by age and first name, so don't worry if one child gets their card before another.

- Children aged 0-6 years old who got CalFresh Food benefits between October 2020 and January 2021, will start getting their cards in **early July through August**. Young children who got CalFresh Food benefits between February 2020 and May 2021, will get their cards later.
- Students TK-12 who were enrolled in free or reduced price school meals at a school participating in the National School Lunch or Breakfast Programs for the 2020-21 school year and are assumed to have attended school via distance learning, at least some of that time, will start getting their cards in **early September through November**.

Children eligible for free school meals based on their attendance at a school where all children can get free breakfast, lunch, or both, may also get P-EBT benefits. This is true even if the child did not individually apply for free or reduced price school meals.



How to Use Your P-EBT Cards:

After the P-EBT debit card arrives in the mail, you will need to activate the card before using it.

1. Follow the instructions to create a personal PIN number. Call the **P-EBT Helpline** at **(877) 328-9677**.
2. Shop at the same places that take CalFresh Food Benefits. This includes: most grocery stores, most farmers markets, and online at Amazon®, Walmart®, and other retailers.
3. Pay by selecting "EBT" at checkout. You can use multiple cards to cover one purchase.

Use the QR code to learn what foods are covered.

P-EBT CDSS CALIFORNIA DEPARTMENT OF SOCIAL SERVICES REDWOOD EMPIRE FOOD BANK

*Amazon is a registered trademark of Amazon, Inc. **Walmart is a registered trademark of Wal-Mart Stores, Inc.

Questions?
Call the **Redwood Empire Food Bank** at **(707) 523-7903** or visit **ca.p-ebt.org**.

Beneficios alimentarios adicionales en tiempos particularmente difíciles

Más desayunos. Más almuerzos. La P-EBT proporciona apoyo alimentario adicional para las familias que cumplen los requisitos y que se han visto afectadas por la pandemia.

Esto es lo que debe saber:

Estos beneficios:

- NO afectan su situación migratoria. El programa no brinda información a los servicios de inmigración sobre ninguna persona que compre alimentos con esta tarjeta y nadie que use esta tarjeta será considerado como carga pública.
- NO afectan otros beneficios. Puede seguir recibiendo comidas escolares gratuitas, o a precio reducido.
- NO afectan sus impuestos. No necesita declararlos como ingresos.
- SÍ caducan, así que asegúrese de usarlas al menos una vez al año.
- NO se requiere una solicitud de inscripción. La elegibilidad para la P-EBT se basa en la obtención de los beneficios alimentarios de CalFresh, o en la elegibilidad individual o de la escuela para recibir alimentos escolares gratuitos, o a precio reducido, y en la asistencia a la escuela via aprendizaje a distancia.

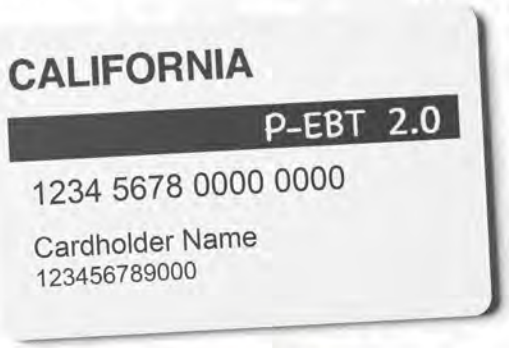
¡No tire su tarjeta! Se agregan nuevos beneficios a su tarjeta a intervalos programados.

Quién obtiene una tarjeta de P-EBT:

Los alumnos inscritos en una escuela con servicio de alimentos gratuitos, o a precios reducidos, que participen en los Programas de Desayuno y Almuerzo Escolar Nacional durante el año escolar 2020-21 y que se supone que asistieron a la escuela vía aprendizaje a distancia o un modelo híbrido, ya sea a distancia o de manera presencial, y los niños pequeños de 0 a 6 años que recibieron los beneficios alimentarios de CalFresh. Las tarjetas se enviarán por edad y nombre, así que no se preocupe si un niño recibe su tarjeta antes que otro.

- Los niños de 0 a 6 años que obtuvieron los beneficios alimentarios de CalFresh entre octubre de 2020 y enero de 2021 comenzarán a recibir sus tarjetas a **principios de julio y durante agosto**. Los niños pequeños que recibieron los beneficios alimentarios de CalFresh entre febrero de 2021 y mayo de 2021 recibirán sus tarjetas más adelante.
- Los estudiantes desde jardín de niños de transición hasta 12.° grado que estén en una escuela con servicio de alimentos gratuitos, o a precios reducidos, que participen en los Programas de Desayuno y Almuerzo Escolar Nacional durante el año escolar 2020-21 y que se supone que asistieron a la escuela vía aprendizaje a distancia, al menos durante un tiempo, comenzarán a recibir sus tarjetas a **principios de septiembre y hasta noviembre**.

Los niños elegibles para recibir servicios de alimentos gratuitos con base en su asistencia a una escuela donde todos los niños pueden recibir desayuno o almuerzo gratuito, o ambos, también pueden recibir los beneficios de P-EBT. Esto es válido incluso si el niño no solicitó de manera individual alimentos escolares gratuitos, o a precio reducido.



Cómo usar sus tarjetas P-EBT:

Cuando reciba la tarjeta de débito de P-EBT por correo postal, deberá activarla antes de usarla.

1. Siga las instrucciones para crear su número de identificación personal (Personal Identification Number, PIN). Llame a la **línea de ayuda de P-EBT** al **(877) 328-9677**.
2. Compre en los mismos establecimientos que aceptan los beneficios alimentarios de CalFresh. Estos incluyen: la mayoría de las tiendas de comestibles, mercados de productores y compras en línea en Amazon®, Walmart® y otros minoristas.
3. Para pagar, seleccione "EBT" en el proceso de compra en línea. Puede usar varias tarjetas para cubrir una sola compra.

Use el código QR para saber qué alimentos están cubiertos.

P-EBT CDSS CALIFORNIA DEPARTMENT OF SOCIAL SERVICES REDWOOD EMPIRE FOOD BANK

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¿Tiene alguna pregunta?
Llame a **Redwood Empire Food Bank** al **(707) 523-7903** o visite **ca.p-ebt.org**.

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VERITY 24/7 CRISIS LINE: (707) 545-7270

NATIONAL HUMAN TRAFFICKING HOTLINE:
1-888-373-7888, TEXT 233733

NATIONAL DOMESTIC VIOLENCE HOTLINE, 24 HOUR HOTLINE: 1-800-799-SAFE (7233)

NATIONAL SUICIDE PREVENTION LIFELINE, 24 HOUR HOTLINE: 1-800-273-TALK (8255)

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VERITY 24/7 LINEA DE CRISIS (707) 545-7270

LÍNEA DIRECTA NACIONAL CONTRA LA TRATA DE PERSONAS: 1-888-373-7888 TEXTO 233733

LÍNEA DIRECTA NACIONAL CONTRA LA VIOLENCIA DOMÉSTICA, LÍNEA DIRECTA LAS 24 HORAS1-800-799-SAFE (7233)

LÍNEA NACIONAL DE PREVENCIÓN DEL SUICIDIO, LÍNEA DIRECTA LAS 24 HORAS: 1-800-273-TALK (8255)

MARIN OUTREACH & PREVENTION TEAM

MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

Upcoming Meetings ~ Join us!

Upcoming Meeting Dates:

September 1 at 2 pm:
Suicide Prevention & Recovery Month:
Supportive Transitions, Resilience and Resources

October 6 at 2 pm:
Equitable and Culturally Responsive Suicide Prevention: Building Equity in Communities

November 3 at 2 pm:
Gun Violence Restraining Order Training and Community Action Team Reporting

Register here for all upcoming meetings!

Questions?
Email: BHRSPreventionandoutreach@marincounty.org
Or visit: www.BHRSPrevention.org

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

CRISIS TEXT LINE

WELLNESS · RECOVERY · RESILIENCE

DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND RECOVERY SERVICES

SAFE MARIN

MARIN COUNTY OFFICE OF EDUCATION

MARIN OUTREACH & PREVENTION TEAM

Colaboración para la prevención del suicidio del Condado de Marin

Próximas reuniones ~¡Acompáñenos!

Próximas reuniones:

1 de septiembre a las 2pm:
Mes de la prevención del suicidio y la recuperación: transiciones y resiliencia

6 de octubre a las 2pm:
Prevención del suicidio equitativo y culturalmente responsable: fomentando la equidad en las comunidades

3 de noviembre a las 2pm:
Capacitación sobre ordenes de restricción de violencia con armas de fuego y equipos comunitarios

Regístrese acá
Para asistir a las próximas reuniones

¿Preguntas?
Email: BHRSPreventionandoutreach@marincounty.org
Or visite: www.BHRSPrevention.org

PREVENCIÓN del SUICIDIO 1-888-628-9454 | CRISIS TEXT LINE | WELLNESS · RECOVERY · RESILIENCE | DEPARTMENT OF HEALTH AND HUMAN SERVICES BEHAVIORAL HEALTH AND RECOVERY SERVICES | SAFE MARIN | MARIN COUNTY OFFICE OF EDUCATION

MARIN OUTREACH & PREVENTION TEAM

MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

A Special Data Team Meeting Invitation. Join Us September 27 at 3 pm

A Presentation on the Suicide Fatality Review Model

Dr. Kimberly Repp has received national recognition for her innovative approach to reducing suicide by almost 40 percent in Washington County, OR, utilizing the Suicide Fatality Review model.

Please join us for an informative presentation on this model, how it was implemented, and what we might learn for our community.

Dr. Kimberly Repp, PhD, MPH
Chief Epidemiologist
Washington County Public Health

Monday September 27 at 3 pm

ZOOM DETAILS HERE

Questions? Contact:
kconnors@marincounty.org

SUICIDE PREVENTION LIFELINE 1-800-273-TALK

MARIN COUNTY OFFICE OF EDUCATION

DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND RECOVERY SERVICES

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