



Community Events

November 2025



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, provides assessment, linkage, information and referral for mental health services for children, youth, and adults.

SCBH 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.

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

NA Fellowship (24 Hour Hotline): _____ (707) 324-4062

AA Fellowship (24 Hour Hotline): _____ (707) 544-1300

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

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 24/7. People can receive support over the phone or request an in-person response.

inRESPONSE: _____ 707-575-HELP (4357)

Mobile support for individuals experiencing a mental health crisis in Santa Rosa.

SAFE Team: _____ 707-781-1234 (Petaluma)

SAFE Rohnert Park: 707-584-2612 | **SAFE Cotati & SSU:** 707-792-3611 | **San Rafael:** 415-458-7233

The SAFE team is a civilian first responder program addressing crisis response for vulnerable community members with mental health, substance abuse, and homelessness. To find out more about the program, please email SAFE@petalumapeople.org.

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 improve the well-being of individuals and families.

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

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

Information and Referral Search _____ 211

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

NAMI Warmline: _____ (866)960-6264

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

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.

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.

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

CPI (Child Parent Institute) _____ (707)284-3444

Offers a variety of parent education and family support services to help parents and caregivers provide a strong, loving, and healthy home for their children.

988 Suicide & Crisis Lifeline: _____ 988

Call or text 988 to connect with the Suicide & Crisis Lifeline for immediate, free, and confidential support available 24/7.

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

24/7 Crisis line and support to anyone affected by sexual assault: survivors, their families, and friends.

Behavioral Health Crisis Support (Mental Health, Substance Use, Suicide)

From any phone in the U.S. (24/7):

Call 911: In medical emergency or imminent danger.

Call 988: Connect with a trained crisis counselor.

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

800-746-8181

Phone support for anyone in Sonoma County. MST works closely with inRESPONSE and SAFE and can coordinate a mobile crisis response. Mobile crisis teams co-respond with law enforcement when safety is issue.

inRESPONSE Mental Health Support Team

Santa Rosa (24/7)

707-575-4357

For Health System Navigation Assistance
707-204-9756 or email: inresponse@srcity.org
8 am - 5 pm, weekdays

SAFE Teams (24/7)

SAFE-Petaluma: 707-781-1234
SAFE-Rohnert Park: 707-584-2612
SAFE-Cotati & SSU: 707-792-3611



NAMI Sonoma County (9-5, Mon-Fri)
866-966-6264 or info@namisoco.org
Non-crisis mental health education, support, information, referrals.

Apoyo en Crisis de Salud Conductual

(Salud Mental, Uso de Sustancias, Suicidio)

Desde cualquier teléfono en los EE. UU. (24/7):

Llame al **911**: En caso de emergencia médica o peligro inminente.

Llame al **988**: Conéctese con un consejero de crisis capacitado.

Equipo Móvil de Apoyo del Condado de Sonoma (MST)

Centro de Llamadas de Crisis (24/7): 800-746-8181

Apoyo telefónico para cualquier persona en el Condado de Sonoma. El MST trabaja en estrecha colaboración con inRESPONSE y SAFE y puede coordinar una respuesta móvil de crisis. Los equipos móviles de crisis co-responden con las fuerzas del orden cuando hay un problema de seguridad.

Equipo de Apoyo de Salud Mental inRESPONSE

Santa Rosa (24/7) 707-575-4357

Para asistencia de navegación del sistema de salud

707-204-9756 o correo electrónico:

inresponse@srcity.org

Horario: 8 am - 5 pm, de lunes a viernes

Equipos SAFE (24/7)

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-3611



**NAMI Condado de Sonoma (9-5, Lun-Vie)
866-966-6264 o info@namisoco.org Educación
en salud mental, apoyo, información y
referencias no relacionadas con crisis.**



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 respondiéndolo 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 respondiéndolo.
- 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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Nueva Respuesta Ampliada

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800-746-8181



Family Service Coordination Team

November 2025



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



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, Nov 4th
Tue, Nov 11th
Tue, Nov 18th
Tue, Nov 25th

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
4 de noviembre
11 de noviembre
18 de noviembre
25 de noviembre

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
NOVEMBER
10TH
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.

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.

Upcoming Dates:

-  Thursday, November 13th*
-  Thursday, December 11th*
-  Thursday, January 22nd
-  Thursday, February 26th

**Some dates have been modified to accommodate scheduling conflicts/holidays*

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 on Tuesdays, and in person on 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 second to 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. Registration is required at namisoco.org/F2F.

Peer-to-Peer Class

An 8-session education program for adults living with mental health challenges. Registration is required 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.

NOVEMBER 2025

Thank you for another incredible NAMI Walks Sonoma County!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|-----------|--|---|
| 3 | 4 Connection Group 5:30-7:00 PM Family Support Group 6:00-7:00 PM Family-to-Family (In Person) 6:00-8:30 PM | 5 | 6 In-Person Family Support Group 2:00-3:30 PM Connection Group 5:30-7:00 PM | 7 |
| 10 | 11 Family Support Group 4:30-5:30 PM Connection Group 5:30-7:00 PM Family-to-Family (In Person) 6:00-8:30 PM | 12 | 13 In-Person Family Support Group 2:00-3:30 PM Connection Group 5:30-7:00 PM | 14 |
| 17 | 18 Connection Group 5:30-7:00 PM Family Support Group 6:00-7:00 PM | 19 | 20 In-Person Family Support Group 2:00-3:30 PM Connection Group 5:30-7:00 PM | 21 In-Person Connection Group 2:00-3:30 PM |
| 24 | 25 No Groups Today | 26 | 27-28 CLOSED - Happy Thanksgiving! | |
| 30 | 1 December 2025 Connection Group 5:30-7:00 PM Family Support Group 6:00-7:00 PM | 2 | 3 In-Person Family Support Group 2:00-3:30 PM Connection Group 5:30-7:00 PM | 4 |

LOCATION

Santa Rosa, CA 95401
[Get directions](#)

CONTACT

(707) 723-2844
pflagsonomacounty@gmail.com

WEB

<https://santa-rosa-sonoma-county.pflag.org/>

**NOV
19
2025**

CHAPTER MEETINGS AND EVENTS

Monthly Support Meeting

Our meetings are open to everyone, including families, friends, allies, and members of the LGBTQIA+ community who are looking for information, community, support, or clarity.

Please email PFLAG Santa Rosa/Sonoma County for location information.

Time

6:00pm–8:00pm PST

**DEC
17
2025**

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Our meetings are open to everyone, including families, friends, allies, and members of the LGBTQIA+ community who are looking for information, community, support, or clarity.

Please email PFLAG Santa Rosa/Sonoma County for location information.

Time

6:00pm–8:00pm PST



¡CLASES GRATUITAS DE CIUDADANÍA EN INGLÉS-POR INTERNET!

FREE ENGLISH CITIZENSHIP CLASSES-ONLINE!

Clases empiezan 1 de diciembre - 28 de enero, 2026.

Lunes y miércoles 6-9:30 pm

No hay clases el 22 de diciembre al 2 de enero.

Classes start December 1 - January 28, 2026

Mondays and Wednesdays 6-9:30pm

No class December 22 through January 2.

Las clases están diseñadas para ayudar a los estudiantes a prepararse para la entrevista de ciudadanía. Estudie historia y civismo de los Estados Unidos. Practique lectura, escritura e inglés para la entrevista.

Classes are designed to assist students to prepare for the citizenship interview. Study U. S. History and civics. Practice reading, writing, and English for the interview.



707-308-4703

To enroll, scan with your phone:
Para inscribirse, escanee con su teléfono:





¡CLASES GRATUITAS DE CIUDADANÍA EN INGLÉS-EN PERSONA!

FREE ENGLISH CITIZENSHIP CLASSES-IN PERSON!

Clases empiezan 13 de enero - 14 de abril

Classes run January 13 - April 14

Martes/Tuesdays 6:00-9:30 pm

Las clases están diseñadas para ayudar a los estudiantes a prepararse para la entrevista de ciudadanía. Estudie historia y civismo de los Estados Unidos. Practique lectura, escritura e inglés para la entrevista.

Classes are designed to assist students to prepare for the citizenship interview. Study U. S. History and civics. Practice reading, writing, and English for the interview.

987 AIRWAY COURT SANTA ROSA CA

To enroll, scan with your phone:

Para inscribirse,

escanee con su teléfono:



CCNWC.ORG
707-578-6000



SOCIAL SERVICE DAY

Drop in to learn about services, apply for resources, and/or network with providers in Sonoma County!

SERVICE GROUPS FOR TUESDAY, NOVEMBER 18, 2025, AT 1:30-3PM

- **211 United Way**

- connecting sonoma county callers, web users, & texters with information / referrals to health & human services 24/7

- **Buckelew**

- providing supported housing, compassionate mental health & substance use treatment

- **Individual and Family Support Network**

- helping housing insecure individuals & families find rapid or transitional housing, along w/ supportive services such as tenant counseling

- **Legal Aid of Sonoma County**

- *Homelessness Prevention Program*

- **Micah's Hugs**

- providing NARCAN & fentanyl / xylazine testing strips and helping those suffering from addiction

- **Mobile Support team**

- responding to calls in which individuals are experiencing a mental health crisis, & are unarmed

- **Nation's Finest**

- providing wrap around services, suicide prevention, employment & training resources for veterans

- **Secure Families Collaborative**

- creating comprehensive network of immigration legal service providers w/ wraparound social service navigation

- **Sonoma MERP**

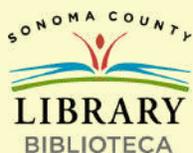
(Medical Equipment Recycling Program)

- collecting, repurposing & redistributing gently used medical equipment

- **West County Community Services**

- providing access to critical social programs, such as housing, to at-risk & vulnerable populations

WHERE?



SEBASTOPOL REGIONAL LIBRARY
 7140 Bodega Ave
 707-823-7691
 sonomalibrary.org



Community Forum at Interlink Self-Help Center

Values, Actions, Impact...

From being a friend, family member or volunteer to paid professional we encounter numerous challenges and opportunities as we support each other. The intention of this forum is to encourage mindfulness around personal, professional and system transformation activities as we learn from and with each other.

Please join us in discussion about our Values, Actions and their Impact; Meaningful Work; Personal Mythologies; Refreshing & Reframing; North Stars and more.

We hope to see you here!

In Person

Facilitated by:

In Person

Sean Kelson, Interlink Program Manager
(“Retiring” in December)

Erika Klohe, MSW LCSW

Behavioral Health Regional Director, Buckelew Programs

Friday, November 21, 2025

1:00 to 2:30

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



www.interlinkselfhelpcenter.org

This forum is open to the adult general public

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



Intro to Peer Support

Onsite & in Person!

Tuesdays 11:00 to 12:00 at Interlink Self-Help Center



November we'll be focusing on:

Conflict Resolution

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**



Monday

- 10:00 - 2:30 ----- Open Art Studio
10:15 -10:30 ----- Community Meeting
10:30 -11:00 ----- Nutrition
11:00 - 12:00 ----- Health & Wellness
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 -11:00 ----- What's UP?
11:00 -12:00 ----- Intro to Peer Support
12:00 - 1:00 ----- SMART Recovery
1:00 - 2:00 ----- Seeking Safety
2:00 - 3:00 ----- Discovery in Recovery
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
11:00 - 12:00 ----- Finding Strength Together
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 ----- Growth Mindsets ← *Just Added!*
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

Monthly Community Forum

Values, Action, Impact

Friday November 21, 1:00 - 2:30

With Sean Kelson & Erika Klohe

November, 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

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 strengths, opportunities, and ambitions to support you on your unique recovery journey!

Growth Mindsets: Growth mindsets help us to embrace challenges, learn, reduce anxiety and more! Please join us as we explore, and discover benefits from shifting our mindsets.

Finding Strength Together: Many of us have struggle with depression and anxiety. This group is designed to offer support for us to find strength together as we share and face these challenges in community.

Freedom in Sobriety: Sobriety is an opportunity - not a life sentence! 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.

Health & Wellness: Please join us as we look at many dimensions of health and wellness that impact our lives and explore resources within ourselves and our community that can support us on our journeys.

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

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

Nutrition: We explore nutritional information, dietary guidelines, personal food choices, and the link between nutrition and various health conditions

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 - on Zoom - Tuesdays 3:00 - 4:00

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

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

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

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.

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...*

PPRC PRESENTS

 *Changing*
SEASONS
Writing Group

THURSDAY, NOVEMBER 13

**AT PETALUMA PEER
RECOVERY CENTER
12:00PM TO 1:00PM**

**Let's reflect on the changing
seasons of our lives and the
changes that come with them.**

EVENT HIGHLIGHTS

**Introspect about your past
Plan your future
Consider a way forward
Appreciate our fall season
Move towards your goals
Receive peer support**

*For more information, call us: (707) 565-1299 or visit
<https://petalumaprp.wordpress.com/>*



MAIL
your
THANKS

On November 24th, just before Thanksgiving, we will host an event to celebrate our gratitude for people, places, and more. Everyone is invited to write a letter or short note about their thankfulness and put it in our "mailbox."

Join us at:

5350 Old Redwood Hgwy, #600, behind Behavioral Services,
at PPRC in Petaluma

November 24th, Monday, 11:30 AM to 12:30 PM

Wellness and Advocacy Center

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



Please Join Us On Thursday November 6th @ 10:00am for a
Community Forum presented by:
Mario Castillo the
Community Outreach Education Coordinator of
Buckelew Programs to talk about Buckelew's Suicide Prevention
Program

>>> BUCKELEW PROGRAMS (VIRTUAL/IN-PERSON, CUSTOMIZED, BI-LINGUAL)

As a PEI provider, Buckelew Programs provides foundational suicide prevention information and frequently presents to schools in Marin. This training, available in Spanish, is interactive and can be customized for your audience (youth or adults). Buckelew directs the County 988 call center.

Participants will learn about:

- Facts and terminology about suicide
- Risk and protective factors
- How to communicate with empathy
- Local resources, including 988 Suicide & Crisis Lifeline





Creative Expressions



Daily Activities



November 3rd-7th- *Gratitude Leaves*

November 10th-14th- *Canvas Fall Quotes*



November 17th-21st- *Jewelery Making*

November 24th-28th- *Ornament Making*



El Horario del Wellness and Advocacy Center

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

(707) 565-7800

Lunes

9:00-9:30 Televisión sobre la Naturaleza
9:30-10:15 Café de Conexión
10:15-11:00 Apoyo para la 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 Pares
2:00-3:30 Programa de Arte de Expresiones Creativas
2:15-3:00 Recuperación SMART
2:15-3:00 Bingo de Bienestar
2:15-3:30 Juegos y Más

Martes

9:00-9:30 Televisión retro
9:30-10:15 Café Conexión
10:15-11:00 Avanzando
11:15-12:00 Mindfulness Importa
12:00-12:15 Anuncios de Bienestar
12:15-1:00 Tiempo de Bienestar
12:15-1:00 Visiones y Voces
1:15-2:00 Transiciones
2:00-3:30 Programa de Arte de Expresiones Creativas
2:15-3:30 Juegos y Más

Miércoles

12:00-1:00 Jam Musical
1:00-1:15 Anuncios de Bienestar
1:15-2:00 Diversión con Palabras
2:00-3:30 Programa de Arte de Expresiones Creativas
2:15-3:00 Tiempo de Bienestar
2:15-3:30 Juegos y Más

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 Profesional
12:00-12:15 Anuncios de Bienestar
12:15-1:00 Tiempo de Bienestar
1:15-2:00 Caminando a través de la Depresión
2:00-3:30 Programa de Arte de Expresiones Creativas
2:15-3:30 Juegos y Más

Viernes

9:00-9:30 Televisión sobre 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 Micrófono Abierto
2:00-3:30 Programa de Arte de Expresiones Creativas
2:15-3:30 Juegos y Más

El Centro de Bienestar y Defensa estará cerrado en conmemoración del Día de los Veteranos, el 11 de noviembre, y el Día de Acción de Gracias, el 27 y 28 de noviembre.

NOVIEMBRE 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.

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 y más: actividades divertidas semanales Ven y disfruta de juegos de mesa, charadas, lanzamiento de bolsas de frijoles, trivia de YouTube y juegos de Wii.

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 divertirti 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

Aprende los fundamentos del ejercicio seguro, la nutrición y el equilibrio. Exploren y diviértanse juntos. Acompáñenos a disfrutar de paseos por la naturaleza, yoga en silla, estiramientos y ejercicios de core.

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 divertirti 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.

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
2:00-3:30 Creative Expressions Art Program
2:15-3:00 SMART Recovery
2:15-3:00 Wellness Bingo
2:15-3:30 Games & 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 Creative Expressions Art Program
2:15-3:30 Games & 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 Art Program
2:15-3:00 Wellness Time
2:15-3:30 Games & More

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 Creative Expressions Art Program
2:15-3:30 Games & 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 Creative Expressions Art Program
2:15-3:30 Games & More

The Wellness and Advocacy Center will be closed in observance of Veterans Day, Nov., 11th & Thanksgiving, Nov., 27th & 28th

NOVEMBER 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.

SMART Recovery

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

Wellness Bingo

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

Moving Forward

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

Mindfulness Matters

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

Visions & Voices

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

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

Transitions

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

Peer Support

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

Games, & More: Weekly fun activities

Come and enjoy board games, charades, bean bag toss, YouTube trivia and Wii games.

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 Art Program

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

Learn the fundamentals of safe exercise, nutrition & balance. Explore & have fun together. Join us for nature walks, chair yoga, stretching & core exercise.

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.

NOVEMBER 2025

Central Events Calendar

SUN

MON

TUE

WED

THU

FRI

SAT

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 2 | Read to a Dog 2:00-3:00pm  | 3 | Sound Studio Basics 10:00-10:30am Join Our Podcast! 10:45-11:15am Drop-In Camera Help 2:30-3:30pm | 4 | Toddler Storytime 10:30-11:00am Computer Basics: Email 2:00-3:30pm | 5 | Get Your Content on TV 12:30-1:00pm iMovie Editing 1:30-3:30pm Drop-in Teen Volunteering 4:00-6:00pm Game On! For Teens 4:30-5:30pm | 6 | Bilingual Babytime 10:30-11am Lego Build Club 4-5pm | 7 |  | 8 |  | 9 | Read to a Dog 2:00-3:00pm  | 10 | Sound Studio Basics 10:00-10:30am Join Our Podcast! 10:45-11:15am Drop-In Camera Help 2:30-3:30pm | 11 | ALL LIBRARIES CLOSED FOR VETERAN'S DAY  | 12 | Get Your Content on TV 12:30-1:00pm iMovie Editing 1:30-3:30pm Drop-in Teen Volunteering 4:00-6:00pm Lizard Keychains for Teens 4:30-6:00pm | 13 | Bilingual Babytime 10:30-11am Lego Build Club 4-5pm | 14 | Tai Chi w/ David Chung 11-12:00pm | 15 | Repair Fair 1:00-4:00pm | 16 | Read to a Dog 2:00-3:00pm | 17 | Sound Studio Basics 10:00-10:30 am Join Our Podcast! 10:45-11:15am Drop-In Camera Help 2:30-3:30pm | 18 | Toddler Storytime 10:30-11:00am Lawyers In the Library 12:00-2:00pm Seeds and Reads: Wildflower Seed Bombs 4:00-5:00pm Central Santa Rosa Book Club 6:00-7:00pm | 19 | Get Your Content on TV 12:30-1:00pm Create a Digital Story 1:30-3:30pm Drop-in Teen Volunteering 4:00-6:00pm Cards & Bookmarks for Ceres Community Project 4:30-5:30pm | 20 | Bilingual Babytime 10:30-11am Mystery Book Club 1:00pm-2:15pm Lego Build Club 4-5pm | 21 |  | 22 | Spanish Music & Movement 10:30-11:00am | 23/30 | Read to a Dog 2:00-3:00pm Read to a Dog 2:00-3:00pm  | 24 | Sound Studio Basics 10:00-10:30 am Join Our Podcast 10:45-11:15am 404 Found Robotics Workshop- Day 1 (ages7-12) 1:00-3:00pm Drop-In Camera Help 2:30-3:30pm | 25 | Toddler Storytime 10:30-11:00am 404 Found Robotics Workshop- Day 2 (ages7-12) 1:00-3:00pm One-on-One Tech Help 2:00-2:30pm | 26 | Get Your Content on TV 12:30-1:00pm 404 Found Robotics Workshop- Day 3 (ages7-12) 1:00-3:00pm Smartphone Camera Club 4:00-5:00pm ALL LIBRARIES CLOSING AT 6PM FOR THANKSGIVING | 27 | ALL LIBRARIES CLOSING FOR THANKSGIVING | 28 | ALL LIBRARIES CLOSING FOR THANKSGIVING  | 29 | ALL LIBRARIES CLOSING FOR THANKSGIVING |
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Sonoma Ready:
Emergency Prep
2:00-3:30pm

CENTRAL LIBRARY

211 E STREET SANTA ROSA, CA 95404
707-308-3020
SONOMALIBRARY.ORG



KIDS & FAMILIES, - NIÑOS Y FAMILIAS

Read to a Dog - Perritos y Libros Every Sunday - Cada Domingo

- Age Group: Children (Grades K-6)

Come and read aloud to the dogs of the Humane Society of Sonoma County. These well-trained dogs love to listen to stories. Children build confidence in their reading skills by reading aloud in a safe space.

Ven a leer en voz alta a los perros de la Humane Society of Sonoma County. Estos perros son bien entrenados y les encanta escuchar cuentos. Los niños desarrollan confianza en sus habilidades de lectura leyendo en voz alta en un espacio seguro.

Spanish Música y Movimiento This program is presented in Spanish.

- Age Group: Baby - Preschool (Ages 0-6) and fun! Even if you are not fluent Spanish speakers, see the language come alive through the animated and energetic activities designed for children.

¡Música y Movimiento es un recorrido por la cultura, el idioma y la diversión! Esta presentación no es para sentarse: Su familia será un personaje activo en estas aventuras, participando con bufandas coloridas, instrumentos y animales mientras se mueve al sonido del lenguaje.

Bilingual Baby Time

Every Thursday, Cada Jueves

- Age Group: Baby (ages 0-18 months)

Join us at the Central Santa Rosa Library for Baby Time! We'll read, sing, bounce, tickle, and play music. This program is intended for babies, ages 0 to 18 months, and their caregivers.

¡Cántale y juega con tu bebé en inglés y español. Este programa está diseñado para bebés de 0 a 18 meses y sus padres y cuidadores.

Toddler StoryTime

Every Tuesdays / Cada Martes

- Age Group: Baby (Ages 18-36 months)

Join us at the Central Santa Rosa Library for Toddler Storytime! Read, sing, play, move and learn! Open to all families with toddlers 18-36 months.

Lego Build Club

Every Thursday - Cada Jueves

- Age Group: Children (Grades K-6)

Join us for Lego Club for hands on engineering, problem solving exercise, and play using age-appropriate materials. Younger siblings are welcome to attend.

Únete al Club Lego para practicar la ingeniería, la resolución de problemas y el juego usando materiales apropiados. Este evento será el segundo, tercer y cuarto Jueves a las 4 a 5 de la tarde.

Seeds and Reads: Wildflower Seed Bombs- Semillas y libros: Bombas de semillas de flores silvestres

- Age Group: K-6th Grade - Grados K-6
Mix local wildflower seeds and soil together to create your own seed bombs to take home.

Mezcla semillas de flores silvestres y tierra para crear tu bomba de semillas para llevar a casa.

404 Found: Robotics Workshop-

404 Found: Taller de robótica

- Age Group: ages 9-17 - Edades 9-17
Program takes place over three days. Signing up indicates a commitment to all three sessions.
- Day 1: Intro to Micro:bit and Electronics, Build, Set Up, Basic Programming
- Day 2: Advanced Programming with Sensors
- Day 3: Project Competitions Day, Awards Ceremony
A snack will be provided.

El programa se lleva a cabo durante tres días. Tu inscripción confirma que asistirás los tres días.

- Día 1: Introducción a Micro:bit y a la electrónica, creación, configuración y programación básica
- Día 2: Programación avanzada con sensores
- Día 3: Día de concursos de proyectos, entrega de premios

Se te proporcionará un bocadillo.

TEENS, JÓVENES

Age Group: Teens (Grades 7-12)

Drop-In Volunteer Hour - Hora de Voluntario Sin Cita

Every Wednesday 4:00-6:00pm

Cada Miercoles 4:00pm-6:00pm

Do you want to volunteer at the library? Every Wednesday we offer a weekly drop-in volunteer hours, where teen volunteers assist with library programs. Come and earn one or two hours of volunteer service!

¿Quieres ser voluntario en la biblioteca? Ofrecemos dos horas de actividades para voluntarios sin previa cita. Los jóvenes voluntarios van a asistir con eventos en la biblioteca. Ven y gana una o dos horas de crédito de voluntariado.

Lizard Keychains for Teens

Llaveros Lagartija

Make your own pony-bead lizard keychain! All supplies included.

¡Crea tu propio llavero de lagartija con cuentas de plástico! Todos los materiales serán proporcionados.

Cards & Bookmarks for Ceres Community Project

Create cards and bookmarks to accompany meal deliveries. Ceres Community Project provides delicious and medically tailored meals for those facing serious illnesses. All materials provided.

Diseña tarjetas y separadores de libros para entregar con las comidas. Ceres Community Project proporciona comidas deliciosas y adaptadas para personas enfermas de gravedad. Todos los materiales serán proporcionados.

Game On! for Teens!

¡A Jugar! Para Jóvenes

Play games, hang out, eat snacks, and have fun! Join other teens to play games for the Nintendo Switch. Registration encouraged.

¡Juega, disfruta, come botanas, y diviértete! Únete a otros adolescentes para jugar Nintendo Switch.

ADULTS, ADULTOS:

Sound Studio Basics*

Every Monday

- Age Group: Adult, Teens (Grades 7-12), Senior
Learn the basics of how to use the hardware and software in the sound studio.
- Advanced registration required. Max of 3 participants.

i Movie Editing*

- Age Group: Adult, Teens (Grades 7-12), Senior
Edit your movies and video clips using iMovie. Learn how to select, add, move, and trim clips as well as other topics based on time and the interest of the group.

Create a Digital Story*

- Age Group: Adult, Teens (Grades 7-12), Senior
A digital story is a narrated slideshow or movie that you voice over with your own personal story or poem. Bring a flash drive or email yourself 10-20 photos, or up to 5 short videos, that you would like to include in your story.

Drop-In Camera Help (Canon T7i DSLR)

- Age Group: Adult, Teens (Grades 7-12), Senior
Learn the basics and use one of E Street Studios Canon cameras (T7i DSLR). Perfect for beginners & intermediate users to ask specific questions and get some tips.

Central Santa Rosa Book Club: "In the Dream House"

Second Tuesday of each Month
Welcome to the Takeout Book Club! Join us as we discuss a different contemporary novel or work of nonfiction.

Solve the Mystery Book Club "Open Season"

- Age Group: Adult, Senior
Print. Copies will be available in the branch a month before the discussion.

Tai Chi with David Chung*

Learn the ancient Asian exercise form to promote balance, relaxation, motion, health, harmony, stability, and inner power.

Aprenda la antigua forma de ejercicio asiático para promover el equilibrio, la relajación, el movimiento, la salud, la armonía, la estabilidad y el poder interior.



Lawyers in the Library

Third Tuesday of the Month

Local volunteer attorneys will offer free legal information and referral for matters of civil and employment law only. These lawyer consultations will last up to 20 minutes. Sign-ups are first come, first served in person and begin at 10 am. (30 minutes before the program begins). No language translation services or interpreters are offered or provided by library staff. More details can be found online.

Get Your Content on TV

Every Wednesday 12:30-1:00pm

Learn how to showcase your family-friendly (G/PG) photos, videos, podcasts, music, and other audio/video creations on Sonoma County Library's cable access television channel and YouTube page.

Smartphone Camera Club Last Wednesday of the Month

Learn the basics of how to take a quality photo with your smartphone including: size, layout, composition, focus, and light. Go out into the world and practice what you learn. Share your favorite photo with us and we'll add it to our YouTube channel's slideshow and cable access channel.

Join our Podcast!

Every Monday 10:45-11:15am

Participants will have 1 minute to read the prompt and think about their story. Then they have 3 minutes to tell their story using the prompt somewhere in the story. At the end of 3 minutes, we ring a bell and stop the recording. We will share these in SCL's Imromptu Podcast on our YT channel and cable access channel.

Computer Basics: Email

DigitalLearn.org Workshops and Modules created by the [Public Library Association](#), with support from AT&T. Create a Gmail account and learn how to perform basic email functions like send, receive, and reply to an email. Also learn how to organize, delete, and search for emails. A cell phone is required in class to create a new email account.

Sonoma Ready: Emergency Prep

Everything You need to Know to be Prepared for any Disaster. Learn about Go Bags, Planning for Evacuations, Signing up for Alerts, and local neighbor-to-neighbor groups preparing and supporting each other for emergencies.

Repair Fair

Do you have a lamp, small appliance, textile, or bike in need of repair? If you'd like to bring an item to repair, please register the item. (Pre-registering allows us to prepare for your item!)

¿Tienes una lámpara, aparato pequeño, textil o bicicleta que necesita de alguna reparación? ¡Llévalo a la Feria de Reparación! Si quieres que se repare algún artículo, por favor regístralo.

SPECIAL EVENTS/Eventos Especiales

- **ALL LIBRARIES CLOSED: Veterans Day 11/11**
- **Thanksgiving Holiday: Close Early 6pm 11/26**
 - Closed 11/27 & 11/28



@central_santa_rosa_library

Central Santa Rosa Library

October Events Info



Central Library Teen Events November

FREE



TEEN VOLUNTEERING

Every Wednesday, 4:00-6:00PM

Do you want to volunteer at the library? Come to our weekly drop-in volunteer hours where teen volunteers assist with library programs.

*except 11/26

DROP-IN CAMERA HELP

Every Monday, 2:30-3:30PM

Stop by and learn the basics of how to check out and use the camera library, how to operate a Canon T7i DSLR, camera, or just ask any questions you have about audio and video.

WEDNESDAYS @ 4:30PM

5 Game On!

Play games, hang out, eat snacks, and have fun!

12 Lizard Keychains

Make your own pony-bead lizard keychain!

19 Cards & Bookmarks for Ceres

Create cards and bookmarks to accompany meal deliveries. Ceres Community Project provides delicious and medically tailored meals for those facing serious illnesses.

LIBRARY CLOSURES

TUE

11

**LIBRARY IS
CLOSED**

WED

26

**LIBRARY
CLOSES AT 6PM**

THUR & FRI

27&28

**LIBRARY IS
CLOSED**



SONOMA COUNTY



**LIBRARY
BIBLIOTECA**



sonomalibrary.org



Central Biblioteca Eventos Para Jóvenes Noviembre

GRATIS

LOS JÓVENES VOLUNTARIOS

Cada miércoles, 4:00-6:00PM

¿Quieres ser voluntario en la biblioteca? Ofrecemos horas para voluntarios sin previa cita cada semana.

*excepto 11/26

AYUDA DE LA CÁMARA

Cada lunes, 2:30-3:30PM

Aprende los conceptos básicos sobre cómo usar la biblioteca de la cámara, como operar una cámara DSLR Canon T7i o simplemente haz cualquier pregunta que tengas sobre audio y video.

CIERRE DE LA BIBLIOTECA

MART

11

LA BIBLIOTECA
ESTÁ CERRADA

MIÉR

26

LA BIBLIOTECA
CIERRA A LAS 6

JUEV & VIER

27&28

LA BIBLIOTECA
ESTÁ CERRADA

MIÉRCOLES @ 4:30PM

5

¡A jugar!

¡Juega, disfruta, come botanas, y diviértete!

12

Llaveros Lagartija

¡Crea tu propio llavero de lagartija con cuentas de plástico!

19

Tarjetas & separadores de libros para Ceres

Diseña tarjetas y separadores de libros para entregar con las comidas. Ceres Community Project proporciona comidas deliciosas y adaptadas para personas enfermas de gravedad.

SONOMA COUNTY

LIBRARY

BIBLIOTECA

SONOMA COUNTY

sonomalibrary.org



INK & IMPACT

NOVEMBER 8TH



**GET INKED.
GET PIERCED.
GIVE BACK.**

ON NOVEMBER 8TH, ETERNAL ART TATTOO GALLERY
WILL DONATE **20%** OF EVERY TATTOO & PIERCING TO
WINDSOR MIDDLE SCHOOL BOOSTERS!

✓ SUPPORT LOCAL SCHOOLS ✓ SUPPORT LOCAL BUSINESSES
✓ LEAVE WITH FRESH INK

📍 4745 OLD REDWOOD HWY, SUITE B

ONE DAY ONLY!

Join the Crossroads to Hope Peer Advisory Council

Your Voice Matters - help shape the future of recovery and reentry services.

What is the Peer Advisory Council (PAC)?

The Crossroads to Hope Peer Advisory Council (PAC) is a group of individuals with lived experience who share their insights to help improve the Crossroads to Hope program. Your feedback ensures that peer voices are integrated into the design and operation of services that support recovery and reentry.

Who Can Join:

We're looking for individuals who:

- Have lived experience with a mental health or substance use challenge
- Have had involvement with the criminal justice system
- Want to use their experience to create positive change and support others

Commitment:

- Meets four times per year (with occasional additional meetings)
- Meetings last up to 2 hours, held at the Crossroads to Hope facility when possible
- Members may be asked to review program materials between meetings

What Members Do:

- Provide feedback and recommendations to the Crossroads to Hope management team
- Discuss supports and barriers that affect the recovery journey
- Offer input on program design, evaluation, and resident satisfaction
- Help improve services, participation, retention, and transitions for residents

Compensation:

The PAC will offer a \$30/hour stipend for peers who are not otherwise paid by their employer to participate in PAC meetings or review materials. Members may also be reimbursed for travel costs. Anyone receiving stipends from the County must submit a W-9 form each year.

Join the
C2H
PAC!

Submit Your Application

Before November 7, 2025

Apply online by scanning the QR code, or mail your printed application to:

MHSA

2227 Capricorn Way, Suite 201
Santa Rosa, CA 95407



Questions or need help? Contact Iridian Onofre at iridian.onofre@sonomacounty.gov or 707-565-4854.

Remedios de Invierno: Sabores de la Tierra

Preparate desde el Otoño, aprende acerca de los remedios medicinales naturales para disfrutar de un Invierno saludable!



Para registrarse llámenos al
(707) 393-8700

FECHA Nov. 11 2025 10:00-11:30 am

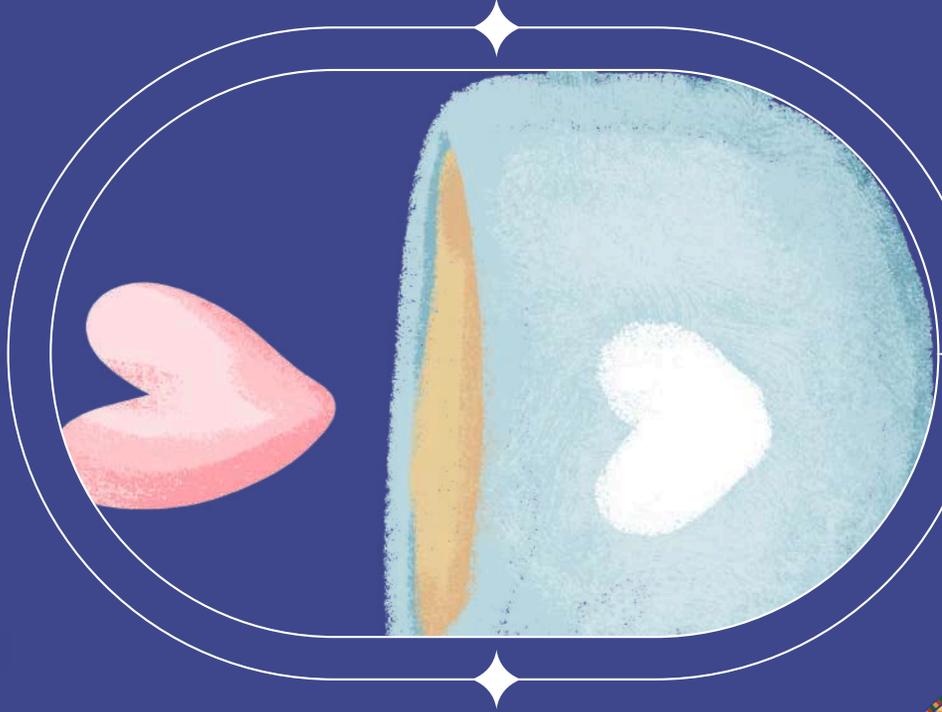
DIRECCIÓN Bayer Farm
www.laplazancc.org



Cafecito Creativo

¡Ven y acompáñanos!

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



HORARIO
DIRECCIÓN

Todos los Jueves de 9:30-
11:00am

2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
www.laplazanc.org



Carga Pública

Aprenda qué beneficios cuentan
como carga pública y cuáles no

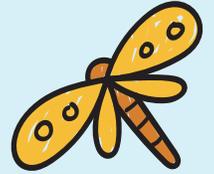
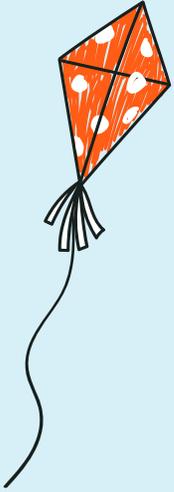
Para registrarse llámenos al (707) 393-8700



| | |
|------------------|--|
| FECHA | Diciembre 4, 2025 de 9:30-11:00 am |
| DIRECCIÓN | 2800 Cleveland Ave. Suite C Santa Rosa CA 95403 www.laplazanc.org |



ENTRENAMIENTO PLANIFICACIÓN FAMILIAR



Para registrarse llámenos al (707) 393-8700

FECHA

Noviembre 13, 2025 de 9:30-11:00 am

DIRECCIÓN

2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
www.laplazanc.org



Clase de Ejercicio

De Baja Intensidad

¡Acompáñanos a una serie de seis semanas dirigida por Ronald!

- ✓ Semana 1: Comparte tus objetivos
- ✓ Semanas 2–4: Ejercicios guiados con consejos para practicar en casa
- ✓ Semanas 5–6: Seguimiento y ajustes



Esta clase promueve el bienestar, la movilidad y hábitos saludables en un espacio grupal acogedor.

Para registrarse llámenos al (707) 393-8700

HORARIO Empezamos el 10/15 y sera todos los Miércoles de 10–11:00am

DIRECCIÓN 2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
www.laplazanc.org



Grupo de Apoyo: Círculos de Sanación

**¿BUSCAS UN ESPACIO SEGURO PARA
COMPARTIR, SANAR Y CONECTAR?**

Únete a nuestro Grupo de Apoyo: Círculos de Sanación,
donde podrás reflexionar, expresar tus emociones y
participar en actividades creativas como arte y
manualidades.

Todos son bienvenidos a compartir sus talentos.
Un espacio de comunidad, apoyo emocional y crecimiento
personal.

Para registrarse llámenos al (707) 393-8700

HORARIO Todos los lunes de 10-11:30am
DIRECCIÓN 2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
www.laplazanc.org



Remedios de Invierno: Sabores de la Tierra

Preparate desde el Otoño, aprende acerca de los remedios medicinales naturales para disfrutar de un Invierno saludable!



Para registrarse llámenos al
(707) 393-8700

FECHA Nov. 25 2025 10:00-11:30 am

DIRECCIÓN Jeff's Garden. (Moorland)
www.laplazanc.org



Manos de Seda: Hidratación Natural en Tiempos Fríos

Prepara tu propia crema humectante y disfruta de unas manos suaves a pesar del tiempo invernal



Para registrarse llámenos al (707) 393-8700

FECHA Nov. 18 -2025 10;00- 11;30am

DIRECCIÓN 2800 Cleveland Ave. Suite C
Santa Rosa, CA 95401
www.laplazanc.org



LA PLAZA MONTHLY PROGRAMMING CALENDAR / CALENDARIO MENSUAL DE PROGRAMACIÓN NOVEMBER/ NOVIEMBRE



Monday/Lunes

EVERY MONDAY/CADA
LUNES: HEALING
CIRCLE/CÍRCULO DE
SANACIÓN @ LA PLAZA
10:00-11:30 AM

EVERY MONDAY/CADA
LUNES: KNITTING / TEJIDO
@ LA PLAZA
5:00-6:30 PM

Tuesday/Martes

NOV 4TH: WORKSHOP / TALLER:
REMEDIOS DE INVIERNO: SABORES
DE LA TIERRA ,
@ LA PLAZA
10:00-11:30 AM

NOV 11TH: WORKSHOP / TALLER:
REMEDIOS DE INVIERNO:
SABORES DE LA TIERRA
@ BAYER FARM
10:00-11:30 AM

NOV 18TH: WORKSHOP / TALLER:
MANOS DE SEDA: HIDRATACIÓN
NATURAL EN TIEMPOS FRÍOS
@ LA PLAZA
10:00-11:30 AM

NOV 25TH: WORKSHOP / TALLER:
REMEDIOS DE INVIERNO:
SABORES DE LA TIERRA
@ JEFF GARDEN
10:00-11:30 AM

Wednesday/ Miércoles

EVERY WEDNESDAY/ CADA
MIÉRCOLES: EXERCISE
CLASS / CLASE DE
EJERCICIO CON RON @ LA
PLAZA
10:00-11:00 AM



Thursday/ Jueves

EVERY THURSDAY/CADA
JUEVES: CAFECITO
CREATIVO @ LA PLAZA
9:30-11:00 AM

NOV 13TH: CAFECITO
CREATIVO @ LA PLAZA
FAMILY PREPAREDNESS
EDUCATION / EDUCACIÓN
DE PREPARACIÓN FAMILIAR
9:30-11:00AM

Friday/ Viernes

EVERY FRIDAY/CADA
VIERNES: PERINATAL
SUPPORT GROUP: A SPACE
TO HEAL / GRUPO DE
APOYO PERINATAL: UN
ESPACIO PARA SANAR
@ LA PLAZA
9:00 AM -12:00 PM

Saturday/ Sábado

NOV 8TH: BOTANICAL BUS
CLINIC / CINICAL CON EL
BUS BOTANICO @ LA PLAZA
10:00-2:00 PM



CONNECT WITH US, CONÉCTATE CON
NOSOTROS

707-393-8700

2800 Cleveland Ave. Suite C
Santa Rosa, CA 95403

Hours of Operation / Horario 8:00 am - 4:30 pm
info@laplazanc.org



Remedios de Invierno: Sabores de la Tierra

Preparate desde el Otoño, aprende acerca de los remedios medicinales naturales para disfrutar de un Invierno saludable!



Para registrarse llámenos al
(707) 393-8700

FECHA Nov. 04- 2025 -10:00-11:30am

DIRECCIÓN 2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
www.laplazanc.org



VOLUNTEERS NEEDED!

 **Providence**
Mobile Health Clinic



We're looking for volunteers to help us make a difference!

Join one of the Binational Health Fairs to bring much needed blood pressure/glucose screenings and FLU/COVID vaccines to Sonoma County.

Vince Harper 16th South Park Fair

October 25, 2pm-6pm
1351 Maple Ave, Santa Rosa, CA

Russian River Health Fair

November 1, 1pm-5pm
16390 Main St Guerneville, CA

Esperanza Truck

November 8, 7:am-11:00am
3950 Doubles Dr Santa Rosa, CA 95407

Cloverdale Mexican Consulate

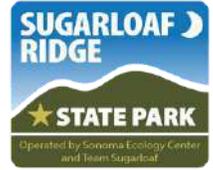
November 22, 7:30am-1:00pm
491 S. Franklin St Cloverdale, CA 95425

Redwood Gospel Mission Thanksgiving

November 26, 11:30am-3pm
1350 Bennet Valley Rd. Santa Rosa, CA 95404

senderos naturales

un proyecto de Sonoma Ecology Center



¡Invitamos a las familias latinas a acompañarnos en el programa **Senderos Naturales en Sugarloaf Ridge State Park!** Este programa se dedica a educar familias sobre la **naturaleza** a través de **caminatas, talleres, campamentos, y otras actividades guiadas en español.** **Transporte gratuito disponible;** detalles en nuestro sitio web con el código QR o escríbenos a senderos@sonomaecologycenter.org

Eventos en 2025

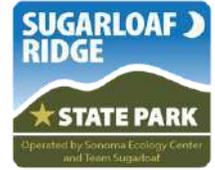


4 de octubre: Senderos escalofriantes
25 de octubre: Observación de estrellas con Robert Ferguson Observatory
8 de noviembre: Los Wappo en Wilikos
6 de diciembre: Senderos semiaquáticos
¡Y más!



senderos naturales

un proyecto de Sonoma Ecology Center



We invite Latino families to join us in Senderos Naturales at Sugarloaf Ridge State Park! Families enjoy and learn about nature through hikes, workshops, campouts, and other activities led by Latino leaders in Spanish or bilingually. Free transportation is available; details in our website, through the QR code, or by emailing senderos@sonomaecologycenter.org.

Eventos en 2025

October 25: Bilingual Star Party with Robert Ferguson Observatory

November 8: The Wappo in Wilkos

December 6: Semiaquatic Senderos and More!



SEMI-AQUATIC SENDEROS



SAT, DECEMBER 6
SUGARLOAF RIDGE STATE PARK

11:30 AM- 2:30 PM

Salamanders, frogs, and tadpoles, for this hike we'll be looking down low! Wendy Hayes, researcher for the Sonoma Ecology Center will join us on this Spanish speaking exploration for amphibians in Sugarloaf. More information and registration at QR code:



Questions? Write to us at senderos@sonomaecologycenter.org or call Mario at 707.387.4087 or Alma at 707-247-5767.



SENDEROS SEMIACUATICOS



SÁBADO 6 DE DICIEMBRE

SUGARLOAF RIDGE STATE PARK

11:30 AM- 2:30 PM

¡Salamandras, ranas y renacuajos, para esta caminata estaremos observando bocabajo! Wendy Hayes, investigadora de Sonoma Ecology Center, nos acompaña en esta exploración de anfibios en Sugarloaf. Para más información y registración abre la cámara de tu teléfono y enfócalo en el código QR:



Para preguntas, escríbenos a senderos@sonomaecologycenter.org o llama a Mario al 707.387.4087 o Alma al 707-247-5767.



SENDEROS: LOS WAPPO EN WILIKOS



8 DE NOVIEMBRE
10:00 AM-1:00 PM
SUGARLOAF RIDGE
STATE PARK

Aprende acerca de las historias y tradiciones de la tribu Wappo, una de la tribus originarias de esta área en una caminata familiar liderada por Desi Harp, miembro de los Mishewal-Wappo.

Para detalles y registraci3n, abre la c3mara de tu tel3fono y enf3calo en el c3digo QR.

¿Preguntas? Escríbenos a senderos@sonomaecologycenter.org, o llama a Mario al 707.387.4087 o a Alma al 707.247.5767



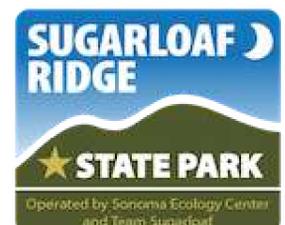
SENDEROS: THE WAPPO IN WILIKOS



NOVEMBER 8
10:00 AM-1:00 PM
SUGARLOAF RIDGE
STATE PARK

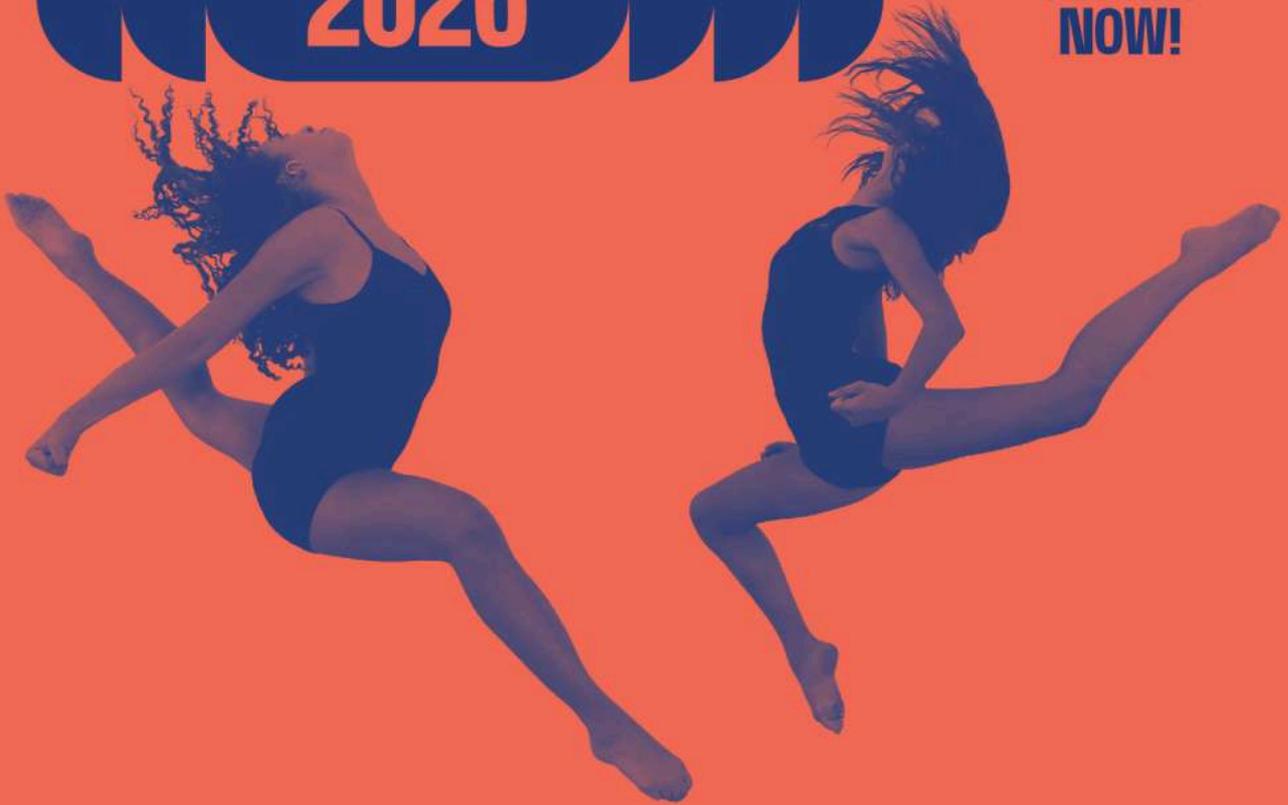
Learn about the history and traditions of the Wappo Tribe, one of the original tribes to inhabit the Sugarloaf area in this family walk led by Desi Harp, member of the Mishewal-Wappo. More information and registration at the QR code.

For questions, write to us at senderos@sonomaecologycenter.org or call Mario at 707.387.4087 or Alma at 707-247-5767.



**CREATIVE
YOUTH
AWARDS
2026**

**SUBMIT
NOW!**



**\$100,000
IN AWARDS**

Available to Bay Area high school students for their creative work

**SUBMISSIONS
OPEN
OCT 15–
DEC 10, 2025**

**CREATIVE WRITING
DANCE
FILM
MUSIC PERFORMANCE
ORIGINAL MUSIC
PHOTOGRAPHY
VISUAL ART**



FREE year of MasterClass for **ALL** qualified entries!

FREE TO ENTER
creativyouthawards.org

**BAY AREA
CREATIVE
FOUNDATION**



CREATIVE YOUTH AWARDS 2026

SUBMIT NOW!

The 2026 Creative Youth Awards (CYA) is awarding \$100,000 to Bay Area high school artists for work in creative writing, dance, film, music performance, original music, photography and visual art.

Since 2021 over \$400,000 in cash awards have been distributed to over 2,100 youth artists. More than 6,400 Bay Area Students have participated in the CYAs!

In addition to the opportunity to receive a cash award, every qualifying artist who submits to the CYAs will be included in our online Creative Gallery and receive a free year-long membership to MasterClass. Top scoring submissions receive written feedback by Review Panelists.

AWARD LEVELS:

| | |
|---------|-----------------|
| \$100 | Special |
| \$200 | Exceptional |
| \$500 | Superior |
| \$1,000 | Presidential |
| \$1,000 | Creative Artist |

**\$100K
IN AWARDS**

TO ENTER:

www.creativeyouthawards.org

Submissions open: Oct 15–Dec 10, 2025

Awards: Entrants will be notified of their award status by email mid April 2026.

Eligibility: Students enrolled in a Bay Area high school and residing in one of the following nine San Francisco Bay Area counties are eligible to submit artwork to the CYA: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano and Sonoma.

Review: Submissions are reviewed by curated panels of discipline-specific Bay Area arts professionals.

One entry, first come, first served: Artists may enter ONE (1x) submission to the CYA in a category of their choosing.

The 2026 CYAs will be capped at 2,500 submissions. Submissions will close if 2,500 submissions are received before the December 10, 2025 deadline.

Cost: CYA is a FREE program of the Bay Area Creative Foundation and there is no cost to enter.

For more information visit:

creativeyouthawards.org

CREATIVE WRITING

- All original creative writing accepted.
- Fiction & non-fiction limited to 500 words.
- Plays and screenplays limited to five pages or five minutes in length.
- Poems; maximum of 3 poems. Combined word count across all poems must not exceed 500 words total.
- Illustrated writing submissions are limited to 500 words and five pages.
- Written submissions should be submitted as a single consolidated .pdf file.
- In addition to the required PDF/JPEG file of the written piece, students may submit an additional video file reading or performing the work (ie, spoken word, theater monologues/dialogue, acted screenplays).
- Video attachments must be hosted on YouTube as well as being submitted as a video file. (YouTube Shorts format not accepted.)
- Video file size not to exceed 6 GB.

DANCE

- All approaches to dance are embraced.
- Maximum duration is no more than 5 minutes.
- Submissions must be original choreography by submitting/lead student artist.
- The submitting/lead artist must be the choreographer. The lead artist may or may not be a performer. If there are multiple performers, they can be listed as "Collaborators".
- All performers must be enrolled in high school (or lower) grades and listed by name as collaborators.
- Video attachments must be hosted on YouTube as well as being submitted as a video file. (YouTube Shorts format not accepted.)
- Video file size not to exceed 6 GB.

FILM

- All original approaches to filmmaking, video art or filmed storytelling are accepted.
- Maximum duration is no more than 5 minutes.
- Permission from all actors or participants who appear must be obtained.
- Films that include narration or dialog in a language other than English must be subtitled. BACF cannot ensure multilingual review panelists.
- Video attachments must be hosted on YouTube as well as being submitted as a video file. (YouTube Shorts format not accepted.)
- Video file size not to exceed 6 GB.

MUSIC PERFORMANCE

- Performance of music not authored by the student. All approaches to music performance are accepted inclusive of singing, instrumental solo or group renditions.
- Note: the scoring emphasis is on creativity; please consider your personal and creative interpretation of existing material when choosing your submission.
- Maximum duration is no more than 5 minutes.
- All students in an ensemble or team must be enrolled in high school (or lower) grades and listed by name as "Collaborators".
- Video attachments must be hosted on YouTube as well as being submitted as a video file. (YouTube Shorts format not accepted.)
- Video file size not to exceed 6 GB.

ORIGINAL MUSIC

- Music authored by the student. All original music accepted, inclusive of song-writing, music composition, DAW-based productions and improvisation pieces.
- Maximum duration is no more than 5 minutes.
- Required to submit an audio or video file AND a .PDF of at least one of the following: the score, chord charts, lyrics. DAW screenshots are also accepted.
- Audio/Video file size may not exceed 6 GB.
- A video of the music must also be hosted on YouTube. (Audio files will need to be converted to an acceptable format for posting to YouTube, for example: converting an MP3 file to an MP4. YouTube Shorts format not accepted.)

PHOTOGRAPHY

- Original digital or film photography accepted.
- Multi-image artworks (ie, diptych, triptychs, etc) must be presented as a single / 1-page file.
- Required to submit a digital file of the photograph. File size not to exceed 20 MB.

VISUAL ART

- Original visual art* in all mediums accepted except photographic entries.
- * Please submit digitally manipulated photos or digitally created photo collage to the Photography category.
- Multi-image artworks (ie, triptychs, product design projects, 3-D pieces, etc) must be presented as a single, 1-page file.
- Required to submit a digital file of the artwork, PNG or JPG, one page only. PDF not an acceptable file format.
- File size not to exceed 20 MB.

The Bay Area Creative Foundation celebrates, cultivates, and inspires creativity in youth and young adults.

**BAY AREA
CREATIVE
FOUNDATION**



CREATIVE YOUTH AWARDS 2026

¡ENVÍA EL
TUYO AHORA!



**\$100,000
EN PREMIOS**

Disponible para los estudiantes de preparatoria del Área de la Bahía por su trabajo creativo

**INSCRIPCIONES
ABIERTAS DEL 15 DE
OCTUBRE AL 10 DE
DICIEMBRE DE 2025**

ESCRITURA CREATIVA
DANZA
CINEMATOGRAFÍA
PRESENTACIÓN MUSICAL
MÚSICA ORIGINAL
FOTOGRAFÍA
ARTE VISUAL



¡Un año **GRATIS** de MasterClass para **TODOS** los participantes que cumplan los requisitos!

**INSCRIPCIÓN
GRATUITA**

creativyouthawards.org

BAY AREA
CREATIVE
FOUNDATION



Dancers by Iris F.

CREATIVE YOUTH AWARDS 2026

¡ENVÍA EL
TUYO AHORA!

Los premios Creative Youth Awards (CYA) 2026 premiarán con \$100,000 a los estudiantes de preparatoria del Área de la Bahía por sus trabajos en escritura creativa, danza, cinematografía, presentaciones musicales, fotografía y artes visuales.

Desde 2021 se han distribuido más de \$400,000 en premios en efectivo a más de 2,100 jóvenes artistas. ¡Más de 6,400 Estudiantes del Área de la Bahía han participado en los CYAs!

Además de la oportunidad de recibir un premio en efectivo, cada artista que cumpla los requisitos que se inscriba a los CYAs será incluido en nuestra Galería Creativa y recibirá una membresía gratuita por un año a MasterClass. Las propuestas con mayor puntuación reciben retroalimentación por escrito por parte de los Panelistas de Revisión.

NIVELES DE LOS PREMIOS:

| | |
|---------|------------------|
| \$100 | Especial |
| \$200 | Excepcional |
| \$500 | Superior |
| \$1,000 | Presidencial |
| \$1,000 | Artista Creativo |

**\$100K
EN PREMIOS**

PARA INSCRIBIRSE:

www.creativeyouthawards.org

Las inscripciones están abiertas: del 15 de octubre al 10 de diciembre de 2025

Premios: Se notificará a los participantes de su estatus de premiación por correo electrónico a mediados de abril de 2026.

Elegibilidad: Los estudiantes que estén inscritos en una preparatoria del Área de la Bahía y que residan en uno de los siguientes nueve condados del Área de la Bahía de San Francisco son elegibles para enviar trabajos artísticos al CYA: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano y Sonoma.

Revisión: Las propuestas son revisadas por paneles de profesionales de las artes de disciplinas específicas del Área de la Bahía cuidadosamente seleccionados.

Solo una participación y se atenderá en orden de llegada: Los artistas pueden enviar UNA (1x) propuesta a la CYA en una categoría de su elección.

Los CYAs de 2026 estarán limitados a 2500 propuestas. Las inscripciones se cerrarán si se reciben 2,500 propuestas antes de la fecha límite de 10 de diciembre de 2025.

Costo: Los CYA son un programa **GRATUITO** de la Fundación Creativa del Área de la Bahía y no tiene costo inscribirse.

La Fundación Creativa del Área de la Bahía celebra, cultiva e inspira la creatividad en los jóvenes y adultos jóvenes.

Para más información sobre los premios Creative Youth Awards visite:

creativeyouthawards.org

ESCRITURA CREATIVA

- Se aceptan todos los textos creativos originales.
- La ficción y la no ficción están limitadas a 500 palabras.
- Las obras teatrales y guiones están limitados a cinco páginas o cinco minutos de duración.
- Poemas; un máximo de 3 poemas. El número combinado de palabras de todos los poemas no deberá excederse de 500 palabras en total.
- Las propuestas de textos ilustrados están limitados a 500 palabras y cinco páginas.
- Las propuestas escritas deberán enviarse como un solo archivo consolidado .pdf.
- Además del archivo PDF/JPEG requerido de la obra escrita, los estudiantes pueden enviar un video adicional leyendo o presentando la obra (es decir, palabras habladas, monólogos/diálogos de teatro, guiones actuados.)
- Los videos adjuntos deben estar alojados en YouTube y también deben ser enviados como un archivo de video. (No se acepta el formato de Shorts de YouTube.)
- El tamaño del video no debe exceder los 6 GB.

DANZA

- Se aceptan todos los estilos de danza.
- La duración máxima será de menos de 5 minutos.
- Las propuestas deben ser coreografías originales del estudiante artista que envía/lidera.
- El estudiante artista que envía/lidera debe ser el coreógrafo. El artista que lidera puede o no ser un artista escénico. Si hay múltiples artistas escénicos, pueden incluirse como "Colaboradores".
- Todos los artistas escénicos deben estar inscritos en grados de preparatoria (o grados inferiores) y estar incluidos con su nombre como colaboradores.
- Los videos adjuntos deben estar alojados en YouTube y también deben ser enviados como un archivo de video. (No se acepta el formato de Shorts de YouTube.)
- El tamaño del video no debe exceder los 6 GB.

CINEMATOGRAFÍA

- Se aceptan todos los estilos de filmación, arte en video o narración cinematográfica.
- La duración máxima será de menos de 5 minutos.
- Se debe obtener el permiso de todos los actores o participantes que aparezcan.
- Todos los filmes que incluyan narración o diálogo en un idioma que no sea inglés deben estar subtitrulados. La BACF no puede garantizar panelistas de revisión multilingües.
- Los videos adjuntos deben estar alojados en YouTube y también deben ser enviados como un archivo de video. (No se acepta el formato de Shorts de YouTube.)
- El tamaño del video no debe exceder los 6 GB.

PRESENTACIÓN MUSICAL

- Presentación de música que no sea de la autoría del estudiante. Se aceptan todos los estilos de interpretación musical, incluidos el canto y las interpretaciones instrumentales en solitario o en grupo.
- Nota: el énfasis de la puntuación es en la creatividad; por favor considera tu interpretación personal y creativa de material existente al seleccionar tu propuesta.
- La duración máxima será de menos de 5 minutos.
- Todos los estudiantes en un grupo o equipo deben estar inscritos en grados de preparatoria (o grados inferiores) y estar incluidos con su nombre como "Colaboradores".
- Los videos adjuntos deben estar alojados en YouTube y también deben ser enviados como un archivo de video. (No se acepta el formato de Shorts de YouTube.)
- El tamaño del video no debe exceder los 6 GB.

MÚSICA ORIGINAL

- Música de autoría del estudiante. Se acepta toda la música original, incluyendo la composición de canciones, composiciones musicales, producciones basadas en DAW y piezas de improvisación.
- La duración máxima será de menos de 5 minutos.
- Se requiere el envío de un archivo de audio o video Y un .PDF de por lo menos uno de los siguientes: partitura, diagrama o cifrado de acordes, letra. También se aceptan las capturas de pantalla de DAW.
- El tamaño del archivo de Audio/Video no debe exceder los 6 GB.
- Un video de la música también debe estar alojado en YouTube. (Los archivos de audio tienen que convertirse a un formato aceptable para publicarlos en YouTube, por ejemplo: convertir un archivo MP3 en un MP4. no se acepta el formato de Cortos de YouTube.)

FOTOGRAFÍA

- Se aceptan fotografías digitales o con película fotográfica.
- Los trabajos artísticos de múltiples imágenes (es decir, dipticos, trípticos) deben presentarse como un archivo de una sola/ 1 página.
- Se requiere enviar un archivo digital de la fotografía. El tamaño del archivo no debe exceder los 20 MB.

ARTE VISUAL

- Se acepta arte visual* original en todos los medios excepto propuestas fotográficas.
* Por favor envía las fotografías manipuladas digitalmente o collages de fotografías creados digitalmente a la categoría de Fotografía.
- Los trabajos artísticos de múltiples imágenes (es decir trípticos, proyectos de diseño de productos, piezas 3-D, etc) deben presentarse en archivos de una sola/1 página.
- Se requiere enviar un archivo digital del trabajo artístico, PNG o JPG, únicamente una página. No se acepta el formato de archivo PDF.
- El tamaño del archivo no debe exceder de 20 MB.

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