



Monthly Community Resources  
October 2023

Buckelew Programs Sonoma  
Family Service Coordination  
(707)571-8452

# Useful Phone Numbers

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

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

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

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

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

**inRESPONSE:** \_\_\_\_\_ 707-575-HELP (4357)  
The inRESPONSE team will respond to calls in which individuals are experiencing a mental health crisis in Santa Rosa and are unarmed.

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

**Information and Referral Search:** \_\_\_\_\_ 2-1-1  
Provides free and confidential information and referral for counseling, healthcare, food, housing and employment

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

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

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

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

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

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

**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

## October 2023

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

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

**Sonoma County Behavioral Health Family Education &**

**Support Group**

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

Zoom

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

**Petaluma Education and Support Groups**

2nd Thursday of Every Month

4:00 PM - 5:30 PM

Zoom

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.

**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.

**West County Care and Share**

4th Friday of Every Month

3:00 PM - 4:30 PM

Zoom

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.

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

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

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

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

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

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



**Community Resource Clinic**  
**\*Open to Anyone Interested\***

Every Tuesday

3:00 PM - 4:30 PM

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

**For ZOOM Info call 707-571-8452**

**SOS: Allies For Hope**

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

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

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

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

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

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

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

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

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



# Family Service Coordination Team

## Community Resource Clinic

When: Tuesdays

3:00pm-4:30pm

Where: Zoom - Meeting ID: 868 3024 2650

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

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Questions? Contact the Family Service Coordination team:

FSC Office Line 707-571-8452

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



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

When: Monday, October 9th

4:00pm-6:00pm

Where: Zoom

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

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Questions? Contact the Family Service Coordination team:

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



# Family Service Coordination Team Petaluma Family and Ally Support And Education Group

When: Thursday, October 12th  
4:00pm-5:30pm  
Where: Zoom

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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.

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





# Family Service Coordination Team Supporters of Young Folks

When: Thursday, October 26th  
3:00pm-4:30pm  
Where: Zoom

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

This is a free drop-in zoom support group.

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



# Family Service Coordination Team

## West County Care & Share Support Group

When: Friday, October 27th

3:00pm-4:30pm

Where: Zoom

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This group is a free and on-going drop-in support group led by trained peers for family and friends with mental illness or emotional disorders.

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Questions? Contact the Family Service Coordination team:

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



2023

Saturday, Oct. 7



# namiWalks

*Sonoma County*



Start Time: 1:00pm  
Howarth Park  
Santa Rosa, CA

#Together4MH  
#StigmaFree23



Learn more at  
[namiwalks.org/sonomacounty](https://namiwalks.org/sonomacounty)



KAISER PERMANENTE®



TENGELSEN  
FAMILY FOUNDATION

### About our NAMIWalk!

- Live music by the Russian River Ramblers!
- 1:30 PM: Brief program and speakers
- A dozen community mental health and support providers to visit
- All ages welcome!
- More info and register to walk at: [namiwalks.org/sonomacounty](http://namiwalks.org/sonomacounty)

### Family Support Groups

For family members & caregivers.

### Connection Support Groups

For individuals living with mental health challenges.

### Family-to-Family Class

An 8-session education program for those who support a loved one living with serious mental illness. **Register at [namisoco.org/f2f](http://namisoco.org/f2f).**

### New! Peer-to-Peer Class

An 8-session education program for individuals with mental health challenges. **Begins October 25th, 2023. Register at [namisoco.org/P2P](http://namisoco.org/P2P).**

### Wellness & Stress Relief Group

A supportive place to learn stress relief tools.

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

Or contact our Warmline at 866-960-6264

or [info@namisoco.org](mailto:info@namisoco.org)

All groups and classes meet on Zoom.

# OCTOBER 2023

REGISTER NOW




**NAMI Walks**  
Sonoma County



**SATURDAY**  
Oct. 7, 2023, 1:00pm  
Howarth Park, Santa Rosa, CA



**NAMIwalks is here!**  
Saturday, October 7th, 2023  
1-4 PM at Howarth Park  
[namiwalks.org/sonomacounty](http://namiwalks.org/sonomacounty)

MON	TUE	WED	THU	FRI
	2 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group	3 4:30-5:30 PM Wellness & Stress Relief Group	4 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	5 NAMIWalk with us! Saturday, Oct 7 
	9 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group	10 4:30-5:30 PM Wellness & Stress Relief Group	11 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	12 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group
	16 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	17 4:30-5:30 PM Wellness & Stress Relief Group	18 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	19 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group
	23 5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group	24 4:30-5:30 PM Wellness & Stress Relief Group	25 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	26 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group
	30 4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group	31 4:30-5:30 PM Wellness & Stress Relief Group	1 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group	2 2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group
				3

# **NAMI Peer-to-Peer Class**

***Wednesdays, October 25 - December 13, 2023***

NAMI Peer-to-Peer is a free, eight-session educational program for adults living with mental health conditions who are looking to better understand themselves and their recovery.

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Join us to learn more about recovery in an accepting environment. Experience mutual support, growth, compassion and understanding from people who can relate to your experiences.

## **NAMI Peer-to-Peer helps you:**

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation & stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options



**Register at [namisoco.org/P2P](https://namisoco.org/P2P), or call the NAMI Sonoma County Warmline at (866) 960-6264 to learn more.**

# 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 *Member Meeting*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Anxiety Support*  
12:15-1:00 *Career Development*  
1:15-2:00 *Friendship Group*  
2:15-3:00 *SMART Recovery*  
2:15-3:30 *Wellness Bingo*

## Thursday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Member Meeting*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Successful Living*  
12:15-1:00 *Health & Wellness Group*  
1:15-2:00 *Walking Thru Depression*  
2:15-3:45 *Open Art Group*  
2:15-3:30 *Games & More*

## Tuesday

9:00-9:30 *Retro TV*  
9:00-10:00 *Transitions into Housing Presentation*  
9:30-10:00 *AM Support*  
10:00-10:15 *Member Meeting*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Moving Forward*  
12:15-1:00 *Mindfulness Matters*  
12:15-1:00 *Visions & Voices*  
1:15-2:00 *Transitions*  
2:15-3:00 *Peer Support*  
2:15-3:30 *Games & More*

## Friday

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

## Wednesday

12:00-1:00 *Music Jam*  
1:00-1:15 *Member Meeting*  
1:15-2:00 *Fun With Words*  
2:15-3:00 *Stepping Stones*  
2:15-3:30 *Games & More*

***The center will be closed on Friday,  
October 6th due to staff training.***

***The center will be hosting a Halloween  
Extravaganza on Wednesday, October  
25th from 12:00-4:00.***

October 2023



# Group Descriptions

## AM Support/Member Meeting

Come by early to hear about our schedule for the day, community announcements, and have an opportunity to check in as we gather together at the center.

## Connection & Coffee

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

## Anxiety Support

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

## Career Development

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

## Friendship Group

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

## SMART Recovery

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

## Wellness Bingo

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

## Moving Forward

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

## Mindfulness Matters

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

## Visions & Voices

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

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

## Transitions

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

## Peer Support

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

## Games & More

Come and enjoy games in our main room! We have many games to choose from. Please bring your ideas for other games you would like to play!

## Music Jam

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

## Fun With Words

Explore your creativity with words. Express your wildest dreams, emotions, darkest secrets, and more in a fun, supportive group.

## Stepping Stones

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

## Successful Living

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

## Health and Wellness Group

No group description yet. Need to add

## Walking Thru Depression

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

## Open Art Group

The art area is always open if you enjoy the process of social creativity.

## 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!

# WELLNESS AND ADVOCACY CENTER

## HALLOWEEN EXTRAVAGANZA

WEDNESDAY, OCTOBER 25TH, 12PM-4PM

- Music
- Arts and crafts
- Trick-or-treating
- Bingo
- Costume contest
- Spooky sound contest

2245 CHALLENGER WAY, SANTA ROSA, CA. 95407



## Monday

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

## Tuesday

10:00 -2:30 ----- Open Art Studio  
10:15 -10:30 ----- Community Meeting  
10:30 -11:30 ----- Intro to Peer Support  
11:30 - 12:00 ----- Mindful Mornings  
12:00 -12:30 ----- *Funspiration / Let's Go*  
1:00 - 2:00 ----- Finding Our Best...  
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  
12:30 - 1:00 ----- Adventurous Writing \* *New Group!*  
1:00 - 2:00 ----- Mid-Week Festivity  
2:00 - 2:30 ----- Afternoon Check-In

## Thursday

10:00-1:30 ----- Open Art Studio  
10:15-10:30 ----- Community Meeting  
10:30-11:30 ----- Expressing Creativity  
11:30-12:30 ----- SMART Recovery  
1:00 - 1:30 ----- Afternoon Check-In

## Friday

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

October Forum:

**Supporting Recovery Through the Holidays**

Friday, October 27, 1:30 to 2:30

**October 2023**

## Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

**Phone: 707-546-4482**



### **Interlink Self-Help Center Mission:**

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

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

#### **Services include:**

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



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

***In person services are available:***

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

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

## Groups at Interlink Self-Help Center

**Adventurous Writing:** Join us for nine weeks of discovering techniques and developing skills as writers. Rants as well as reasoned revelations are invited to link up with us to bring forth some splendid manuscripts...

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

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

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

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

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

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

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

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

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

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

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

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

**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.

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

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

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

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

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

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

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

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

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

# Community Forum at Interlink Self-Help Center

## Supporting Recovery *through the Holidays*

The Holidays can be a lot: A lot of opportunities for connection and a lot of triggers for many of us. Please join us we share tips and techniques to help us to grow on our mental health and addiction recovery journeys. Sharing your favorite parts and biggest challenges during this time of year is welcome - at the forum and before!

*Hope to see you here!*

**In Person**

Facilitated by:

**Interlink Staff**

**In Person**

**Friday, October 27, 2023**

**1:30 to 2:30**

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

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

This forum is open to the adult general public

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



# Intro to Peer Support

Onsite & in Person!

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



## October's Focus *Communication Skills*

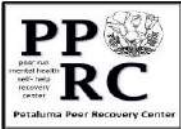
***Please join us as we share and learn together***

Our Intro to Peer Support classes are based on handouts, videos, research and conversation on a variety of topics. We explore the world of mental health recovery and how our recovery journeys can be of help to others. Whether you are looking for personal enrichment, and/or considering working as a peer provider, you are welcome to drop in to any class.



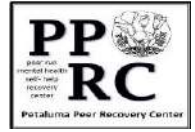
**For further information please call (707) 546-4482  
No need to sign up - all Interlink members welcome**





# Petaluma Peer Recovery Center

## Group Schedule October, 2023



	MONDAY	WEDNESDAY	THURSDAY
ALL DAY	Open Art Studio	Open Art Studio	Open Art Studio
10:00 -10:30	Morning Check-In	Morning Check-In	Morning Check-In
10:30 -11:30	Mindful Moments	Peer Discussion Group (Forum October 25)	Next Steps
12:00-1:00	Intro to Peer Support	Fun and Games	Self-Acceptance Mindfulness & More
Wednesday Monthly Forum 10:30 -11:30	Forum – Wednesday, October 25 ⇌ ⇌		Emotional Maturity
1:00 - 1:30	Afternoon Check-In	Afternoon Check-In	Closing at 1:00 on Thursdays
1:30 - 2:30	Calming Anxiety	Positive Thinking	

October's Forum Topic:

**Emotional Maturity**

Wednesday October 25 10:30 – 11:30

PPRC

5350 Old Redwood Highway Suite 600

Petaluma, Ca. 94954

(707) 565-1299

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

One-To-One  
Peer Support

Help with  
Resource  
Navigation

**OPEN**

Monday &  
Wednesday

10:00 – 3:00

Thursday

10:00 – 1:00

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

# Petaluma Peer Recovery Center Group Descriptions

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

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

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

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

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

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

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

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

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

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

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



*Join Our Forum Discussion*

# EMOTIONAL MATURITY

*Emotional maturity refers to the ability to understand, manage, and express one's emotions in a constructive and adaptive manner. It involves developing a balanced and thoughtful approach to dealing with life's challenges, relationships, and one's own inner experiences. Emotional maturity goes beyond simply feeling emotions; it encompasses how individuals respond to those emotions and whether they can navigate complex situations with resilience and self-awareness.*



Date: October 25, 2023  
Time: 10:30am - 11:30am  
5350 Old Redwood HWY  
Petaluma  
707-565-1299





# OPEN ENROLLMENT DAYS

4CS IS NOW ACCEPTING APPLICATIONS  
IN OUR SUBSIDIZED CHILD CARE PROGRAM & 4CS PRESCHOOLS

**PLEASE PICK UP AN EN ENROLLMENT PACKET PRIOR TO OPEN ENROLLMENT DAY**

**OPEN UNTIL SPACES ARE FILLED**

**WALK-IN ENROLLMENT DAYS  
9:00 AM - 12:00 & 1:00 - 4:00 PM**

**131 A STONY CIRCLE SUITE 300  
SANTA ROSA, CA 95401**

Tuesday, September 12, 2023

Tuesday, October 10, 2023

Friday, November 3, 2023

**No Open Enrollment Days in December 2023**

Need support or have questions please contact:  
enrollment@sonoma4cs.org and/or  
707-522-1413 x. 178

4Cs helps pay for child care for children under 13 yrs. old in our subsidized child care voucher program.

4Cs operates state preschools throughout Sonoma County



[www.sonoma4cs.org](http://www.sonoma4cs.org)







# DÍAS DE INSCRIPCIÓN ABIERTA

4CS ESTÁ ACEPTANDO APLICACIONES EN NUESTRO PROGRAMA DE CUIDADO DE NIÑO SUBVENCIONADO Y EN NUESTROS PREESCOLARES DE 4CS

**VENGA POR UN PAQUETE DE INSCRIPCIÓN ANTES DEL DÍA DE INSCRIPCIÓN ABIERTA**

**ABIERTO HASTA QUE SE LLENEN LOS ESPACIOS**

## **DÍAS DE INSCRIPCIÓN SIN CITA**

**9:00 AM - 12:00 & 1:00 - 4:00 PM**

**131 A STONY CIRCLE SUITE 300  
SANTA ROSA, CA 95401**

Martes, 12 de Septiembre 2023

Martes, 10 de Octubre 2023

Viernes, 3 de Noviembre 2023

**No hay días de inscripción abierta en Diciembre.**

Necesita ayuda o tiene preguntas comuníquese:  
enrollment@sonoma4cs.org o  
707-522-1413 x. 178

4Cs ayuda con el pago del cuidado de los niños por medio de nuestro programa subvencionado de cuidado infantil, si tiene menores de 13 años de edad.

4Cs opera preescolares estatales en todo el Condado de Sonoma



[www.sonoma4cs.org](http://www.sonoma4cs.org)



# PARENT CAFÉ



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

*Help Build  
Support For Parents,  
By Parents*

**FREE!**



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



**AT THE PARENT CAFÉ,  
YOU CAN:**

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

**DINNER & CHILD CARE  
PROVIDED**



**All sessions will be held at:**

**Reserve your seat today!**  
*Child care space  
is limited.*

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

*Cafés are held bilingually in English & Spanish.*



**For more information contact: Sandra Lemus**



707-522-1413 x133



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

# CAFÉ PARA PADRES

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

¡GRATIS!

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



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



EN EL CAFÉ PARA  
PADRES PUEDES:

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

**CENA Y CUIDADO  
DE NIÑOS  
PROPORCIONADO**



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

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



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

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



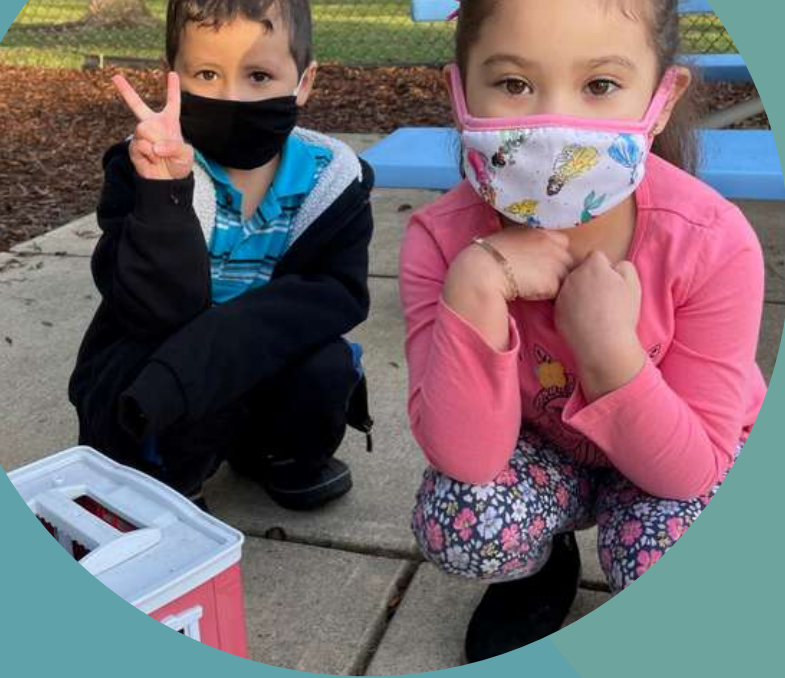
**Para más información contacte a: Sandra Lemus**



707-522-1413 x133



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



## HOW CAN 4Cs HELP YOU?

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

**Want More Info ?**

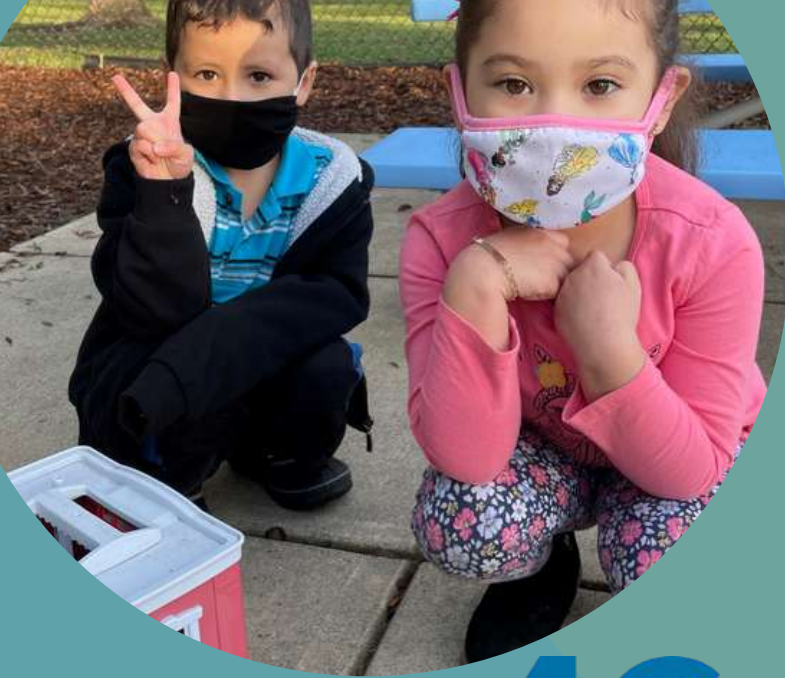
**Tel: (707) 544-3077**

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

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

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





## ¿COMO 4CS LE PUEDE AYUDAR?

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

**Para Mas Informacion:**

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

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

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

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



# Youth Mental Health First Aid

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

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

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

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

This course:

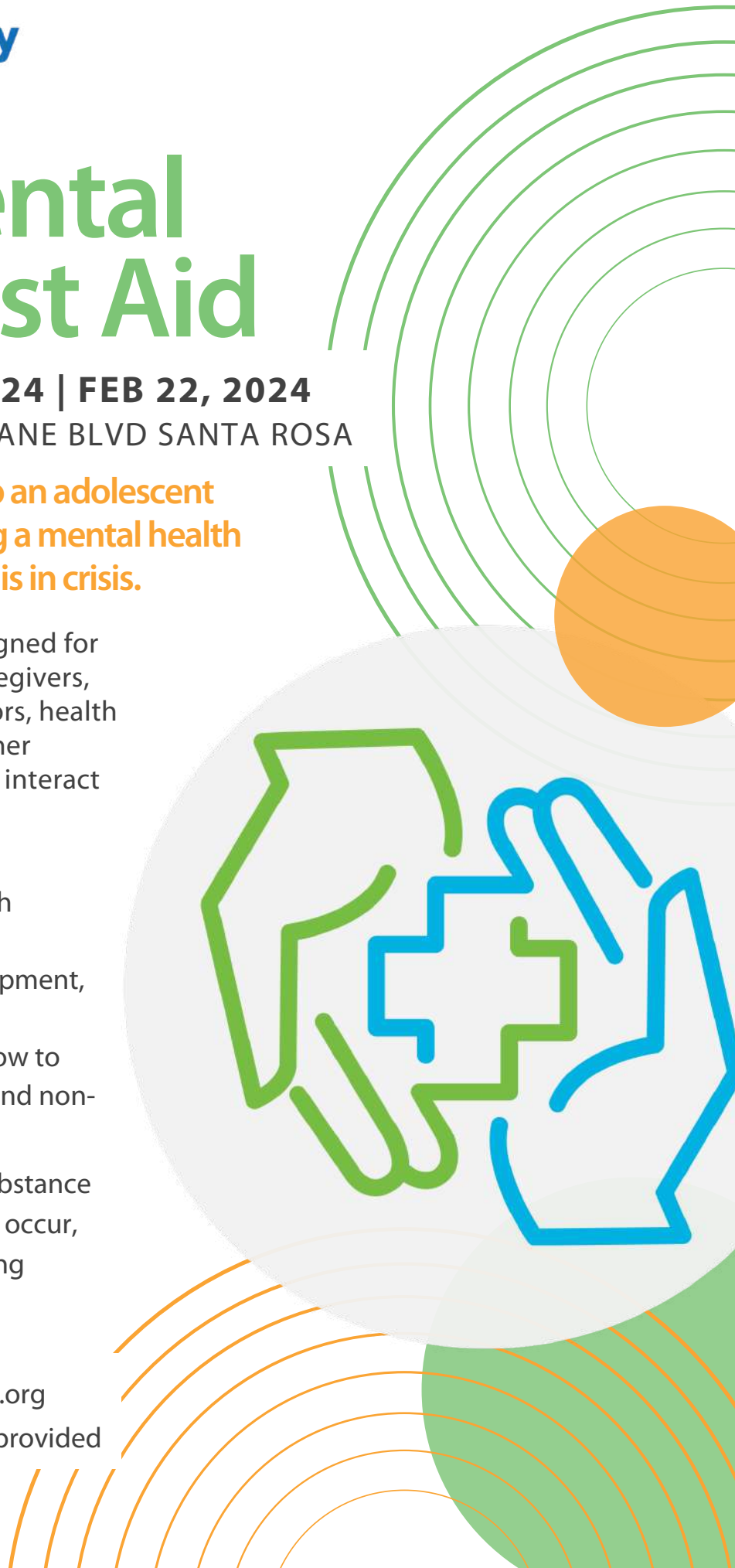
- introduces common mental health challenges for youth,
- reviews typical adolescent development, and
- teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

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

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

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

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



# AFFORDABLE CONNECTIVITY PROGRAM



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



**SCAN ME!**

**GET FREE OR  
DISCOUNTED  
INTERNET!**

## YOU GET

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



**Find assistance  
near you**

Call 707-544-6911,  
[www.capsonoma.org/acp](http://www.capsonoma.org/acp)

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

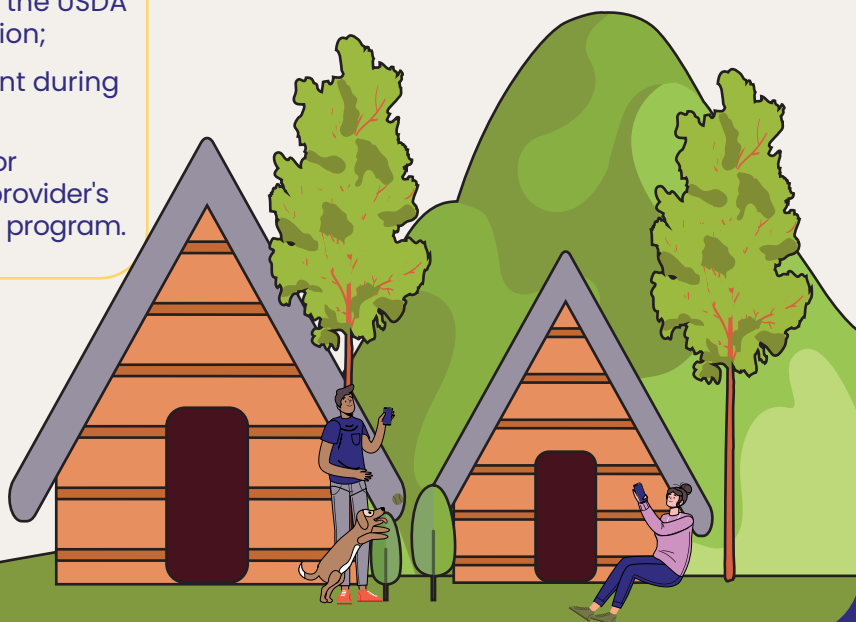
## WHO IS ELIGIBLE?

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

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

## ACCEPTED ID LIST

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





# PROGRAMA DE DESCUENTOS PARA INTERNET (ACP)



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



**¡ESCANÉAME!**

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

## USTED OBTIENE

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



**Encuentre ayuda  
cerca de usted**

☎ Llame al 707-544-6911,  
 o Visite [capsonoma.org/acp](http://capsonoma.org/acp)

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

## ¿QUIÉN ES ELEGIBLE?

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

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

## LISTA DE IDENTIFICACIONES ACEPTADAS

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



# XXIII BINATIONAL HEALTH 2023

SONOMA COUNTY, CA  
In Honor of George Ortiz



## Event Dates

### October 2023

#### 1st Día de los Muertos

1:00pm-4:00pm

St. Vincent De Paul, 33 Liberty St. Petroluma

#### 13th Community Health Worker Conference

Harris Center

17000 Arnold Drive, Sonoma

#### 15th St Peter's Catholic Church

12:30pm-3:00pm

401 S Franklin St. Cloverdale

#### 21st Sonoma

11:00am-1:00pm

La Luz Bilingual Center 17500 Greer St. Sonoma

### November 2023

#### 5th Mary Agatha Furth Center

11:00am-3:00pm

8400 Old Redwood Hwy. Windsor

#### 12th St Rose of Lima Church

11:00am-2:30pm

306 Tenth St. Santa Rosa



## Health Fair Services

- Flu Vaccines
- Blood Pressure Screening
- Diabetes Screening
- Vision Screening

## Community Resources

GET THE HELP YOU NEED!

BROUGHT TO YOUR COMMUNITY BY THESE COLLABORATING ORGANIZATIONS:



Join us for an afternoon of  
**Fun, Food, and Festivities!**

# Halloween **BINGO**



**Monday, October 9th**  
**11:00 am - 12:30 pm**

Dress in costume to be entered to win a Prize.

**Council on Aging**  
30 Kawana Springs Road,  
Santa Rosa

**Must Reserve by**  
**October 2nd**

Space is Limited.

Register with Denise Johnson at 707-525-0143 x119  
djohnson@councilonaging.com

# Lunch & Learn



## Emergency Preparedness

### Join Us for a 2-Part Lunch & Learn Event!

Are you prepared for an emergency? Join us for this FREE 2-part workshop. Emergency Prep Help customizes their workshops for older adults. Guest speakers include first responders, emergency managers, and pet experts.

**Part 1: Thurs, Sept 28**  
**11 AM - 12:30 PM**

Topics include fire & evacuation safety, where to go and what to do, basic equipment and emergency supplies and earthquake preparedness.

**Part 2: Thurs, Oct. 12**  
**11 AM - 12:30 PM**

Topics include steps to take in extended power outages, pet safety in emergencies, and working together as a community to stay safe.

**LOCATION:** 30 Kawana Springs Rd., Santa Rosa, 95404



**ALL PARTICIPANTS WILL RECEIVE A FREE EMERGENCY GO-BAG & LUNCH!**  
**RESERVE BY SEPT. 20th • SPACE IS LIMITED.**

**RSVP Denise Johnson**  
**707-525-0143 x119 or [djohnson@councilonaging.com](mailto:djohnson@councilonaging.com)**

Windsor Police Department & SOS Community Counseling:

# **The Parent Project® for** **parents of youth ages 10-18+**

## **Empowering Parents. Transforming Teens.**

- *Learn how to communicate with your child differently*
- *Prevent or intervene in alcohol or drug use / risky behaviors*
- *Improve school attendance and performance*
- *Find resources to help your family*



What: A 10-week series; one evening per week starting on **October 18th**.  
Registration: \$45, scholarships available. Includes workbook and weekly dinners during class.

Dates: Wednesday evenings from 5:00pm-7:30 pm (10/18/2023)

Where: Windsor High School; open to all Sonoma County Families.

**For information or to register please call or text:**

**(707) 714-1304**

or go to [www.parentproject.com](http://www.parentproject.com) for more information

*Because the tougher it gets to be a kid...*

*the tougher it gets to be a parent!*

El Departamento de Policía de Windsor y El programa de  
Consejería Comunitaria SOS presentan:

# El Proyecto de Padres®

## Un programa para Padres de jóvenes entre las edades de 10-18+

**Empoderando a los Padres. Transformando a los jóvenes.**

- *Aprenda a comunicarse con su adolescente de manera diferente.*
- *Cómo prevenir o intervenir en el consumo de alcohol, droga o comportamientos de riesgo.*
- *Cómo mejorar la asistencia y el rendimiento escolar.*
- *Encuentre recursos para ayudar a su familia.*



**Es un curso de 10 semanas: Una clase por semana empezando 18 Octubre, 2023.**

**Costo:** \$45 dólares de inscripción que incluye todo el material y cena en cada clase, **(Becas disponibles).**

**Día y Hora:** Los Miércoles de 5:30 pm a 8.00pm.

**Lugar:** Windsor High School.

**TODAS LAS FAMILIAS DEL CONDADO SONOMA SON BIENVENIDAS.**

**Para más información o registrarse, llame o mande un  
mensaje de texto al  
(707) 714-1304**

O visite [www.parentproject.com](http://www.parentproject.com) para más información



**HUMANIDAD**  
Therapy & Education Services



# Un Mismo Camino

Consejería de Grupo

---

**Todos los Viernes**

**6 pm to 7:30 pm**

**Via Zoom**

---

## Identificando Factores que Incrementan la Violencia Doméstica

Facilitado por Heidy Umali, ASW

Supervisor- Heather Harshbarger LMFT #53037

**registrar aquí**







**HUMANIDAD**  
Therapy & Education Services



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

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



**FREE  
GRATIS**



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



**In-person and Telehealth  
Available  
Disponible en persona y telesalud**



**NONPROFIT MULTICULTURAL AGENCY  
AGENCIA MULTICULTURAL SIN FINES DE LUCRO**



**EXPIERENCED PROFESSIONALS  
PROFESIONALES EXPERIMENTADOS**



**BILINGUAL AND BICULTURAL CLINICIANS  
TERAPEUTAS BILINGÜES Y BICULTURALES.**



**HEALTHCARE  
FOUNDATION**  
NORTHERN SONOMA COUNTY



**CALL FOR MORE INFO / LLAME PARA  
MÁS INFORMACIÓN  
(707)525-1515 ext. 116**



**KAISER  
PERMANENTE®**



**HUMANIDAD**  
Therapy & Education Services

Escuela de Madres Y Padres  
Octubre 2023



# La Disciplina no Deberia Doler

Facilitado por Heidy Umali, ASW  
Supervisor- Heather Harshbarger LMFT #53037

Lunes 16 de Octubre  
A traves de Zoom  
5:30pm - 7:00pm

**Regístrese hoy**  
escaneando el código o envíenos un correo electrónico  
a [hatesclasses@humanidadtherapy.org](mailto:hatesclasses@humanidadtherapy.org)





REC

00:00:00

HD

Photo by Scott Hess

# Landscape Photography 101

**When:** Saturday, October 7, 2023  
**Where:** Lafferty Ranch, Petaluma  
**Time:** 11am to 3pm  
**Cost:** Free!



Go to Calendar at [landpaths.org](https://landpaths.org) to sign up or scan QR code





**Vamos Afuera:  
Decorando  
Calaveritas de  
Azúcar en  
Rancho Mark  
West**

sábado,  
28 de Octubre  
11am - 3pm



Si ocupan ayuda para anotarse  
pueden contactar a Miranda al  
707-544-7284 ext. 114 o por  
correo electrónico a  
[miranda@landpaths.org](mailto:miranda@landpaths.org)

¡Ven y haz unas  
calaveritas de azúcar  
con nosotres y la  
familia! Prepárate para  
día de los muertos o  
simplemente aprende  
sobre la importancia  
que juegan en la cultura  
mexicana.

Adonde los reuniremos:  
Bayer Farm,  
1550 West Ave, Santa  
Rosa, CA 95407





# North Bay Job Fair

northbayjobfair.com

Wednesday, October 4

3:00-6:00

Elsie Allen High School

Roseland



Register online and upload your resume to have it shared with attending employers. They may call you before or after the fair!

**REGISTER TODAY**  
**[NORTHBAYJOBFAIR.COM](http://NORTHBAYJOBFAIR.COM)**



Signature  
*Sonoma*  
HEALTH GROUP, LLC

*Our Village Closet*



# **URGENT NEEDS**

**BOYS' SIZE 5T-6-7 SHIRTS, SHOES (KID SIZES),  
HIGH CHAIRS (FLOOR & TABLE TOP), DR. BROWNS  
BOTTLES, PACIFIERS & CLIPS  
DIAPER BAGS, BABY MONITORS, BABY WIPES  
TOOTHPASTE (KID AND YOUNG ADULT)**

**GREAT - EXCELLENT - NEW CONDITION ONLY**



*Our Village Closet*



# URGENT NEEDS

**TRENDING TEEN CLOTHES & TOILETRIES**

**CHUNKY SWEATERS, BLACK, WHITE, GREY SHIRTS, NEUTRAL SHIRTS, DENIM, BASKETBALL SHORTS, PLAIN HOODED SWEATSHIRTS, GRAPHIC TOPS, FUN JEWELRY, MAKEUP NAIL POLISH, DEODORANT, BODY SPRAY, PERIOD SUPPLIES**

**GREAT - EXCELLENT - NEW CONDITION ONLY**





QTBIPOC MONTHLY HANG OUT

# FALL POTLUCK

A SOCIAL HANGOUT SPACE FOR BLACK, INDIGENOUS, QUEER &  
TRANS PEOPLE OF COLOR (18+)

Celebrate the fall season with art  
and sharing your favorite dishes or  
snacks with friends!

**OCTOBER 2ND FROM 6-8PM**  
**POSITIVE IMAGES COMMUNITY CENTER**



**elevate**  
YOUTH CALIFORNIA

**POSITIVE**  
I M A G E S





**SALIDA MENSUAL DE QTBIPOC**

# **COMIDA COMPARTIDA DE OTOÑO**

UN ESPACIO DE ENCUENTRO SOCIAL PARA PERSONAS NEGRAS,  
INDÍGENAS, QUEER Y TRANS DE COLOR (mayores de 18 años)

¡Celebra la temporada de otoño con  
arte y compartiendo tus platos o  
refrigerios favoritos con amigxs!

**2 DE OCTUBRE DE 6-8PM**  
**CENTRO COMUNITARIO DE IMÁGENES  
POSITIVAS**

**elevate**  
YOUTH CALIFORNIA

  
**POSITIVE**  
I M A G E S



**SPRINGFIELD PLACE**

# CARING FOR THE CAREGIVER

**Tuesday, October 17th | 2:00–3:00 pm**

Join us and learn how you can prevent caregiver burnout. Presenting Elece Hempel with The Petaluma People Services Center.

Stay for a tour of the community and be entered in a raffle to take home a delicious dessert for your family!

**Please RSVP by October 10th to 707-769-3300.**






# COMMUNICATING

## WITH UNDER SHELTERED PEOPLE IN CRISIS

This training is a trauma-responsive approach focusing on communication skills, healthy outcomes and positive experiences. The in-depth workshop will use activity-based learning, as well as group discussion, and multiple evidence-based models to intervene with our friends without shelter. We will review OARS from the Motivational Interviewing Model, Basic & Active Listening Skills from the P.E.T. Model, and we will develop a self-control plan to have in place when communicating with someone in crisis from the Pro-ACT Model, as well as a wealth of useful tools to better understand and support these vulnerable people.



OCTOBER 6TH | 9 AM - 2 PM

631 S. ORCHARD AVE UKIAH, CA 95482

FOR MORE INFORMATION & TO REGISTER



# RUSSIAN RIVER PRIDE



GUERNEVILLE, CA



OCTOBER 13 to 15, 2023

# Save the Date

November 2, 2023

8am-4pm

Finley Community  
Center



**THE** SANTA ROSA  
VIOLENCE  
PREVENTION  
**PARTNERSHIP**

# Violence Prevention Awareness Seminar

All Ages • Todas las edades

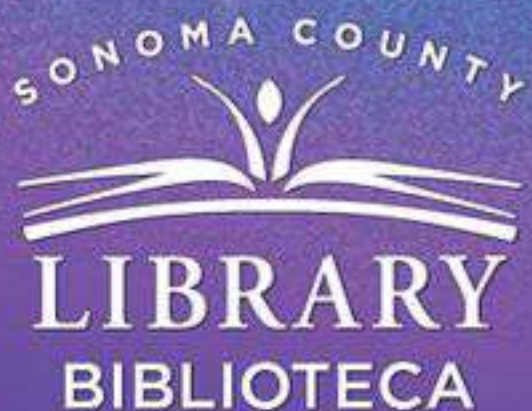
# Queer Family

## Social

10/7

11 am-2 pm

Reunion Social  
para Familias  
Queer



Windsor Town Green

# Hire the Homeless

## Lunch & Learn



- Give Back
- Good for Business
- Positive Partnerships

**October 25th, 2023**

**11:30 am - 1:00 pm**

**Sonoma County Job Link**

2227 Capricorn Way Suite 100  
Santa Rosa, CA 95407

### **BENEFITS OF ATTENDING**

Learn how we can support you when hiring someone that is homeless.

Get answers from a panel of experts.

Make a difference in the lives of homeless people in your community.

### **BUSINESS SERVICES**

FREE business services to find the best talent and grow your business.

### **INCLUSIVE HIRING PRACTICES**

Discussion around the benefits of hiring someone who is homeless, different incentives, and being a community leader.

### **LOCAL SUCCESS STORIES**

Hear from business owners about their experience hiring homeless job link participants

*Sign Up*

**(707)565-2381**

[cwillover@schsd.org](mailto:cwillover@schsd.org)

**CALL US TO RSVP OR FOR MORE INFO**



**LUNCH INCLUDED AND DONATED BY MARY'S PIZZA SHACK**

# Sonoma County Housing Choice Voucher Fact Sheet

Sonoma County Housing Authority will open its Housing Voucher waiting list lottery application period from Oct. 1-31.

## How does it work?

- After the application period closes, 750 applications will be randomly selected to be placed on the housing choice voucher (section 8) "waitlist".
- Beginning in December 2023, all persons who submitted a waitlist application will be notified by mail whether they were selected to be placed on the Waitlist or not.



- Applicants who are placed on the Waitlist will be served within 24 months.
- Those who are not selected, who still want service, may reapply during the next application period.
- Once all applicants on the waitlist have been served, a new lottery will be conducted - likely in October 2025.

## Where to apply?

All persons interested in applying for the waitlist MUST submit an application anytime between Oct. 1-31. No application will be accepted prior to the opening date.

Applications for the waitlist lottery will be accepted online at [www.waitlistcheck.com/CA085](http://www.waitlistcheck.com/CA085) or in person at 1440 Guerneville Drive, Santa Rosa, CA 94503.

## Need assistance? We are here to help.

Applicants who need assistance completing an application may visit the Housing Authority Office at 1440 Guerneville Road, Santa Rosa. We are open Monday to Friday, from 8 a.m. to 5 p.m.

Paper applications are available upon request by calling (707) 565-1848 \* TDD (707) 565-7555

If you are a person with a disability and have a disability-related need to access any programs, services, or activities provided by the Sonoma County Community Development Commission or the Sonoma County Housing Authority, you may contact the Sonoma County Housing Authority at (707) 565-7500. Translation Services Available upon request.



# Hoja Informativa de Vales de Elección de Vivienda

La Autoridad de Vivienda del Condado de Sonoma aceptará solicitudes desde el 1 de octubre hasta el 31 para su lotería de lista de espera de Vales de Elección de Vivienda.

## ¿Cómo funciona?

- Después que se cierre el período de solicitud, se seleccionarán 750 solicitudes al azar para colocarlas en la "lista de espera" del vale de elección de vivienda (sección 8).
- A partir de diciembre de 2023, todas las personas que presentaron una solicitud serán notificadas por correo si fueron seleccionadas para la lista de espera o no.



- Los solicitantes que sean colocados en la lista serán atendidos dentro de 24 meses.
- Aquellos que no son seleccionados, que aún desean servicio, pueden volver a solicitar durante el próximo período de solicitud.
- Una vez que todos los solicitantes en la lista hayan sido atendidos, se llevará a cabo una nueva lotería, probablemente en octubre de 2025.

## ¿Dónde aplicar?

Todas las personas interesadas DEBEN presentar una solicitud entre el 1 y el 31 de octubre. No se aceptarán solicitudes antes de la fecha de apertura.

Las solicitudes para la lotería de lista de espera se aceptarán en línea en [www.waitlistcheck.com/CA085](http://www.waitlistcheck.com/CA085) o en persona en 1440 Guerneville Drive, Santa Rosa, CA 94503.

## ¿Necesita ayuda? Estamos aquí para ayudar

Los solicitantes que necesitan ayuda para completar una solicitud pueden visitar la Oficina de la Autoridad de Vivienda en 1440 Guerneville Road, Santa Rosa. Estamos abiertos de lunes a viernes, de 8 a.m. a 5 p.m. Las solicitudes de papel están disponibles bajo petición llamando al (707) 565-1848 \* TDD (707) 565-7555.

Si usted es una persona con una discapacidad y tiene una necesidad relacionada con la discapacidad de acceder a los programas, servicios o actividades proporcionados por la Comisión de Desarrollo Comunitario del Condado de Sonoma o la Autoridad de Vivienda del Condado de Sonoma, puede comunicarse con la Autoridad de Vivienda del Condado de Sonoma al (707) 565-7500. Servicios de traducción disponibles bajo petición.

The City of Santa Rosa is hosting a volunteer  
clean-up and beautification program.

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# CLEAN SANTA ROSA

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Saturday, October 21st

10 a.m. until 1 p.m.

Martin Luther King  
1671 Hendley Street, Santa Rosa, CA, USA



# FLU SHOT CLINICS

WEDNESDAY SEPTEMBER 27

10:00AM - 2:00PM | 1st Floor Race Building

WEDNESDAY OCTOBER 4

10:00AM - 2:00PM | 1st Floor Race Building

WEDNESDAY OCTOBER 11

10:00AM - 2:00PM | Polly O'Meara Doyle Hall  
(Student Housing) - Kaiser Permanente Great Room



FREE  
WALK-IN

# Recruiting Time

## RECRUITING

FALL 2023

October 3, 2023

11:30 a.m. - 1 p.m.

Seawolf Plaza

**Meet great companies that offer jobs,  
internships, and more!**



2023 • SONOMA COUNTY LIBRARY

# LAWYERS IN THE LIBRARY

*A program providing FREE  
legal information and referrals  
with local attorneys.*



## Wednesday

## October 4, 2023

## 5:00pm - 7:00pm

## AT THE SONOMA VALLEY REGIONAL LIBRARY

In partnership:





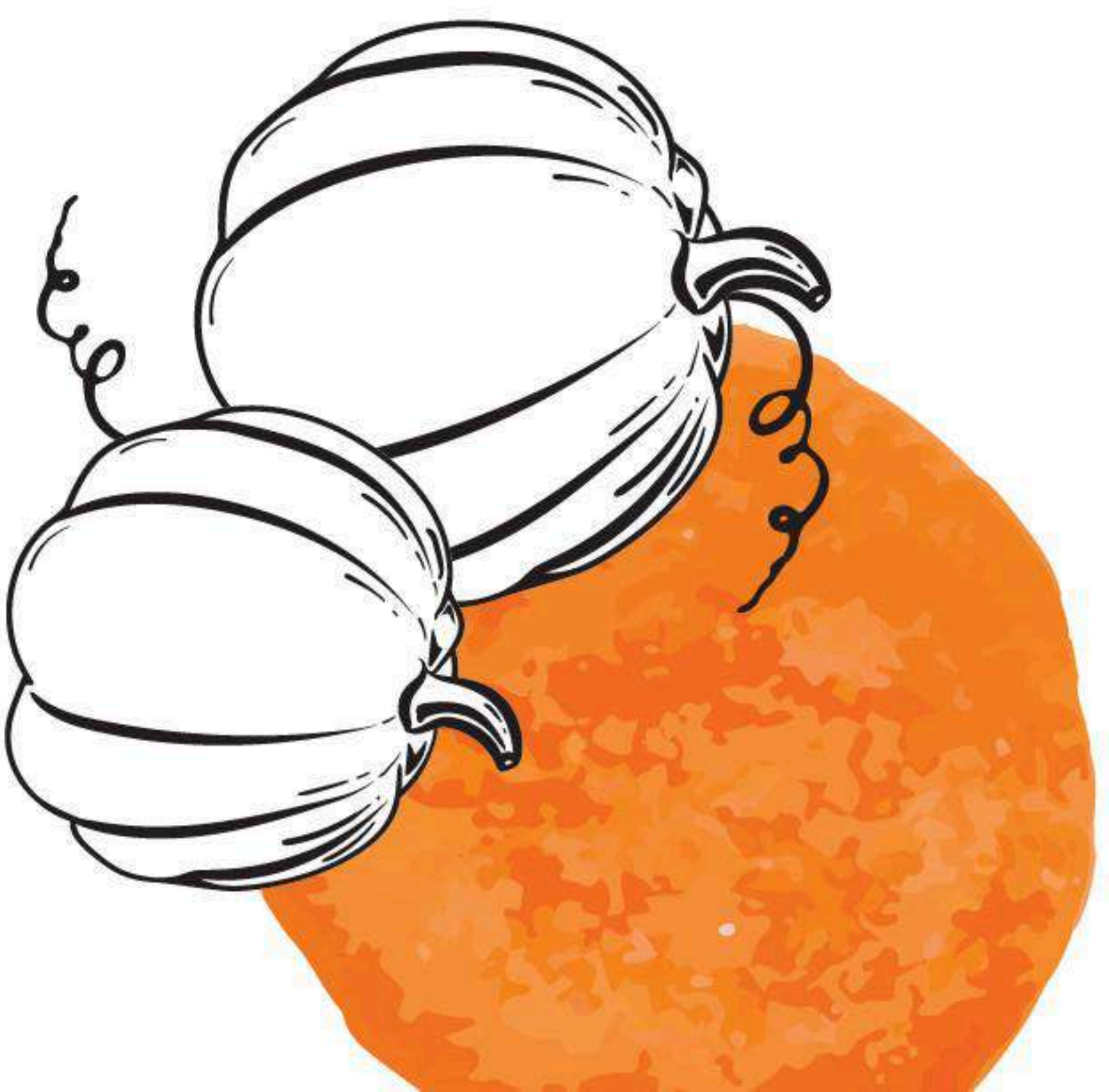
# THE BOTANICAL BUS

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# Recuerdos Dulces

Martes, Octubre 3, 2023

6:00pm



**Todos los eventos son gratis y en español.**