



Community Events
September 2024



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

Useful Phone Numbers

Access Team: _____ (707)565-6900

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

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

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

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

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

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

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

inRESPONSE: _____ 707-575-HELP (4357)

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

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

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

Information and Referral Search _____ 211

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

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

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

NAMI Warmline: _____ (866)960-6264

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

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

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

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

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

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

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

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

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

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

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

Suicide Prevention 24 Hour Hotline (North Bay) _____ 988

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

Crisis line and support for victims of sexual assault

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

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

Sonoma County Mobile Crisis Teams

Updated 7/19/2024

New! Mobile Support Team (MST) Crisis Call Center

800-746-8181

Or call 911 and ask for Crisis Call Center

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

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



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

- **Expanded Response**

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

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

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

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

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

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

800-746-8181



- **¿Qué es el Equipo de Apoyo Móvil (MST)?**

MST es un grupo de profesionales dedicados y atentos que brindan apoyo a personas y familias que están teniendo una crisis de salud conductual/mental. Hemos estado respondiendo a crisis en la comunidad desde 2012.

- **Ayuda Ampliada**

MST ahora puede responder con o sin oficiales de policía cuando es seguro hacerlo, y podemos transportar a personas en crisis cuando se necesita un mayor nivel de atención.

- **Centro de llamadas: 800-746-8181**

El nuevo Centro de Llamadas de Crisis de MST puede recibir llamadas directamente de la comunidad.

El Centro de Llamadas tiene personal de MST disponible **las 24 horas del día, los 7 días de la semana**. El personal puede ofrecer apoyo por teléfono y enviar un equipo de respuesta a crisis al lugar de la crisis cuando sea necesario.

- **Respuesta 24/7 en todo el condado**

Los equipos móviles de respuesta a crisis de MST están disponibles para apoyar en la escena las 24 horas del día, los 7 días de la semana a todas las áreas del condado que no están cubiertas por otros equipos.

800-746-8181



SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
1	2	3 Bilingual Community Resource Clinic 3-4:30 pm	4	5	6	7	
8	9 Sonoma County Behavioral Health Family Education & Support Group 4-6 pm	10 Bilingual Community Resource Clinic 3-4:30 pm Youth SOS: Survivors of Suicide 4:30-5:30 pm	11 SOS: Survivors of Suicide 7-8:30 pm	12	13 TATTOO for Buckelew SEPT 18 20 24	14	
15	16	17 Bilingual Community Resource Clinic 3-4:30 pm Youth SOS: Survivors of Suicide 4:30-5:30 pm	18 Marin County Senior Fair 9 am -3 pm	19 Grupo de Apoyo Educacion Para Familiares 4-5:30 pm	20	21	
22	23	24 Bilingual Community Resource Clinic 3-4:30 pm Youth SOS: Survivors of Suicide 4:30-5:30 pm	25 SOS: Survivors of Suicide 7-8:30 pm	26	27	28	
29	30	 NATIONAL SUICIDE PREVENTION MONTH					
		NATIONAL RECOVERY MONTH					
		TOGETHER in RECOVERY					

All Buckelew-sponsored clinics & groups on Zoom unless otherwise noted.
Community Resource Clinic: In-Person



For more information, go to
<https://www.buckelew.org/upcoming-events>





Family Service Coordination Team

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

Support Groups

Sonoma County Behavioral Health Family Education & Support Group

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

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

Main Adult Detention Facility Family Education & Support Group

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

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

Bilingual Community Resource Clinic

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

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

Clinica Bilingue de Recursos Comunitarios

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

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

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

707-571-8452 or Fsc@bucklelew.org

BILINGUAL COMMUNITY RESOURCE CLINIC

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



Where:

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

When:

Every Tuesday @ 3pm
Tue, September 3rd
Tue, September 10th
Tue, September 17th
Tue, September 24th

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

Questions? Contact the Family Service Coordination team:

MarisabelM@buckelew.org | 707-513-5135

Fsc@buckelew.org | 707-571-8452



CLINICA BILINGUE DE RECURSOS COMUNITARIOS

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



Donde:

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

Cuando:

Cada Martes @ 3:00pm
3 de Septiembre
10 de Septiembre
17 de Septiembre
24 de Septiembre

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

Preguntas? Contacte al Equipo de Servicios Familiares:

**NicoleN@Buckelew.org 707-494-0762 (se habla Español)
Fsc@Buckelew.org 707-571-8452**





Family Service
Coordination Team



Sonoma County Behavioral Health Family Support & Education Group



**Monday
SEPTEMBER
9TH
4pm-6pm
In Person**



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

**Questions?
Contact the Family Service
Coordination Team:**

**707-571-8452 | Fsc@buckelew.org
707-513-5135 | MarisabelM@buckelew.org**

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

www.buckelew.org



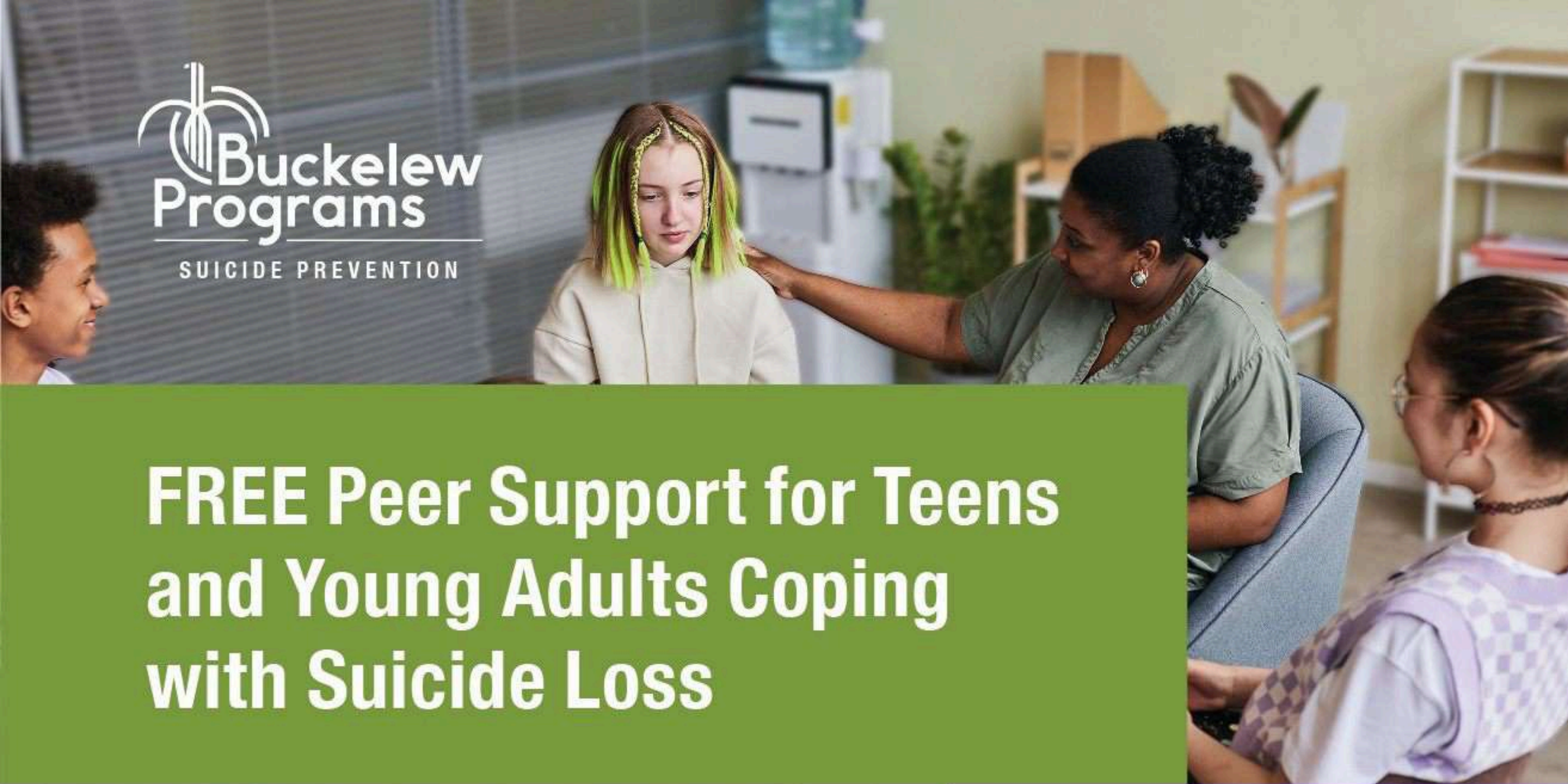
Buckelew Programs Grief Counseling & SOS: Allies for Hope Group Meetings

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

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

For more information, please call or email

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



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

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

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

Where: Meetings are virtual on Zoom

To register or for more information:

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

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

Buckelew.org



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

182 Farmers Lane #202
Santa Rosa CA 95405

To join these free programs:

Visit: namisoco.org/groups
Call: 866-960-6264

Email: info@namisoco.org
Groups and classes meet on Zoom unless otherwise specified.

Family Support Group

For family members and caregivers (ages 18+). Thursday groups are in person at NAMI Sonoma County office. All other groups meet on Zoom.

Connection Support Group

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

Family-to-Family

An 8-session education program for those (ages 14+) who care for and support a loved one living with serious mental illness. **Next class begins September 23rd in person. Visit namisoco.org/f2f to register.**

Peer-to-Peer

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

SEPTEMBER 2024



Suicide Prevention Awareness Month

This September, raise awareness for suicide prevention and treatment, know the risks and warning signs, and what to do in a crisis.
nami.org/suicidepreventionmonth



NAMI Walks Sonoma County

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

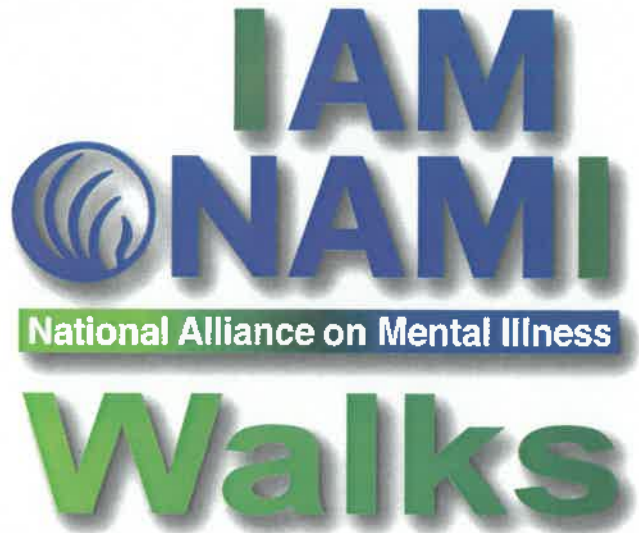
REGISTER NOW

MON	TUE	WED	THU	FRI
2 CLOSED Labor Day	3 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	4	5 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	6
9	10 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	11	12 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	13
16	17 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	18	19 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	20
23	24 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	25	26 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	27
30	1 October 2024 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	2	3 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	4

NAMI Walks Sonoma County

Saturday,
October 19 - 10AM

Howarth Park - Santa
Rosa, California



Mental Health For All



Learn more at
namiwalks.org/sonomacounty



Wellness and Advocacy Center Group Schedule

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

(707) 565-7800

Monday

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

Thursday

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

Tuesday

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

Friday

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

Wednesday

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

**The Wellness and Advocacy Center
will be closed Monday September
2nd In observance of Labor day.**

SEPTEMBER 2024



WELLNESS · RECOVERY · RESILIENCE



Group Descriptions

AM Support/Wellness Announcements

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

Connection & Coffee

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

Anxiety Support

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

Career Development

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

Friendship Group

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

SMART Recovery

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

Wellness Bingo

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

Moving Forward

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

Mindfulness Matters

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

Visions & Voices

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

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

Transitions

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

Peer Support

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

Games, Art & More: Rotating weekly fun activities

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

Music Jam

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

Fun With Words

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

Palette Of Possibilities

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

Successful Living

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

Health and Wellness Group

No group description yet. Need to add

Walking Thru Depression

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

Exploring Emotions

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

Open Mic

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

El Horario del Wellness and Advocacy Center

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

(707) 565-7800

Lunes

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

Jueves

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

Martes

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

Viernes

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

Miércoles

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

**El Centro de Bienestar y Defensa
estará cerrado el lunes 2 de
septiembre en conmemoración del
Día del Trabajo.**

SEPTIEMBRE 2024



WELLNESS • RECOVERY • RESILIENCE



Descripciones de Grupos

Apoyo por la Mañana/Anuncios de Bienestar

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

Conexion y Cafe

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

Apoyo de Ansiedad

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

Desarrollo de Carrera

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

Grupo de Amistad

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

SMART Recovery

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

Bingo de Bienestar

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

Movimiento hacia Adelante

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

Asuntos de Conciencia

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

Voces y Visiones

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

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

Transiciones

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

Apoyo entre Compañeros

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

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

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

Sesiones de Música

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

Diversión con Palabras

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

Paleta de Posibilidades

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

Vida Exitosa

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

Grupo de Salud y Bienestar

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

Caminando a través de la Depresión

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

Explorando Emociones

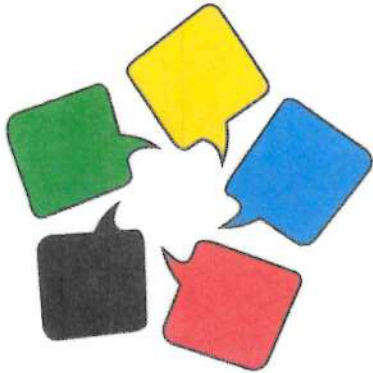
Exploremos las emociones mirándolas atentamente como una nube de lluvia pasajera o el sol brillante. Aprenda a expresarlas de maneras que le ayudarán a comprender a los demás, superar desafíos y mejorar sus habilidades de comunicación.

Karaoke

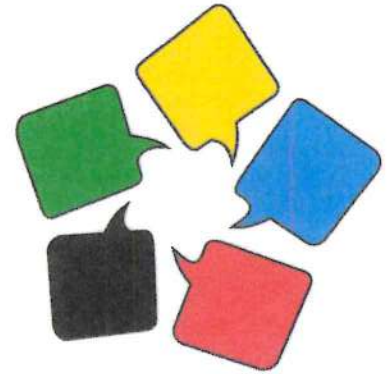
Comparte tu creatividad con la comunidad. Ya sea que cantes, toques un instrumento, leas poesía o realices tu propia comedia; ¡Este es tu momento de divertirte y brillar! ¡Todos son bienvenidos: participantes y oyentes!

Wellness and Advocacy Center

2245 Challenger Way-Suite104, Santa Rosa 95407
(707)565-7800



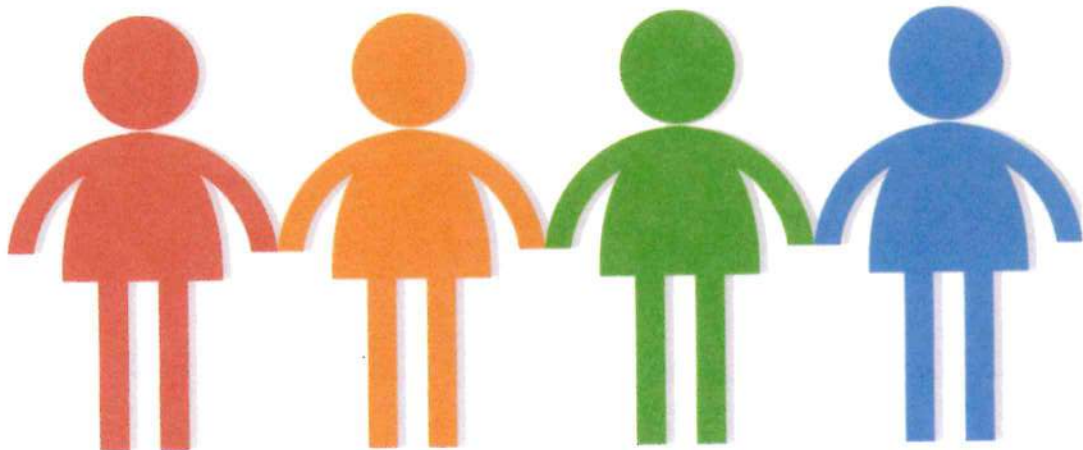
September 13, 2024 @ 11 am



The Wellness and Advocacy Center will be hosting an In-Person, Open Community Forum hosted by Janet Lenci, a drug and alcohol counselor with 37 years of sobriety.

Join us to converse about what recovery means to you, as we all sit and share our personal experiences.

We hope to see you!



Wellness and Advocacy Center
2245 Challenger Way - Suite 104, Santa Rosa CA 95407
(707) 565-7800

SEPTEMBER IS NATIONAL RECOVERY MONTH

W.A.A.C. will be hosting an In-Person, Open Community Forum
We hope you join us!

September 3rd, 10th, 17th, and 24th from 10-11am

Some of the topics and tools covered in September are:
Building and maintaining motivation, Coping with urges, Managing
thoughts, Feelings and behaviors, Living a balanced life.

Also join us Tuesday September 3, 2024 From 10-11am
inRESPONSE will be going over their support service and
more...

We welcome you in celebrating life, community, resilience through
sharing recovery stories and the tools used for success
throughout September's forums. Together sharing how far one
has come, and where we're currently headed, in a safe peer
environment.



Free and open to the public

September, 2024

Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

www.interlinkselfhelpcenter.org

Phone: 707-546-4482



Interlink Self-Help Center Mission:

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

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

Services include:

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



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

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Interlink 28th Anniversary Open House

Thursday, September 26, 2:30 - 5:00

June

In person services and telephone support are available:

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

Groups at Interlink Self-Help Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Intro to Peer Support

Onsite & in Person!

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



September's Focus

¡Recovery!

Mental Health, Substance Use...

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**



Interlink Self-Help Center

Tie Dye Event

Recovery Month, 2024

Wednesday, September 11th

At Interlink

1033 4th Street, Santa Rosa

12:00 – 2:00

Please sign up in person or over the phone by 3PM on Monday, September 9.

By phone: 707-546-4481 x 815 (Claire's extension).

We have any array of sizes of shirts to choose from, if you want one.

(You may also bring one if you like - 2 project limit.)

We want to make sure we have enough shirts and dye available, so:

Please make sure and sign up if you want to participate.



We are Looking forward to creating tie dye together!



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

Community Event at Interlink Self-Help Center

¡Happy Recovery Month!
Interlink's 28th Anniversary
Open House

Please help us celebrate recovery in all its forms and join us as we celebrate 28 years in operation. We will be reflecting on Interlink's past and present, giving tours, telling stories, perusing photos and documents including our first schedule.

In Person

Hope to see you here!

In Person

Thursday, September 26, 2024

2:30 to 5:00



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

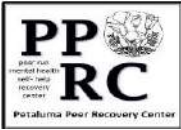


www.interlinkselfhelpcenter.org

This event is open to the adult general public

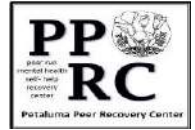
Interlink is Peer managed and operated as a program of West County Community Services





Petaluma Peer Recovery Center

Group Schedule September, 2024



	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 Artist's Circle 9/25	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, September 25 ⇨⇨⇨ Artist's Circle (Suncatcher Workshop 9/18)		
1:00 - 1:30	Afternoon Check-In	Afternoon Check-In	Closing at 1:00 on Thursdays
1:30 - 2:30	Calming Anxiety	Positive Thinking	

One-To-One
Peer Support

**Septembers Forum:
Artists Circle**
Wednesday September 25, 10:30 – 11:30

OPEN
Monday &
Wednesday
10:00 – 3:00
Thursday
10:00 – 1:00

Help with
Resource
Navigation

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

www.petalumaprp.wordpress.com

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

Petaluma Peer Recovery Center Group Descriptions

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

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

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

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

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

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

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

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

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

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

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

SEPTEMBER 2024 FORUM

ARTIST'S
CIRCLE!

Painting, Crafting, Writing
and Drawing!

JOIN US AT PPRC!

SEPTEMBER 25TH, 10:30 TO 11:30

Join us as we discuss what an Artist's Circle at PPRC could look like! We will talk about the benefits of making art with others, art prompts, and more! Come with all of your questions!



HORAS DE VISITA: MARTES-VIERNES 12-6PM

Subrayado: En persona

Estrellado: Virtual

Verde: Evento Bilingüe

Amarillo: Evento Inglés

SEPTIEMBRE

POSITIVE IMAGES

OJO:

Juntas de liderazgo y apoyo son solamente en inglés.

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
1	2	3	4	5 *Lideraz -go 6-6:30*	6 *Lideraz -go 5-6*	7 SÁBADO SOCIAL 10:30-1:30
8	9 REUNIÓN DE QTBIPOC 6-8	10	11	12 <u>Lideraz-go</u> 6-6:30	13 *Lideraz -go 5-6*	14
15	16 BILINGUAL HORA SOCIAL 6-8	17	18 CLUB DE ARTE CUIR 6-8	19 *Lideraz -go 6-6:30*	20 *Lideraz -go 5-6*	21
22	23	24	25	26 <u>Lideraz-go</u> 6-6:30	27 *Lideraz -go 5-6*	28
29	30					

DÍAS FESTIVOS

- 9/1: CUMPLEAÑOS DE LESLIE FEINBERG
- 9/8-9/14: SEMANA NACIONAL DE PREVENCIÓN DEL SUICIDIO
- 9/15: COMIENZA EL MES DE LA HERENCIA HISPANA/LATINX /E
- 9/16-9/23: SEMANA DE SENSIBILIZACIÓN BISEXUAL 
- 9/26: CUMPLEAÑOS DE GLORIA ANZALDÚA

DROP-IN HOURS: TUESDAY-FRIDAY 12-6PM

Underlined: In person

Starred: Online/virtual

Green: Bilingual Event

Yellow: English Event

SEPTEMBER

POSITIVE IMAGES

NOTE:

Leadership & support group meetings are in English only.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 *Leader ship 6-6:30*	6 *Leader ship 5-6*	7 SOCIAL SATURDAY 10:30-1:30
8	9 QTBIPOC HANGOUT 6-8	10	11	12 Leader ship 6-6:30	13 *Leader ship 5-6*	14
15	16 BILINGUAL HORA SOCIAL 6-8	17	18 QUEER ART CLUB 6-8	19 *Leader ship 6-6:30*	20 *Leader ship 5-6*	21
22	23	24	25	26 Leader ship 6-6:30	27 *Leader ship 5-6*	28
29	30					

HOLIDAYS

- 9/1: LESLIE FEINBERG'S BIRTHDAY
- 9/8-9/14: NAT'L SUICIDE PREVENTION WEEK
- 9/15: NAT'L HISPANIC /LATINX/E HERITAGE MONTH BEGINS
- 9/16-9/23: BISEXUAL AWARENESS WEEK 
- 9/26: GLORIA ANZALDÚA'S BIRTHDAY

SEPTIEMBRE HORA SOCIAL



Imágenes Positivas da la bienvenida a nuestro nuevo programa: HORA SOCIAL. Hora Social será los terceros lunes del mes en persona.

ÚNETE al primer evento de Hora Social:

**Lunes: Septiembre
16 a las 6 pm**



SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED IN OBSERVANCE OF LABOR DAY	3	4 Wellness Group 3:30-5 PM	5	6 Dungeons & Dragons 2:30-5 PM
9 CENTER CLOSED APPOINTMENTS ONLY	10 WRITER'S WORKSHOP w/Mark Sanford Gross 3-5 PM	11 Wellness Group 3:30-5 PM	12 POPCORN & A MOVIE: My Neighbor Totoro 3-5 PM	13 Make Your Own Pirate Flag 3-5 PM
16 CENTER CLOSED APPOINTMENTS ONLY	17 SPLATTER PAINT ACTIVITY 3-5 PM 	18 Wellness Group 3:30-5 PM	19 International Talk Like A Pirate Day	20 Dungeons & Dragons 2:30-5 PM
23 CENTER CLOSED APPOINTMENTS ONLY	24	25 Wellness Group 3:30-5 PM	26	27 PIRATE BARRRRBECUE 4-6 PM 
30 CENTER CLOSED APPOINTMENTS ONLY	CalFresh & MediCal EVERY TUES 1-3:30 PM	Financial Aid w/ Margaret Every Wednesday 3-4:30 PM	CalFresh & MediCal EVERY THURS 1-3:30 PM	DROP-IN HOURS TUES - FRI 1-6 PM

SEPTEMBER BARRRBEQUE!

**FOOD!
GAMES!
AND FUN!**

**ARRRRR UUU READY TO
JOIN VOICES FOR
A FUN PIRATE
THEMED BBQ!**



SEPTEMBER 27TH

4:00-6:00PM

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

**ANY QUESTIONS ? CONTACT SJ
AT SJ@VOICESYOUTHCENTER.ORG**



Cafecito Creativo

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

**Cada Jueves de
10:00-11:00 am**

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



Feria De Salud Y Bienestar

MÚSICA • FERIA DE RECURSOS • COMIDA

ENTRADA GRATIS

DOMINGO
6 DE OCTUBRE 2024
DE 4 - 6 PM
BAYER FARM, 1550 WEST AVENUE,
SANTA ROSA, CA 95407



**FREE
ENTRY**

Health & Wellness Fair

MUSIC • RESOURCE FAIR • FOOD

SUNDAY

OCT. 6, 2024

FROM 2 - 4PM

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





DIA DE LOS MUERTOS

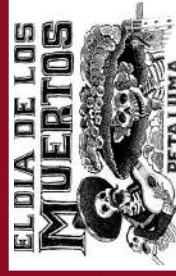
Feria de Salud

Iglesia St. Vincent de Paul
Domingo, 6 de Octubre

1 PM - 4 PM

Premios, Ballet Paquiyollotzin, Comida
Servicios Medicos y Comunitarios, y

Actividades para Niños



DIA DE LOS MUERTOS

Health Fair

St. Vincent de Paul Parish
Sunday, October 6th

1 PM - 4 PM

Prizes, Ballet Paquiyollotzin, Food Vendors
Medical & Community Services, and

Activities for Kids



Festival de banderas



14 de septiembre
5:00 – 8:00 pm

**Música en vivo, vendedores locales,
recursos comunitarios**

Un evento que celebra el Día de la
Independencia de países latinoamericanos,
con organizaciones sin fines de lucro,
comida local, y música en vivo.

**Centro Cultural de
Café Puente**

610 E Washington St, Petaluma

Evento comunitario,
gratuito y familiar.

café puente

Petaluma
HealthCenter





Sonoma County Indian Health Project, Inc.
Behavioral Health Department

CHRONIC PAIN S U P P O R T G R O U P

Monday, September 23, 2024

Monday's from 10:00am to 11:30 am
Eight (8) Week Support Group

Located at
144 Stony Point Road
Santa Rosa, CA

TOPICS SNAPSHOT

- Pain Education/Goals
- Chronic Pain Cycle
- Factors that Influence Pain
- Activities and Endurance
- Relaxation Techniques and Benefits
- Healthy Mindset
- Pain Preparedness

Group Led by

Lee Zeledon, LMFT/Reg. Psych. Associate
supervised by Dr. Susan Guerrero

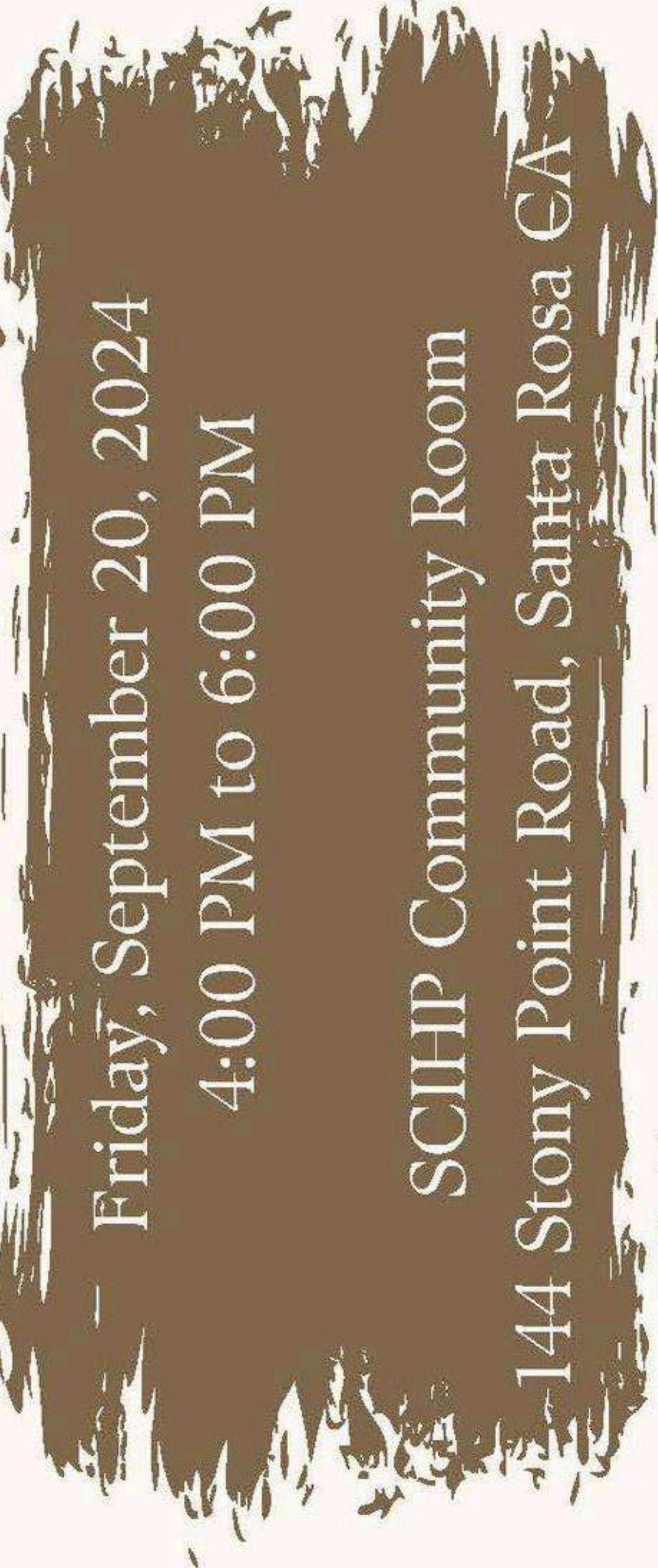
For more information or to sign up, please contact
Behavioral Health Dept at (707) 521-4550

Space is limited!



AUNTIES AND UNCLES PROGRAM PRESENTS

Paint Night



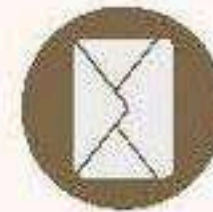
Friday, September 20, 2024
4:00 PM to 6:00 PM

SCIHP Community Room

144 Stony Point Road, Santa Rosa CA

SPACE IS LIMITED & REGISTRATION IS REQUIRED

TO REGISTER PLEASE CONTACT:



AUPEVENTS@SCIHP.ORG



CANDACE 707.521.4559





Sonoma County Indian Health Project, Inc.

Presents

**Senior Site
Parking Lot Sale**



**Saturday
September 7, 2024
8am-3pm**

**Spaces Are Available
1 for \$25 or 2 for \$35**

**For More Information or to reserve spaces contact
Space Coordinator Frank James Sr. (707) 703-2368
or Hanna Banuelos (707) 889-6633**

UPCOMING WORKSHOP

HOUSING PEOPLE & PETS **IN CRISIS**

Join RedRover and Greater Good Charities for a FREE one-day training workshop where we'll discuss the power of the human-animal bond and explore ways to create and sustain pet housing programs for people and pets in crisis.



THURSDAY
26 SEPT



TIME
9:00 AM - 4:00 PM



**SANTA ROSA
VETERANS BUILDING**
**1351 MAPLE AVE,
SANTA ROSA, CA 95404**



REGISTER
DONTFORGETTHEPETS
.ORG/EVENTS

In partnership with:





"You're learning from chefs with so much knowledge...strongly recommend." - Patrick
Fire up a new career with 11 weeks of free hands-on training!

APPLY NOW! OUR NEXT CLASS STARTS SEPT. 3, 2024

Here's what's in it for you:

- Most students qualify to train **free of charge**
- The training is valued at \$5,000
- Students receive uniforms at no cost
- Classes scheduled Monday-Friday 9am to 3pm
- Food Handler & ServSafe Manager Certification
- American Culinary Federation certified
- Work alongside professional chefs
- Job placement assistance
- Work onsite in catering & institutional kitchens
- Core cooking techniques, knife skills and professional development training

Apply today!

E-mail: awild@hbofm.org or apply on our website at hbofm.org

Now offering a \$1,000 completion bonus!



A Program of Homeward Bound of Marin



"Te recomiendo mucho este programa donde tu aprendes de chefs con muchísima experiencia y conocimiento." - Patrick
Inicie su nueva carrera con 11 semanas de capacitación práctica!

Aplica ahora! Las clases empiezan el 3 de septiembre

- La mayoría de estudiantes califican para **entrenamiento gratuito**
- Clases son de Lunes a Viernes 9am a 3pm
- Las clases se dan en inglés
- Los estudiantes reciben uniformes gratuitos
- Se ofrece certificación de Food Handler y ServSafe para gerentes
- Certificado por la American Culinary Federation
- Asistencia para conseguir empleo
- Trabaja junto a cocineros profesionales
- Trabaja en servicio de comidas y cocinas industriales
- Entrenamiento en técnicas fundamentales, uso de cuchillos y desarrollo profesional

Aplica hoy!

E-mail awild@hbofm.org
o aplica en línea: hbofm.org

**Ofrecemos un bono de \$1,000
al completar el curso!**



Un Programa de Homeward Bound of Marin



2024 15th
Vince Harper's

South Park Day & Night Festival

Festival diurno y nocturno de South Park

Saturday, September 14

Everything is free!



Sabado, 14 de septiembre

¡Todo es gratis!



2pm to 6pm

MLK Jr. Park
1671 Hendley Street
Santa Rosa, CA



Thank you to our sponsors! ☀️ 🌙 ¡Gracias a nuestros patrocinadores!

Platinum



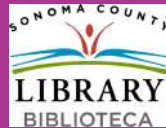
Gold



Silver



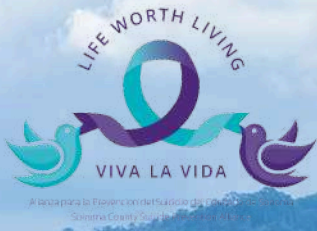
Bronze



Supporters



Got Questions? Contact Evette Minor 707.235.7466 efmengage@gmail.com



**THIS EVENT IS FREE
& OPEN TO ALL!**



Cloverdale **CONNECTION IS PREVENTION**

Join Life Worth Living, Sonoma County's Suicide Prevention Alliance to promote mental health well-being through meaningful and fun interactions, connect with community-based organizations and learn about available opportunities and services. Let's focus on the power of human connections in preventing mental health challenges!

Saturday, September 21, 2024

10:00am - 1:00pm

Cloverdale Plaza,

122 N Cloverdale Blvd, Cloverdale, CA 95425



Food Vendors



Fun Activities!



Resource Fair



Community Building

FOR MORE INFORMATION, SCAN THE QR CODE WITH YOUR SMART PHONES CAMERA



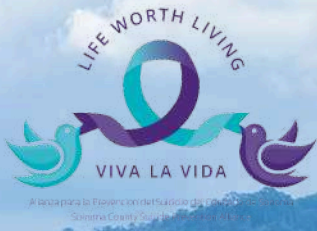
[HTTPS://TINYURL.COM/2S3D63JZ](https://tinyurl.com/2S3D63JZ)



CONTACT US FOR MORE INFORMATION
MHSA@sonoma-county.org



sonoma county
DEPARTMENT OF HEALTH SERVICES
Behavioral Health Division



¡ESTE EVENTO ES GRATUITO Y ABIERTO PARA TODOS!



Cloverdale CONEXIÓN ES PREVENCIÓN

“Únete a la Alianza para la Prevención del Suicidio del Condado de Sonoma, Viva La Vida, para promover el bienestar de la salud mental a través de interacciones útiles y divertidas. Conéctate con organizaciones comunitarias y descubre las oportunidades y servicios disponibles. ¡Enfoquémonos en el poder de las conexiones humanas para prevenir los desafíos de la salud mental!”

sábado 21 de septiembre, 2024

10:00am - 1:00pm

Cloverdale Plaza,

122 N Cloverdale Blvd, Cloverdale, CA 95425



Vendedores de Comida



Actividades Divertidas



Feria de Recursos



Construcción de Comunidad

PARA MÁS INFORMACIÓN, ESCANEA EL CÓDIGO QR CON LA CÁMARA DE TU TELÉFONO INTELIGENTE.



[HTTPS://TINYURL.COM/2S3D63JZ](https://tinyurl.com/2S3D63JZ)



CONTÁCTANOS PARA MÁS INFORMACIÓN
MNSA@sonoma-county.org



SALUD CONDUCTUAL DEL CONDADO DE SONOMA

CONEXIÓN ES PREVENCIÓN



7 de septiembre de 2024
10:00am - 1:00pm



Old Court House Sq.
Santa Rosa, CA 95401

**¡EVENTO GRATUITO Y TODOS
SON BIENVENIDOS!**



Alianza para la Prevención del Suicidio del Condado de Sonoma
Sonoma County Suicide Prevention Alliance

El "Día de la Conexión es Prevención" se centra en el papel de las conexiones humanas en la prevención de problemas de salud mental y en el fomento de una comunidad de apoyo.

Únase a nosotros para generar conciencia sobre el bienestar mental a través de conexiones significativas y contribuir a una comunidad compasiva que valora y apoya a todos.



**Para más información,
escanee el código QR con
la cámara de su
smartphone.**



<https://tinyurl.com/5ymt2t28>

sonoma county
DEPARTMENT OF HEALTH SERVICES
Behavioral Health Division

¡Actividades Divertidas!



**Bibliobús -
Biblioteca Móvil**



**Children's Museum
on the Go**



Comida



**¡Gane Premios
y Más!**



Contáctenos para más información:
MHSA@sonoma-county.org



Contáctenos para más información:
707-565-4854

SONOMA COUNTY BEHAVIORAL HEALTH

CONNECTION IS PREVENTION



September 7, 2024
10:00am - 1:00pm



Old Court House Sq.
Santa Rosa, CA 95401

FREE EVENT & OPEN TO ALL!



Alianza para la Prevencion del Suicidio del Condado de Sonoma
Sonoma County Suicide Prevention Alliance

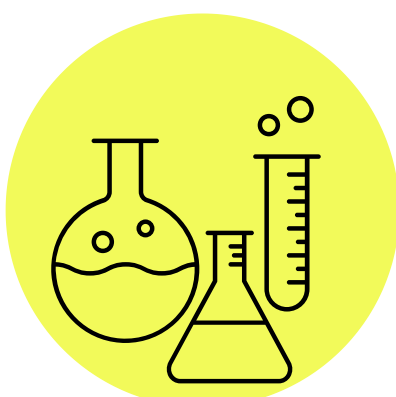
"Connection is Prevention Day" emphasizes the role of human connections in preventing mental health challenges and nurturing a supportive community. Join us to promote mental well-being through meaningful connections and contribute to a compassionate community that values and supports everyone.



Fun-Filled Activities!!



**Bibliobus -
Mobile Library**



**Children's Museum
on the Go**



Food Trucks



**Win Prizes
& More!!**

**For more information, scan
the QR code with your
smartphone's camera.**



<https://tinyurl.com/5ymt2t28>

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DEPARTMENT OF HEALTH SERVICES
Behavioral Health Division



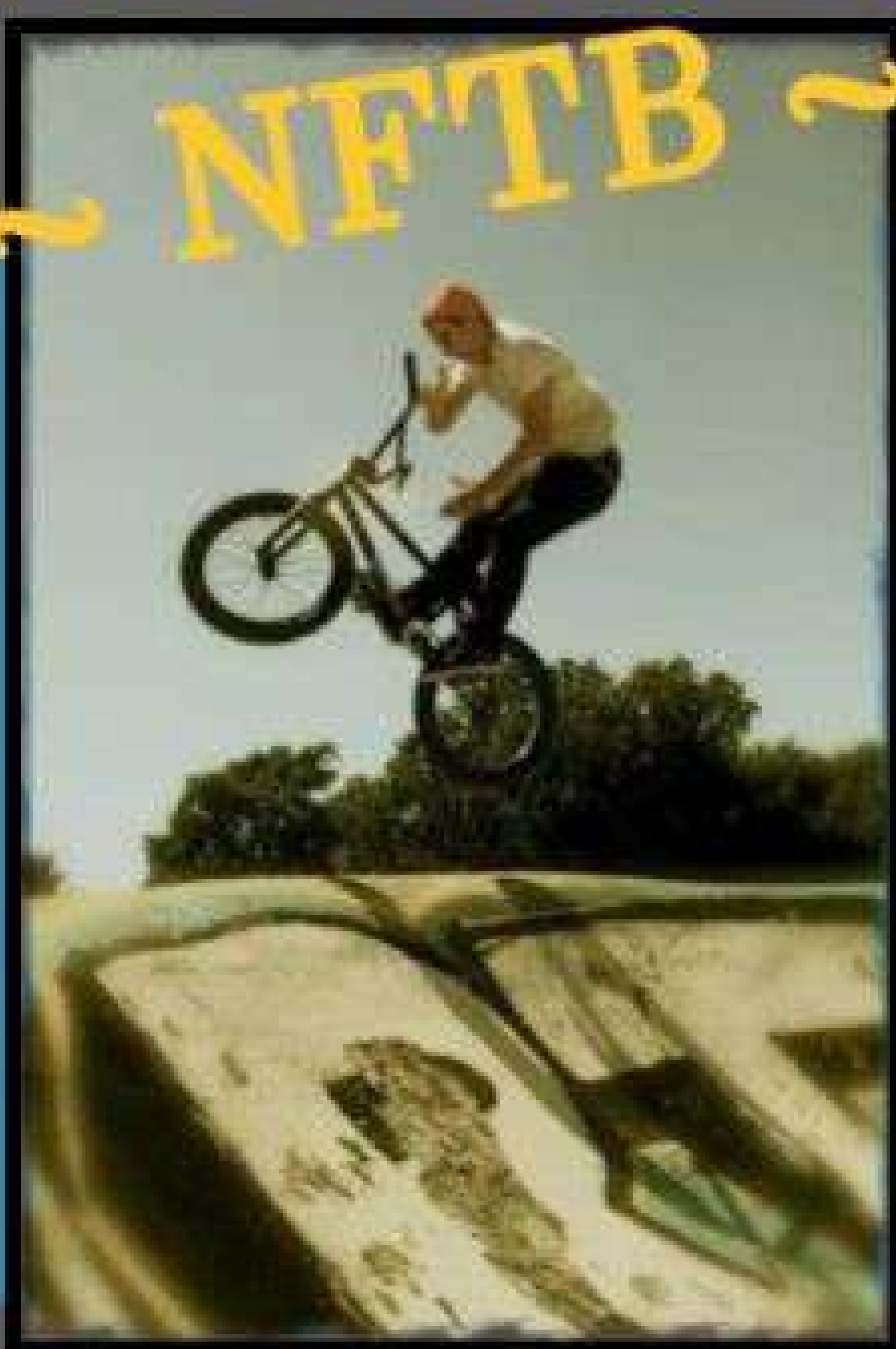
Contact Us for More Info:
MHSA@sonoma-county.org



Contact Us for More Info
707-565-4854

RIDE FOR TYLER BRATTIN

A very special
THANK YOU
to our sponsors!!



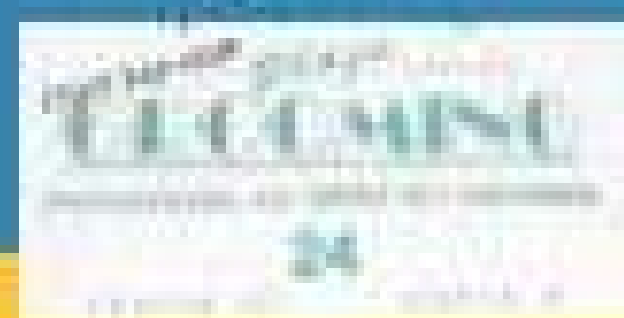
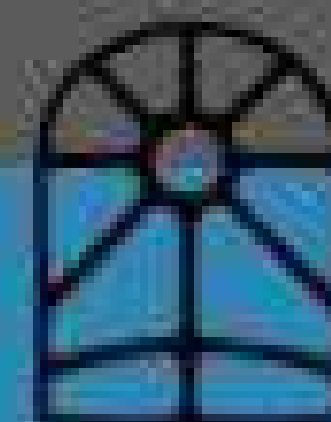
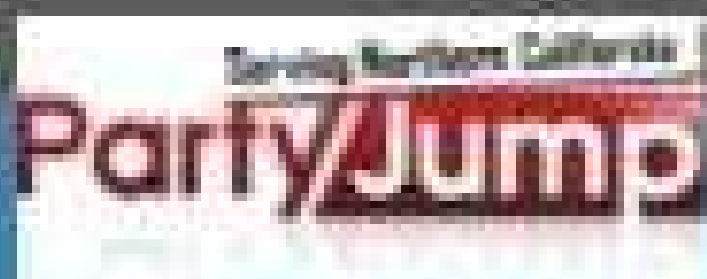
2024 **SAT** 11 am to
Sept-28 6 pm

- Bella Rosa Coffee Co.
- Napa Valley Wildflower Co.
- National Ice
- Storage Master
- SR Gymnastics
- CaliKind Clothing
- AAA Energy Service
- Tamera's Notaries
- Clover Sonoma
- Guayaki Organic
- B & L Glass
- Charles Schultz Museum

- Snoopy's Ice Arena
- Plaza Grooming
- Party Jump
- Valdivia Trucking
- Notary Maven th
- Dutch Bros.
- Woodward West
- DJ Tei Turntablism
- Essential Hands Cleaning
- Starbuck's
- Santa Rosa SDA Church
- Zane Templin Foundation

10th Annual Memorial Jam

Santa Rosa Skatepark, 1701 Fulton Road, SR



- ★ Teen Suicide Prevention Information
- ★ Bounce House by Party Jump of SR
- ★ Potluck & BBQ
- ★ Music, Raffle & Prizes
- ★ T-Shirts, Stickers, Bracelets, and Decals for Sale

ALL PROCEEDS BENEFIT:

American Foundation for Suicide Prevention (AFSP)

RIDEFORTYLER.ORG · INFO@RIDEFORTYLER.ORG

Tamera L. Brattin (707) 849-0310



a car show benefiting the
REDWOOD EMPIRE FOOD BANK

SATURDAY, OCTOBER 26, 2024
10 AM - 2 PM
REDWOOD EMPIRE FOOD BANK
3990 BRICKWAY BLVD., SANTA ROSA

**FREE ADMISSION + BEER & WINE +
FOOD TRUCKS + GUIDED FOOD BANK TOURS**

Bring your friends and family for a fun-filled day looking at awesome cars while supporting the Redwood Empire Food Bank's mission of Ending Hunger in Our Community. We look forward to seeing you there!

scan to register
your vehicle



Questions? Contact Shana at skoehler@refb.org or call 707-523-7900 ext. 143

QPR

Question • Persuade • Refer SUICIDE PREVENTION TRAINING

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

QPR teaches life saving skills to caring community members.

Participants will learn the warning signs of mental distress and a potential suicide crisis. They will learn to recognize someone at risk for suicide, how to intervene, and how to connect that person to appropriate resources.

QPR is taught by trained mental health providers who are able to support and answer student questions.

QPR is appropriate for anyone 12 years and older. It is recommended for anyone interested in eliminating youth suicide including community members, parents and school staff.

Community offerings at scoe.org/classes

Sep 25, 2024 & May 15, 2025 - 4:00-5:30 PM - English & Español



PPR*

Preguntar • Persuadir • Referir

CAPACITACIÓN DE PREVENCIÓN DE SUICIDIO

Al igual que RCP (Resucitación Cardiopulmonar), PPR es una respuesta de emergencia para alguien en crisis y puede salvar vidas.

PPR enseña conocimientos prácticos para salvar vidas en un periodo de clase.

Los participantes aprenderán a identificar señales de alerta de angustia mental y una posible crisis de suicidio. Aprenderán cómo reconocer a una persona que está en riesgo de suicidio, cómo intervenir, y cómo referir a esta persona a los recursos apropiados.

PPR es enseñado por proveedores capacitados en salud mental quienes podrán apoyar y contestar las preguntas de los estudiantes.

PPR es apropiado para jóvenes mayores de doce años. También se recomienda para cualquier persona interesada en eliminar el suicidio juvenil, incluyendo miembros de la comunidad, padres, y personal escolar.

Encuentre clases disponibles para la comunidad: scoe.org/classes

Sep 25, 2024 & May 15, 2025 - 4:00-5:30 PM - English & Español

***PPR, en inglés las siglas son QPR**



Youth Mental Health First Aid

OCT 21, 2024 | JAN 30, 2025 | FEB 25, 2025

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

Cost: \$10 | materials, light snacks provided

Register: scoe.org/classes or [click here](#) → **Oct 21, 2024 | Jan 30, 2025 | Feb 25, 2025**

