



Community Events
February 2026

.HAPPY.
*Valentine's
Day*

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

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
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 respondiendo a crisis en la comunidad desde 2012.

Centro de Llamadas: 800-746-8181

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

Nueva Respuesta Ampliada

MST puede:

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

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

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

800-746-8181



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800-746-8181



Family Service Coordination Team

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

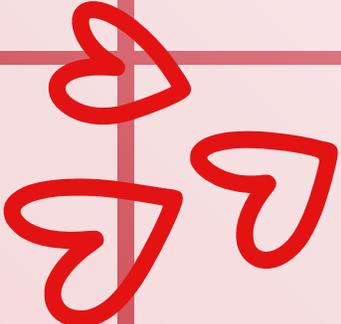


Family Service Coordination Team



February 2026



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

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, Feb 3rd
Tue, Feb 10th
Tue, Feb 17th
Tue, Feb 24th

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

Questions? Contact the Family Service Coordination team:

MarisabelM@buckelew.org | 707-513-5135

Fsc@buckelew.org | 707-571-8452



CLINICA BILINGUE DE RECURSOS COMUNITARIOS

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



Donde:

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

Cuando:

Cada Martes a las 3pm
3 de febrero
10 de febrero
17 de febrero
24 de febrero

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
FEBRUARY
9TH
4pm-6pm
In Person



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

Questions?

**Contact the Family Service
Coordination Team:**

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

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
-  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.



Sonoma County

Warmline: 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 1st & 3rd Thursdays. In-person the last Friday of the month at the NAMI office. Register at namisoco.org/groups.

Family-to-Family Class

An 8-session education program for those (ages 14+) who care for and support a loved one with serious mental illness. **Registration is required at namisoco.org/F2F to join the waitlist for our next class.**

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.

FEBRUARY 2026

Familia a Familia de NAMI

We are thrilled to be able to offer this free Spanish-language class for family members who support a loved one living with serious mental illness. Ask us about this opportunity!

Share Your Story!

Join a team of NAMI-trained presenters to help our community understand how untreated mental illness impacts individuals and families caught up in the justice system.

Email info@namisoco.org or call 866-960-6264 for details on both opportunities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Office Closed Presidents Day	3 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	4 NAMI Family-to-Family (In-Person) 6:00-8:30 PM <u>Registration Required</u>	5 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	6
9	10 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	11 NAMI Family-to-Family (In-Person) 6:00-8:30 PM <u>Registration Required</u>	12 Family Support Group (In-Person) 2:00-3:30 PM	13
16	17 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	18 NAMI Family-to-Family (In-Person) 6:00-8:30 PM <u>Registration Required</u>	19 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	20
23	24 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	25 NAMI Family-to-Family (In-Person) 6:00-8:30 PM <u>Registration Required</u>	26 Family Support Group (In-Person) 2:00-3:30 PM	27 Connection Group (In-Person) 2:00-3:30 PM
1 March 2026	2 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	3 NAMI Family-to-Family (In-Person) 6:00-8:30 PM <u>Registration Required</u>	4 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	5

NAMI Connection Support Group

On Zoom: Tuesdays, 5:30-7:00 PM

1st & 3rd Thursdays, 5:30-7:00 PM

In Person: Last Friday of the month, 2:00-3:30 PM*

NAMI Connection is a peer-led support group for any adult who has experienced symptoms of a mental health condition.

These groups help participants connect, share experiences, and problem-solve through daily challenges and feelings of isolation. It provides a supportive environment for those seeking practical suggestions and understanding from others who have faced similar issues.

What to expect from a Connection Support Group:

- Free of cost to participants
- For adults (18+) with mental health conditions
- Led by peers with lived experience
- 90 minutes long and meets regularly
- No specific therapy or treatment endorsed
- Confidential and safe environment



* *In person group meets at NAMI Sonoma County Office. Drop in!
182 Farmers Lane #202, Santa Rosa CA 95405*

Join: Register at namisoco.org/groups or scan the QR code. Call 866-960-6264 to learn more.



Support Group Agenda

1. Welcome
2. Review Group Guidelines & Principles of Support
3. Check-In (2 minutes per person): What is your name? Is this your first meeting? What's happening **recently**?
4. Group Discussion
5. Closing

Group Guidelines

We follow these guidelines at each meeting to create the sanctuary and safe place we need. They also tell us how we can best care for one another, by providing mutual consideration, acceptance and protection, which can be hard to find outside of the group.

1. Start and stop on time.
2. Keep to time limits for check-in.
3. Absolute confidentiality. Meetings are not to be recorded, and what is said in the group stays in the group.
4. Be respectful.
5. Be mindful of others -- no monopolizing or crosstalk.
6. Keep it in the here and now.
7. Empathize with each other's situation.

Principles of Support

These principles are a reminder of what we strive for as we come to terms with mental illness. They are designed to guide and strengthen us in dealing with challenges that arise when we, or our loved ones, face mental illness.

1. We see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in shared experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept that we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

Emotional Stages of Recovery

This chart describes a series of normal and predictable emotional reactions to the trauma of mental illness. Since our experiences may be cyclical, we can fluctuate among the stages as things change.

I: Dealing with the Catastrophic Event

Experiencing: Crisis/Shock, denial, hoping-against-hope

Needs: Support, comfort, empathy for confusion, help finding resources, crisis management, reassurance, empathy for pain, permission to be numb, hope, NAMI

II: Learning to Cope

Experiencing: Anger, guilt, resentment, recognition

Needs: To permit and vent feelings, to keep hope, education, self-care, networking, skill training, to let go, to learn the system, hope, NAMI

III: Moving into Advocacy

Experiencing: Understanding, acceptance, advocacy/action

Needs: To restore balance in life, responsiveness from the system, to find meaning, a sense of empowerment, activism, hope, NAMI

Tips for Attending the Group:

- Be present. Avoid onscreen behaviors and actions that may distract other participants. Mute audio when not speaking to reduce background noise.
- For private questions or technical support, message the host.
- Sharing is encouraged but not mandatory; say "pass" if you prefer not to share.
- Please arrive on time! The virtual doors close at 10 minutes after the start time.
- No attendance under the influence of drugs or alcohol.
- Respect others' stated personal boundaries. What works for each of us may not work for others. Share from personal experience rather than giving advice or stating beliefs as facts.
- No jokes or disrespectful comments about race, religion, ethnicity, age, gender, sexual orientation, disability, or other identities.

NAMI Family Support Group

On Zoom: 1st/3rd/5th Tuesdays, 6:00-7:00 PM
2nd & 4th Tuesdays, 4:30-5:30 PM

In Person: Thursdays, 2:00-3:30 PM*

NAMI Family Support Group is a resource for families affected by mental illness, many of whom have never spoken about their experiences to neighbors, friends, and loved ones. In this group, they connect with others who have similar experiences and learn from peers who have managed similar challenges.

These peer-led support groups can help with problem-solving. Shared resources and perspectives may help someone who feels stuck and needs practical ideas to help them and their family member who is living with a mental illness.

What to expect from a Family Support Group:

- Weekly meetings, 60 minutes long
- Drop-in and free of charge
- Designed for loved ones (18+) of people living with mental illness: parents, partners, siblings, friends.
- Facilitated by a trained team of family members
- Confidential -- share as much or as little as you want.

* In person group meets at NAMI Sonoma County Office. Drop-ins welcome!
182 Farmers Lane #202, Santa Rosa CA 95405

Join: Register at namisoco.org/groups or scan the QR code. Call 866-960-6264 to learn more.



Support Group Agenda

1. Welcome
2. Review Group Guidelines & Principles of Support
3. Check-In (2 minutes per person): What is your name? Is this your first meeting? What's happening **recently**?
4. Group Discussion
5. Closing

Group Guidelines

We follow these guidelines at each meeting to create the sanctuary and safe place we need. They also tell us how we can best care for one another, by providing mutual consideration, acceptance and protection, which can be hard to find outside of the group.

1. Start and stop on time.
2. Keep to time limits for check-in.
3. Absolute confidentiality. Meetings are not to be recorded, and what is said in the group stays in the group.
4. Be respectful.
5. Be mindful of others -- no monopolizing or crosstalk.
6. Keep it in the here and now.
7. Empathize with each other's situation.

Principles of Support

These principles are a reminder of what we strive for as we come to terms with mental illness. They are designed to guide and strengthen us in dealing with challenges that arise when we, or our loved ones, face mental illness.

1. We see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in shared experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept that we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

Emotional Stages of Recovery

This chart describes a series of normal and predictable emotional reactions to the trauma of mental illness. Since our experiences may be cyclical, we can fluctuate among the stages as things change.

I: Dealing with the Catastrophic Event

Experiencing: Crisis/Shock, denial, hoping-against-hope

Needs: Support, comfort, empathy for confusion, help finding resources, crisis management, reassurance, empathy for pain, permission to be numb, hope, NAMI

II: Learning to Cope

Experiencing: Anger, guilt, resentment, recognition

Needs: To permit and vent feelings, to keep hope, education, self-care, networking, skill training, to let go, to learn the system, hope, NAMI

III: Moving into Advocacy

Experiencing: Understanding, acceptance, advocacy/action

Needs: To restore balance in life, responsiveness from the system, to find meaning, a sense of empowerment, activism, hope, NAMI

Tips for Attending the Group:

- Be present. Avoid onscreen behaviors and actions that may distract other participants. Mute audio when not speaking to reduce background noise.
- For private questions or technical support, message the host.
- Sharing is encouraged but not mandatory; say "pass" if you prefer not to share.
- Please arrive on time! The virtual doors close at 10 minutes after the start time.
- No attendance under the influence of drugs or alcohol.
- Respect others' stated personal boundaries. What works for each of us may not work for others. Share from personal experience rather than giving advice or stating beliefs as facts.
- No jokes or disrespectful comments about race, religion, ethnicity, age, gender, sexual orientation, disability, or other identities.

Central Library Teen Events February



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

Finger Knitting

WED

6:00-7:30 PM

4

Learn to finger knit. Make necklaces, bracelets, and more!

Open to ages 13+.

LIBRARY CLOSURES

MON

16

LIBRARY IS CLOSED

WEDNESDAYS @ 4:30PM

4

Game On!

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

11

Love Letter to Your Future Self

Write, draw, or create something special to be mailed back to you one year later.

18

CPR Instruction and Certification

Learn CPR and what to do if someone is choking. Certification is good for two years.

25

**Studio Ghibli Movie Night:
Kiki's Delivery Service**

The library is hosting a special screening of the animated classic Kiki's Delivery Service.





Biblioteca Central Eventos Para Jóvenes Febrero



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

Tejer con los dedos
6:00-7:30 PM

MIÉ

4

Aprende a tejer con los dedos. ¡Haz collares, pulseras y más!
Para edades 13+.

CIERRE DE LA BIBLIOTECA

LUN

16

LA BIBLIOTECA
ESTÁ CERRADA

MIÉRCOLES @ 4:30PM

¡A jugar!

4

¡Juega, disfruta, come botanas, y diviértete!

Carta de amor a tu yo del futuro

11

Escribe, dibuja o crea algo especial para que te lo devuelvan por correo un año después.

Instrucción y certificación en resucitación cardiopulmonar

18

Aprende RCP y qué hacer cuando alguien se está ahogando. El certificado es válido por dos años.

Noche de películas con Studio Ghibli: Kiki's Delivery Service

25

La biblioteca organiza una proyección especial de la película clásica de animación Kiki's Delivery Service.





FEBRUARY 2026

SUN

MON

TUE

WED

THU

FRI

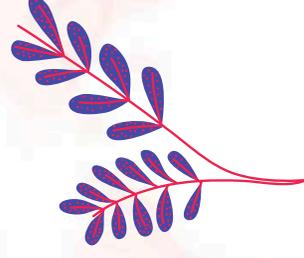
SAT

Central Events Calendar



ALL LIBRARIES CLOSED:
Presidents' Day 2/16/26

1	2	3	4	5	6	7
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Join Our Podcast! 10:45-11:15am Drop-In Camera Help: 2:30-3:30pm	Toddler Storytime 10:30-11:00am Computer Basics: Internet (Bilingual) 2:00-3:30pm	Drop-in Teen Volunteering 4:00-6:00pm Game On! For Teens 4:30-5:30pm Creative Club: Finger Knitting 6-7:30pm	Bilingual Babytime 10:30-11:00am Lego Build Club 4-5pm	Bilingual Babytime 10:30-11:00am Lego Build Club 4-5pm	San Francisco Scottish Fiddlers 11:00am -12:00pm
8	9	10	11	12	13	14
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Join Our Podcast! 10:45-11:15am Drop-In Camera Help: 2:30-3:30pm	Toddler Storytime 10:30-11:00am Central Santa Rosa Book Club 6:00-7:00pm	iMovie Editing 1:30-3:30pm Drop-in Teen Volunteering 4:00-6:00pm Love Letter to Your Future Self for Teens 4:30-6:00pm	Bilingual Babytime 10:30-11:00am Lawyers In the Library 12:00-2:00pm Lego Build Club ft. Secret Message Paper Airplane Craft 4-5pm	Bilingual Babytime 10:30-11:00am Tai Chi w/ David Chung 11:00-12:00pm	
15	16	17	18	19	20	21
Read to a Dog 2:00-3:00pm	ALL LIBRARIES CLOSED FOR PRESIDENTS' DAY		Create a Digital Story 1:30-3:30pm Drop-in Teen Volunteering 4:00-6:00pm CPR Instruction & Certification for Teens 4:30-6:00pm	Bilingual Babytime 10:30-11:00am Mystery Book Club 1:00pm-2:15pm Lego Build Club 4-5pm	Bilingual Babytime 10:30-11:00am Mystery Book Club 1:00pm-2:15pm Lego Build Club 4-5pm	
22	23	24	25	26	27	28
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Join Our Podcast! 10:45-11:15am Drop-In Camera Help: 2:30-3:30pm	Mister Boom Boom's African Drum Circle 10:30-11:30am	Get Your Content on TV 12:30-1:00pm Smartphone Camera Club 4:00-5:00pm Drop-in Teen Volunteering 4:00-6:00pm Studio Chibili Movie Night: Kiki's Delivery Service 4:30-6:30pm	Bilingual Babytime 10:30-11:00am Sensory Craft & Create: Ocean in a Jar 4-5pm	Bilingual Babytime 10:30-11:00am Sensory Craft & Create: Ocean in a Jar 4-5pm	Spanish Music & Movement 10:30-11:00am



CENTRAL LIBRARY

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



BIBLIOTECA

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 Babytime

• Age Group: Baby (Ages 0-18 months)
Sing and play with your baby in Spanish and English. This storytime is intended for babies ages 0 to 18 months and their parents and 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

• 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

• 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.

Sensory Craft & Create: Ocean in a Jar-

Creaciones sensoriales: Océano en un frasco
• Age Group: K-6th Grade - Grados K-6
Create a miniature ocean environment in a clear jar to take home. For grades PreK-3.

Crea un entorno marino en miniatura dentro de un frasco transparente para llevarlo a casa. Para grados PreK-3.

Mister Boom Boom's African Drum Circle- Círculo de tambores africanos de Mister Boom Boom

• Age Group: PreK-3 Grade - Grados Preescolar-3
Step into the circle and feel the beat! This high-energy program centers around the djembe and includes a dynamic collection of global percussion instruments that trace their roots back to African traditions.

Entra en el círculo y siente el ritmo. Este programa lleno de energía se centra en el djembé e incluye una dinámica colección de instrumentos de percusión de todo el mundo cuyas raíces se remontan a las tradiciones africanas. 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 Miércoles 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.

Love Letter to Your Future Self

Carta de amor a tu yo del futuro
Write, draw, or create something special to be mailed back to you one year later. Community artist Asherah Weiss will be there to support you, and the library will mail your addressed envelope a year after you create it.

Escribe, dibuja o crea algo especial para que te lo devuelvan por correo un año después. La artista comunitaria Asherah Weiss estará ahí para apoyarte, y la biblioteca te enviará el sobre con tu dirección un año después de que lo hayas creado.

CPR Instruction and Certification

Instrucción y certificación en RCP
This course presents the current American Heart Association, American Red Cross, and National Standard for adult, child, and infant CPR and choking, as well as AED use. Certification is good for two years. For grades 7-12. Registration required.

Este curso presenta las normas actuales de American Heart Association, la Cruz Roja Americana y National Standard para la RCP y asfixia en infantes, niños y adultos, así como para utilizar un desfibrilador externo automático (DEA). El certificado es válido por dos años. Para los grados 7-12. ¡Inscríbete para reservar tu lugar!

Studio Chibli Movie Night: Kiki's Delivery Service

Noche de películas con Studio Chibli: Kiki's Delivery Service
Join us in exploring the magical world of Studio Chibli! The library is hosting a special screening of the animated classic Kiki's Delivery Service. Snacks provided.

¡Únete a nosotros para explorar el mundo mágico de Studio Chibli! La biblioteca organiza una proyección especial de la película clásica de animación Kiki's Delivery Service. Se proporcionarán bocaditos.

Came On! for Teens!

¡A Jugar! Para Jóvenes
Learn the ancient Asian exercise form to promote balance, relaxation, motion, health, harmony, stability, and inner power.

¡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.

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: "The Fox Wife" 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 "How to Solve Your Own Murder"

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: Finger Knitting

We will learn how to finger knit chains of yarn that can be turned into necklaces, bracelets, garlands and much more. Yarn provided.

- **ALL LIBRARIES CLOSED: President's Day**

2/16/26

Tai Chi with David Chung*

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

Aprende 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

Second Thursday 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 11:30 a.m. (30 minutes prior to program start). Spanish Language consultations are available via translator.

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 YT channel and cable access channel.

Computer Basics: Internet

Clases de Computación Básica: Internet

DigitalLearn.org Workshops and Modules created by the Public Library Association, with support from AT&T. Learn how to find the information you need online. We will practice the use of search engines and visiting websites.

Aprende a encontrar la información que necesitas en línea. Practicaremos el uso de navegación en internet y visitaremos páginas web.



@central_santa_rosa_library

Central Santa Rosa Library

January Events Info



FEBRERO/FEBRUARY



LA PLAZA: CALENDARIO MENSUAL DE PROGRAMACIÓN / MONTHLY



Calendario de Programación / Programming Calendar

2026

PROGRAMMING CALENDAR *

Conéctate con nosotros / Connect with us

 **707-393-8700**

 **2800 CLEVELAND AVE. SUITE C, SANTA ROSA, CA 95403**

 **HORARIO / HOURS OF OPERATION 8:00 AM - 4:30 PM**

 **INFO@LAPLAZANCC.ORG**

Síguenos en las redes sociales / Follow us on Social Media





Lunes/Monday

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

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

2/2 CONOCE TUS DERECHOS:
CAPACITACIÓN EN EL CAMPUS PETALUMA DE SRJC, DE 5:00 A 6:30 P. M.
KNOW YOUR RIGHTS TRAINING @ PETALUMA SRJC CAMPUS 5-6:30PM

2/9 CAPACITACIÓN SOBRE PREPARACIÓN FAMILIAR EN EL CAMPUS PETALUMA DE SRJC, DE 5:00 A 6:30 P. M./FAMILY PREPAREDNESS TRAINING AT THE PETALUMA SRJC CAMPUS, 5:00-6:30 P.M.

Martes/Tuesday

2/2 TALLER/ WORKSHOP:
EQUILIBRIO EMOCIONAL: EL ESTRÉS Y EL PODER DE LAS PLANTAS ADAPTÓGENAS @ LA PLAZA
5:00-6:30 PM

2/10 CAPACITACIÓN SOBRE PREPARACIÓN FAMILIAR EN CAFÉ PUENTE DE 6:00 A 7:30 P. M./FAMILY PREPAREDNESS TRAINING @CAFÉ PUENTE, 6:00-7:30 P.M.

2/17 TALLER/ WORKSHOP:
PLANTAS MEDICINALES QUE ALIVIAN EL DOLOR Y LA INFLAMACIÓN @ LA PLAZA
10:00-11:30 AM

Miércoles/ Wednesday

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

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

2/18 TALLER/ WORKSHOP:
EQUILIBRIO EMOCIONAL: EL ESTRÉS Y EL PODER DE LAS PLANTAS ADAPTÓGENAS @ SRJC PETALUMA CAMPUS
5:00-6:30 PM

Jueves/Thursday

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

Viernes/Friday

NO HAY PROGRAMACIÓN / NO PROGRAMING

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

FEB
26

SELF-HARM IN YOUTH:
CAREGIVER SUPPORT
STRATEGIES



KAISER
PERMANENTE.

OCT
23

SUPPORTING ANXIOUS
YOUTH: STRATEGIES THAT
MAKE A DIFFERENCE



Sonoma County
Office of Education

MAR
12

UNDERSTANDING AND
SUPPORTING YOUTH
WITH DEPRESSION



NOV
13

DISORDERED EATING:
STRATEGIES TO
SUPPORT YOUTH



KAISER
PERMANENTE.

APR
16

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



PANAPTIC

DEC
04

MENTAL HEALTH &
SUBSTANCE USE: THE
YOUTH CONNECTION



PANAPTIC

MAY
14

STRATEGIES FOR
SUPPORTING
LGBTQIA+ YOUTH

POSITIVE
IMAGES

JAN
08, 15, 22

SOCIAL MEDIA &
ONLINE SAFETY:
3-PART SERIES



common
sense
media



TO REGISTER
CALL 707-522-3104
SCAN THE QR CODE
OR VISIT
SCOE.ORG/MHW

Social Service Day

2026
Quarterly:

February 17

May 19

August 18

November 17

Tuesdays
1:30-3pm

- Learn About
- Network
- Access Local Resources



SOCIAL SERVICE DAY

- Local organizations with public service missions table for better access to resources

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

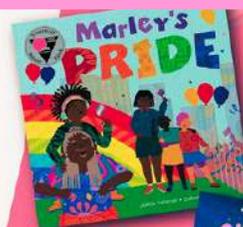
WELCOMING SCHOOLS

National Day of Reading



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





**The Rohnert Park Family
Resource Center
Presents:**



Bonding Through Art

Tuesdays

January 27, February 24 and March 24

5:30pm-6:30pm

Join us to create pieces of art that can increase your child's emotional well being! All ages and skill levels.



**All groups will meet at
John Reed Elementary School
390 Arlen Dr. Rohnert Park
Questions? Call us! 707-792-4732**





**El Centro de Recursos
Familiares de Rohnert Park
presenta:**



La Union a través del Arte

Martes

27 de enero, 24 de febrero, 24 de marzo

5:30pm-6:30pm

Únase a nosotros para crear piezas de arte que pueden mejorar el bienestar emocional de su hijo. Todas las edades y niveles de habilidad son bienvenidos.



**Todos los grupos se reunirán en la
Escuela Primaria John Reed
390 Arlen Dr, Rohnert Park**

¿Preguntas? Llámenos al 707-792-4732





Cafecito Para Mamás



MARTES

ENERO 6 Y 20, FEBRERO 3 Y 17, MARZO 3, 17 Y 31

8:30AM-10:30AM

Nuestro objetivo es crear un espacio seguro para cada participante mientras convivimos y aprendemos unos de otros.

Únete a nuestro grupo de apoyo.

Local: John Reed Elementary School 390
Arlen Dr. Rohnert Park.
Llámenos al 707-792-4732

Medicina Mente y Cuerpo



Talleres

Jueves

29 de enero; 5, 12, 19 y 26 de febrero; y 5 de marzo

5:30 p. m. - 6:30 p. m.

390 Arlen Drive (Portable #3), Rohnert Park, CA 94928

Te invitamos a participar en este grupo de bienestar, donde practicaremos técnicas y estrategias para la salud del cuerpo y la mente, que te ayudarán a enfrentar cada momento con confianza, y calma. Nos permitira explorar formas de autocuidado asi como cultivar el bienestar.

En cada sesión, practicaremos nuevas técnicas que te ayudarán a lidiar con momentos de estrés y enfrentar la vida con más calma y claridad.

Compartiremos un espacio para la autocuración.

Para más información llame 707-792-4732.

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, February 16th in observance of Presidents Day

February 2026



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 16 de Febrero en
observación de Dia de los Presidentes

Febrero 2026



WELLNESS • RECOVERY • RESILIENCE





CREATIVE EXPRESSION



Daily Art Activities • February Projects

Join us for fun, creativity & self-expression all month long!

FEBRUARY 1 – 13

Friendship Bracelets



Create colorful bracelets to celebrate
friendship, kindness & gratitude!

Make one for yourself or gift one to a friend! ♡ ♡

FEBRUARY 16 – 27

Mood Mandalas

Design calming mandalas to reflect
your mood & creativity!

Relaxing • Mindful • Creative



All Are Welcome!

Art Supplies Provided!



Creative Expression Art Program

For more info: (555) 123-4567 • www.example.com

→ The Wellness & Advocacy Center ←

Palentine's Day Celebration!

♥ Celebrating Friendship, Gratitude & Community! ♥



♥ Join Us for a Fun & Creative Event! ♥ ♥ ♥

Tuesday, February 10th @ 10 AM

2245 Challenger Way, Suite 104,
Santa Rosa, CA 95407

For more information, call: 707-565-7800



LATINO SERVICE PROVIDERS PRESENTA

Noche de Amor FIESTA DE LOTERIA



¡ACOMPÁÑANOS PARA UNA NOCHE DE LSP LOTERÍA,
BUENA MÚSICA, BEBIDAS, RIFAS Y MUCHO MÁS!
CONFIRMA TU ENTRADA GRATIS EN EVENTBRITE.

FEBRERO **13** 6:00 PM

4357 Montgomery Dr, Santa
Rosa, CA 95405

LATINO SERVICE PROVIDERS PRESENTS

Noche de Amor LOTERIA PARTY



JOIN US FOR A NIGHT OF LSP LOTERIA, GOOD MUSIC,
DRINKS, RAFFLE PRIZES AND MORE!
RSVP ON EVENTBRITE FOR FREE.

FEBRUARY **13** AT 6:00 PM

4357 Montgomery Dr, Santa
Rosa, CA 95405

STAY CONNECTED WITH OUR CHW COMMUNITY!



COMMUNITY HEALTH WORKER MEETINGS

We meet every 3rd Wednesday of the month at 12:30-2:00pm via Zoom.

It's a space to:

- Share ideas & resources
- Learn from guest speakers on new programs & tools for CHWs
- Network & build connections!

REGISTER NOW!



CHW MONTHLY NEWSLETTER

Stay up to date on:

- Local resources
- Job opportunities
- Upcoming training & events in Sonoma County

SIGN UP HERE:



Get the latest info every month, delivered straight to your inbox!

Spanish
translation
available!

¡SIGUE CONECTADO CON NUESTRA COMUNIDAD DE PROMOTORES DE SALUD!



REUNIONES DE PROMOTORES DE SALUD

Nos reunimos cada tercer miércoles del mes de 12:30 PM a 2:00 PM por Zoom.

Es un espacio para:

- Compartir ideas y recursos
- Aprender sobre nuevos programas
- Apoyarnos entre todos
- Conocer a otros promotores

¡Regístrate aquí!



BOLETÍN MENSUAL PARA PROMOTORES DE SALUD

Cada mes compartimos:

- Recursos locales
- Ofertas de trabajo
- Eventos en el condado de Sonoma

¡Suscríbete aquí!



El boletín llega el primer martes de cada mes. Es una forma fácil de estar informado y conectado con la comunidad.

Traducción
al Español
disponible



Free Nutrition Workshops

Join us for two workshops supporting everyday wellness:

Learn smart, time-saving grocery shopping and meal-planning strategies, and explore healthy living habits like managing sodium, supporting gut health, and prioritizing sleep and exercise—plus enjoy tasting a new recipe at each session!

Practical. Budget-friendly. Delicious.

Join us to learn, taste, and take-home tools you can use right away!

February 2026 Workshop Dates & Locations:

Smart Strategies for Shopping

- Cloverdale Regional Library— February 3rd 5-6pm
[755 W Napa St, Sonoma, CA 95476]



Best Practices for Healthy Living

- Petaluma Regional Library — February 27th 2-3pm
[150 Coddington Ctr., Santa Rosa, CA 95401]



★ *Free to attend • Open to all*
No registration needed, just show up! :)



Student volunteers invited to help exhibitors lead their interactive science activity for children!



Saturday, March 7, 2026
9:30 a.m. to 4:00 p.m.
Sonoma County Fairgrounds

A one-day, **free**, community science festival sparking curiosity and wonder for science, technology, engineering, and math. The festival brings together 100+ organizations, 10,000+ attendees, supported by 150 volunteers and funded by 70 sponsors, for youth to talk with scientists and engineers while exploring 150+ interactive exhibits including rockets and beehives, robots and sharks, catapults and hearts, animation, animals, art, and more!



www.northbayscience.org



Mike Roa at mikeroa46@gmail.com



Sign-up as a volunteer at <https://qrco.de/NBSDDVOLUNTEER>

High School and College Student Exhibitor Assistant

Sign up with an exhibitor to assist leading their interactive STEM activity
Shifts are from 4 to 6 hours.
Optional extra time available to help setup or cleanup!

This opportunity allows you to gain valuable real-world STEM experience and/or earn community service credit toward your high school requirements.



SIGN-UP

A public education event organized by the University of California, Agriculture and Natural Resources, 4-H Youth Development Program.



¡Estudiantes voluntarios invitados a ayudar a los expositores a dirigir su actividad científica interactiva para niños!



Día de
Ciencia
en el Norte de la Bahía

Sábado, 7 de marzo de 2026
10:00 a. m. a 4:00 p. m.
Terrenos de la Feria de Santa Rosa

Un festival de ciencia comunitario, **gratuito** y de un día de duración, que despierta la curiosidad y el asombro por la ciencia, la tecnología, la ingeniería y las matemáticas. El festival reúne a más de 100 organizaciones y 10,000 asistentes, con el apoyo de 150 voluntarios y la financiación de 70 patrocinadores, para que los jóvenes conversen con científicos e ingenieros mientras exploran más de 150 exhibiciones interactivas, que incluyen cohetes y colmenas, robots y tiburones, catapultas y corazones, animación, animales, arte y mucho más.

 www.northbayscience.org

 Mike Roa al mikeroa46@gmail.com

 Regístrate en <https://qrco.de/NBSDDVOLUNTEER>

Asistente de exhibidores para estudiantes de secundaria y universitarios

Regístrese con un expositor para ayudar a dirigir su actividad interactiva STEM. Los turnos son de 4 a 6 horas. Tiempo opcional disponible para ayudar con la configuración o limpieza!

Esta oportunidad te permite adquirir valiosa experiencia práctica en STEM en el mundo real y obtener créditos de servicio comunitario para tus requisitos de la escuela preparatoria.



Un evento de educación pública organizado por el Programa de Desarrollo Juvenil 4-H de la División de Agricultura y Recursos Naturales de la Universidad de California.



MONTHLY

MEETING

HOSTED BY

POSITIVE IMAGES

FEBRUARY 19, 2026

12:00 PM - 1:30 PM

Direction: 1000 Apollo Way
Santa Rosa





JUNTA

MENSUAL

PRESENTADO POR

POSITIVE IMAGES

FEBRERO 19, 2026

12:00 PM - 1:30 PM

Dirección: 1000 Apollo Way
Santa Rosa



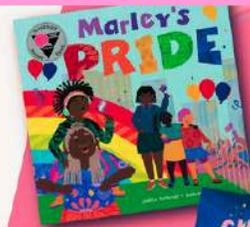
Únase a la Oficina de Educación del Condado de Sonoma, Positive Images, Amor Para Todos, LGBTQ Connection, PFLAG y la Biblioteca del Condado de Sonoma para celebrar las voces y las historias de las personas trans y no binarias.

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



Fresh Takes

True West
Student
Film Festival

We want to hear the voices and stories of student filmmakers! All finalists will attend a red-carpet reception with their films on the big screen.



Guidelines

- Submitters must be K-12 students in Sonoma or Lake Counties
- Films may not exceed 5 minutes of runtime
- Narrative, documentary, and animated films are welcome
- English and Spanish-language films are welcome
- Submission is free!

Submission deadline: 2/8/2026
Film Festival: 3/14/2026

**SUBMIT YOUR
ENTRY HERE**



Questions?

Contact us at:
studentff@truewestfilmcenter.org



SENDEROS: ¡HONGOS!

SÁBADO, 7 DE FEBRERO, 2026

11:00 AM-2:00 PM

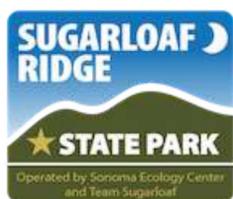
SUGARLOAF RIDGE STATE PARK

Ven a descubrir el extraño y maravilloso mundo de los hongos.

Gratis; requiere registraci3n.
Para m1s detalles, abre la c1mara de tu tel3fono y enf3calo en el c3digo QR:



Para preguntas, llama a Mario (707.387.4087) o Alma (707.247.5767) o escribenos a senderos@sonomaecologycenter.org



senderos  naturales
un proyecto de Sonoma Ecology Center

SENDEROS: FUNGI!

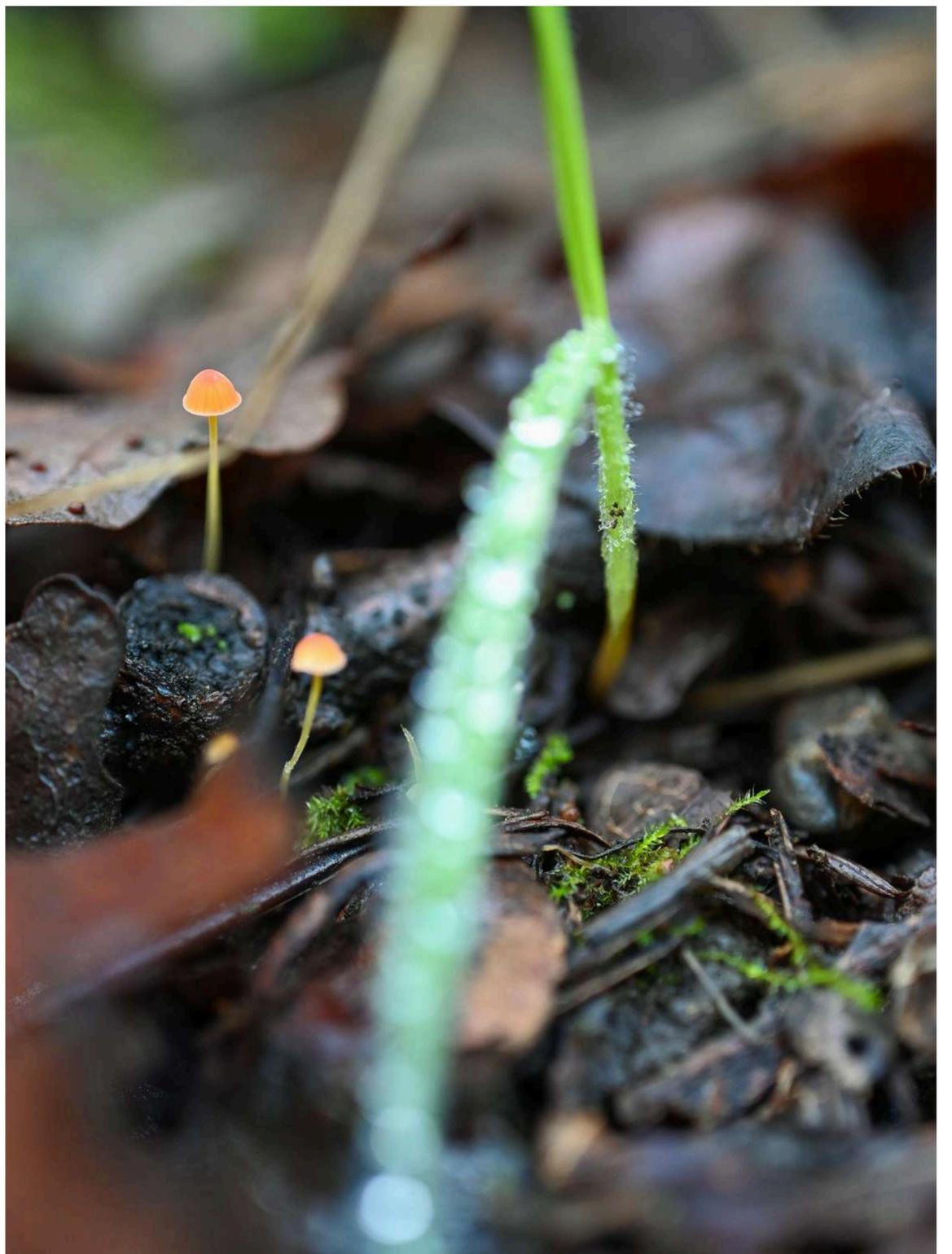
SÁBADO, 7 DE FEBRERO, 2026
11:00 AM-2:00 PM
SUGARLOAF RIDGE STATE PARK

Come and discover the
strange and wonderful world
of fungi.

Free: More information and
registration at QR code



Questions? Call a Mario
(707.387.4087), Alma
(707.247.5767), or write us at
senderos@sonomaecologycenter.org



senderos naturales
un proyecto de Sonoma Ecology Center

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, o llamando a Mario al 707-387-4087 o Alma al 707-247-5767.

Próximos eventos en 2026



7 de febrero: ¡Hongos!

7 de marzo: Observación de aves

4 de abril: Flora

9 de mayo: Fauna



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 **free events** such as 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, by emailing senderos@sonomaecologycenter.org, or by calling Mario (707-387-4087) or Alma (707-247-5767).

Upcoming Events in 2026



February 7: Mushrooms!

March 7: Bird Watching

April 4: Flora

May 9: Fauna



senderos  naturales

un proyecto de Sonoma Ecology Center

OBSERVACIÓN DE AVES



SÁBADO 7 DE MARZO

SUGARLOAF RIDGE STATE PARK

9:00 AM- 12:00 PM

¿Qué tipo de pájaro es ese? Agarra tus binoculares y tu familia y acompáñanos en una aventura aviaria el sábado 7 de marzo 2026. **Evento Gratuito**; 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  naturales

un proyecto de Sonoma Ecology Center

BIRD WATCHING



SATURDAY, MARCH 7

SUGARLOAF RIDGE STATE PARK

9:00 AM- 12:00 PM

¿What bird is that? Grab your binoculars and your family to join us for a Spanish speaking avian adventure on Saturday, March 7, 2026. **Free event**; 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.



Are You Prepared for an **Emergency**?



Join a **FREE**
2-part workshop

With expert speakers,
FREE go-bags & incentives!

GEARED FOR SENIORS!

Part 1 - Saturday, March 7, 10:00 - 12:00

Making a plan, fire and evacuation safety for seniors, **FREE** emergency go-bags, earthquake readiness

Part 2 - Saturday, March 21, 10:00 - 12:00

Supplies to keep at home, car prep, pet safety in evacuation, 2-1-1 resources



www.emergencyprephelp.org

SUPPORTED BY



at **CRAM HALL**
St. John's Episcopal Church
40 Fifth Street, Petaluma



*To register scan the QR code,
go to emergencyprephelp.org,
or call 707-241-3280*



Botanical Bus
Bilingual mobile herb clinic

Apapacho materno

un taller de bienestar sobre la maternidad

John Reed Elementary School

390 Arlen Dr, Rohnert Park, CA 94928

Miercoles, 8:30 - 10:00 am

25 de marzo Masaje Relajante

Aprendemos como hacer un masaje relajante, tanto para embarazadas como para los niños pequeños.

1 de abril Cuarentena y Fajado

La tradicion de la cuarentena cuenta con el fajado. Haremos una tintura de plantas medicinales y aprendemos como usarla con una banda en este tiempo de cuidado y amor.

8 de abril Cierre de Caderas

Aprende como hacer el cerado de caderas usando rebozos - una tradición utilizada después del parto para ayudar a la recuperación física y emocional de la madre.

15 de abril Magia del Manteado

Conozcamos la diferencia entre dormir y descansar, y cómo lograr que el sueño sea reparador.

22 de abril Encontrando los Momentos de Calma

Unámonos en comunidad para ofrecer el apoyo emocional que a veces buscamos después del parto.

¡Habrá cuidado de niños!

Reserva su lugar por registro: 707.321.1096

<https://thebotanicalbus.org/es/registro-para-talleres/>



www.thebotanicalbus.org



Protecting Our Children

A Parent & Caregiver Workshop



VERITY

Keeping children safe begins with informed, confident adults and open conversations at home. This workshop is designed to equip parents and caregivers with knowledge and practical tools to help teach children that their bodies are valuable and deserving of respect, while building skills to protect and support them. For adults caring for children up to age 12.

This workshop will help parents and caregivers:

- Identify safe vs. unsafe touch
- Set healthy boundaries
- Navigate social media and online safety
- Know how to respond to a disclosure of abuse

Participants will receive practical tools, resources, and guidance in a safe, respectful, and compassionate space.



Date: Tuesday, March 10, 2026

Time: 5:30 p.m. - 7:00 p.m.



**Location: Verity Office, 1311 W. Steele Ln,
Santa Rosa**

SCAN TO SIGN UP



Protegiendo A Nuestros Niños

Taller para padres y cuidadores



VERITY

La seguridad infantil comienza con adultos informados y seguros, y conversaciones abiertas en casa. Este taller está diseñado para brindar a padres y cuidadores conocimientos y herramientas prácticas para enseñar a los niños que su cuerpo es valioso y merece respeto, a la vez que desarrollan habilidades para protegerlos y apoyarlos. Para adultos con niños hasta 12 años.

Este taller ayudará a los padres y cuidadores a:

- Identificar el contacto seguro y el inseguro
- Establecer límites saludables
- Navegar por las redes sociales y la seguridad en línea
- Cómo responder ante una reporte de abuso

Los participantes recibirán herramientas prácticas, recursos y orientación en un espacio seguro, respetuoso y compasivo.



Fecha: Martes 24 de febrero de 2026

Hora: 05:30 - 7:00 pm



**Ubicación: Oficina de Verity, 1311 W. Steele Ln,
Santa Rosa**

ESCANEAR PARA REGISTRARSE

