



Community Events

**March 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.**



### 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.



### ¿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**

**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**



# Family Service Coordination Team



## March 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 SCBH Family Support & Education Group 4pm-6pm	10 Bilingual Community Resource Clinic 3pm-4:30pm	11 S.O.S (25+): Allies for Hope 7pm-8:30	12	13	14
15	16	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
29	30	31  Bilingual Community Resource Clinic 3pm-4:30pm				

# 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, Mar 3<sup>rd</sup>  
Tue, Mar 10<sup>th</sup>  
Tue, Mar 17<sup>th</sup>  
Tue, Mar 24<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  
3 de marzo  
10 de marzo  
17 de marzo  
24 de marzo

*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**  
**MARCH**  
**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](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

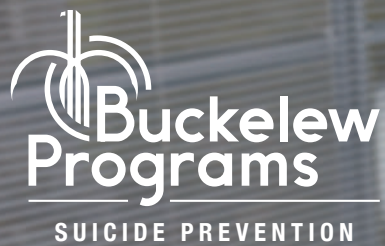
**Para participar:** llama al 415-858-5827  
o manda un correo electrónico a  
[marioc@buckelew.org](mailto:marioc@buckelew.org)

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.

**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](https://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](https://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](https://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](https://namisoco.org/P2P).**

**Learn more about our FREE programs:**

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

Groups and classes meet on Zoom unless otherwise specified.

# MARCH 2026

**NAMI Family-to-Family**

**Now available to Spanish speakers!**

We're introducing this free 8-session education program for family and friends of adults with illnesses like schizophrenia, major depression, bipolar disorder and OCD, now offered in Spanish.

**De Familia a Familia de NAMI**

Es un programa gratuito para familiares y seres queridos de adultos de 18 años en adelante que cuentan con un diagnóstico de salud mental o que presenta síntomas de una condición mental. **Para obtener más información: [info@namisoco.org](mailto:info@namisoco.org) or 866-960-6264.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	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 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	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
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23 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	24 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	25	26 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	27 Connection Group (In-Person) 2:00-3:30 PM
30 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	31 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	1 April 2026	2 Family Support Group (In-Person) 2:00-3:30 PM Connection Group (Zoom) 5:30-7:00 PM	3

## Free NAMI Family & Friends Presentation

**Are you supporting someone with a mental health condition? Facing challenges and not sure where to turn? Take ninety minutes to get the information that can change it all.**



**NAMI Family & Friends** is a free ninety-minute seminar that informs and uplifts people who have loved ones with a mental health condition. Learn the essentials of how to support your loved one and yourself, whether you are a parent, spouse, partner, sibling, child or friend. Seminar leaders have personal experience with mental health conditions in their families, and share hope as people who have been there before.

- Get practical information about mental health conditions and how they affect families.
- Learn simple communication tools to reduce conflict and respond more effectively.
- Get guidance on recognizing warning signs and possible relapse.
- Hear real-life stories from trained family members – not a clinical lecture.
- Get clear next steps and connections to NAMI programs and supports.

*“The **real-life examples** that the teachers shared were helpful in realizing we are not the only ones going through this. It **gave us some hope** for better days for us and our loved ones.”*

*“The best thing I ever did was **get educated** on what my loved one was going through.”*

*“Programs like this really **reduce the stigma and fear** surrounding talking about mental health conditions. I felt so supported and understood.”*

*“NAMI Family & Friends is **worth the time spent**, for sure. I finally feel like I am not alone.”*

### Free Presentation!

Saturday, April 11, 2026

10:00 AM - 12:00 PM

182 Farmers Lane #202

Santa Rosa CA 95405

**Register at**  
**[namisoco.org/familyfriends](https://namisoco.org/familyfriends)**.

**NAMI Sonoma County**  
**182 Farmers Lane #202**  
**Santa Rosa, CA 95405**

**866.960.6264 | [www.namisoco.org](http://www.namisoco.org) | [info@namisoco.org](mailto:info@namisoco.org)**



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Saturday, April 11, 2026

10:00 AM - 12:00 PM

182 Farmers Lane #202

Santa Rosa CA 95405

**Register at**

**[namisoco.org/familyfriends](http://namisoco.org/familyfriends).**

**NAMI Sonoma County**  
**182 Farmers Lane #202**  
**Santa Rosa, CA 95405**

**866.960.6264 | [www.namisoco.org](http://www.namisoco.org) | [info@namisoco.org](mailto:info@namisoco.org)**

# De Familia a Familia de NAMI

¡Próximamente! Una clase **gratuito** para familiares de personas que viven con una condición de salud mental. Impartido en español por familiares que entienden.

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El programa **de Familia a Familia de NAMI** es una clase educativo de 8 sesiones dirigido a familiares, amigos y personas cercanas que conviven con alguien que presenta síntomas o ha sido diagnosticado con una enfermedad mental, como depresión, ansiedad, esquizofrenia, trastorno bipolar o trastorno por consumo de sustancias. Aprende en un entorno seguro con familias que te entienden.

## Aprenderá:

- Información actualizada y culturalmente relevante sobre las condiciones de salud mental y cómo afectan al cerebro.
- El impacto de las condiciones de salud mental en toda la familia
- Cómo resolver problemas y comunicarse de manera efectiva
- Cuidarte y manejar estrés
- Encontrar y utilizar apoyos y servicios locales
- Apoyar a su ser querido con compasión
- Tratamientos y terapias actuales
- Como manejar una crisis



**¿Te interesa este programa, o conoce alguien que le interesaba?** Envía un correo electrónico a **info@namisoco.org** o visita **namisoco.org** para obtener más información.

# 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

## 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

## 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

## 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

## 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

The center will be closed on Tuesday, March 31st in observance of Cesar Chavez Day

March 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 estará cerrado El Martes 31 de  
Marzo en observancia del Día de César  
Chávez.

Marzo 2026



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

**Please join us on Thursday March 26th @  
10:00am for a Community Forum presented by  
Robby Moore of Catholic Charities !!!**

Robby will be here to help members of the community  
navigate the following:

- 1. Cal Fresh (Food Stamps)**
- 2. Medi-Cal (Medical Insurance)**
- 3. Cash Assistance (General  
Assistance/Sonoma Works)**
- 4. Client Centered Counseling**



# Creative Expressions



Join Us Every Day from 2:00 - 3:30 PM!

March 1st – 16th

**MASK PROJECT**

Create Your Own Unique Mask!



March 17th – 31st

**CALMING ART**

Relax and Practice Self Care



**At The Wellness & Advocacy Center**

2245 Challenger Way, Suite 104  
Santa Rosa, CA 95407

Call: **707-565-7800**





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



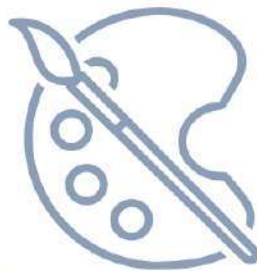
## *Bonding Through Art*

**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**





**KEYSTONE**  
Therapy & Training Services



# 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.

**Led by a trained Facilitators**, this group offers a space to explore the funny, confusing, uncertain, and mysterious experiences of fatherhood in a supportive environment.

**FREE for Partnership Medi-Cal participants**

**\$25 per session for Private Insurance participants**

### Group Details

---

**When: Starting March 4, 2026**

6 weekly group meetings

Wednesdays 5:30pm - 7:30pm


**Where:** Keystone Therapy & Training Services,

4415 Sonoma Hwy. Santa Rosa, CA 95409

These services will be provided in English

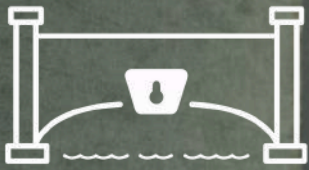
### Contact Us

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 707-327-0909

 keystone@keystone.love

 www.keystone.love



**KEYSTONE**  
Therapy & Training Services

# 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.**

Each session centers on connection, learning, and strengthening the bonds within our community. Pride Parenting is a confidential, closed group with limited space to ensure safety and meaningful participation.

**FREE for Partnership Medi-Cal participants**

**\$25 per session for Private Insurance participants**

## Group Details

---


**When: Starting March 3, 2026**

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

**Where:** Keystone Therapy & Training Services,  
4415 Sonoma Hwy. Santa Rosa, CA  
95409

## Contact Us

---

 707-327-0909

 [keystone@keystone.love](mailto:keystone@keystone.love)

 [www.keystone.love](http://www.keystone.love)



**KEYSTONE**  
Therapy & Training Services

# 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.**

Join us for honest conversation, practical support, and a community that cares.

Meetings include open discussions, resource sharing, and occasional guest speakers on topics such as self-care, co-parenting, and financial wellness.

No matter where you are in your parenting journey, you don't have to do it alone.

Strong Together is a place to find connection, compassion, and strength in community.

**FREE for Partnership Medi-Cal participants**

**\$25 per session for Private Insurance participants**

## Group Details

---

**When: Starting March 2, 2026**

6 weekly group meetings

Mondays 5:30pm - 7:30pm

**Where:** Keystone Therapy & Training Services,

4415 Sonoma Hwy. Santa Rosa, CA 95409

## Contact Us

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 707-327-0909

 [keystone@keystone.love](mailto:keystone@keystone.love)

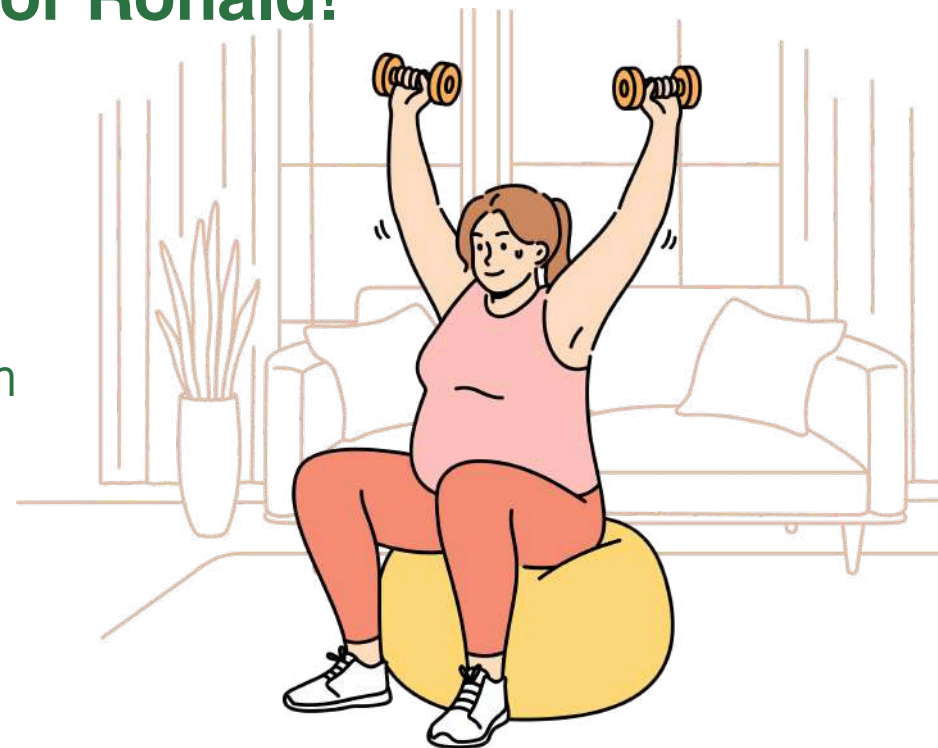
 [www.keystone.love](http://www.keystone.love)

# Clase de Ejercicio

## De Baja Intensidad

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

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



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

**Para registrarse llámenos al (707) 393-8700**

**HORARIO** Miércoles de 10–11:00am  
**DIRECCIÓN** 2800 Cleveland Ave. Suite C  
Santa Rosa CA 95403  
[www.laplazanc.org](http://www.laplazanc.org)



MARCH 2026  
MARCH

## LA PLAZA: CALENDARIO MENSUAL DE PROGRAMACIÓN / MONTHLY PROGRAMMING CALENDAR



### 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

3/30 KNITTING / TEJIDO EXPOSITION @  
LA PLAZA 5:00-6:30 PM

### Martes/Tuesday

3/4 TALLER/ WORKSHOP: TENSIÓN  
MUSCULAR  
@ LA PLAZA 10:00-11:30 AM

3/10 TALLER/ WORKSHOP: TENSIÓN  
MUSCULAR @ BAYER FARM  
10:00-11:30 AM

3/17, 3/24 & 3/31 TALLER/ WORKSHOP:  
WELLNESS AND STRESS  
@ BAYER FARM 10:00-11:30 AM

### Miércoles/Wednesday

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

CADA MIÉRCOLES/EVERY WEDNESDAY:  
GRUPO DE APOYO PERINATAL: UN  
ESPACIO PARA SANAR PERINATAL SUPPORT

GROUP: A SPACE TO HEAL  
@ LA PLAZA 9:00 AM -12:00 PM

### Jueves/Thursday

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

### Viernes/Friday

NO HAY PROGRAMACIÓN  
/ NO PROGRAMING

### Sábado/Saturday

3/14 BOTANICAL BUS CLINIC  
/ CLÍNICA DEL BUS  
BOTANICO 11AM-2:30PM



**CONÉCTATE CON NOSOTRES /  
CONNECT WITH US**



707-393-8700



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



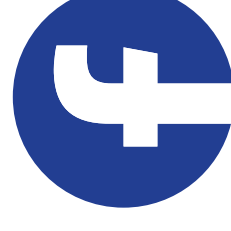
HORARIO / HOURS OF  
OPERATION 8:00 AM - 4:30 PM



INFO@LAPLAZANCC.ORG

**¿NECESITAS PAÑALES O COMIDA? ESTAMOS AQUÍ PARA  
APOYARTE — LLÁMANOS / NEED DIAPERS OR FOOD? WE'RE  
HERE TO HELP — CALL US.**

**Síguenos en las redes sociales/  
Follow us on Social Media**



# ¡Viva! Cafecito Creativo

¡Ven y acompáñanos!

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



**HORARIO**

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

**DIRECCIÓN**

2800 Cleveland Ave. Suite C  
Santa Rosa CA 95403  
[www.laplazanc.org](http://www.laplazanc.org)



# Grupo de Apoyo: Círculos de Sanación

¿Buscas un espacio seguro para compartir, sanar y conectar?

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

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

**Para registrarse llámenos al (707) 393-8700**

**HORARIO** Todos los lunes de 10-11:30am

**DIRECCIÓN** 2800 Cleveland Ave. Suite C  
Santa Rosa, CA 95403



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





## 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](http://www.northbayscience.org)



Mike Roa at [mikeroa46@gmail.com](mailto: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 Ferria 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](http://www.northbayscience.org)



Mike Roa al [mikeroa46@gmail.com](mailto: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.

**POSITIVE**  
IMAGES

# M★GICAL M★RCH

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

**3/2: CHECK-IN NIGHT**

**3/12: ART NIGHT**

**3/19: TRIVIA GAME NIGHT**

**3/26: DISCUSSION NIGHT:**

**HOW TO DEAL WITH BULLYING**

LGBTQIA+ ADULT  
**Support Group**

Fridays 6:30–8:30pm (18+)

**3/6: Check-In Night\***

3/13: Taxes 101 Workshop

**3/20: Show & Tell\***

3/27: Movie Night

**\*=online**



**POSITIVE**  
IMAGES

**elevate**  
YOUTH CALIFORNIA

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

**MARZO DE ABRAZO**

# **MICROFONO ABIERTO**

**MIÉRCOLES, 18 DE  
MARZO 2026**

**CENTRO COMUNITARIO  
DE POSITIVE IMAGES**

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

**Positive Images es un espacio  
comunitario sobrio y seguro.**



# TRANS EXISTENCE IS RESISTANCE!

## TRANSGENDER DAY OF VISIBILITY

**Saturday, March 28**  
**12-3pm**

**Positive Images**  
1000 Apollo Way  
Santa Rosa, CA  
95407



**POSITIVE**  
IMAGES

# EXISTENCIA TRANS ES RESISTENCIA

DÍA DE LA VISIBILIDAD  
TRANSGÉNERO

Sábado 28 de Marzo  
12pm - 3pm

Positive Images  
1000 Apollo Way  
Santa Rosa, CA  
95407

**POSITIVE**  
IMAGES



# MARCH 2026

## SUN MON TUE WED THU FRI SAT

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	English Conversation Club 2:00-3:00pm Drop-in Teen Volunteering 4:00-6:00pm Game On! For Teens 4:30-5:30pm Creative Club: Monoprints with Watercolor 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	Book Sale!!! 10:00pm-5:30pm
8	9	10	11	12	13	14
Book Sale!!! 1:00pm-4:30pm 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 English Conversation Club 2:00-3:00pm Drop-in Teen Volunteering 4:00-6:00pm CSI for Teens 4:30-6:00pm Art Journaling Workshop 6:00-7:30pm	Bilingual Babytime 10:30-11:00am Lawyers In the Library 12:00-2:00pm Lego Build Club 4-5pm	Bilingual Babytime 10:30-11:00am Tai Chi w/ David Chung 11:00-12:00pm 404 Found Robotics Workshop- Week 1 (ages 9-17) 4-5:45pm Lego Build Club 4-5pm	Tai Chi w/ David Chung 11:00-12:00pm 404 Found Robotics Workshop- Week 1 (ages 9-17) 4-5:45pm
15	16	17	18	19	20	21
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	Little Chefs' & Gardeners' Story Hour 10:30-11:30am Create a Digital Story 1:30-3:30pm	English Conversation Club 2:00-3:00pm	Bilingual Babytime 10:30-11:00am Mystery Book Club 1:00pm-2:15pm Let's Draw! Cartoon Expressions 4:00-5:00pm	404 Found Robotics Workshop- Week 2 (ages 9-17) 4-5:45pm	404 Found Robotics Workshop- Week 2 (ages 9-17) 4-5:45pm
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	Toddler Storytime 10:30-11:00am Computer Basics: Cybersecurity 2:00-3:30pm	Get Your Content on TV 12:30-1:00pm English Conversation Club 2:00-3:00pm Smartphone Camera Club 4:00-5:00pm Drop-in Teen Volunteering 4:00-6:00pm Healthy Relationships with VOICES Sonoma 4:30-6pm	Bilingual Babytime 10:30-11:00am Lego Build Club 4-5pm	404 Found Robotics Workshop- Week 3 (ages 9-17) 4-5:45pm	Spanish Music & Movement 10:30-11:00am
29	30	31				
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					

**ALL LIBRARIES  
CLOSED FOR  
CÉSAR CHÁVEZ DAY**



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

### Central Events Calendar



**ALL LIBRARIES CLOSED:  
César Chávez Day 3/31/26**

## **KIDS & FAMILIES,- NIÑOS Y FAMILIAS**

### **Read to a Dog - Perritos y Libros**

#### **Every Sunday - Cada Domingo**

Read aloud to the well-trained dogs of the Humane Society of Sonoma County. Children build confidence in their reading skills by reading aloud in a safe space.

Lee en voz alta a los perros bien entrenados de la Humane Society of Sonoma County. 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)  
A tour of culture, language, and fun! Play with colorful scarves, instruments, and music as you move to the sound of language.

Un recorrido por la cultura, el idioma y la diversión! Juega con pañuelos coloridos, instrumentos y música mientras se mueves al sonido del lenguaje.

### **Bilingual Babytime**

#### **Every Thursday, Cada Jueves**

• 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**

#### **Every Tuesdays/ Cada Martes**

• Age Group: Baby (Ages 18-36 months)

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.

### **Little Chefs' & Gardeners' Story Hour - Hora de cuentos para personas pequeñas cocineras y jardineras**

• Age Group: Baby - Preschool (Ages 0-6)

Join children's author Tenisha Bernal to explore little chefs' and gardeners' first words through interactive reading, coloring, and games.

Attendees will receive complimentary copies of Little Gardener's First 100 Words and Little Chef's First 100 Words on a first come, first served basis.

Únete a la autora de libros infantiles Tenisha Bernal para explorar las primeras palabras de personas pequeñas cocineras y jardineras mediante actividades interactivas: leer, colorear, y juegos.

Las personas participantes recibirán un ejemplar gratuito de Little Gardener's First 100 Words y uno de Little Chefs First 100 Words por orden de llegada.

### **404 Found: Robotics Workshop-**

#### **404 Found: Taller de robótica**

• Age Group: ages 9-17 - edades 9-17

Hands-on robotics workshops! Dive into the world of robot programming as you build and program Micro:bit robots.

Talleres intensivos de robótica! Sumérgete en el mundo de la programación de robots mientras construyes y programas robots Micro:bit.

### **Let's Draw! Cartoon Expressions -**

#### **¡Dibujemos! Expresiones en caricatura**

• Age Group: Children (Grades 2-6)

Learn how to recreate illustrations with local children's book illustrator Tenisha Bernal! Supplies included.

¡Aprende a recrear ilustraciones con Tenisha Bernal, una autora local de libros infantiles! Todos los materiales serán proporcionados.

## **TEENS | JÓVENES (Grades | Grados 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.

### **Game On! for Teens!**

#### **¡A Jugar! Para Jóvenes**

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

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

### **Crime Scene Investigations for Teens**

#### **Investigaciones de escenas del crimen para jóvenes**

Ever wondered what real-life CSI looks like? Join the Sonoma County Sheriff's Office Crime Scene Investigations Unit for an inside look at how they process evidence and help solve crimes in our community. Learn about fingerprinting, serial number restoration, digital forensics, and more!

¿Quieres saber cómo trabaja la unidad de CSI en la vida real? Te invitamos a conocer a la Unidad de CSI de la Oficina del Sheriff del Condado de Sonoma para que veas cómo analizan las pruebas y ayudan a resolver los delitos en nuestra comunidad. ¡Aprende sobre huellas dactilares, restauración de números de serie, análisis forense digital y más!

### **Healthy Relationships with VOICES Sonoma**

#### **Relaciones saludables con VOICES Sonoma**

It's more than just dating, it's every connection you make! Self-respect, consent, red flags and more.

¡Es más que solo citas, es cada conexión que estableces! Autoestima, consentimiento, señales de alerta y mucho más.

## **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: "A Fever in the Heartland"**

#### **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 "All the Colors of the Dark"**

#### **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: Monoprints with**

#### **Watercolor**

Learn how to create unique ink and watercolor monoprints. No prior drawing experience required!

### **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.

### **Tai Chi with David Chung\***

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

### **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.

### **Computer Basics: Cybersecurity**

Learn how to be safer online with accounts/passwords, and get an overview of frauds and scams.

### **English Conversation Club**

Boost your confidence and practice your English in a friendly, supportive space at the library. Open to all adult learners--no registration required. Just drop in and join us!

Practica tus habilidades de conversación en inglés en un ambiente agradable y acogedor en la biblioteca. Abierto para todas las personas adultas. No es necesario que te inscribas, solo tienes que acudir a cualquiera de nuestras reuniones. ¡Únete a nosotros!

### **Art Journaling Workshop**

Working with collage, ink and markers, create a beautiful art journal to take home. Advance registration required.

## **SPECIAL EVENTS/Eventos Especiales**

**ALL LIBRARIES CLOSED: César Chávez Day 3/31/2026**

### **Friends of the Santa Rosa Libraries Book Sale**

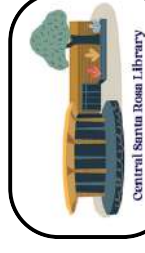
**3 Day Event: Friday, Saturday, & Sunday.**

Supports programming for Santa Rosa's 4 Libraries. Admission is free. Credit cards are accepted.

Venta de libros de los Amigos de las Bibliotecas de Santa Rosa

Evento de 3 días: viernes, sábado y domingo.

Soporta programación para las 4 Bibliotecas de Santa Rosa. Entrada gratuita. Se aceptan tarjetas de crédito.



@central\_santa\_rosa\_library

Central Santa Rosa Library

Events Info



FOLLOW US

# Biblioteca Central Eventos Para Jóvenes Marzo

GRATIS

## LOS JÓVENES VOLUNTARIOS

Cada miércoles, 4:00-6:00PM\*

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

\*excepto 18 de marzo

## CIERRE DE LA BIBLIOTECA

MAR

31

LA BIBLIOTECA  
ESTÁ CERRADA

## MIÉRCOLES @ 4:30PM

¡A jugar!

4

¡Juega, disfruta, come botanas, y diviértete!

Investigaciones de escenas del crimen

11

Te invitamos a conocer a la Unidad de CSI de la Oficina del Sheriff del Condado de Sonoma para que veas cómo analizan las pruebas y ayudan a resolver los delitos en nuestra comunidad.

18

No evento

No tenemos un evento para jóvenes el 18 de marzo.

25

VOICES: Relaciones saludables

¡Es más que solo citas, es cada conexión que estableces!

Autoestima, consentimiento, señales de alerta y mucho más.

Welcome  
Spring



# Central Library Teen Events March

FREE

## TEEN VOLUNTEERING

Every Wednesday, 4:00-6:00PM\*

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

\*except March 18

## LIBRARY CLOSURES

TUE

31

LIBRARY IS CLOSED

## WEDNESDAYS @ 4:30PM

4

### Game On!

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

11

### Crime Scene Investigations

Join the Sonoma County Sheriff's Office Crime Scene Investigations Unit for an inside look at how they process evidence and help solve crimes in our community.

18

### No Event

We do not have an event for teens on March 18.

25

### VOICES: Healthy Relationships

It's more than just dating, it's every connection you make! Self-respect, consent, red flags and more.

Welcome  
Spring



CONVERSATIONS TO KEEP  
YOUR FAMILY  
SAFE & STRONG

# VIRTUAL PARENT CAFÉ



Saturday April 18,  
2026

9 AM- 12 PM

Held Virtually on Zoom  
In English & Spanish

Join us on an inspiring journey into advocacy! Discover the power of your voice and engage in meaningful discussions on championing rights.

*Cafés are held bilingually in English & Spanish*

- ☑ Share ideas
- ☑ Make Connections
- ☑ Build Strong Families
- ☑ Discover the Power of Your Voice!

Parents in | Padres en  
Action | Acción  
**4Cs**  
Sonoma County

**FOR MORE INFORMATION:**

- ☎ (707) 522-1413 Ext 132
- ✉ CPerez@Sonoma4Cs.org
- 🌐 Sonoma4Cs.org

**TO REGISTER:**



CONVERSACIONES  
PARA MANTENER A  
SU FAMILIA FUERTE.



# CAFÉ PARA PADRES VIRTUAL

Sabado

18 de Abril, 2026

9 am - 12 pm

Realizado virtualmente por Zoom  
En inglés y español

Únete a un inspirador recorrido por la defensa, donde explorarás el poder de tu voz y aprenderás a promover los derechos de manera efectiva. Veremos cómo pequeñas acciones pueden generar grandes cambios.

*Los cafes se llevan a cabo de forma bilingue en ingles y español*

- ☑ Compartir Ideas
- ☑ Crear Conexiones
- ☑ Construir familias fuertes
- ☑ ¡Descubre el poder de tu voz!

Parents in | Padres en  
Action | Acción  
**4Cs**  
Sonoma County

PARA MÁS INFORMACIÓN:

- ☎ (707) 522-1413 Ext 132
- ✉ CPerez@Sonoma4Cs.org
- 🌐 Sonoma4Cs.org

PARA INSCRIBIRSE:





# BUILDING HOPE AND RESILIENCE THROUGH TRAUMA-INFORMED CARE (TIC)

All providers will need to support a family through a challenging experience at some point. This may include illness, accidents, divorce, natural disasters, deportation, struggles with well-being, or lack of access to needed resources.

Participants will learn how these experiences affect brain development, trauma-informed care research and practical strategies to be a truly healing program. A key component is the provider's own self-care and self-awareness, which assist in the delivery of the critical care needed by children in care.

This workshop is part of an ongoing effort led by 4Cs Sonoma County and the Sonoma County Human Services Department to train all providers in our community in trauma-informed care.

## LEARN:

- How to support children, families and yourself through challenging events.
- Effective ways to promote healing and resilience in your program.


[Click to Register](#)  
or go to  
[www.caregistry.org](http://www.caregistry.org)



### 4Cs Sonoma County

(707) 544-3077  
 [Bridge@Sonoma4Cs.org](mailto:Bridge@Sonoma4Cs.org)  
 131 A Stony Circle Suite 300  
Santa Rosa, CA 95407

[Sonoma4Cs.org](http://Sonoma4Cs.org)  
 [Sonoma4Cs](https://www.facebook.com/Sonoma4Cs)  
 [4CsSonomaCounty](https://www.instagram.com/4CsSonomaCounty)



# CONSTRUYENDO ESPERANZA Y RESILENCIA ATRAVES DEL CUIDADO INFORMADO SOBRE EL TRAUMA (TIC)

Todos los proveedores necesitarán apoyar a una familia durante una experiencia difícil en algún momento. Esto puede incluir enfermedades, accidentes, divorcio, desastres naturales, deportación, dificultades con el bienestar o falta de acceso a recursos esenciales.

Los participantes aprenderán cómo estas experiencias afectan el desarrollo cerebral, investigaciones sobre el cuidado informado por el trauma y estrategias prácticas para crear un programa verdaderamente sanador. Un componente clave es el autocuidado y la autoconciencia del proveedor, lo cual es fundamental para brindar la atención crítica que los niños necesitan.

Este taller forma parte de un esfuerzo continuo liderado por 4Cs del Condado de Sonoma y del departamento de Servicios Humanos del Condado de Sonoma para capacitar a todos los proveedores de nuestra comunidad en el cuidado informado por el trauma.

## APRENDE:

- Cómo apoyar a los niños, las familias y a ti mismo durante eventos difíciles
- Formas efectivas de promover la sanación y la resiliencia en tu programa

[Haz clic para registrarte](#)

[o ve a](#)

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



### 4Cs Sonoma County

 (707) 544-3077

 [Bridge@Sonoma4Cs.org](mailto:Bridge@Sonoma4Cs.org)

 131 A Stony Circle Suite 300  
Santa Rosa, CA 95407

 [Sonoma4Cs.org](http://Sonoma4Cs.org)

 [Sonoma4Cs](#)

 [4CsSonomaCounty](#)

NEIGHBORHOOD SERVICES

# CITY BOOTERS

**SATURDAY MORNINGS**

March 7 - May 9

This non-competitive soccer league welcomes participants of all skill levels and experience. Players will be introduced to basic fundamentals of the game, develop skills, and learn what it means to be part of a team, all while keeping the focus on fun!



## **CITY BOOTERS SOCCER**

- Instructional co-ed league
- Youth ages 5-7 or 8-10
- Rincon Valley or Youth Community Park
- Saturday mornings\*

\*Start times vary between 9am-1pm

### **FREE CITY BOOTERS FIELD DAY!**

Meet the coaches and try the program before registering on Saturday, March 7 at Youth Community Park from 9-10am or 10-11am.

**Play**  
SANTA ROSA  
SPORTS

All community members are welcome to register. Neighborhood Services members receive discounted pricing. For information about becoming a Neighborhood Services member, please contact:

NeighborhoodServices@srcity.org  
or call 707-543-3737



SERVICIOS DEL VECINDARIO

# CITY BOOTERS

## SÁBADOS POR LA MAÑANA

7 de marzo – 9 de mayo

Esta liga de fútbol no competitiva da la bienvenida a participantes de todos los niveles de habilidad y experiencia. Los jugadores serán introducidos a los fundamentos básicos del juego, desarrollarán habilidades y aprenderán lo que significa ser parte de un equipo, ¡todo mientras se mantiene el enfoque en la diversión!



## FÚTBOL CITY BOOTERS

- Liga mixta instruccional
- Niños y niñas de 5 a 7 o 8 a 10 años
- Rincon Valley o Youth Community Park
- Sábados por la mañana\*

\*Los horarios de inicio varían entre las 9 a.m. y las 1 p.m.

### ¡DÍA DE CAMPO GRATIS DE CITY BOOTERS!

Conoce a los entrenadores y prueba el programa antes de inscribirte el sábado 7 de marzo en Youth Community Park de 9 a 10 a.m. o de 10 a 11 a.m.

Play  
SANTA ROSA  
SPORTS

Todos los miembros de la comunidad son bienvenidos a inscribirse. Los miembros de Neighborhood Services reciben precios con descuento. Para obtener información sobre cómo convertirse en miembro de Neighborhood Services, comuníquese a:

NeighborhoodServices@srcity.org o llame al 707-543-3737



# 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

# COMMUNITY WORKSHOPS:

## SOUTH SANTA ROSA SPECIFIC PLAN



Share your vision for the future of South Santa Rosa!

### WORKSHOP SCHEDULE:

WORKSHOP #1: AMAROSA ACADEMY  
THURSDAY, OCTOBER 17 | 6:00 – 8:00 P.M.

WORKSHOP #2: TAYLOR MOUNTAIN ELEMENTARY  
FRIDAY, OCTOBER 18 | 6:00 – 8:00 P.M.

WORKSHOP #3: ANDY'S UNITY PARK  
SATURDAY, OCTOBER 19 | 1:30 – 3:30 P.M

REGISTER



For additional information: [SRCity.org/SSRSP](https://SRCity.org/SSRSP)

# TALLERES COMUNITARIOS: PLAN ESPECÍFICO DEL SUR DE SANTA ROSA



¡Comparta su visión para el futuro del Sur de Santa Rosa!

## HORARIO DEL TALLER:

TALLER N.º 1: AMAROSA ACADEMY  
JUEVES 17 DE OCTUBRE | 6:00 – 8:00 P.M.

TALLER N.º 2: TAYLOR MOUNTAIN ELEMENTARY  
VIERNES 18 DE OCTUBRE | 6:00 – 8:00 P.M.

TALLER N.º 3: ANDY'S UNITY PARK  
SÁBADO 19 DE OCTUBRE | 1:30 – 3:30 P.M

Regístrese



Para obtener información adicional: [SRCity.org/SSRSP](http://SRCity.org/SSRSP)

# SPRING CLASSES

AT THE ZONES



## MINECRAFT CODING

Create, design and customize your own mods!  
Using programs like MCreator and BlockBench, kids can create unique items, mobs and more!

TUESDAYS/ MARCH 24 -  
THURSDAYS APRIL 16

## YOUTH VOLLEYBALL

This 8-week course introduces youth to the fundamentals of volleyball, including setting, serving, and defense. Players will build skills and confidence through progressive drills and gameplay!



MONDAYS APRIL 6 -  
MAY 25



Enroll today:  
[thezonesyouth.org/register](http://thezonesyouth.org/register)

# 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](http://www.emergencyprephelp.org)

SUPPORTED BY



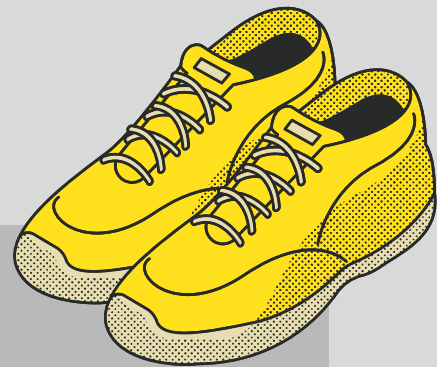
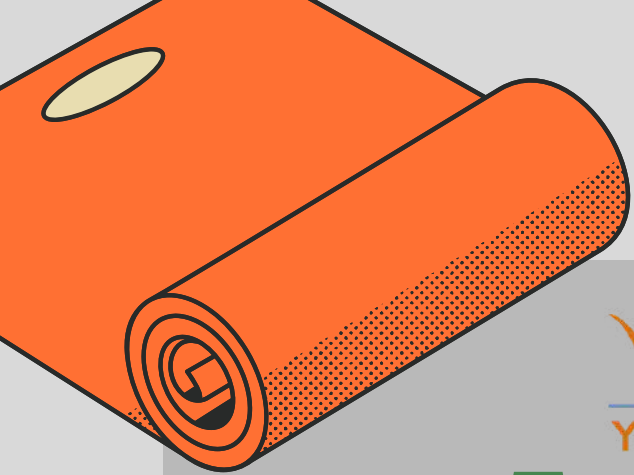
at **CRAM HALL**  
St. John's Episcopal Church  
40 Fifth Street, Petaluma



*To register scan the QR code,  
go to [emergencyprephelp.org](http://emergencyprephelp.org),  
or call 707-241-3280*

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2	CENTER CLOSED APPOINTMENTS ONLY	3	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	4	Active Workshop: Basketball <b>2:30-5:00 PM</b>  Financial Aid Appts <b>3:00 PM - 5:00 PM</b>	5	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	6	JODIE CLOSEOUT! <b>2:30-5:00 PM</b>
9	CENTER CLOSED APPOINTMENTS ONLY	10	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	11	Financial Aid Appts <b>3:00 PM - 5:00 PM</b>	12	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	13	Spa Workshop <b>2:30-5:00 PM</b>
16	CENTER CLOSED APPOINTMENTS ONLY	17	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	18	Active Workshop: Frisbee <b>2:30-5:00 PM</b>  Financial Aid Appts <b>3:00 PM - 5:00 PM</b>	19	Social Dinner Hour <b>4:00 PM - Closure</b> ILP Car Finance Workshop <b>4:00 PM - 5:30 PM</b> CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	20	Activity Friday <b>2:30-5:00 PM</b>
23	CENTER CLOSED APPOINTMENTS ONLY	24	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	25	Wellness Group: Coping Skills <b>3:30-5:00 PM</b>  Financial Aid Appts <b>3:00 PM - 5:00 PM</b>	26	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>	27	Activity Friday <b>2:30-5:00 PM</b>
30	CENTER CLOSED APPOINTMENTS ONLY	31	Social Dinner Hour <b>4:00 PM - Closure</b>  CalFresh & MediCal <b>1:00 PM - 4:00 PM</b>			<b>DROP-IN HOURS</b> TUE-FRI, 1-6 PM			



voices  
YOUTH PROGRAMS

# ACTIVE WORKSHOP

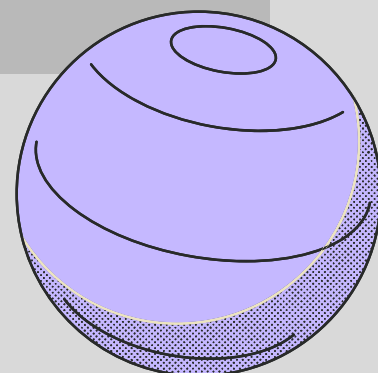
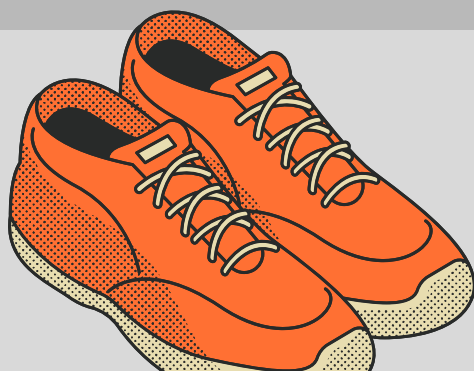
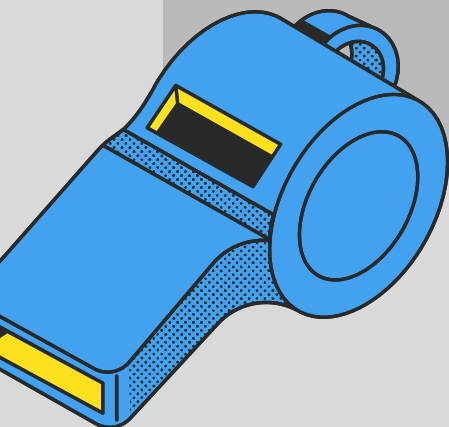
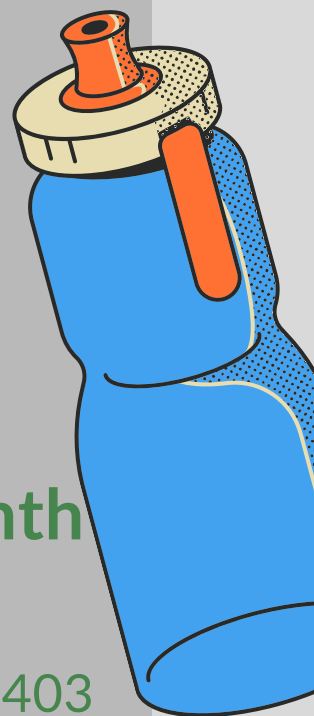
WITH LEILAN AND WILLOW

Come participate in a variety of fun exercise activities including: basketball, hiking, and more

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month  
2:30-5pm

2800 Cleveland Ave. Ste C, Santa Rosa, CA 95403

Call VOICES at (707) 579-4327  
with any questions





# AUTOMOTIVE FINANCES

AN ILP WORKSHOP



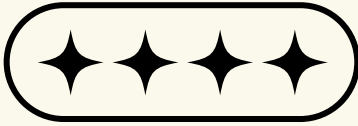
THURSDAY, MARCH 19

4PM-5:30PM | 2800 CLEVELAND AVE SUITE C

Let's explore how to responsibly buy your first car, all the ways we can save, and the benefits of having your own vehicle!

Questions? Need a ride?

Call us at (707) 579-4327



WELLNESS GROUP PRESENTS

# COPING SKILLS BINGO AND MORE

WEDNESDAY  
MARCH 25TH  
3:30PM-5:00PM



LEARN ABOUT HEALTHY COPING SKILLS THROUGH BINGO!

contact Willow: [willow@voicesyouthcenter.org](mailto:willow@voicesyouthcenter.org)  
or call VOICES (707) 579-4327



# Voices Beauty Spa hangout Day!

**Our services :**

Face mask, painting nails, watching a  
movie and more!



Open for ages 12-26

2800 Cleveland Ave Suite C

707-579-4327

any quesitons contact:

[anjelica@voicesyouthcenter.org](mailto:anjelica@voicesyouthcenter.org)

**FRIDAY  
MARCH 13<sup>TH</sup>  
2:30-5PM**



# CAMPS FOR KIDS

AT THE CHARLES M. SCHULZ MUSEUM

GRADES  
TK-6  
and up!

**SPRING BREAK**

March 16–20

**SUMMER BREAK**

June 8–August 14

JUNIOR  
VOLUNTEERS  
Ages 12+

Camps in art, improv & acting, ice skating, cooking, LEGO animation, science, outdoor activities, and more!



**REGISTER  
TODAY!**

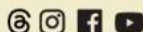
[schulzmuseum.org/  
classes-camps](http://schulzmuseum.org/classes-camps)

(707) 284-1263

Fee Assistance Available

CHARLES M.  
**SCHULZ**  
MUSEUM

CAMPS LOCATION:  
2301 Hardies Lane  
Santa Rosa, CA 95403  
(707) 579-4452  
[schulzmuseum.org](http://schulzmuseum.org)



©PNTS

