



Community Events  
**January 2026**



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

# Useful Phone Numbers

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**Access Team:** \_\_\_\_\_ (707) 565-6900

The Access Team initiates services for Sonoma County Behavioral Health, 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](mailto: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

**VA Member Services (Santa Rosa):** \_\_\_\_\_ (707) 524-6232

**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](mailto: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](mailto: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](mailto: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](mailto:info@namisoco.org) Educación  
en salud mental, apoyo, información y  
referencias no relacionadas con crisis.**



# Family Service Coordination Team January 2026



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



### **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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### ¿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.

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#### **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



### ¿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.

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# 800-746-8181



# Family Service Coordination Team

The Family Service Coordination Team is a peer/family-run program, staffed by those with their own lived experiences with behavioral health challenges and/or supporting impacted loved ones. Our team of dedicated system navigators offer compassionate, 1:1 support as well as group support for families & allies.

## 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 Wednesday of Every Month  
6:00pm-7:30pm  
RSVP Required**

### Bilingual Community Resource Clinic / Clinica Bilingue de Recursos Comunitarios

Weekly drop-in hours for anyone seeking Sonoma County resources, with bilingual navigators on-site to provide support and guidance. / Horario semanal de atención sin cita previa para cualquier persona que busque recursos del Condado de Sonoma, con navegadores bilingües disponibles para brindar apoyo y orientación.

**Every Tuesday / Cada Martes  
3:00 PM - 4:30 PM  
Bucklelew Office / Oficina de Buckelew**

### Grupo de Apoyo para Trans Unid@s

Un espacio de diálogo y apoyo para conversar sobre identidad, emociones y la vida diaria, enfocado en la salud mental, el bienestar y el autocuidado. El grupo fomenta el empoderamiento, el apoyo entre compañeras, el intercambio de experiencias y el acceso a recursos e información; ¡Todas son bienvenid@s!

**Contacte el 707-787-6680 o  
ViviannaD@Bucklelew.org para más información**

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

**707-571-8452 or Fsc@bucklelew.org**



2235 Mercury Way Suite 107  
Santa Rosa, CA 95407



bucklelew.org



Fsc@bucklelew.org | MarisabelM@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, Jan 6<sup>th</sup>  
Tue, Jan 13<sup>th</sup>  
Tue, Jan 20<sup>th</sup>  
Tue, Jan 27<sup>th</sup>

*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](mailto:MarisabelM@buckelew.org) | 707-513-5135**

**[Fsc@buckelew.org](mailto: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  
6 de enero  
13 de enero  
20 de enero  
27 de enero

*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**  
**JANUARY**  
**12TH**  
**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](http://www.buckelew.org)**



# MADF FAMILY SUPPORT & EDUCATION GROUP

*This group offers support and education for families with loved ones incarcerated at Sonoma County's Main Adult Facility. Co-led by FSC staff, Sonoma County Sheriff's department and Well-Path, this group helps families learn how to support themselves and their loved one within the jail system.*



## Join us!

-  Fourth Wednesday 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 (FSC) Team is a "No Wrong Door", peer/family-run program that provides support, education and resource navigation to individuals, families, and allies impacted by mental health or substance use.*

## What You'll Gain

-  Tools to support your incarcerated loved one
-  Emotional support and connection with other families
-  Guidance navigating the jail and behavioral health systems
-  Increased understanding of available services and next steps for your loved one

## Contact Us:

-  707-571-8452
-  [Fsc@Buckelew.org](mailto: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](mailto: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

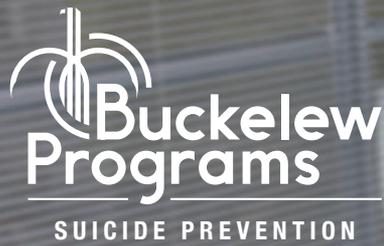
**Para participar:** llama al 415-858-5827  
o manda un correo electrónico a  
[marioc@buckelew.org](mailto:marioc@buckelew.org)

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](http://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](http://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](http://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](http://namisoco.org/P2P).

Learn more about our free programs:

Visit: [namisoco.org](http://namisoco.org)  
 Call: 866-960-6264  
 Email: [info@namisoco.org](mailto:info@namisoco.org)

Groups and classes meet on Zoom unless otherwise specified.

# JANUARY 2026

**NAMI Family-to-Family - Begins January 21, 2026!**

Meets for eight weeks in person on Wednesdays in Santa Rosa, 6:00-8:30 PM.

Space is limited! Registration required at [namisoco.org/F2F](http://namisoco.org/F2F).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
Closed for the Holidays				
5 Welcome back!	6 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	7	8 Family Support Group (In-Person) 2:00-3:30 PM	9
12	13 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	14	15 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	16
19 Office Closed Martin Luther King, Jr. Day	20 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	21 <b>New!</b> NAMI Family-to-Family (In-Person) 6:00-8:30 PM Registration Required	22 Family Support Group (In-Person) 2:00-3:30 PM	23
26	27 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	28 NAMI Family-to-Family (In-Person) 6:00-8:30 PM Registration Required	29 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	30 Connection Group (In-Person) 2:00-3:30 PM

# NAMI Family-to-Family Class

**Wednesdays, January 21 - March 11, 2026, 6-8:30 PM**

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

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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, skills, training, support, and connections with others facing similar challenges.

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## You'll learn about:

- Improving communication with your loved one
  - Preventing and navigating a mental health crisis
  - Critical importance of self-care
  - Accessing local services and supports
  - Updated information on mental illness and treatments
  - Impact of serious mental illness on families, caregivers, and communities
  - How to advocate more effectively for a loved one
- 



*"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](https://namisoco.org/F2F) or scan the QR code.

*Questions? Call 866-960-6264.*

# Wellness and Advocacy Center Group Schedule

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 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 Pares  
2:00-3:30 Programa de Arte de Expresiones Creativas  
2:15-3:00 Recuperacion SMART  
2:15-3:00 Bingo de Bienestar  
2:15-3:30 Juegos y Mas

## Martes

9:00-9:30 Televisión Retro  
9:30-10:15 Café de conexión  
10:15-11:00 Avanzando  
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 Visiones & Voces  
1:15-2:00 Transiciones  
2:00-3:30 Programa de Arte de Expresiones Creativas  
2:15-3:30 Juegos 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 Programa de Arte de Expresiones Creativas  
2:15-3:00 Tiempo de Bienestar  
2:15-3:00 Juegos 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  
2:00-3:30 Programa de Arte de Expresiones Creativas  
2:15-3:30 Juegos y Mas

## 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 Karaoke  
2:00-3:30 Programa de Arte de Expresiones Creativas  
2:15-3:30 Juegos y Mas

El Centro de Bienestar y Defensa estará cerrado el Lunes 19 de Enero en observancia del Día de Martin Luther King Jr.

Enero 2026



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 curriculum o volver a trabajar.

## Recuperacion SMART

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!

## Avanzando

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 Mas: Actividades divertidas semanales** Ven a disfrutar de juegos de mesa y otras actividades divertidas, trivia en 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 divertirte eligiendo una frase, persona, atracciones turísticas, etc. para que otros adivinen. Pon a prueba tus conocimientos y desafiate a ti mismo y a tus compañeros.

## Programa de Arte de 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, lees poesía o realices tu propia comedia; ¡Este es tu momento de divertirte 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

## 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  
2:00-3:30 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  
2:00-3:30 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  
2:00-3:30 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  
2:15-3:00 Games & More

The Wellness and Advocacy Center will be closed Monday January 19th in observance of Martin Luther King Jr. Day

January 2026



# 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 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.

## 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 ----- 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 ----- Resiliency in Recovery  
1:30 - 2:30 ----- \* Monthly Forum \*  
2:00 - 2:30 ----- Afternoon Check-In

## Monthly Community Forum

Come learn about a new SRJC certificate!

## Certified Wellness Coach Forum

Friday January 9, 1:30 to 2:30

# January 2026

## Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

Phone: 707-546-4482



### Interlink Self-Help Center Mission:

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

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

### Services include:

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



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

*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!

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

**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:** A 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 reconsidering abstinence from many 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*.

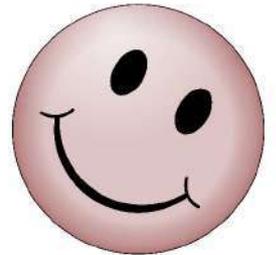
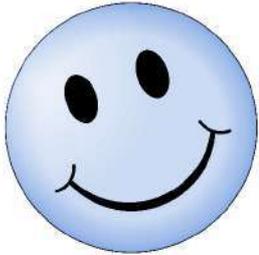
**Understanding Anger:** We define and explore anger, aggression and hostility, and check out some tools and techniques to support us to get better at responding rather than reacting.

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

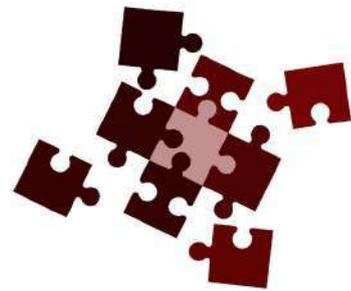
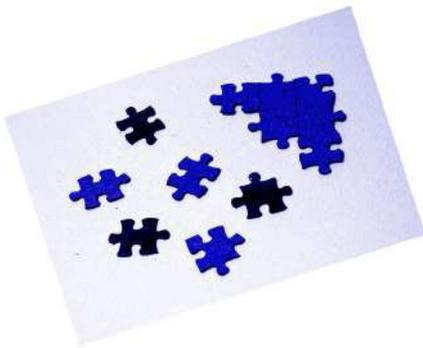


# Creative Expressions

## *Daily Activities*

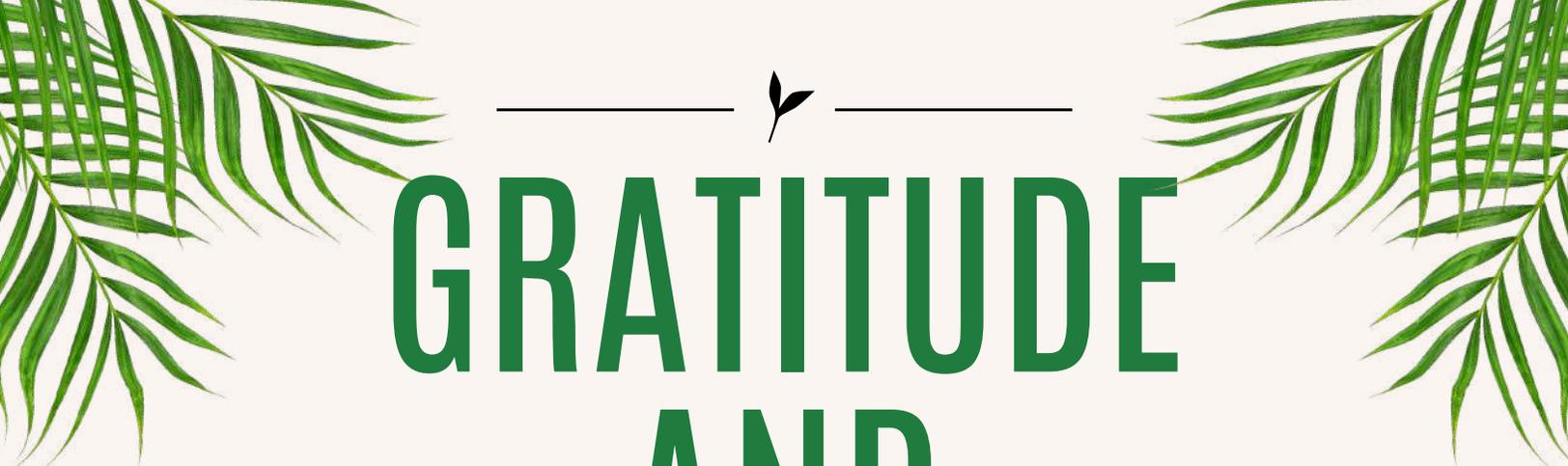


## *January 5th-16th* *Puzzles*



## *January 19th-30th* *Vision Board*





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# GRATITUDE AND INTENTIONS



OUR INTRO TO PEER SUPPORT TOPIC FOR **JANUARY** IS GRATITUDE AND INTENTIONS! WE WILL EXPLORE HOW THEY CAN BE HELPFUL FOR OUR RECOVERY JOURNEYS.



**EVERY TUESDAY OF JANUARY**  
**11:00 AM TO 12:00 PM**



Interlink Self-Help Center:  
1033 4<sup>th</sup> St, Santa Rosa CA



# CERTIFIED WELLNESS COACH FORUM

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THE SRJC HAS A NEW CERTIFIED  
WELLNESS COACH PROGRAM!

JOSH, A SOON-TO-BE-GRADUATE, WILL  
BE EXPLAINING THE CERTIFICATE AND  
HIS EXPERIENCE EARNING IT.

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FRIDAY

JAN 9<sup>TH</sup> 2026

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1:30 TO 2:30

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INTERLINK SELF-  
HELP CENTER: 1033  
4<sup>TH</sup> ST, SANTA ROSA

# JANUARY 2026

## Central Events Calendar

SUN

MON

TUE

WED

THU

FRI

SAT

1 2 3

ALL LIBRARIES  
CLOSED FOR  
NEW YEARS DAY  
**2026**

4

Read to a Dog  
2:00-3:00pm

5

Sound Studio Basics  
10:00-10:30am

Join Our Podcast!  
10:45-11:15am

Drop-In Camera  
Help: Lighting  
2:30-3:30pm

6

Toddler Storytime  
10:30-11:00am

Computer Basics: Files  
& Tools (Bilingual)  
2:00-3:30pm

7

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

Central Creative Club:  
Personalized Plates 6-7:30pm

8

Bilingual Babytime  
10:30-11am

Lego Build Club 4-5pm

9

Tai Chi w/ David  
Chung 11-12:00pm

10



11

Read to a Dog  
2:00-3:00pm

12

Sound Studio Basics  
10:00-10:30am

Join Our Podcast!  
10:45-11:15am

Drop-In Camera  
Help 2:30-3:30pm

13

Toddler Storytime  
10:30-11:00am

Central Santa Rosa  
Book Club 6:00-7:00pm

14

Get Your Content on TV  
12:30-1:00pm

Drop-in Teen Volunteering  
4:00-6:00pm

Medieval Martial Arts: Sword  
Fighting 4:30-6:00pm

15

Bilingual Babytime  
10:30-11am

Mystery Book Club  
1:00pm-2:15pm

Imitate an Illustrator  
4:00-5:00pm

16

17

18

Read to a Dog  
2:00-3:00pm

19

ALL LIBRARIES  
CLOSED FOR  
MARTIN LUTHER  
KING JR DAY



20

Toddler Storytime  
10:30-11:00am

Lawyers In the Library  
12:00-2:00pm

21

Get Your Content on TV  
12:30-1:00pm

Drop-in Teen Volunteering  
4:00-6:00pm

Improv for Teens  
4:30-6:00pm

22

Bilingual Babytime  
10:30-11am

Lego Build Club 4-5pm

23

Spanish Music &  
Movement  
10:30-11:00am

24

25

Read to a Dog  
2:00-3:00pm

26

Sound Studio Basics  
10:00-10:30 am

Join Our Podcast  
10:45-11:15am

Drop-In Camera  
Help 2:30-3:30pm

27

Toddler Storytime  
10:30-11:00am

Smart Strategies for  
Shopping  
6:30-7:30pm

28

Get Your Content on TV  
12:30-1:00pm

Smartphone Camera Club  
4:00-5:00pm

Drop-in Teen Volunteering  
4:00-6:00pm

Valentine's Day Gingerbread  
Houses for Teens 4:30-6pm

29

Bilingual Babytime  
10:30-11am

Hand Sewing for Kids  
4:00-5:00pm

30

31



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 encantan 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)

Spanish Music & Movement is a tour of culture, language, 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.

### **Legos 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.

### **Imitate an Illustrator-**

#### **Imita a un ilustrador**

- Age Group: K-6th Grade - Grados K-6

Learn about award-winning children's books and the techniques to illustrate them. Choose an illustrator and create your own masterpiece in an award-winning style. Supplies provided.

Conoce libros infantiles premiados y las técnicas utilizadas para ilustrarlos. Elige entre varios ilustradores y crea tu propia obra maestra al estilo de un ganador de este premio. Todos los materiales serán proporcionados.

### **Hand Sewing for Kids:**

#### **Costura a mano para niños**

- Age Group: 1-4th Grade - Grados 1-4

In this class kids will learn hand sewing, and make a fun project to take home, with Wildflower Sewing and Craft Studio. All supplies provided. No experience required.

En esta clase aprenderás a coser a mano, y crearás proyectos divertidos para llevar a casa con Wildflower Sewing and Craft Studio. Todos los materiales serán proporcionados. No necesitas experiencia.

## **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.

### **Medieval Martial Arts: Sword Fighting**

#### **Artes marciales medievales: Pelea con espadas**

Discover the history of sword fighting and the armor worn in the medieval era. Watch a live demonstration with steel swords, then try your hand at foam sword fighting.

Descubre la historia de la pelea con espadas y las armaduras que se usaban en la época medieval. Disfruta de una demostración en directo con espadas de acero y luego prueba tu suerte en la pelea con espadas de espuma. Es necesario inscribirse para la instrucción con espadas de espuma.

### **Improv for Teens**

#### **Improvisación para Jóvenes**

A supportive and fun introduction to the world of improv! No need to be quick, funny, or outgoing—together we'll slow down, listen, and work together to create improv magic.

¡Una introducción divertida y motivadora al mundo de la improvisación! No necesitas rapidez, gracia ni extroversión—nos relajaremos, escucharemos y trabajaremos para crear la magia de la improvisación.

### **Valentine's Day Gingerbread Houses**

#### **Casas de jengibre para el Día del Amor y la Amistad**

**Build a Valentine's Day gingerbread house using festive candy, icing, and other tasty decorations. All materials provided.**

Construye una casa de jengibre para el Día del Amor y la Amistad con dulces festivos, glaseado y otras decoraciones deliciosas. Todos los materiales serán proporcionados.

### **Came On! for Teens!**

#### **¡A Jugar! Para Jóvenes**

Join us for a fun night of board games, card games, and more! 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.

### **Medieval Martial Arts: Sword Fighting**

#### **Artes marciales medievales: Pelea con espadas**

Discover the history of sword fighting and the armor worn in the medieval era. Watch a live demonstration with steel swords, then try your hand at foam sword fighting.

Descubre la historia de la pelea con espadas y las armaduras que se usaban en la época medieval. Disfruta de una demostración en directo con espadas de acero y luego prueba tu suerte en la pelea con espadas de espuma. Es necesario inscribirse para la instrucción con espadas de espuma.

## **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.

### **iMovie 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)**

#### **Every Monday**

- 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: "Transcendent Kingdom"**

#### **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 "The Sweetness at the Bottom of the Pie"**

#### **Third Thursday of the Month**

- Age Group: Adult, Senior

Print Copies will be available in the branch a month before the discussion.

### **Central Creative Club: Personalized Plates**

We will make personalized dishware using plain ceramic pieces and porcelain pens. Once you have decorated your ceramics, bake them in the oven at home to set the ink, and then they're ready to use or give away.

### **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 Impromptu Podcast on our YouTube channel and cable access channel.

### **Computer Basics: Files & Tools**

#### **Clases de Computación Básica: Archivos y herramientas**

DigitalLearn.org Workshops and Modules created by the Public Library Association, with support from AT&T. Learn how to navigate library computers using Windows operating system. We will save, find, and delete files and folders.

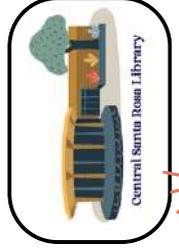
Aprenda a utilizar computadoras de la biblioteca usando el sistema operativo Windows. Guardaremos, buscaremos y eliminaremos archivos y carpetas.

### **Smart Strategies for Shopping**

Smart Strategies for Shopping - Food Labels and Grocery Store Tips. Learn to identify strategies to overcome challenges preventing them from incorporating healthy foods into their everyday meals.

### **SPECIAL EVENTS/Eventos Especiales**

- **ALL LIBRARIES CLOSED: New Years Day 1/1**
- **ALL LIBRARIES CLOSED: Martin Luther King Jr. Day 1/19**



# Central Biblioteca Eventos Para Jóvenes Enero

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.

## CLUB CREATIVO

MIÉ  
7

Platos personalizados  
6:00-7:30 PM  
Haz vajilla personalizada usando piezas de cerámica lisas y marcadores para porcelana.  
Para edades 13+.

## CIERRE DE LA BIBLIOTECA

JUE  
1

LA BIBLIOTECA  
ESTÁ CERRADA

LUN  
19

LA BIBLIOTECA  
ESTÁ CERRADA

## MIÉRCOLES @ 4:30PM

7 ¡A jugar!  
¡Juega, disfruta, come botanas, y diviértete!

14 **Artes marciales medievales**  
Descubre la historia de la pelea con espadas y las armaduras que se usaban en la época medieval.

21 **Improvisación para Jóvenes**  
¡Una introducción divertida y motivadora al mundo de la improvisación! No necesitas rapidez, gracia ni extroversión— crearemos la magia de la improvisación juntos.

28 **Casas de jengibre para el Día del Amor y la Amistad**  
Construye una casa de jengibre para el Día del Amor y la Amistad con dulces festivos, glaseado y otras decoraciones deliciosas.

SONOMA COUNTY

LIBRARY  
BIBLIOTECA  
sonomalibrary.org



# Central Library Teen Events January

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.

## CREATIVE CLUB

Personalized Plates,  
6:00-7:30 PM

WED

7

Make personalized dishware using plain ceramic pieces and porcelain pens. Open to ages 13+.

## LIBRARY CLOSURES

THU

1

LIBRARY IS CLOSED

MON

19

LIBRARY IS CLOSED

## WEDNESDAYS @ 4:30PM

7

### Game On!

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

14

### Medieval Martial Arts

Discover the history of sword fighting and the armor worn in the medieval era.

21

### Improv for Teens

A supportive and fun introduction to the world of improv! No need to be quick, funny, or outgoing—together we'll create improv magic.

28

### Valentine's Day Gingerbread Houses

Build a Valentine's Day gingerbread house using festive candy, icing, and other tasty decorations.

SONOMA COUNTY

LIBRARY  
BIBLIOTECA  
sonomalibrary.org



CONSERVATION SCIENCE INTENSIVE 2026

# A summer leadership program for youth exploring conservation



Learn / Apply ↗

Conservation Science Intensive (CSI) is a summer leadership program for students approaching college who already carry a passion for conservation, leadership, and community and are ready to deepen it.

## What you'll do

- ❖ Explore Marin and Sonoma coastal and forest ecosystems through hands-on field days
- ❖ Learn from scientists, land stewards, and community leaders
- ❖ Build your own leadership skills and a network of mentors
- ❖ Create a GIS Story Map with a small group as your final project

## Who should apply

- ❖ High schoolers from California
- ❖ CSI centers on students who identify as a girl or young woman, as well as those who are non-binary or gender-expansive looking for a femme centered program.
- ❖ We strongly encourage applications from Black, Indigenous, people of color, and LGBTQIA+ students.
- ❖ We do not look for the most experienced candidates, but rather the candidates who could get the most out of this experience.

 **Priority Application Deadline:**  
February 17, 5 p.m. (PST)

**Questions?** Contact Andrea Salazar:  
asalazar@allhandsecology.org

Residential session held at  
Martin Griffin Preserve in  
Stinson Beach, Ca., supplemental  
sessions held online.

  
**All Hands  
ECOLOGY**  
allhandsecology.org

# Good4Youth

Job Skills Program



Join our 5 week Job  
Readiness Class

Únase a nuestra clase de  
preparación laboral de 5  
semanas

Free to youth  
ages 15-20

Gratis para  
jóvenes de 15  
a 20 años



- Career Exploration
- Resume Building
- Acing an Interview
- Employer Expectations
- Interpersonal Skills

- Exploración de carreras
- Construir curriculum laboral
- Cómo tener buenas entrevistas
- Expectativas de un empleador
- Aprende habilidades interpersonales

## STARTING SOON

Cohorts starting Spring, Summer & Fall

Grupos comienzan en Primavera, Verano, y Otoño

Earn a 3-month paid internship upon completion

Gana un puesto de práctica pagada



Contact us/Contactanos: [programs@gire.org](mailto:programs@gire.org)

Tel: 707-523-0550 | [www.gire.org/programs](http://www.gire.org/programs)

Follow our socials @goodwillredwoodempire

Apply today

Aplica hoy





**GOODWILL**® *Connect!*

F R E E

# GOOGLE DOC 5 WEEK COURSE



Google Docs

2 LESSONS A WEEK WILL INCLUDE:

- NAVIGATE GOOGLE APP
- SHARING DOCUMENTS
- CREATING/ EDIT/ SAVE UPLOADS
- SENDING GOOGLE DOCS

**Register Now!**

**Courses Starting 1/7/2026**

**Please Register before 12/31/2025**

**LOCATION: 476 ROHNERT PARK EXP  
TIMES: WED & FRI 2:30 - 3:30PM**

**Contact Us!**

707-525-0550

email: [programs@gire.org](mailto:programs@gire.org)

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

# Support Groups

## Spring 2026



### Strong Together

#### Single Parent & Caregiver Support Group

*Being a single parent can be tough, but you don't have to do it by yourself. Strong Together offers a safe, welcoming space to share experiences, find encouragement, and connect with others who understand.*

**Starting March 2, 2026**

6 weekly group meetings-Mondays 5:30pm - 7:30pm



### Pride Parenting

#### Community and Support Group for LGBTQIA+ Parents and Caregivers

*Pride Parenting is a dedicated space for LGBTQIA+ parents and caregivers to connect, share experiences, and build community. Designed for adults raising children, this group offers a welcoming environment where Queer families can find support, exchange resources, and celebrate joy together.*

**Starting March 3, 2026**

6 weekly group meetings-Tuesdays 5:30pm - 7:30pm



### Hey Dad!

#### A Peer Support Group for Fathers

*Hey Dad! is an in-person peer support group where fathers and male caregivers can build on their strengths, share experiences, and support one another through the ups and downs of parenting.*

**Starting March 4, 2026**

6 weekly group meetings-Wednesdays 5:30pm - 7:30pm



**Groups Meet At Keystone Therapy & Training Services**

**4415 Sonoma Hwy. Suite B, Santa Rosa, CA 95409**

**707-327-0909 KEYSTONE@KEYSTONE.LOVE**

*These groups made possible through funding from First 5 Sonoma County*

**SCAN FOR  
MORE INFO**



# Support Groups

## Spring 2026



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**SCAN FOR  
MORE INFO**





# 2026 Workshop Series

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**FREE AND OPEN TO SONOMA COUNTY RESIDENTS**

A CLEAN CRIMINAL RECORD AND LICENSE RETRIEVAL CAN HELP  
CLEAR THE WAY TO EMPLOYMENT AND HOUSING!

---

## **DRIVER'S LICENSE RETRIEVAL:**

Receive information about reinstating your license for criminal or administrative issues. Bring DMV printout (H6) and list of fines at no cost to you.

January 20      April 21      July 21      October 20

---

## **CLEANING UP CRIMINAL RECORDS:**

Determine if you qualify to have your Sonoma County convictions dismissed. Bring the criminal docket from court at no cost to you.

Jan 13	Feb 10	March 10	April 14
May 12	June 9	July 14	August 11
Sept 8	Oct 13	Nov 10	Dec 8

---

FOR INFORMATION AND TO REGISTER, CONTACT US:

**707-542-1289**

---

LOCATION: 144 SOUTH E STREET, SUITE 100  
SANTA ROSA, CA 95404

**CHECK IN AT 5:15 PM**

**WORKSHOP BEGINS AT 5:30 PM**

---

SEATING IS LIMITED AND WALK-INS NOT PERMITTED.  
OFFERED IN ENGLISH, TRANSLATORS WELCOME.  
NO CHILDREN PLEASE.

**THE WORKSHOP DOES NOT ASSIST WITH SEALING RECORDS**

Join the Sonoma County Office of Education, Positive Images, Amor Para Todos, LGBTQ Connection, PFLAG, and Sonoma County Library for a celebration of voices and stories of trans and nonbinary people.

**SAVE THE DATE!**

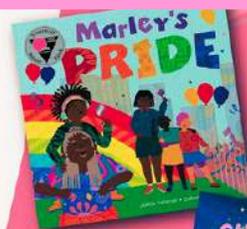


HUMAN RIGHTS CAMPAIGN FOUNDATION



# National Day of Reading

**February 27, 2026**



- Book readings for all ages
- Discussion, connection, arts & crafts
- Celebration!

**REGISTER HERE**

Friday, February 27, 2026  
4 - 6 PM  
Teacher Learning Center  
5340 Skylane Blvd (SCOE)



**PFLAG**  
SANTA ROSA/  
SONOMA COUNTY



**LGBTQ**  
CONNECTION

**POSITIVE**  
IMAGES



SONOMA COUNTY  
LIBRARY  
BIBLIOTECA



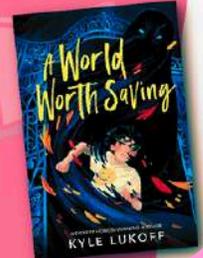
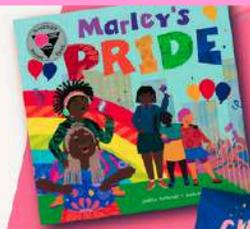
Únase a la Oficina de Educación del Condado de Sonoma, Positive Images, Amor Para Todos, LGBTQ Connection, PFLAG y la Biblioteca del Condado de Sonoma para celebrar las voces y las historias de las personas trans y no binarias.

**APARTA  
LA FECHA**



# Día Nacional de la Lectura

**27 Febrero 2026**



- Lecturas de libros para todas las edades.
- Debate, conexión, manualidades.
- ¡Celebración!

**REGISTER HERE**

Viernes, 27 de febrero de 2026  
De 4 a 6 p. m.  
Teacher Learning Center  
5340 Skylane Blvd (SCOE)



**PFLAG**  
SANTA ROSA/  
SONOMA COUNTY



**LGBTQ**  
CONNECTION

**POSITIVE  
IMAGES**



SONOMA COUNTY  
**LIBRARY**  
BIBLIOTECA



# **GRUPO SOCIAL LATINE CUIR (18+)**

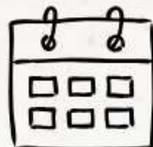
## **EVENTOS TRIMESTRALES**

**21 DE ENERO 2026: FIESTA DEL NUEVO AÑO**

**18 DE FEBRERO 2026: DIARIO DE AMOR**

**18 DE MARZO 2026: MICRÓFONO ABIERTO**

**EN PERSONA DE 6:30-8:30PM**



**POSITIVE IMAGES ES UN ESPACIO  
COMUNITARIO SOBRIO Y SEGURO.**



**AGUASERO ENERO**

**GRUPO SOCIAL LATINE CUIR (18+)**

**¡FIESTA DEL  
NUEVO AÑO!**

**EN PERSONA**

**MIÉRCOLES, 21 DE ENERO 2026**

**6:30PM-8:30PM**

**CONFIRME SU ASISTENCIA**

**ANTES DE**

**1/16/2026**



**POSITIVE IMAGES ES UN ESPACIO  
COMUNITARIO SOBRIO Y SEGURO.**

**POSITIVE**  
IMAGES

**“JUST JANUARY,  
I GUESS”**

**LGBTQIA+ YOUTH SUPPORT GROUP  
(12-18) THURSDAYS 6:30-8:30PM**

**1/8: Check In Night**

**1/15: Art Night**

**1/22: Game Night**

**1/29: Karaoke Night**

**POSITIVE**  
IMAGES

# LGBTQIA+ ADULT SUPPORT GROUP

Fridays 6:30–8:30pm (18+)



1/9 - Check-In Night\*

1/16 - Discussion Night

1/23 - Show & Tell\*

1/30 - Karaoke Night

\*=online

# Meet our Facilitator

Lisset Rico is CA Tax preparer and SSU graduate (Bachelor's in Business, with a concentration in Accounting). Bring your questions regarding businesses, starting a business, individual taxes, or learn about important tax deadlines to avoid penalties.



Please  
RSVP by  
1/5/2026  
Link in Bio

# Conozcan a Nuestra Facilitadora

Lisset Rico es preparadora de impuestos en California y titulada por SSU (Licenciatura en Empresariales, con especialización en Contabilidad). Si tiene alguna duda sobre negocios, crear tu propio negocio, o impuestos personales, o si desea conocer las fechas importantes en relación con los impuestos para evitar multas.



Por favor,  
confirme su  
asistencia antes  
de 1/5/2026.  
Enlace en la  
biografía.

**POSITIVE**  
IMAGES

QTBIPOC HANGOUT (18+)

# Whats the Tea on Taxes?

FINANCIAL LITERACY WORKSHOP

Ready for the tax class you wish you had in school? We've got you covered!

As we head into 2026, we want to make sure you feel confident and prepared to file your taxes—no matter your background or job. Join us to spill tea on all things taxes!



**POSITIVE IMAGES COMMUNITY CENTER**

**JANUARY 12TH, 2026**

**6PM-8PM**

Free boba, hot tea, food and a gift card drawing!

# ¿Cuál es el chisme de los impuestos?

## TALLER DE EDUCACIÓN FINANCIERA

¿Liste para la clase de impuestos que te hubiera gustado tener en la escuela? ¡Nosotres nos encargamos!

Mientras nos acercamos al 2026, queremos ayudarles con la preparación para hacer declaración de impuestos, sin importar el tipo de trabajo que tengan. ¡Únete con nosotres para hablar de todo lo relacionado con los impuestos!



**CENTRO COMUNITARIO DE POSITIVE IMAGES**

**12 DE ENERO, 2026**

**6PM-8PM**

¡Boba gratis, té caliente, comida y sorteo de tarjeta de regalo!

# MENTAL HEALTH WORKSHOPS FOR FAMILIES

THURSDAYS, 5-6 PM  
VIRTUAL  
ENGLISH & SPANISH

SEP  
18

SUICIDE PREVENTION  
TRAINING: QUESTION,  
PERSUADE, REFER (QPR)



Sonoma County  
Office of Education

OCT  
23

SUPPORTING ANXIOUS  
YOUTH: STRATEGIES THAT  
MAKE A DIFFERENCE



Sonoma County  
Office of Education

NOV  
13

DISORDERED EATING:  
STRATEGIES TO  
SUPPORT YOUTH



KAISER  
PERMANENTE®

DEC  
04

MENTAL HEALTH &  
SUBSTANCE USE: THE  
YOUTH CONNECTION



PANAPTIC

JAN  
08, 15, 22

SOCIAL MEDIA &  
ONLINE SAFETY:  
3-PART SERIES



common  
sense  
media

FEB  
26

SELF-HARM IN YOUTH:  
CAREGIVER SUPPORT  
STRATEGIES



KAISER  
PERMANENTE®

MAR  
12

UNDERSTANDING AND  
SUPPORTING YOUTH  
WITH DEPRESSION



APR  
16

OPIOIDS AND FENTANYL IN  
OUR COMMUNITY: WHAT  
YOU NEED TO KNOW



PANAPTIC

MAY  
14

STRATEGIES FOR  
SUPPORTING  
LGBTQIA+ YOUTH

**POSITIVE**  
IMAGES



TO REGISTER  
CALL 707-522-3104  
SCAN THE QR CODE  
OR VISIT  
[SCOE.ORG/MHW](https://www.scoe.org/mhw)



Sonoma County  
Office of Education

BEHAVIORAL HEALTH & WELL-BEING  
[SCOE.ORG/BEHAVIORALHEALTH](https://www.scoe.org/behavioralhealth)

# TALLERES DE SALUD MENTAL PARA FAMILIAS

JUEVES, 5-6 PM  
VIRTUAL  
INGLÉS Y ESPAÑOL

SET  
18

PREVENCIÓN DE SUICIDIO:  
PREGUNTAR, PERSUADIR,  
REFERIR (PPR)



Sonoma County  
Office of Education

OCT  
23

ENTENDIENDO Y  
APOYANDO LA ANSIEDAD  
EN JÓVENES Y NIÑOS



Sonoma County  
Office of Education

NOV  
13

TRASTORNOS DE  
ALIMENTACIÓN EN LOS  
JÓVENES Y NIÑOS



KAISER  
PERMANENTE®

DIC  
04

EDUCACIÓN EN SALUD  
MENTAL Y CONCIENCIA SOBRE  
EL USO DE SUSTANCIAS



PANAPTIC

ENE  
08, 15, 22

REDES SOCIALES Y  
SEGURIDAD EN LÍNEA:  
SERIE DE 3 PARTES



common  
sense  
media

FEB  
26

AUTOLESIONES EN LOS  
JÓVENES Y ESTRATEGIAS DE  
APOYO PARA FAMILIAS



KAISER  
PERMANENTE®

MZO  
12

ENTENDIENDO Y  
APOYANDO JÓVENES Y  
NIÑOS CON DEPRESIÓN



ABR  
16

OPIOIDES Y FENTANILO EN  
NUESTRA COMUNIDAD: LO  
QUE NECESITA SABER



PANAPTIC

MAY  
14

ESTRATEGIAS PARA  
APOYAR A LA  
JUVENTUD LGBTQIA+

POSITIVE  
IMAGES

PARA REGISTRARSE  
LLAME AL 707-522-3104  
ESCANEE EL CÓDIGO QR  
O VISITE  
[SCOE.ORG/MHW](https://www.scoe.org/mhw)



Sonoma County  
Office of Education

BEHAVIORAL HEALTH & WELL-BEING  
[SCOE.ORG/BEHAVIORALHEALTH](https://www.scoe.org/behavioralhealth)



# COMPUTER Basics

**Mouse and Keyboard**  
Saturday, November 1, 2025  
2pm

Northwest Santa Rosa Library

**Internet**  
Monday October 20, 2025  
2pm

Windsor Regional Library

**Files & Tools**  
Wed., December 10, 2025  
6pm

Petaluma Regional Library

**Email**  
Saturday, October 25, 2025  
2pm

Northwest Santa Rosa Library

Computers will be provided for the workshop.



Free



For more workshop dates, topics and locations, please visit [sonomalibrary.org/computerbasics](http://sonomalibrary.org/computerbasics)



Brought to you by the library sales tax



# COMPUTACIÓN Básica

**Ratón y Teclado**  
Sábado, 10 de Enero, 2026  
3pm

Biblioteca Regional de Rohnert Park Cotati

**Internet**  
Martes, 3 de Febrero, 2026  
2pm

Biblioteca Central Santa Rosa

**Archivos y herramientas**  
Martes, 6 de Enero, 2026  
2pm

Biblioteca Central Santa Rosa

**Correo Electrónico**  
Sábado, 17 de Enero, 2026  
3pm

Biblioteca Regional de Rohnert Park Cotati

Talleres presentados en español o de manera bilingüe. Se proporcionarán computadoras para todos los talleres.



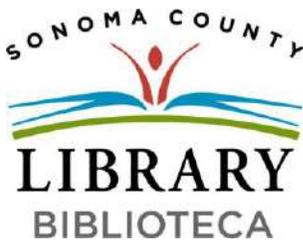
Gratis



Para más información visita [sonomalibrary.org/talleres](http://sonomalibrary.org/talleres)



Tráido por el impuesto de venta de la biblioteca



## NEWS RELEASE

December 11, 2025

### **Library Seeks Community Input for 2026-2030 Strategic Plan** ***Your Library, Your Voice: Help Shape the Future of Library Services***

The Sonoma County Library has launched a new community survey to gather input for its next multi-year Strategic Plan (2026–2030). All community members are encouraged to take part, including everyone who lives, stays, works or attends school in Sonoma County.

“Community voices are essential in helping us understand how to grow and evolve,” said Sonoma County Library Director Erika Thibault. “A strong response from across the county will ensure our final Strategic Plan reflects the diverse experiences, values, needs, and aspirations of the people we serve.”

The survey is available in English and Spanish and can be completed in approximately 10 minutes. Responses are **confidential and anonymous** and will help inform the library’s decisions about resources, services, programming, facilities, technology, and more.

The survey is open now and will close on January 18.

Visit <https://sonomalibrary.org/plan> for more information, or <https://ivygroup.com/SCL> to take the survey. Paper copies are also available at all Sonoma County libraries.

Help spread the word by sharing this information widely with your friends, neighbors, colleagues, and community groups. Whether they use the library every day or once in a blue moon, their participation is welcome.

###

For media inquiries, please contact Sonoma County Library Director Erika Thibault at [strategicplan@sonomalibrary.org](mailto:strategicplan@sonomalibrary.org) or (707) 545-0831.





**YOUR  
LIBRARY**  
YOUR  
VOICE

**TU  
BIBLIOTECA**  
TU VOZ

Invest a few minutes in the future of libraries  
and join our strategic plan process

**Your input matters!**

Invierte unos minutos en el futuro de las bibliotecas y  
únete a nuestro proceso de planificación estratégica

**¡Tu opinión es importante!**



[sonomalibrary.org/plan](https://sonomalibrary.org/plan)

# 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 gratuito 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, por email en [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org), o llamando a Mario al 707-387-4087 o Alma al 707-247-5767.

## Próximos eventos 2025-2026



31 de diciembre: Última caminata del año.  
No requiere registraci3n.

3 de enero y 7 de febrero, 2026: ¡Hongos!

7 de marzo, 2026: Observaci3n de aves

26-28 de marzo, 2026: Campamento de vacaciones de primavera con La Luz Center



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# SPRING CLASSES

[thezonesyouth.org](http://thezonesyouth.org)

Minecraft Coding  
March 24-April 16  
Ages 7-12



Tuesdays/Thursdays  
4:00pm-5:00pm



Bubble Lab  
March 23-April 8  
Ages 9-14

Mondays/Wednesdays  
4:00pm-5:00pm

Youth Volleyball  
March 30-May 18  
Grades 3-6/7-8



Mondays  
7-8, 2:30pm-3:45pm  
3-6, 4:00pm-5:15pm



Santa Rosa  
COMMUNITY  
HEALTH

# You're invited!

## PARKWAY CAMPUS OPEN HOUSE

**WHEN:** Saturday, January 31<sup>st</sup> • 9am-11am

**WHERE:** 925 Corporate Center Parkway, Santa Rosa

Join us as we introduce our **newest pediatric location!**

- Tours to get to know the clinic
- Welcome presentation at 10am
- Helpful information and resources
- Spin the wheel for prizes
- Enjoy light refreshments

**WE LOOK FORWARD TO MEETING YOU!**



Website:  
[srhealth.org](http://srhealth.org)



Phone Number:  
707-303-3600



Location:  
925 Corporate Center Parkway  
Santa Rosa



Santa Rosa  
COMMUNITY  
HEALTH

**¡Está invitado!**

# **EVENTO ABIERTO EN EL CAMPUS PARKWAY**

**CUÁNDO:** Sábado, 31 de enero • 9am-11am

**WHERE:** 925 Corporate Center Parkway, Santa Rosa

**¡Acompáñenos para conocer nuestra nueva clínica pediátrica!**

- Recorridos para conocer la clínica
- Presentación de bienvenida a las 10am
- Información y recursos útiles
- Gira la rueda y gane premios
- Disfruta bocadillos sencillos

**¡ESPERAMOS VERLO PRONTO!**



Website:  
[srhealth.org](http://srhealth.org)



Phone Number:  
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