



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 Behavioral Health Crisis Support

Call 911 for medical emergencies or to request immediate assistance in an emergency.

24/7 Mobile Support Team (MST) Crisis Call Center

800-746-8181

- **Support available countywide, 24/7. No wrong door to seeking help.**
- Phone support for people experiencing behavioral health emergencies.
- When needed, will coordinate a mobile crisis team response anywhere in the county.
- Co-responds with law enforcement if safety is an issue. Works with the teams below.

inRESPONSE Team

City of Santa Rosa

707-575-4357

24/7

inRESPONSE System Navigators

707-204-9756

inresponse@srcity.org

8 AM - 5 PM Mon-Fri

SAFE Team

City of Petaluma

707-781-1234

24/7

City of Rohnert Park

707-584-2612

9 AM - 3 AM Daily

City of Cotati & SSU

707-792-4611

9 AM - 3 AM Daily

Chart curated by



Sonoma County

Updated 1/28/2025

Scan the QR code to learn more.



Equipos Móviles de Respuesta a Crisis del Condado de Sonoma

Llame al 911 para emergencias médicas o para solicitar asistencia de cualquier equipo.

Equipo de Apoyo Móvil 24/7 (MST) - Centro de Llamadas de Crisis **800-746-8181**

- Disponible en todo el condado, las 24 horas del día, los 7 días de la semana. Puede redirigir a otros equipos según sea necesario.
- Atiende todas las áreas no cubiertas por otros equipos.
- Brinda apoyo telefónico 24/7 para personas que enfrentan emergencias de salud conductual.
- Si es necesario, envía el MST u otro equipo local para brindar apoyo en cualquier parte del condado.
- Trabaja con las fuerzas del orden si hay problemas de seguridad.

Equipo InRESPONSE

Ciudad de Santa Rosa

707-575-4357

Disponible 24/7

Navegadores del Sistema
InRESPONSE 707-204-9756

inresponse@srcity.org

Lunes a viernes,
8 a.m. - 5 p.m.

Equipo SAFE

Ciudad de Petaluma

707-781-1234

Disponible 24/7

Ciudad de Rohnert Park

707-584-2612

9 a.m. - 3 a.m. todos los días

Ciudad de Cotati y SSU

707-792-4611

9 a.m. - 3 a.m. todos los días

Tabla curada por



Sonoma County

Actualizado el 6 de enero de 2024

Escanee el código QR para
obtener más información.





What is the Mobile Support Team (MST)?

MST is the Sonoma County Behavioral Health crisis response services program supported by the Board of Supervisors and Measure O. We are a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises in the community since 2012.

Call Center: 800-746-8181

The new MST Crisis Call Center is staffed **24/7** and triages crisis calls from the community. Staff provide support over the phone and deploy a crisis response team to the crisis location when needed.

New Expanded Response

MST can:

- Provide de-escalation, safety planning, crisis assessment, 5150 assessment, and provide a follow-up service for all calls.
- Respond without Law Enforcement to mental health and substance use calls where there is no safety concern for the individual or crisis response team.
- Securely transport individuals to an appropriate crisis care facility when safe to do so.
- Co-respond with Law Enforcement when there is a safety concern and/or when requested by Law Enforcement.

24/7 County-Wide Mobile Crisis Services

MST mobile crisis response teams are available to provide on-scene support 24/7 and our Call Center will coordinate with other crisis response teams to ensure a 'no wrong door' approach to providing county-wide crisis services.

800-746-8181



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800-746-8181



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

MST es el programa de servicios de respuesta a crisis de Salud Mental del Condado de Sonoma, apoyado por la Junta de Supervisores y la Medida O. Somos un grupo de profesionales dedicados y compasivos que brindan apoyo a personas y familias que están atravesando una crisis de salud conductual. Hemos estado respondiendo a crisis en la comunidad desde 2012.

Centro de Llamadas: 800-746-8181

El nuevo Centro de Llamadas de Crisis de MST está disponible las **24 horas, los 7 días de la semana**, y se encarga de clasificar las llamadas de crisis de la comunidad. El personal brinda apoyo por teléfono y despliega un equipo de respuesta en caso de crisis cuando es necesario.

Nueva Respuesta Ampliada

MST puede:

- Brindar desescalamiento, planificación de seguridad, evaluación de crisis, evaluación para detención 5150 y seguimiento para todas las llamadas.
- Responder sin la presencia de la policía a llamadas relacionadas con salud mental y uso de sustancias, cuando no hay preocupación de seguridad para la persona ni para el equipo respondiendo.
- Transportar de manera segura a las personas a un centro de atención de crisis apropiado, cuando sea seguro hacerlo.
- Responder junto con la policía cuando haya una preocupación de seguridad y/o cuando la policía lo solicite.

Servicios de Crisis Móviles en Todo el Condado, 24/7

Los equipos móviles de respuesta a crisis de MST están disponibles para brindar apoyo en la escena las 24 horas del día, los 7 días de la semana. Nuestro Centro de Llamadas coordina con otros equipos de respuesta a crisis para asegurar un enfoque de “ninguna puerta equivocada” al proporcionar servicios de crisis en todo el condado.

800-746-8181



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800-746-8181



Family Service Coordination Team

July 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Bilingual Community Resource Clinic 3pm-4:30pm	2 Youth S.O.S. Support Group 6pm Grupo de Apoyo Sobrevivientes de Suicidio 6:30 a 8pm	3	4 HAPPY 4th of July	5
6	7	8 Bilingual Community Resource Clinic 3pm-4:30pm	9 S.O.S (25+): Allies for Hope 7pm-8:30	10	11	12
13	14 SCBH Family Support & Education Group 4pm-6pm	15 Bilingual Community Resource Clinic 3pm-4:30pm	16 Youth S.O.S. Support Group 6pm	17	18 Community Partner Connections (CPC) Meeting 2pm-4pm	19
20	21	22 Bilingual Community Resource Clinic 3pm-4:30pm	23 S.O.S (25+): Allies for Hope 7pm-8:30	24 MADF Family Support & Education Group 6pm-7:30pm	25	26
27	28	29 Bilingual Community Resource Clinic 3pm-4:30pm	30	31		



Family Service Coordination Team

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



Support Groups

Sonoma County Behavioral Health Family Education & Support Group

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

**2nd Monday of Every Month
4:00 PM - 6:00 PM
Buckelew 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
Buckelew 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@buckelew.org



2235 Mercury Way Suite 107
Santa Rosa, CA 95407



buckelew.org



Fsc@buckelew.org | MarisabelM@buckelew.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, Jul 1 st	Tue, July 22 nd
Tue, Jul 8 th	Tue, Jul 29 th
Tue, Jul 15 th	

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 Programs
2235 Mercury Way
Suite 107
Santa Rosa, CA 95407

Cuando:

Cada Martes a las 3pm

1 de Julio	22 de Julio
8 de Julio	29 de Julio
15 de Julio	

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
JUL 14TH**

**4pm-6pm
In Person**



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

Questions?

**Contact the Family Service
Coordination Team:**

Fsc@buckelew.org 707-571-8452

MarisabelM@buckelew.org 707-513-5135

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

www.buckelew.org



MADF FAMILY SUPPORT & EDUCATION GROUP

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



Join us!

-  Fourth Thursday of every month
-  6:00pm-7:30pm (please arrive by 5:50pm)
-  **RSVP Required for Entry!**

Please contact the Family Service Coordination Team to RSVP for upcoming groups.

Upcoming Dates:

-  Thursday, July 24th (7/24/25)
-  Thursday, August 28th (8/28/25)
-  Thursday, September 25th (9/25/25)
-  Thursday, October 23rd (10/23/25)

The Family Service Coordination Team provides support, education and resource navigation to those who have loved ones that are struggling with mental health or substance use.

Contact Us:

-  707-571-8452
-  Fsc@Buckelew.org
-  2235 Mercury Way, STE 107
Santa Rosa, CA 95407



GRIEF COUNSELING & SOS:

ALLIES FOR HOPE GROUP MEETING AGES 25+

Buckelew Programs offers a safe place in our community for families and loved ones of people have died by suicide to safely share their experiences with others who are similarly affected. This is a peer-to-peer group that meets virtually. The group is led by trained Buckelew Staff Member Chris Nihil.



SOS: Allies for Hope

Survivors of Suicide Bereavement Support Group (SOS) via zoom on the 2nd and 4th Wednesdays every Month from 7 -8:30pm.

Grief Counseling Hotline

24/7 Grief Support Hotline providing Free AND Confidential resources

Call: 415-499-1195

To Join, Please Email:

Email: SOSinfo@buckelew.org



GRUPO DE APOYO para sobrevivientes de suicidio

Cuando: cada primer miércoles del mes
de 6:30 a 8:00 pm

Dirigido a: familias que han perdido seres
queridos por suicidio

Dónde: via Zoom

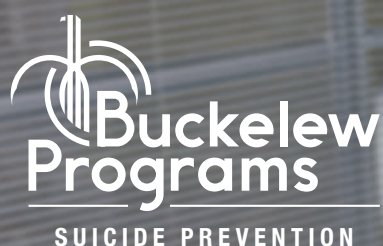
Para participar: llama al 415-858-5827
o manda un correo electrónico a
marioc@buckelew.org

Este es un grupo de mutuo apoyo que se reúne virtualmente. El grupo está liderado por dos empleados de Buckelew entrenados como facilitadores, Hilda Castillo y Mario Castillo-Guido.

Los Programas Buckelew ofrecen un lugar seguro en nuestra comunidad para que las familias y seres queridos de personas que buscan conocer y compartir de forma segura sus experiencias con otras personas sobre la Salud Emocional.

Buckelew.org





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

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

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

Where: Meetings are virtual on Zoom

To register or for more information:

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

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

Buckelew.org



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

866-960-6264
182 Farmers Lane #202
Santa Rosa CA 95405

Family Support Group

For family members and caregivers (ages 18+). Meets virtually on Zoom Tuesdays, and in person Thursdays at the NAMI office.
Register at namisoco.org/groups.

Connection Support Group

For individuals (ages 18+) living with mental health challenges. Meets virtually on Zoom Tuesdays and Thursdays, and in person the last Friday of the month at the NAMI office.
Register at namisoco.org/groups.

Family-to-Family Class

An 8-session education program for those (ages 14+) who care for and support a loved one with serious mental illness. **New class begins July 16, 2025. Registration is required at namisoco.org/F2F.**

Peer-to-Peer Class

An 8-session education program for adults living with mental health challenges. **Our current class is full, but we hope to offer it again in Fall 2025. Register to join the waitlist at namisoco.org/P2P.**

Learn more about our free programs:

Visit: namisoco.org
Call: 866-960-6264
Email: info@namisoco.org

Groups and classes meet on Zoom unless otherwise specified.

JULY 2025

Join our Youth Advisory Board!

We're looking for young people age 16-25 who are interested in sharing their voices on mental health issues for youth in Sonoma County.

Contact hcasita@namisoco.org.

NAMI Walks Sonoma County 2025

Saturday, November 1, 2025 at Howarth Park
Sign up at namiwalks.org/sonomacounty
Interested in volunteering or sponsoring?
Contact hcasita@namisoco.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 6:00-8:00 PM NAMI Peer-to-Peer Class (In Person)	1 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 Office Closed Independence Day
7 6:00-8:00 PM NAMI Peer-to-Peer Class (In Person)	8 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	9	10 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	11
14 6:00-8:00 PM NAMI Peer-to-Peer Class (In Person)	15 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	16 New! 6:00-8:30 PM NAMI Family-to-Family (In Person - Registration Required)	17 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	18
21 6:00-8:00 PM NAMI Peer-to-Peer Class (In Person)	22 4:30-5:30 PM Family Support Group 5:30-7:00 PM Connection Group	23 6:00-8:30 PM NAMI Family-to-Family (In Person)	24 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	25 New! 2:00-3:30 PM Monthly Connection Group (In Person)
28 6:00-8:00 PM NAMI Peer-to-Peer Class (In Person)	29 5:30-7:00 PM Connection Group 6:00-7:00 PM Family Support Group	30 6:00-8:30 PM NAMI Family-to-Family (In Person)	31 2:00-3:30 PM In-Person Family Support Group 5:30-7:00 PM Connection Group	1 August 2025



Sonoma County

NAMI Family-to-Family Class

Wednesdays, July 16 - September 10, 2025, 6-8:30 PM

In person at NAMI Sonoma County Office
182 Farmers Lane #202, Santa Rosa CA 95405

NAMI Family-to-Family is a free, 8-week program for those who care for and support a loved one with serious mental illness. Led by trained family members with lived experience, it provides practical knowledge, support skills, and connections with others in similar situations.

You'll learn about:

- Better communication with your loved one
 - Navigating a mental health crisis
 - Effective self-care strategies
 - Accessing local supports and services
 - Current information on mental illness, treatments, and more
 - How mental illness impacts the entire family
-



"This has been such a healing experience for me."

"We thought we were on an island. Now we know we are not alone."

"A wonderful class ... brings me peace of mind."



Register at namisoco.org/F2F
or scan the QR code.

Questions? Call 866-960-6264.



Join our Youth Advisory Board!



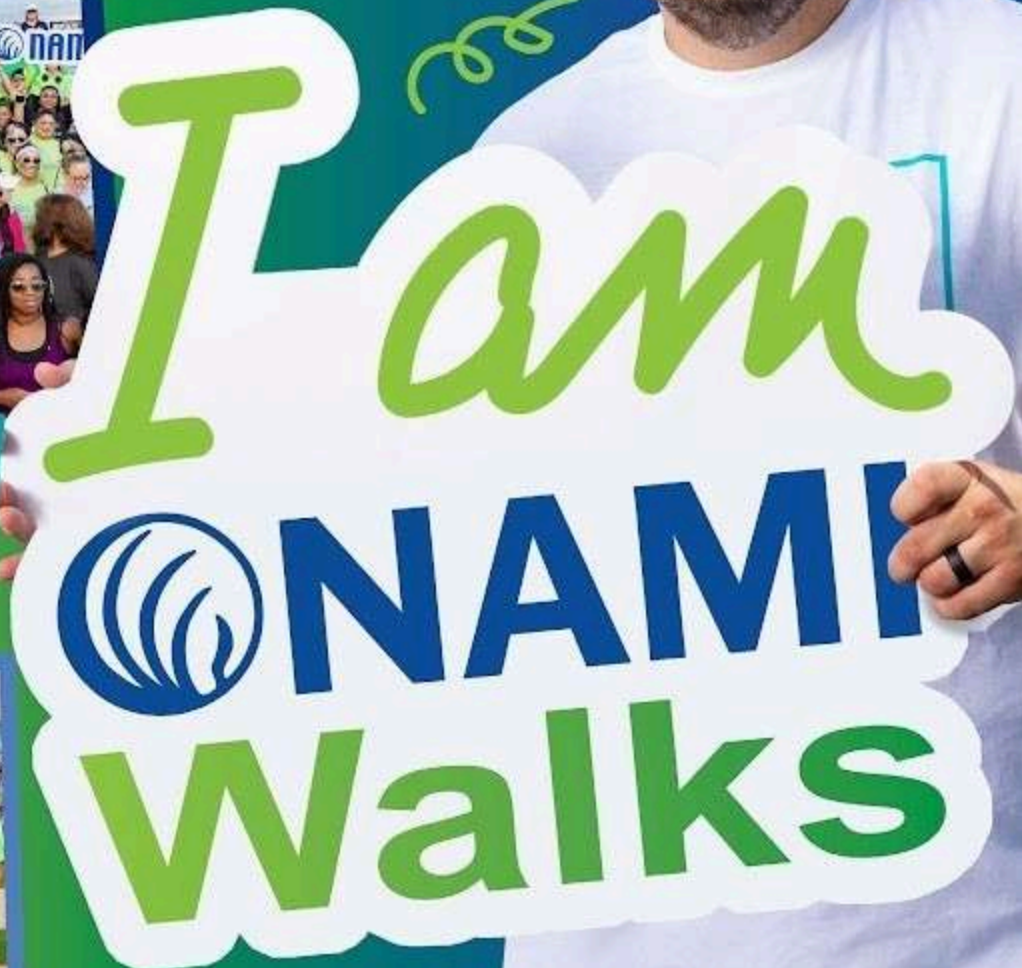
NAMI Sonoma County is looking to include the voices of young people age 16-25, who are interested in sharing their perspectives on mental health issues for youth and their families.

We seek diverse youth advisors, especially from underserved communities, to provide guidance on our education programs, support groups, and community outreach in Sonoma County.
Join us for the 2025 - 2026 school year!

For a full description and application, please scan the QR code or visit our website at namisoco.org/youth-advisory-board.



Questions? Reach out to Hana Casita, Program Coordinator, at hcasita@namisoco.org or 707-800-3876.



I am NAMI Walks

Saturday, November 1, 2025

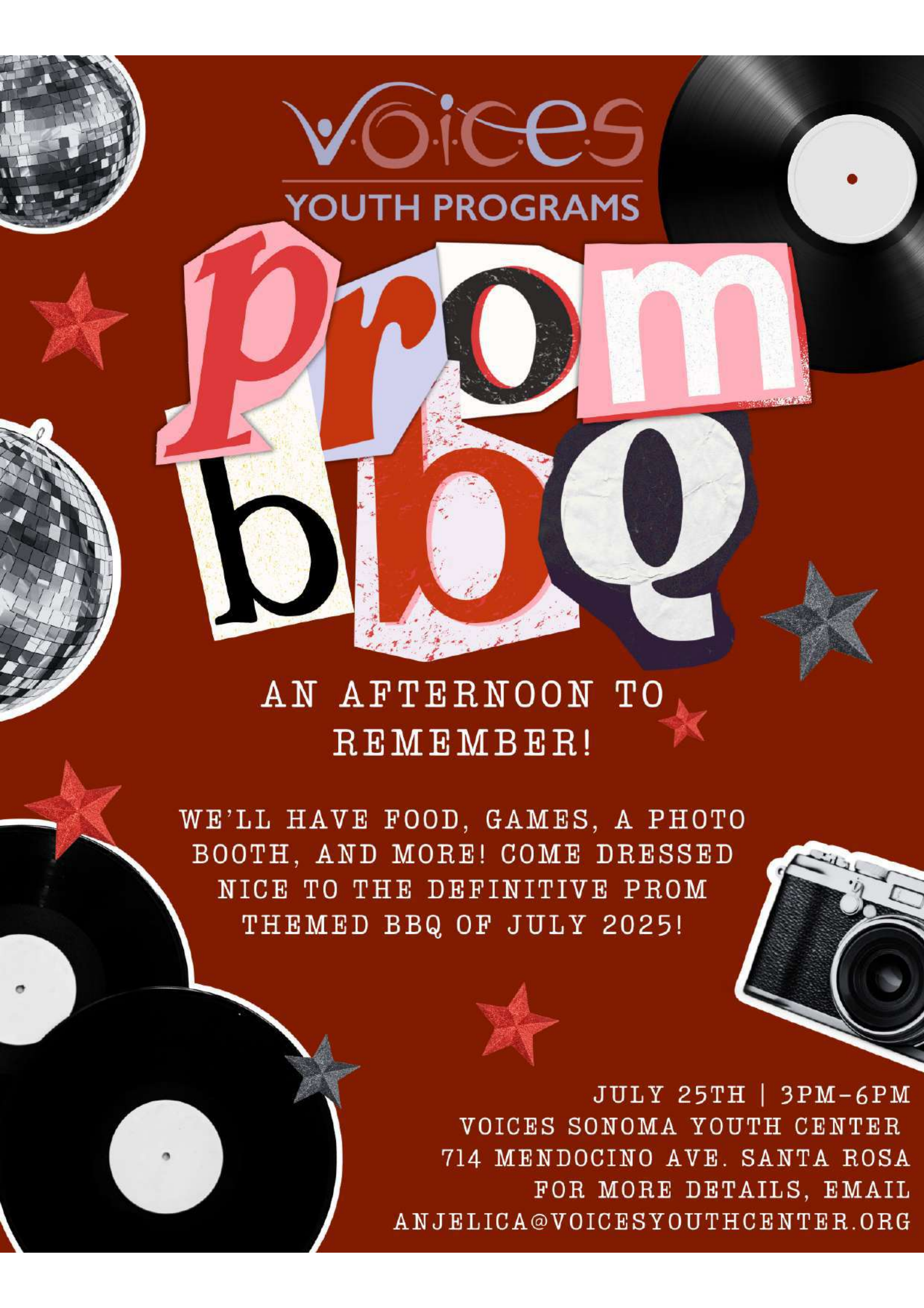
Start Time: 10 AM

Howarth Park, Santa Rosa

Learn more at
namiwalks.org/sonomacounty



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DROP-IN HOURS TUE-FRI, 1-6 PM	1 Cultivate Calm 3:00 PM - 5:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	2 Wellness Group 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	3 Hot Meals 4:00 PM Baking Workshop 2:00-5:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	4 CLOSED IN OBSERVANCE OF THE FOURTH OF JULY
7 CENTER CLOSED APPOINTMENTS ONLY	8 Cultivate Calm 3:00 PM - 5:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	9 Wellness Group 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	10 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	11 Mending Workshop 2:30-5:00 PM
14 CENTER CLOSED APPOINTMENTS ONLY	15 Cultivate Calm 3:00 PM - 5:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	16 Wellness Group 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	17 Hot Meals 4:00 PM Financial Aid Workshop 3:30-5:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	18 Dungeons & Dragons 2:30-5:00 PM
21 CENTER CLOSED APPOINTMENTS ONLY	22 Cultivate Calm 3:00 PM - 5:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	23 Wellness Group 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	24 BBQ Decoration Creation 3:00-5:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	25 BBQ! 3-6
28 CENTER CLOSED APPOINTMENTS ONLY	29 Cultivate Calm 3:00 PM - 5:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	30 Wellness Group 3:30-5:00 PM Critical Thinking Workshop 3:00-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	31 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	



voices
YOUTH PROGRAMS

prom bbq

AN AFTERNOON TO
REMEMBER!

WE'LL HAVE FOOD, GAMES, A PHOTO
BOOTH, AND MORE! COME DRESSED
NICE TO THE DEFINITIVE PROM
THEMED BBQ OF JULY 2025!

JULY 25TH | 3PM-6PM
VOICES SONOMA YOUTH CENTER
714 MENDOCINO AVE. SANTA ROSA
FOR MORE DETAILS, EMAIL
ANJELICA@VOICESYOUTHCENTER.ORG

DREAMZ NOT DRUGZ

Native Youth Summit

at the Santa Rosa Junior College



28th-31st

**JULY 2025
9AM-5PM**

**DAYS 1-3 WORKSHOPS
DAY 4 FIELD TRIP**

ages 13-18



Scan me

REGISTER BY JULY 1 OR
UNTIL SPACE IS FILLED

GAMES

GIVEAWAYS

INCENTIVES

Questions: 707-544-8509 admin@icfpp.net



CULTIVATE JOY: GARDEN BED PAINTING



HELP US SPRUCE UP VOICES YOUTH
CENTER'S GARDEN BEDS!

JULY 29TH
3:30PM-5PM



714 MENDOCINO AVE
SANTA ROSA, CA 95401



LGBTQ
CONNECTION





Cultivate Calm: Queer Writing Workshop

Join us and our friend Zack for
a fun and creative workshop.

Tuesday July 1st
3:30pm-5:30pm



714 Mendocino Ave
Santa Rosa, CA 95401

LGBTQ
CONNECTION



CULTIVATE CALM:
AGUA FRESCAS WORKSHOP
TUESDAY JULY 8TH @ 3:00-5:00PM



VOICES YOUTH CENTER
714 MENDOCINO AVE, SANTA
ROSA, CA 95401



Voices

LGBTQ
CONNECTION



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.

Discovery in Recovery: Explore and unearth your strengths, opportunities, and ambitions on your recovery journey. Your path is unique - let's discover what you want the rest of it to hold!

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

Freedom in Sobriety: Sobriety is an opportunity - not a life sentence! Feel EMPOWERED through self-awareness and introspective activities. We explore the freedom of choice in the recovery world - to support you to find what works for YOU through various integrative recovery modalities.

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.

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 Vyeniello, 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.

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: <https://meetings.smartrecovery.org/meetings/2215/>

SMART Recovery - on Zoom - Wednesdays 10:00 - 11:00

To Join: <https://meetings.smartrecovery.org/meetings/6061/>

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.

What's UP? We share, move, sit quietly, speak up... and connect in various ways depending on *What's Up...*

Intro to Peer Support

Onsite & in Person!

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



July we'll be focusing on:

Self-Awareness

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**





TOOLS FOR DEPRESSION

PPRC is hosting a forum! We will
discuss various tools, tips, and
strategies for depression.

HOP IN!

June 23, 2025 | 10:30AM – 11:30AM

5350 Old Redwood Hgwy N, #600,
behind Behavioral Health,
Petaluma

FOR MORE INFORMATION:

 (707) 565-1299

 [shannon.mcentee@west
countyservices.org](mailto:shannon.mcentee@westcountyservices.org)

The poster is decorated with various tropical elements: a watermelon slice at the top center, a pink monstera leaf at the top right, a yellow palm frond at the top left, a green palm frond at the bottom left, a yellow palm frond at the bottom center, a pink monstera leaf at the bottom left, and a watermelon slice at the bottom right. There are also several small colored dots (pink, orange, yellow, green) scattered throughout the background.

**PETALUMA PEER
RECOVERY CENTER**

SUMMER *Party*

**MUSIC, GAMES, PRIZES,
SUMMERY ART PROJECTS**

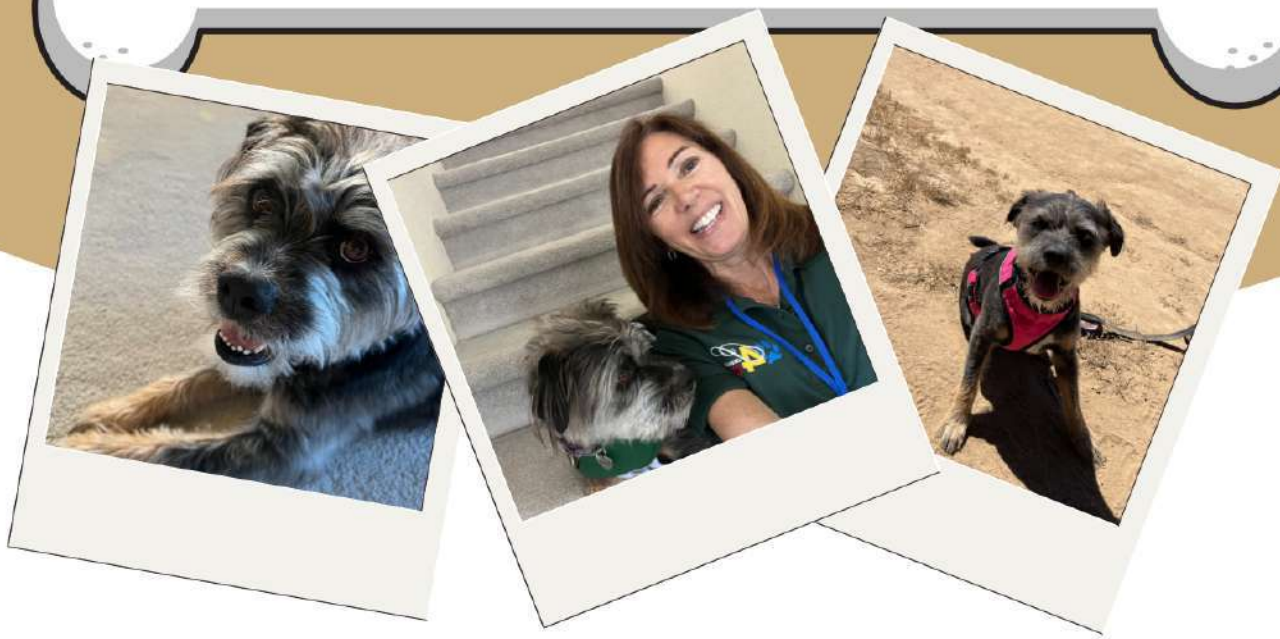
**JULY 9TH
START AT 10:30AM**

**5350 OLD REDWOOD HGWY N, #600,
BEHIND BEHAVIORAL HEALTH,
PETALUMA**

[HTTPS://PETALUMAPRP.WORDPRESS.COM](https://petalumapr.wordpress.com)



Therapy Dog Visit!



Come visit with a trained therapy dog! Scout the puppy is available for anyone and everyone (18+) to pet, talk to, and relax with.

EVERY OTHER WED, 10:30 AM TO 11:30 AM

Pet a cute dog! 🐾 Free for everyone! 🐾 Peer support available! 🐾



(707) 565-1299

March 19th
March 26th
April 9th
April 23rd
May 7th
May 21st

June 4th
June 18th
July 2nd
July 16th
July 30th
August 13th... etc!

**5350 OLD REDWOOD
HWY N #600,
PETALUMA PEER
RECOVERY CENTER**



Creative Expressions

Every Wednesday 2-3:30



July 2nd- Wednesday
Marker Spin Art

July 16th- Wednesday
Fun with Clay



August 6th- Wednesday
Epoxy Art
(Sign up required)

August 20th- Wednesday
Nature Mobiles



Wellness and Advocacy Center Group Schedule

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

(707) 565-7800

Monday

9:00-9:30 *Nature TV*
9:30-10:15 *Connection Cafe*
10:15-11:00 *Anxiety Support*
11:15-12:00 *Health & Wellness Group*
12:00-12:15 *Wellness Announcements*
12:15-1:00 *Wellness Time*
1:15-2:00 *Peer Support*
2:15-3:00 *SMART Recovery*
2:15-3:00 *Wellness Bingo*

Thursday

9:00-9:30 *Retro TV*
9:30-10:15 *Connection Cafe*
10:15-11:00 *Successful Living*
11:15-12:00 *Career Development*
12:00-12:15 *Wellness Announcements*
12:15-1:00 *Wellness Time*
1:15-2:00 *Walking Thru Depression*
2:00-3:30 *Games, Art & More*

Tuesday

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

Friday

9:00-9:30 *Nature TV*
9:30-10:15 *Connection Cafe*
10:15-11:00 *Exploring Emotions*
11:15-12:00 *Wellness Time*
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 *Creative Expressions*
2:15-3:00 *Friendship Group*
2:15-3:00 *Fun & More*

**The Wellness and Advocacy Center
will be closed Friday July 4th in
observance of Independence Day.**

JULY 2025



WELLNESS · RECOVERY · RESILIENCE



Group Descriptions

Wellness Announcements

Stay informed and up to date with West County Community Services, the community and more.

Wellness Time

Designated time that Peers can use to recharge themselves.

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.

Creative Expressions

An art group where we come up with fun, creative ideas and try them out together. It's all about experimenting, exploring different styles, and just having a good time making art.

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!

Connection Cafe

Come join us for coffee, chat and make new connections with your Peers and see what's going on in the community as we gather together at the center.

Wellness and Advocacy Center

2245 Challenger Way - Suite 104, Santa Rosa CA 95407

(707)565-7800

Please join us! We will be having a visit from Food Runners. June will be sharing what she does in our community on Thursday, July 17th from 10-11am. She will be answering any questions you may have.



Wellness and Advocacy Center

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

Wellness and Advocacy Center will be hosting an In-Person, Open
Community Forum hosted by

Humane Society of Sonoma County

We hope you will join us!
Thursday July 10th 2025 From 10-11:00am

Committed to kindness in service to the community since 1931, the Humane Society of Sonoma County is a donor-supported safe haven for animals. Their mission is to save lives and benefit the wellbeing of pets and their people with kindness, innovation, and leadership.

Offering veterinary services, adoption, behavior training, humane education and more...



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
9:30-10:15 Café de conexión
10:15-11:00 Apoyo de Ansiedad
11:15-12:00 Grupo de Salud y Bienestar
12:00-12:15 Anuncios de Bienestar
12:15-1:00 Tiempo de bienestar
1:15-2:00 Apoyo entre compañeros
2:15-3:00 SMART Recovery
2:15-3:00 Bingo de Bienestar

Martes

9:00-9:30 Televisión Retro
9:30-10:15 Café de conexión
10:15-11:00 Movimiento hacia Adelante
11:15-12:00 Asuntos de Conciencia
12:00-12:15 Anuncios de Bienestar
12:15-1:00 Tiempo de bienestar
12:15-1:00 Voces y Visiones
1:15-2:00 Transiciones
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 Expresiones Creativas
2:15-3:00 Grupo de Amistad
2:15-3:00 Juegos, Arte, y Mas

Jueves

9:00-9:30 Televisión Retro
9:30-10:15 Café de conexión
10:15-11:00 Vida Exitosa
11:15-12:00 Desarrollo de Carrera
12:00-12:15 Anuncios de Bienestar
12:15-1:00 Tiempo de bienestar
1:15-2:00 Caminando a través de la Depresión
2:15-3:30 Juegos, Arte, y Mas

Viernes

9:00-9:30 Televisión de la Naturaleza
9:30-10:15 Café de conexión
10:15-11:00 Explorando Emociones
11:15-12:00 Tiempo de bienestar
12:00-12:15 Anuncios de Bienestar
12:15-2:00 Karaoke
2:15-3:30 Juegos, Arte, y Mas

**El Centro de Bienestar y Defensa
estará cerrado el Viernes 4 de julio en
conmemoración del Día de la
Independencia.**

JULIO 2025



WELLNESS • RECOVERY • RESILIENCE



Descripciones de Grupos

Anuncios de Bienestar

Manténgase informado y actualizado con West County Community Services, la comunidad y más.

Tiempo de bienestar

Tiempo designado para que compañeros, y compañeras puedan usar para recargarse.

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.

Expresiones Creativas

Un grupo de arte donde creamos ideas divertidas y creativas y las ponemos en práctica juntos. Se trata de experimentar, explorar diferentes estilos y simplemente pasar un buen rato creando arte.

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 divertirse y brillar! ¡Todos son bienvenidos: participantes y oyentes!

Café de conexión

Únase con nosotros para tomar un café, charlar y hacer nuevas conexiones con sus compañeros y ver qué está pasando en la comunidad mientras nos reunimos en el centro.

Community Forum at Interlink Self-Help Center

Peer Self-Advocacy

Self-advocacy refers to an individual's ability to effectively communicate, convey, negotiate or assert their own interests, desires, needs, and rights (Van Reusen et al., 1994). From having boundaries, to getting the most out of a medical appointment, and speaking up for our rights, self-advocacy skills are key. Please join us as we explore and share concepts and tools we can use to be better self-advocates. *Hope to see you here!*

In Person

Facilitated by:
Interlink Staff

In Person

West County Community Services

Friday, July 25, 2025

1:30 to 2:30

Interlink Self-Help Center

1033 Fourth Street

Santa Rosa (707) 546-4481



www.interlinkselfhelpcenter.org

This forum is open to the adult general public

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



Monday

10:00 – 2:30 ----- Open Art Studio
10:15 – 10:30 ----- Community Meeting
10:30 – 11:30 ----- Discovery in Recovery *New Group!*
11:30 – 12:00 ----- What's UP?
12:00 – 1:00 ----- The Other Side of Overwhelm
1:00 – 1:30 ----- 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
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
10:30 – 11:00 ----- Resource Group – New Time +
11:00 – 12:00 ----- Mindful Self Compassion
12:00 – 1:00 ----- Adventurous Writing
1:00 – 2:00 ----- Mid-Week Festivity
2:00 – 2:30 ----- Afternoon Check-In

Thursday

10:00–1:30 ----- Open Art Studio
10:15–10:30 ----- Community Meeting
10:30–11:30 ----- Understanding Anger
11:30–12:30 ----- SMART Recovery
12:00– 1:00 ----- Expressing Creativity
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
12:30 – 1:30 ----- Freedom in Sobriety *New Group!*
1:30 – 2:30 ----- * Monthly Forum *
2:00 – 2:30 ----- Afternoon Check-In

Community Forum

Peer Self-Advocacy

Friday July 25 – 1:30 – 2:30

July, 2025

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.

We are open

Mon, Tues, Weds & Fri 10:00 to 3:00, Thurs 10:00 to 2:00

Are You Prepared for an **Emergency?**



Join a **FREE 2-part workshop**

geared for older adults

with expert speakers,

FREE go-bags &

incentives!



Part 1 - Wednesday, July 9, 1:30 - 3:30

Making a personal emergency plan, evacuation safety for seniors,
FREE emergency go-bags, earthquake readiness

Part 2 - Wednesday, July 23, 1:30 - 3:30

Supplies to keep at home, securing important documents, car prep,
pet safety in emergencies, 2-1-1 resources

Location: Petaluma Community Center, 320 N McDowell Blvd

**Register today at emergencyprephelp.org/events,
write to info@emergencyprephelp.org or call 707-241-3280**

Hosted by:



Sponsored by:





Emergency Prep Help (EPH)

*Preparing seniors for natural disasters
and other emergencies*

FREE Upcoming Workshops:

(Each is a 2-part series)

- July 9 and 23.....Petaluma Community Center
- July 17 and 31.....Council on Aging, Santa Rosa
- Aug 11 and 25.....Sebastopol Community Cultural Center
- Sept 10 and 24.....Sonoma Clean Power Customer Center, Santa Rosa
- Sept 13 and 27.....Petaluma Community Center
- Sept 18 and Oct 2...Russian River Senior Resource Center, Guerneville
- Oct 9 and 23.....Petaluma Library (w/Village Network of Petaluma)
- Oct 16 and 30.....Finley Center (w/Council on Aging), Santa Rosa

Participants receive a FREE emergency go-bag and essential safety education, geared toward older adults

*To schedule a private workshop at your
community, or to learn more about EPH, visit
emergencyprephelp.org,
email info@emergencyprephelp.org,
or call 707-241-3280*

Scan Here To Register For A Workshop Series



GET YOUR REAR IN GEAR®

SAN FRANCISCO BAY AREA

COLON CANCER AWARENESS 5K RUN/WALK



SUNDAY, AUGUST 3, 2025

Lake Merced, Sunset Parking Lot • San Francisco, CA



Register for Get Your Rear in Gear - San Francisco Bay Area!
Funds raised at this event will be granted by the Colon Cancer Coalition to support local colon cancer screening, education, research, and patient support programs in your community.

Scan the QR Code, or visit
ColonCancerCoalition.org/SanFranciscoBayArea
to register today!

Presenting Sponsor

OLYMPUS



¡ACTÍVATE POR TU COLON!

ÁREA DE LA BAHÍA DE SAN FRANCISCO

CAMINATA/CARRERA DE

5K

CONTRA EL CANCER
DE COLON



SUNDAY, AUGUST 3,

Lake Merced, Estacionamiento Sunset • San Francisco, CA



¡Regístrate para Get Your Rear in Gear – Área de la Bahía de San Francisco!
Los fondos recaudados en este evento serán otorgados por la Colon Cancer Coalition para apoyar programas locales de detección de cáncer de colon, educación, investigación y apoyo a pacientes en tu comunidad.

Escanea el código QR o visita
ColonCancerCoalition.org/SanFranciscoBayArea
a para registrarte hoy.

Presenting Sponsor

OLYMPUS



GET YOUR
REAR
IN GEAR



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

ADULT TALKING CIRCLE

EVERY 1ST & 3RD
THURSDAY

*EXCLUDING HOLIDAYS

**3:00PM-4:30PM
ON ZOOM**

**THIS TALKING CIRCLE PROVIDES A SPACE FOR
COMMUNITY HEALING, PEER SUPPORT AND SELF
CARE STRATEGIES**

BEGINNING JANUARY 4, 2024

To sign-up please contact the Aunties & Uncles Program:
Email: AUPEVENTS@SCIHP.org or call Candace at (707) 521-4559



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

YOUTH TALKING CIRCLE

CHECK IN . PEER SUPPORT . CULTURAL TEACHINGS

FOR AGES 12-24



EVERY
1ST & 3RD
MONDAY
4:30-5:30PM
ON ZOOM

TO SIGN UP CONTACT THE
AUNTIES & UNCLES PROGRAM:



AUPEVENTS@SCIHP.ORG



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

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



Movement is Medicine

ACORNS

MOVE-IT MONDAYS
WALKING GROUP



EVERY MONDAY

WEATHER PERMITTING

TIME: 10:00AM- 10:45AM

LOCATION: FINLEY PARK NEXT TO GAZEBO

TO REGISTER CONTACT: CHRs Tania or Robert (707) 521-4500

TRAUMA-INFORMED CARE TRAININGS 2025

Building Hope and Resilience through Trauma-Informed Care

Join us to learn how experiences, including neglect and trauma, affect brain development. Learn about support and services by looking through the lens of "what happened to you" rather than "what's wrong with you."



REGISTER: **WWW.CAREGISTRY.ORG**

TRAININGS HOSTED VIA ZOOM*

FRIDAYS FROM 1 PM- 4 PM

Friday, July 25 - Module 2, Part 1

Friday, Aug 22 - Module 2, Part 2

Friday, Sep 26 - Module 3, Part 1

Friday, Oct 24 - Module 3, Part 2

Friday, Nov 21 - Module 1, Part 1

Friday, Dec 12 - Module 1, Part 2

*Email or call for training Zoom link

QUESTIONS?

Contact Irma Zavala

(707) 522-1413 EXT 226

Bridge@Sonoma4Cs.org



4Cs Sonoma County
131-A Stony Circle, Suite 300
Santa Rosa, CA 95401
(707) 544-3077
Sonoma4Cs.org



ENTRENAMIENTOS DE CUIDADO INFORMADO SOBRE EL TRAUMA 2025

Construyendo Esperanza y Resiliencia A Traves de Cuidado Informado Sobre el Trauma TIC



Acompáñanos a aprender como las experiencias, incluyendo negligencia y trauma afectan el desarrollo del cerebro, así como también maneras en las que ellos pueden tener un plan de apoyo y servicios, asiendo el objetivo de "Algo esta mal contigo." a "Que paso ?"

REGISTRO: **WWW.CAREGISTRY.ORG**

LOS ENTRENAMIENTOS SON POR ZOOM*

SABADO DESDE 9 AM- 12 PM

Sabado, 12 Jul - Modulo 2, Parte 1

Sabado, 9 Ago - Modulo 2, Parte 2

Sabado, 13 Septiembre - Modulo 3, Parte 1

Sabado, 11 Octubre - Modulo 3, Parte 2

Sabado, 8 Noviembre - Module 1, Parte 1

Sabado, 6 Diciembre - Module 1, Parte 2

***Para la información de Zoom llame
o mande correo electronico**

¿PREGUNTAS?

Contacte Irma Zavala

(707) 522-1413 EXT 226

Bridge@Sonoma4Cs.org



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131-A Stony Circle, Suite 300
Santa Rosa, CA 95401
(707) 544-3077
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NOW ACCEPTING APPLICATIONS IN OUR 4Cs PRESCHOOLS



4Cs operates state preschools throughout Sonoma County.
Some locations are now serving 2 year olds.

To apply for preschool services, follow these simple steps:

- Pick up a preschool enrollment packet
- Come to one of our walk-in enrollment days

OPEN UNTIL SPACES ARE FILLED

PRESCHOOL WALK-IN ENROLLMENT DAYS 9:00 AM - 3:00 PM

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

Friday, June 20, 2025

Friday, June 27, 2025

Thursday, July 10, 2025

Thursday, July 24, 2025

Wednesday, August 6, 2025

Wednesday, August 20, 2025

NEED SUPPORT? HAVE QUESTIONS?

Enrollment@Sonoma4Cs.org

(707) 522-1413 x 178



[Facebook.com/Sonoma4Cs](https://www.facebook.com/Sonoma4Cs)



[Instagram.com/4CsSonomaCounty](https://www.instagram.com/4CsSonomaCounty)



AHORA ACEPTANDO APLICACIONES EN NUESTROS PREESCOLARES DE 4CS

4Cs opera preescolares estatales en todo el Condado de Sonoma. Algunos preescolares ahora matriculan niños de 2 años de edad.

Para solicitar servicios preescolares, siga estos sencillos pasos:

- Venga por un paquete de inscripción
- Asista a un día de inscripción, sin cita

ESPACIOS DISPONIBLES HASTA QUE SE LLENEN

DÍAS DE INSCRIPCIÓN PREESCOLAR

9:00 AM - 3:00 PM

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

Viernes, 20 de Junio 2025

Viernes, 27 de Junio 2025

Jueves, 10 de Julio 2025

Jueves, 24 de Julio 2025

Miércoles, 6 de Agosto 2025

Miércoles, 20 de Agosto 2025

¿NECESITAR AYUDA? ¿TIENE PREGUNTAS?

Enrollment@Sonoma4Cs.org

(707) 522-1413 x 178



Sonoma4Cs.org



Facebook.com/Sonoma4Cs



Instagram.com/4CsSonomaCounty

KICKS FOR KIDS

SOCCER CAMP

JULY 12, 19, 26
SANTA ROSA | 10AM - NOON

PLAYING THEY WILL LEARN

SOCCER
TECHNIQUES

TEAMWORK

DECISION
MAKING

FOR BOYS & GIRLS AGES 5-12



Register Today >>>



Questions? Call us at
707-544-6911 ext 1025
SonomaCAN.org

KICKS FOR KIDS

CAMPAMENTO DE
FÚTBOL

12, 19 Y 26 DE JULIO

SANTA ROSA | 10AM - 12PM

JUGANDO APRENDERÁN:

TÉCNICAS DE
FÚTBOL

TRABAJO EN
EQUIPO

TOMA DE
DECISIONES

PARA NIÑOS Y NIÑAS DE 5 A 12 AÑOS



¡Regístrate Hoy! >>>



Para preguntas, llámenos
al 707-544-6911 ext 1025
SonomaCAN.org