



Community Events  
**May 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.

# 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.

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

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

# 800-746-8181



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

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

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#### **Nueva Respuesta Ampliada**

MST puede:

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# 800-746-8181

# Family Service Coordination Team

## May 2026



SUN MON TUE WED THU FRI SAT

3			<p>Youth S.O.S. Support Group 6pm</p> <hr/> <p>Grupo de Apoyo Sobrevivientes de Suicidio 6:30 a 8pm</p>		1	2
4		<p>Bilingual Community Resource Clinic 3pm-4:30pm</p>	<p>6 S.O.S (25+): Allies for Hope 7pm-8:30</p>	7	8	9
10	<p>11 SCBH Family Support &amp; Education Group 4pm-6pm</p>	<p>12 Bilingual Community Resource Clinic 3pm-4:30pm</p>	<p>13 Youth S.O.S. Support Group 6pm</p>	14	<p>15 Community Partner Connections (CPC) Potluck! 2pm-4pm</p>	16
17		<p>19 Bilingual Community Resource Clinic 3pm-4:30pm</p>	<p>20 S.O.S (25+): Allies for Hope 7pm-8:30</p>	21	22	23
24	<p>25</p>	<p>26 Bilingual Community Resource Clinic 3pm-4:30pm</p>	<p>27 MADF Family Support &amp; Education Group 6pm-7:30pm</p>		29	30
	<p>31</p>					



# Family Service Coordination Team

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

## Support Groups

### Sonoma County Behavioral Health Family Education & Support Group

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

**2nd Monday of Every Month  
4:00 PM - 6:00 PM  
Bucklelew Office**

### Main Adult Detention Facility Family Education & Support Group

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

**4th Wednesday of Every Month  
6:00pm-7:30pm  
RSVP Required**

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

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

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

### Grupo de Apoyo para Trans Unid@s

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

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

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

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



2235 Mercury Way Suite 107  
Santa Rosa, CA 95407



bucklelew.org



Fsc@bucklelew.org | MarisabelM@bucklelew.org

# BILINGUAL COMMUNITY RESOURCE CLINIC

*The Resource Clinic is intended to provide concerned friends, family, or community members with an opportunity to seek information about mental health & wellness resources on behalf of themselves or a loved one.*



## Where:

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

## When:

Every Tuesday @ 3pm  
Tue, May 5th  
Tue, May 12<sup>th</sup>  
Tue, May 19<sup>th</sup>  
Tue, May 26<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 | 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  
5 de mayo  
12 de mayo  
19 de mayo  
26 de mayo

*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**  
**MAY**  
**11TH**  
**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.

## 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

*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.*





## Contact Us:

-  707-571-8452
-  [Fsc@Buckelew.org](mailto:Fsc@Buckelew.org)
-  2235 Mercury Way, STE 107  
Santa Rosa, CA 95407



BUCKELEW PROGRAMS

# Annual CPC Provider Potluck!



in celebration of mental health Awareness month, buckelew's family service coordination team will be hosting a potluck for providers who attend the community partner connections (CPC) meeting in may. Bringing a dish is optional but appreciated; All providers welcome!

Contact [FSC@Buckelew.org](mailto:FSC@Buckelew.org) or [MarisabelM@Buckelew.org](mailto:MarisabelM@Buckelew.org) to RSVP!

May 15th 2pm-4pm

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

Get ready to eat!





# 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 on Zoom every Tuesday, and in-person on Thursdays at the NAMI office. **Register at [namisoco.org/groups](http://namisoco.org/groups).**

**Connection Support Group**

For individuals (ages 18+) living with mental health challenges. Meets on Zoom every Tuesday. **Register at [namisoco.org/groups](http://namisoco.org/groups).**

**Family-to-Family Class**

An 8-session education program for those who care for and support a loved one with serious mental illness. **Next class begins 6/3/2026. Registration required at [namisoco.org/F2F](http://namisoco.org/F2F).**

*Spanish-language class coming later this year. Email [info@namisoco.org](mailto:info@namisoco.org) if interested.*



**Learn more about our FREE programs:**


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

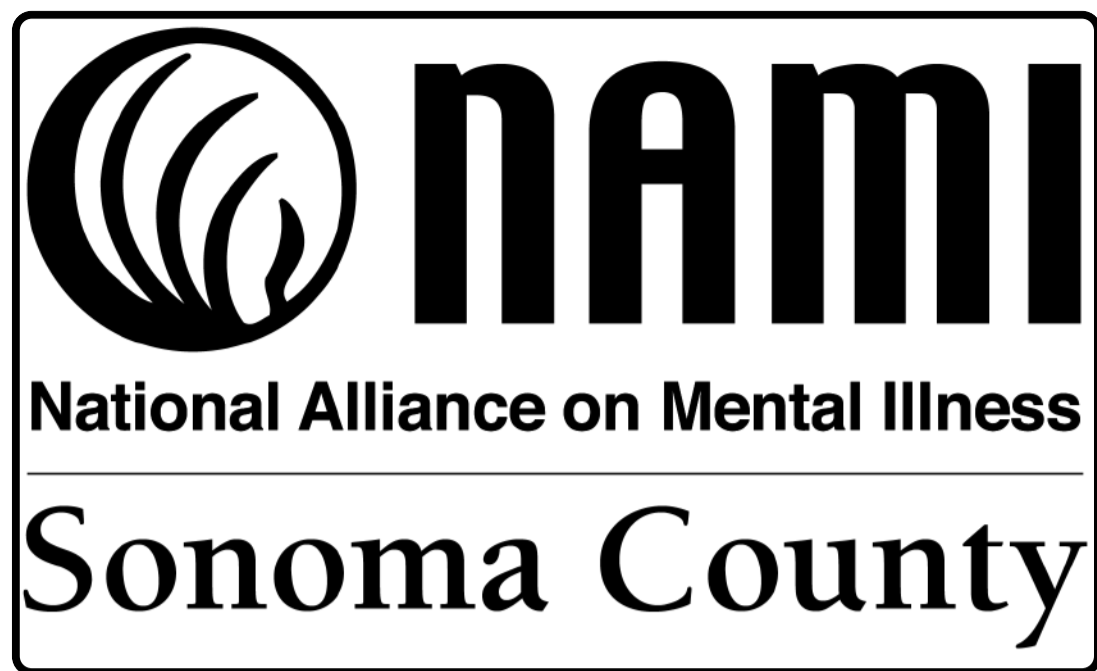
# MAY 2026

## MENTAL HEALTH AWARENESS MONTH

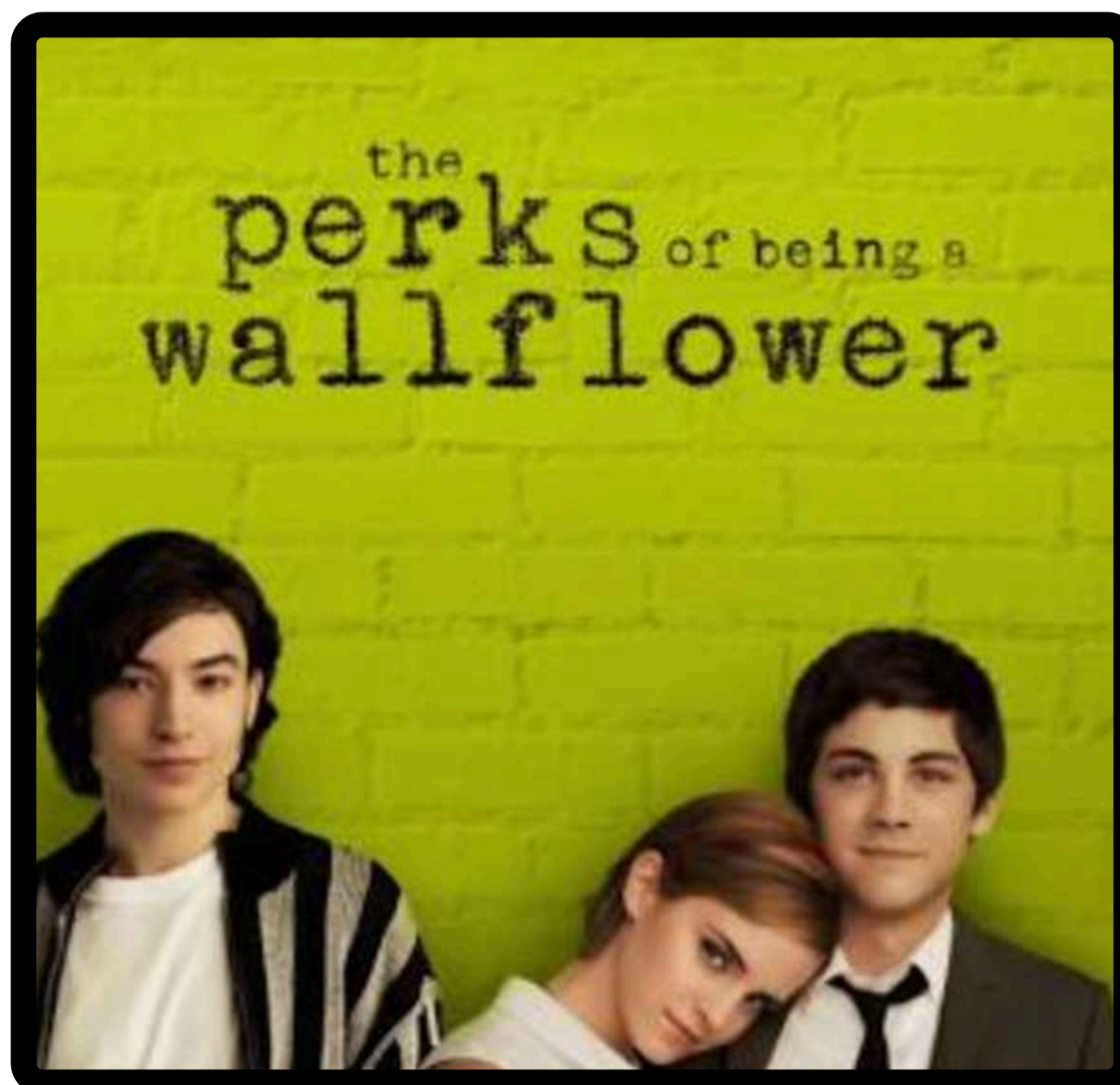
Here's where we'll be for #MentalHealthMonth 2026. Questions? Email [nferro@namisoco.org](mailto:nferro@namisoco.org).

- **Wed 5/6 | 6:00-8:15 PM:** "The Perks of Being a Wallflower" Film Screening & Teen Panel @ Rialto Cinemas. **Tickets \$15:** [rialtocinemas.com](http://rialtocinemas.com)
- **Fri 5/8 | 12:00-4:00 PM:** Mental Health Awareness Kickoff Event w/ West County Community Services @ Friedman Center
- **Mon 5/18 | 6:00-7:00 PM:** League of Women Voters Sonoma County "Hot Topic: Update on Measure O" on Zoom @ [lwvsonoma.org](mailto:lwvsonoma.org)
- **Thu 5/21 | 5:30-7:00 PM:** NAMI Connection Walk & Talk @ Spring Lake Regional Park. Contact [nferro@namisoco.org](mailto:nferro@namisoco.org) for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 <b>Connection Group (Zoom)</b> 5:30-7:00 PM  <b>Family Support Group (Zoom)</b> 6:00-7:00 PM	6  <b>Film Screening &amp; Teen Panel</b> Rialto Cinemas, Sebastopol 6:00-8:15 PM	7 <b>Family Support Group (In-Person)</b> 2:00-3:30 PM	8
11	12 <b>Family Support Group (Zoom)</b> 4:30-5:30 PM  <b>Connection Group (Zoom)</b> 5:30-7:00 PM	13	14 <b>Family Support Group (In-Person)</b> 2:00-3:30 PM	15
18	19 <b>Connection Group (Zoom)</b> 5:30-7:00 PM  <b>Family Support Group (Zoom)</b> 6:00-7:00 PM	20	21 <b>Family Support Group (In-Person)</b> 2:00-3:30 PM  <b>Connection: Spring Lake Walk &amp; Talk</b> 5:30-7:00 PM	22 Join us for a special in-person Connection meeting, held outdoors at Spring Lake Park. Contact <a href="mailto:nferro@namisoco.org">nferro@namisoco.org</a> for details!
25 <b>Office Closed</b> Memorial Day	26 <b>Family Support Group (Zoom)</b> 4:30-5:30 PM  <b>Connection Group (Zoom)</b> 5:30-7:00 PM	27	28 <b>Family Support Group (In-Person)</b> 2:00-3:30 PM	29
June 2026	2 <b>Connection Group (Zoom)</b> 5:30-7:00 PM  <b>Family Support Group (Zoom)</b> 6:00-7:00 PM	3 New! <b>NAMI Family-to-Family (In-Person)</b> 6:00-8:30 PM Registration required.	4 <b>Family Support Group (In-Person)</b> 2:00-3:30 PM  <b>Connection Group (In-Person Only)</b> 5:30-7:00 PM	5



*& the NAMI Sonoma County Youth Advisory Board Present*



**A critically acclaimed film about a teen dealing with depression, a friend's suicide, and the need for belonging. Conversation with our Youth Advisory Board follows!**

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**WEDNESDAY | MAY 6, 2026 | 6 - 8:15 PM**



**RIALTO CINEMAS SEBASTOPOL**  
6868 McKinley St, Sebastopol  
**Tickets \$15, to benefit NAMI**

**For more information:**  
**[www.namisonomacounty.org](http://www.namisonomacounty.org) | [info@namisoco.org](mailto:info@namisoco.org)**

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## NAMI Family-to-Family Application

*This application is for the **NAMI Family-to-Family class**, a free eight-week education program for family members and caregivers of individuals with serious mental health challenges. This class focuses on skill-building, psychoeducation, and understanding and supporting your loved one's recovery. After you submit this form, a member of our staff will reach out to you before the next class to confirm and answer any questions you have.*

### About You

Name		Phone Number	
Email Address			
Street Address		City	State Zip Code
Please identify someone whom we can call in case of an emergency: a family member, friend, or caregiver.		Their Phone Number	

### About Your Loved One

My spouse/partner  My child  My sibling  My parent/guardian  Other: \_\_\_\_\_

Who is the person in your life with a mental illness you are supporting?

Anxiety  ADHD  Bipolar  Borderline Personality Disorder  Depression  Eating Disorder  OCD  PTSD

Psychosis  Schizoaffective Disorder  Schizophrenia  Substance Use Disorder  Other: \_\_\_\_\_

Current Diagnosis (if any). If no diagnosis, list main symptoms.

Under 18  18-25  26-34  35-44  45-59  60 or older

Age symptoms began

Age first diagnosed

What is their current age?

Yes  No  Refusing Treatment

Are they in treatment?

If receiving treatment, from which provider? (Sonoma County Behavioral Health, Kaiser Permanente, etc)

Medi-Cal  Medicare  Kaiser Permanente  Other Private Insurance  No insurance

What is their Insurance Provider?

Conserved  Formerly in foster care  Homeless  Formerly Incarcerated.  LGBTQIA+  Veteran

Are they a member of any of the following special populations?

**Demographics:** These questions are for our statistical reports to Sonoma County and helps sustain our funding.

Please answer as many as you are comfortable with to help us learn more about the participants in our programs.

Male  Female  Nonbinary  Other Not Listed Here: \_\_\_\_\_

What is your gender? If you have specific preferred pronouns, please include them here.

Asian or Pacific Islander  Black  Hispanic/Latinx  Native American or Alaska Native  White  Other: \_\_\_\_\_

What is your race?

Difficulty seeing  Difficulty hearing  Intellectual or mental disability (not mental illness)

Physical or mobility disability  Chronic health condition  Other: \_\_\_\_\_

Do you live with any of these conditions?

### Do you have any questions or concerns about the class?

Your Signature

## NAMI Family-to-Family Class

**Are you the parent, sibling, partner, or other caregiver of someone who lives with a serious mental illness? Our free 8-week class is for you.**



NAMI Family-to-Family is a **free**, 8-week program for those who care for and support a loved one with serious mental illness, such as depression, bipolar disorder, or schizophrenia. Designated as evidence-based by SAMHSA and led by trained family members with lived experience, it provides practical knowledge, skills, training, support, and connections with others facing similar challenges.

### You'll learn about:

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

*"This has been such a **healing experience.**"*

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

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

**New Class Begins Soon!**

**Wednesday Evenings,  
June 3 - July 22, 2026  
6:00-8:30 PM**

Meets in person at  
NAMI Sonoma County:  
182 Farmers Lane #202  
Santa Rosa, CA 95405

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

**NAMI Sonoma County Warmline**  
866-960-6264  
[info@namisoco.org](mailto:info@namisoco.org)  
[www.namisoco.org](http://www.namisoco.org)

**COMMUNITY BAPTIST CHURCH COLLABORATIVE-  
2026 MENTAL HEALTH CONFERENCE  
MAY 30, 2026 ~ 1:00PM - 3:00PM**



# *“Mental Health Forum”*

*Speaker: Samuel McFarland, LMFT*



**COMMUNITY BAPTIST CHURCH  
1620 SONOMA AVE. SANTA ROSA, CA 95405**

*For more information email: [honorjackson1121@comcast.net](mailto:honorjackson1121@comcast.net) to  
ensure a seat*

*Supported by:*



or making an appointment with a mental health or medical professional. Call or text 988 to connect with skilled counselors anytime, confidentially, and free. If you are in need of resources check out our local resource map on the right or find different types of support available by clicking [HERE](#).

**What is a mental health crisis?**

Just as mental health may look different for each person, the signs of a mental health crisis can vary widely.

If you notice that someone you know is acting differently than usual in their behavior or personality, this is a good clue to check in with them about how they are feeling. You might see a pattern of them not taking care of themselves as they normally do. For example, they may skip work or school, sleep all day, or avoid personal care activities like bathing or eating.

Ask how you can best support them. You can even help them explore options for other types of assistance. Get ideas on how to start the conversation with them [HERE](#).

Take action right away if someone puts themselves or others at risk of harm. If they are suicidal, get help by calling 911 in a life-threatening situation. Counselors are available by calling or texting 988, or via chat at 988lifeline.org. 988 offers 24/7 support to anyone in crisis, and are also available to help you in supporting someone else. You are not alone.

CHECK IN

LEARN MORE

GET SUPPORT

When you regularly check in on your own mental health and that of the people you care about, you can take action to address problems early on before they become more serious. Learn more on the Take Action for Mental Health website: [www.takeaction4mh.com](http://www.takeaction4mh.com)



**Get Involved: Upcoming BHSa Public Meetings**

**BHSa Stakeholder Meeting**

Learn more about Sonoma County's BHSa Three-Year Integrated Plan at our upcoming stakeholder meeting. This meeting is open to anyone interested in Sonoma County's behavioral health system of care.

Join us at our upcoming BHSa Stakeholder Meeting:

**WHEN:** Tuesday, May 12, 2026  
1:00 pm - 4:00 pm

**WHERE:** North Coast Builders' Exchange  
1030 Apollo Way, Santa Rosa, CA 95407

We will share BHSa updates, feature a presentation from one of MHSa's Innovation Projects, and provide opportunities to collaborate with community partners and stakeholders.

Lunch will be provided for those who register by May 8th. Click [HERE](#) to register. For questions or concerns email: [BHSa@sonomacounty.gov](mailto:BHSa@sonomacounty.gov)



**Your Mental Health Matters: Take Action This May!**



To celebrate Mental Health Matters Month, local organizations are coming together to host a variety of events and activities that support our community's well-being. These efforts reflect a shared commitment to uplifting both our community and each individual's unique mental health journey.

Join us in taking action for your mental health. Whether it's taking a walk, attending a community event, or reaching out for support, every step matters.

We've created a calendar of events and activities to help you get involved this May. Click [HERE](#) to view our community calendar.

**Behavioral Health Board (BHB) Public Hearing**

You are invited to review and provide feedback on the BHSa Three-Year Integrated Plan for FY 2026 - 2029. Your input is important in helping shape local behavioral health services and priorities. Comments and feedback may be submitted by email to [BHSa@sonomacounty.gov](mailto:BHSa@sonomacounty.gov) or shared during the public hearing on May 19<sup>th</sup>.

Join us for the upcoming Behavioral Health Board Public Hearing:

**WHEN:** Tuesday, May 19, 2026  
5:00 PM - 7:00 PM

**WHERE:** Santa Rosa Conference Room  
1450 Neotomas Ave., Santa Rosa, CA 95405

Community members may also attend virtually via Zoom. Click [HERE](#) for more information or email: [DHS-MHB@sonomacounty.gov](mailto:DHS-MHB@sonomacounty.gov)

# NATIVE ARTS FESTIVAL



The  
**PROGRESSIVE  
TRIBAL  
ALLIANCE**

May 9th 2026  
11- 4pm  
Windsor Town Green  
701 McClelland Dr  
Windsor, CA 95492



Native Artists, Artwork, Native Dancers & Singers, Storytellers, Native Food, Native Vendors, Community Leaders

[www.progressivetribealliance.com](http://www.progressivetribealliance.com)



# Rollin' Rosies Poker Run & Classic Car Show Saturday, May 9th



## Poker Run Registration

10:30 am

**Denbeste Motor Sports**

820 Denbeste Ct.  
Windsor, Ca

## Car Show

2:00 pm-6:00pm  
**La Plaza Park**

15 W.Sierra Ave  
Cotati, Ca



Scan to Register or register at  
[www.rollinrosiescc.org](http://www.rollinrosiescc.org)

RRCC is a 501c3  
Tax ID  
#84-1759675

 @rollin\_rosies\_cc

 Rollin' Rosies Car Club

# Undocu Bienestar Celebration

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join us at SRJC Roseland!



Wednesday,  
May 6, 2026



5:00pm to  
7:00pm

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**No Borders to our Belonging!**  
**“Cuerpo Territorio”**

Wellness Workshop hosted by  
Botanical Bus  
from 5:30-7:00pm



**As well as food, music and  
resource fair!**





# 4Cs PRESCHOOL DRIVE THRU FAIR

## MAY 17, 2026

9:00 AM - 12:00 PM  
131 A Stony Circle, Suite 300  
Santa Rosa CA 95401

### Pick Up a 4Cs Preschool Enrollment Packet at our Drive Thru Fair:

- 11 Sonoma County 4Cs Preschool Locations
- Free/Low Cost, High Quality Preschools
- Serving 2 Yr. Olds in Some Locations

### Now Registering Preschool Age Children Born Between:

September 2, 2021 - December 1, 2023 (3 & 4 Yr. olds)

December 2, 2023 - June 30, 2024 (2 year olds)

Children must be 2 yrs. to enroll into the toddler program after July 1<sup>st</sup>.

### Bring Your Completed Packet to one of our Walk-In Enrollment Days:

6/17/26, 7/1/26, 7/29/26, 8/5/26, 8/20/26 \*9:00 am - 3:00 pm\*

7/16/26 \*9:00 am - 6:00 pm\*

**\*Open until spaces are filled.**

4Cs is an equal opportunity provider.

#### FOR MORE INFORMATION:

 (707) 544-3077 ext178

 Info@Sonoma4Cs.org

 131 A Stony Circle Suite 300  
Santa Rosa, CA 95407

 Sonoma4Cs.org

 Sonoma4Cs

 4CsSonomaCounty





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 Sonoma4Cs.org

 Sonoma4Cs

 4CsSonomaCounty





# PREESCOLAR DE 4Cs FERIA EN AUTOMÓVIL 17 DE MAYO 2026

9:00 AM - 12:00 PM

131 A Stony Circle, Suite 300  
Santa Rosa CA 95401

**llévese un Paquete de Inscripción en la Feria Preescolar de 4Cs:**

- 11 Ubicaciones Preescolares de 4Cs en el Condado de Sonoma
- Gratuito o Bajo Costo, Preescolares de Alta Calidad
- Servimos Niños de 2 Años en Algunas Ubicaciones.

**Matriculando Niños de Edad Preescolar Nacidos Entre:**

2 de Septiembre 2021 a 1 de Diciembre 2023 (3 y 4 años )

2 de Diciembre 2023 a 30 de Junio 2024 (2 años de edad).

Niños debe cumplir 2 años de edad para matricularse después del 1 de Julio.

**Traiga Su Paquete Completo a Uno de Nuestros Dia de Inscripción Sin Cita:**


6/17/26, 7/1/26, 7/29/26, 8/5/26, 8/20/26 \*9:00 am - 3:00 pm\*

7/16/26 \*9:00 am - 6:00 pm\*

**\*Hasta llenar los cupos**

4Cs es una Institución que ofrece igualdad de oportunidades.

**MAS INFORMACIÓN:**

 (707) 544-3077 ext.178

 Info@Sonoma4Cs.org

 131 A Stony Circle Suite 300  
Santa Rosa, CA 95407

 Sonoma4Cs.org

 Sonoma4Cs

 4CsSonomaCounty





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 (707) 544-3077 ext.178

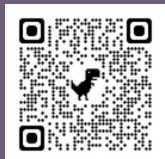
 Info@Sonoma4Cs.org

 131 A Stony Circle Suite 300  
Santa Rosa, CA 95407

 Sonoma4Cs.org

 Sonoma4Cs

 4CsSonomaCounty



# TRAUMA-INFORMED CARE TRAININGS 2026

## Building Hope and Resilience through Trauma-Informed Care

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



REGISTER HERE

TRAININGS HOSTED VIA ZOOM\*  
FRIDAYS FROM 1 PM- 4 PM

Friday, April 24 - Historical & Intergenerational Trauma, Part 2

Friday, May 22 - Trauma Informed Care Overview, Part 1

Friday, June 26 - Trauma Informed Care Overview Part 2

Friday, July 24- Enhancing Caregiver Resiliency, Part 1

Friday, Aug 21 - Enhancing Caregiver Resiliency, Part 2

Friday, Sep 25 - Historical & Intergenerational Trauma, Part 1

**QUESTIONS?**

\*Email or call for training Zoom link

Contact Irma Zavala  
(707) 522-1413 EXT 226  
Bridge@Sonoma4Cs.org



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



# ENTRENAMIENTOS DE CUIDADO INFORMADO SOBRE EL TRAUMA 2026

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

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





REGÍSTRATE AQUÍ

LOS ENTRENAMIENTOS SON POR ZOOM\*  
**SABADO DESDE 9 AM- 12 PM**


- Sabado, 11 Abril -Trauma histórico e intergeneracional pt 2
- Sabado, 2 Mayo -Introducción al cuidado informado sobre el trauma pt 1
- Sabado, 6 Junio - Introducción al cuidado informado sobre el trauma pt 2
- Sabado, 11 Julio - Fortaleciendo la resiliencia de los cuidadores pt 1
- Sabado, 8 Agosto - Fortaleciendo la resiliencia de los cuidadores pt 2
- Sabado, 12 Septiembre - Trauma histórico e intergeneracional pt 1

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

### ¿PREGUNTAS?

Contacte Irma Zavala  
(707) 522-1413 EXT 226   
Bridge@Sonoma4Cs.org 



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

senderos  naturales  
un proyecto de Sonoma Ecology Center

# SENDEROS: FAUNA



SATURDAY, MAY 9, 10:00 AM-1:00 PM  
SUGARLOAF RIDGE STATE PARK

What animals live in the park, and where do they hide? On this 2-mile family hike in Spanish, we will look for animal tracks, play games, and learn about Sugarloaf's amazing "Critter Cam" Program. **Free event**—for more information and registration scan the QR code below.

Questions? Write to us at [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org) or call Mario at 707.387.4087 or Alma at 707-247-5767



SCAN  
TO  
REGISTER



senderos  naturales  
un proyecto de Sonoma Ecology Center

# SENDEROS: FAUNA



SÁBADO 9 DE MAYO, 10:00 AM-1:00 PM  
SUGARLOAF RIDGE STATE PARK

¿Qué animales viven en el parque, y dónde se esconden? En esta caminata familiar de 2 millas, buscaremos huellas de animales, jugaremos juegos, y aprenderemos acerca de los “Critter Cams”.  
**Evento gratuito.** Para más información y registración abre la cámara de tu teléfono y enfócalo en el código QR abajo.

Para preguntas, escríbenos a [senderos@sonomaecologycenter.org](mailto:senderos@sonomaecologycenter.org) o llama a Mario al 707.387.4087 o Alma al 707-247-5767.



ESCANEA  
PARA  
REGISTRARTE



# SOCIAL SERVICE DAY

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

## SERVICE GROUPS FOR TUESDAY, MAY 19, 2026, AT 1:30-3PM

- **211 United Way**

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

- **Buckelew**

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

- **Joblink**

- offering various services to help sonoma county residents prepare for, obtain & retain a career they want at no cost

- **Legal Aid of Sonoma County**

- **HOME: Eviction Defense & Tenant Stabilization Program**

- **Mobile Support Team**

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

- **Nation's Finest**

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

- **Sonoma MERP**

**(Medical Equipment Recycling Program)**

- collecting, repurposing & redistributing gently used medical equipment

- **SonomaWORKS**

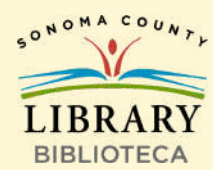
- providing temporary help in the form of cash assistance for families w/minor children who have little or no money; helping qualifying adults build skills toward getting & keeping a job to support family

- **West County Health Center**

- providing comprehensive, quality, accessible health care services



## WHERE?



**SEBASTOPOL REGIONAL LIBRARY**  
 7140 Bodega Ave  
**707-823-7691**  
[sonomalibrary.org](http://sonomalibrary.org)

Brought to you by the library sales tax

## Pathways in Healthcare

# CAMMINOS EN SALUD CONFERENCE

Sponsored by the SRJC Foundation's Randolph Newman Cultural Enrichment Endowment Grant

Explore healthcare career paths, connect with local employers and resources, hear from a keynote speaker and professional panel, and discover student research all while learning from inspiring professionals and peers. Plus, enjoy coffee, pastries, and a free lunch!

Limited seating available, please scan QR code to reserve your spot!



SCAN HERE

# REGISTER NOW

## FRIDAY, MAY 8TH

### 10 AM – 3 PM

LINDLEY CENTER FOR STEM EDUCATION  
& THE LINDLEY QUAD  
SANTA ROSA JUNIOR COLLEGE, SANTA ROSA

QUESTIONS?  
[hopecenter@santarosa.edu](mailto:hopecenter@santarosa.edu)



Disability Services & Legal Center

# AGING & DISABILITY RESOURCE EXPO

SPONSORED BY THE COUNTY OF SONOMA  
BOARD OF SUPERVISORS

## The Backdrop

1455 Corporate Center Pkwy.  
Santa Rosa, CA 95407  
11 AM - 3 PM

Friday  
May  
8

## Free Admission & Raffle Prizes



Highlighting valuable resources, services, and product displays for seniors, veterans, individuals with disabilities, advocates, and community members.

For More information Please Call (707)528-2745 or email [ricoj@myslcl.org](mailto:ricoj@myslcl.org)

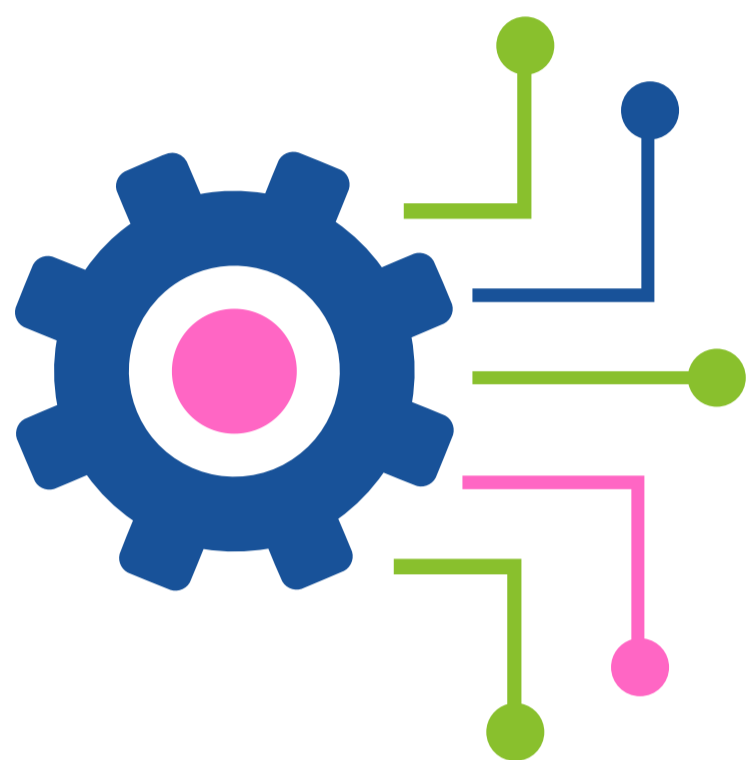
Thank You to Our Sponsors



# Come Join Us!

## For

# Computer Basics!

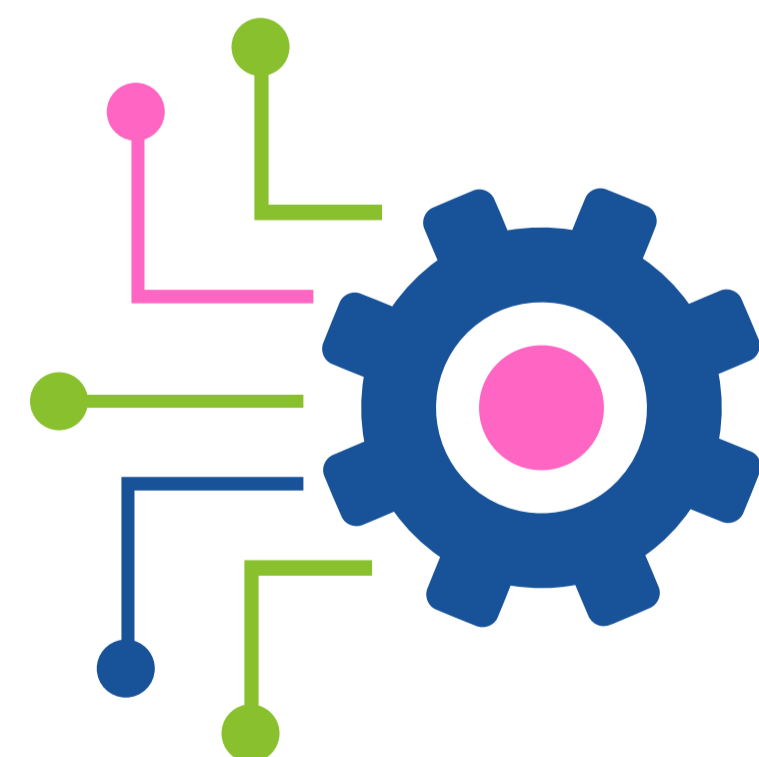


9:00 - 9:40 AM on Monday and Wednesday mornings  
At Stony Point Goodwill Connect!

### Topics include:

- Mouse Skills
- Mouse Shapes
- Fixing Typos
- Keyboard Keys
- Drives and File Movement
- Screen Interaction
- Customizing & Updates
- Connecting to the internet

& more!



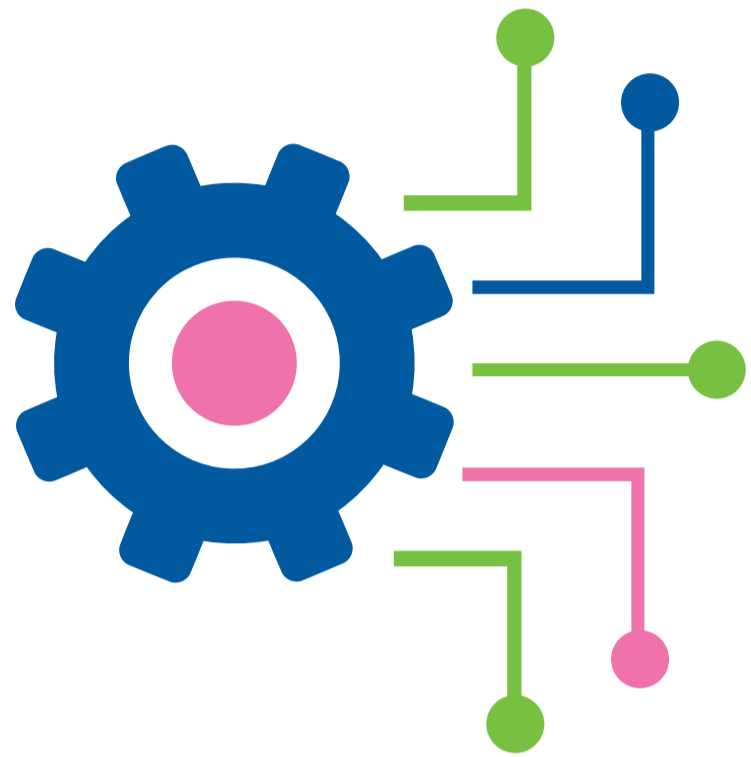
**GOODWILL**® *Connect!*

2007 Sebastopol Rd,  
Santa Rosa, CA  
(707) 523-0550

# ¡Únase a nosotros!

## Para

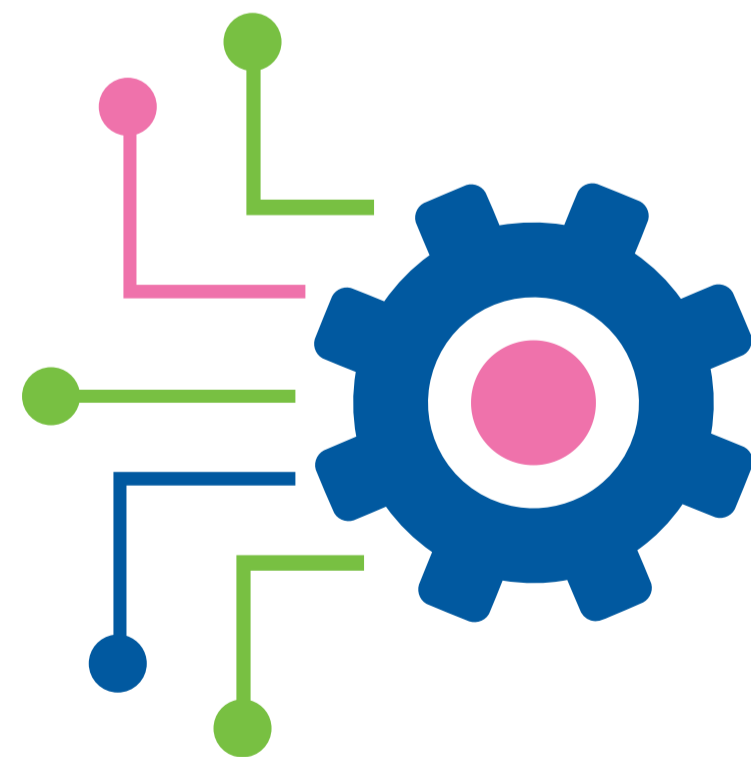
# ¡Conceptos básicos de informática!



De 2:30 PM a 3:30 PM los martes por la tarde en  
Stony Point Goodwill Connect!

### Los temas incluyen:

- Habilidades con el ratón
- Formas del ratón
- Corrección de errores tipográficos
- Teclas del teclado
- Unidades y archivos
- Movimiento
- Interacción con la pantalla
- Personalización y Actualizaciones
- Conexión a Internet



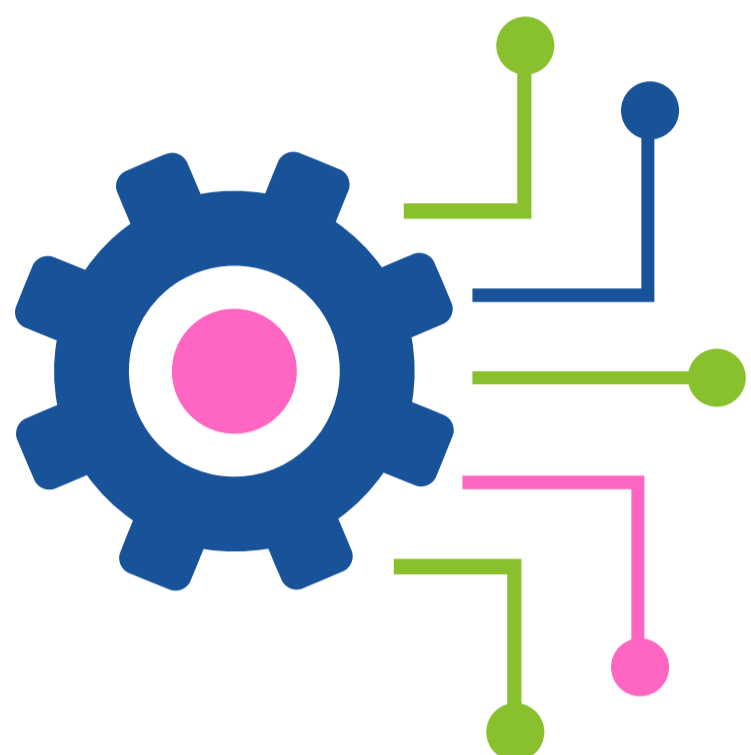
**GOODWILL**® *Connect!*

2007 Sebastopol Rd,  
Santa Rosa, CA  
(707) 523-0550

# Come Join Us!

## For

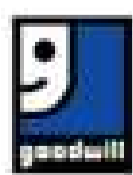
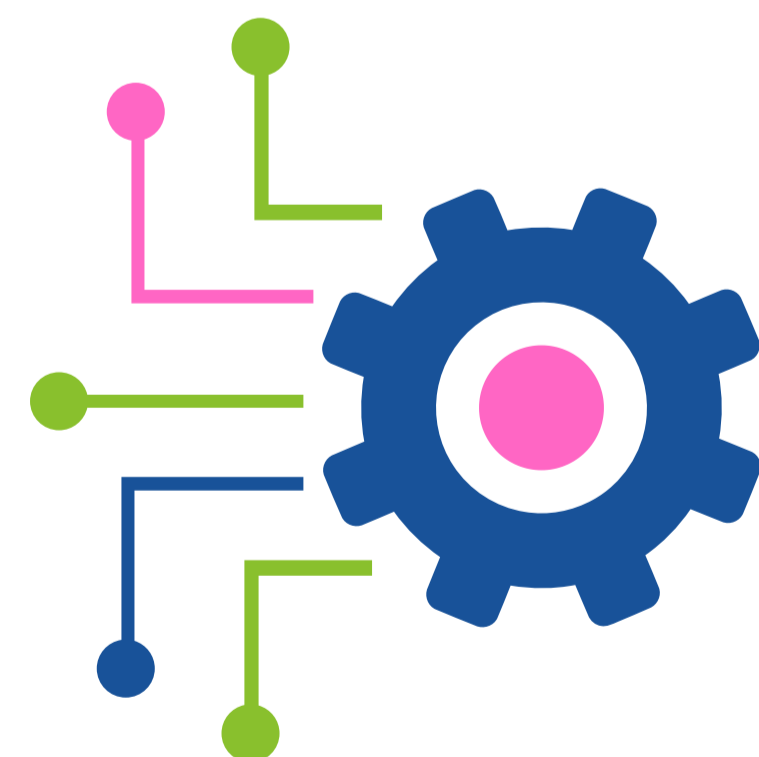
# Microsoft Word



4:00-5:00 PM on Wednesday and Friday afternoons  
Starting May 13th, 2026, for 8 weeks  
At Rohnert Park Goodwill Connect!

### Topics Include:

- Word Orientation
- Formatting Text
- Bullets & Alignment
- Setting up a Document
- Inserting a Table
- Copy, Cut, Paste
- Creating and Editing a Document



**GOODWILL**® *Connect!*

476 Rohnert Park Expressway W.  
Rohnert Park, CA  
(707) 523-0550

# Sonoma County BEHAVIORAL HEALTH SERVICES ACT Newsletter

MAY 2026 | 57TH EDITION



## May is Mental Health Matters Month!

### When Is It Time to Seek Support for Your Mental Health?

Everyone faces challenges sometimes. Your mental health can vary greatly based on what's happening in your life. Life events can affect your mental health and wellness in different ways. Whether you are experiencing a major life event, or a less obvious stressor you may experience sadness, anxiety, or feel off-balance. Recognizing these feelings or stressful events can help you know when to reach out for support.

#### How do I know when to seek help?

You might think the hard times you've been having are just part of life. And you may be right. However, when a few bad days seem like they come more often than not, and last for more than two weeks, this can be more serious. If your usual coping methods aren't helping, it's time to seek additional support.



#### Some of the most common signs that you may need support or professional help include:

- Feeling sad or hopeless
- Feeling consistently anxious, worried, or overwhelmed
- Being unable to concentrate on work or school
- Having wide changes in moods
- Withdrawing from friends and activities
- Difficulty coping with daily problems or stress
- Consuming more alcohol or drugs than usual or more often
- Becoming easily irritable
- Undergoing changes in eating or sleeping patterns
- Thinking people are out to get you

When one or more of these conditions keeps you from functioning well or affects your quality of life, getting support can help you get back on track and feel better.

#### What should I do?

Build your long-term wellness by taking care of yourself through healthy habits every day. Check in with yourself regularly to get a read on how you're feeling. If you notice that you're a bit stressed or feeling low, boost your mental health with some self-care tools like podcasts, apps, and other resources found [HERE](#).

If you're having any of the warning signs or symptoms listed above, or if you feel like your usual coping methods aren't helping, reach out for support. This might include talking with someone you trust like a friend or family member, joining a peer support group, [continued on page 2]

### From MHSA to BHSA: What's Changing?

California's Mental Health Services Act (MHSA) is evolving into the Behavioral Health Services Act (BHSA)—a shift aimed at strengthening the state's behavioral health system and better addressing today's needs.



One of the most significant changes is an expanded focus. While MHSA primarily funded mental health services, BHSA broadens the scope to include substance use disorder (SUD) services, supporting a more integrated, whole-person approach to care.

BHSA also places a stronger emphasis on housing interventions, recognizing that stable housing is a critical foundation for recovery and well-being. A dedicated portion of funding is now required to support housing and related services for individuals experiencing or at risk of homelessness.

In addition, BHSA introduces more structured funding categories and accountability measures, with a focus on outcomes such as timely access to care, housing stability, and improved behavioral health outcomes. This includes updated planning requirements through a three-year Integrated Plan and increased state oversight.

While these changes bring new requirements, the core goal remains the same: to improve access to care, promote equity, and support the well-being of individuals and communities. BHSA builds on the foundation of MHSA while creating new opportunities to better serve those with the greatest needs.

Learn more about Sonoma County's BHSA Three-Year Integrated Plan — click [HERE](#).



The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

# Are You Prepared for an **Emergency**?



Join a **FREE**  
**2-part workshop**

With expert speakers,  
**FREE go-bags &**  
incentives!

**GEARED FOR OLDER ADULTS (50+ years)**

## **Part 1 - Thursday, May 14, 10:00-12:00**

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

## **Part 2 - Thursday, May 28, 10:00-12:00**

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



Supported By



at Sonoma Clean Power Customer Center  
741 Fourth Street, Santa Rosa



Use the QR Code  
or Call (707) 241-3280 today!

**MONDAY**

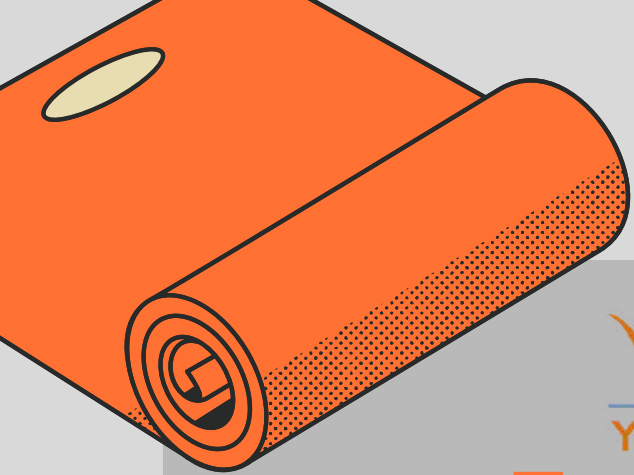
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>DROP-IN HOURS</b> <b>TUE-FRI</b> <b>1-6 PM</b></p>				<p>1 Crochet Class w/ Lilly <b>3:00 PM-5:00 PM</b></p>
<p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>4 Social Dinner Hour <b>4:00 PM - Closure</b> ILP In the Library: <b>Healthy Relationships @ WINDSOR Library! 4:00 PM - 5:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>5 Social Dinner Hour <b>4:00 PM - Closure</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>6 Social Dinner Hour <b>4:00 PM - Closure</b> Active Workshop: Hike <b>12:00 PM - 2:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>7 Social Dinner Hour <b>4:00 PM - Closure</b> Active Workshop: Hike <b>12:00 PM - 2:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>
<p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>8 ILP In the Library: <b>Healthy Relationships @ SONOMA Library! 4:00 PM - 5:30 PM</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>9 ILP In the Library: <b>Healthy Relationships @ SONOMA Library! 4:00 PM - 5:30 PM</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>10 ILP In the Library: <b>Healthy Relationships @ SONOMA Library! 4:00 PM - 5:30 PM</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>11 Social Dinner Hour <b>4:00 PM - Closure</b> Mind Thrive ALDEA Workshop <b>4:00 PM - 5:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>
<p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>12 Social Dinner Hour <b>4:00 PM - Closure</b> ILP In the Library: <b>Healthy Relationships @ SEBASTOPOL Library! 3:00 PM - 4:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>13 Social Dinner Hour <b>4:00 PM - Closure</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>14 Social Dinner Hour <b>4:00 PM - Closure</b> Active Workshop: Volleyball <b>12:00 PM - 2:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>15 Social Dinner Hour <b>4:00 PM - Closure</b> Mind Thrive ALDEA Workshop <b>4:00 PM - 5:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>
<p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>16 Social Dinner Hour <b>4:00 PM - Closure</b> ILP In the Library: <b>Healthy Relationships @ SEBASTOPOL Library! 3:00 PM - 4:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>17 Social Dinner Hour <b>4:00 PM - Closure</b> Wellness Group: Mindsets <b>3:30-5:00 PM</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>18 Social Dinner Hour <b>4:00 PM - Closure</b> Active Workshop: Volleyball <b>12:00 PM - 2:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>19 Social Dinner Hour <b>4:00 PM - Closure</b> Active Workshop: Volleyball <b>12:00 PM - 2:30 PM</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>
<p>CENTER CLOSED APPOINTMENTS ONLY</p>	<p>20 Social Dinner Hour <b>4:00 PM - Closure</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>21 Social Dinner Hour <b>4:00 PM - Closure</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>22 Social Dinner Hour <b>4:00 PM - Closure</b> Wellness Group: Mindsets <b>3:30-5:00 PM</b> Financial Aid Appts <b>3:00 PM - 5:00 PM</b></p>	<p>23 Social Dinner Hour <b>4:00 PM - Closure</b> Dungeons and Dragons <b>2:30 PM-5:30 PM</b></p>
			<p>28 Social Dinner Hour <b>4:00 PM - Closure</b> CalFresh &amp; MediCal <b>1:00 PM - 4:00 PM</b></p>	<p>29 Social Dinner Hour <b>4:00 PM - Closure</b> <b>BBQ! 3-6</b> @ 1700 Yulupa Ave. Santa Rosa, CA</p>



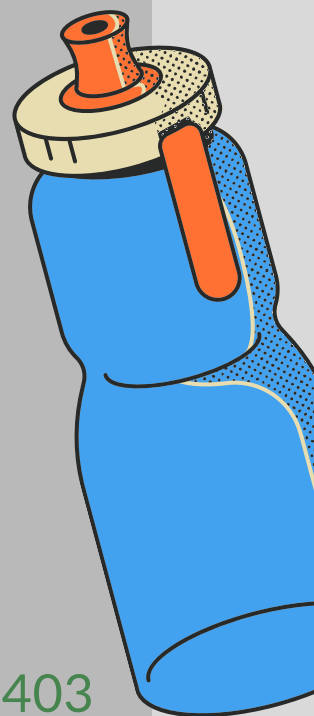
voices  
YOUTH PROGRAMS

# ACTIVE WORKSHOP



WITH LEILAN AND WILLOW

Come participate in a variety of fun exercise activities including: basketball, walking, and fitness conversation!



Thursdays, May 7<sup>th</sup> & May 21<sup>st</sup>  
12:00 PM - 2:30 PM

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

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





**Voices**  
YOUTH PROGRAMS

# ILP In The Library



## Healthy Relationships



A Workshop for Youth 12-17

**SELF-RESPECT - CONSENT - RED FLAGS  
COMMUNICATION - BOUNDARIES**

**TUES 5/05 4:00-5:30PM**

**WINDSOR**

**WEDS 5/13 4:00-5:30PM**

**SONOMA**

**TUES 5/19 3:00-4:30PM**

**SEBASTOPOL**



**IT'S MORE THAN JUST DATING,  
IT'S EVERY CONNECTION YOU MAKE!**

For more information call  
VOICES at (707) 579-4327



Voices 

YOUTH PROGRAMS

Barbecue!



FOOD! Games! Resources!



ON FRIDAY, MAY 29TH

AT 3:00 - 6:00

Will be held at Tamayo Village!

1700 YULUPA AVE

# Overwhelmed, Stressed, or Just Tired? This is for YOU.



## mind thrive

Your Mind Deserves  
to Thrive.

## 2-Session Workshop Series

Tuesday & Thursday,

5/12 & 5/14

4:00 - 5:30 pm

**VOICES Sonoma**  
2800 Cleveland Ave, Suite C  
Santa Rosa, CA



Learn how your mind works



Talk about real-life stuff



Gain relaxation & coping tools



Creative activities

  
*All identities. All experiences.  
You belong here.*

[CLICK HERE](#) 

[MIND THRIVE - 5/12 & 5/14](#)

[Registration Form](#)

Provided by:

In collaboration with:



This program is funded by Sonoma County Behavioral Health Services Department through voter-approved Proposition 63 (Mental Health Services Act) and administered by CalMHSA.



# Community Forum at Interlink Self-Help Center

## Buckelew - Presentation

From counseling and service navigation, to substance use treatment **Buckelew** provides services that meet people where they are at. The intention of this forum is to learn about the many ways they promote recovery, stability, and independence through community-based support.

Please join us as we learn more about this essential recovery resource.

*\*\* Snacks and refreshments to follow. \*\**

***We hope to see you here!***

**Friday, May 22th, 2026**

**1:30pm to 2:30pm**

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

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

This forum is open to the adult general public





# Introduction to Peer Support

## *Onsite & In-Person*

**Tuesdays 11:00am-12:00pm**

at Interlink Self-Help Center

**May we will be focusing on:**

## **Self-Care**

**\*Please join us as we share and learn together\***

Our Intro to Peer Support classes are based on handouts, videos, research and conversation on a variety of topics.

We explore the world of mental health recovery and how our recovery journeys can be of help to others. Whether you are looking for personal enrichment, and/or considering working as a peer provider, you are welcome to drop in.

For further information please call (707) 546-4481

***No need to sign up - all Interlink members welcome***



Interlink Self-Help Center

1033 Fourth Street

Santa Rosa (707) 546-4481

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

## Monday

- 10:00 - 2:30 ----- Open Art Studio  
10:15 -10:30 ----- Community Meeting  
10:30 -11:00 ----- Nutrition  
11:00 - 12:00 ----- Health and Wellness  
12:00 - 1:00 ----- Frugal Living **\*new group\***  
1:30 - 2:00 ----- Skills for Better Living  
2:00 -2:30 ----- Afternoon Check-In

## Tuesday

- 10:00 - 2:30 ----- Open Art Studio  
10:15 - 10:30 ----- Community Meeting  
10:30 - 11:00 ----- What's Up  
11:00 - 12:00 ----- Intro to Peer Support  
12:00 - 1:00 ----- SMART Recovery  
1:00 - 2:00 ----- Seeking Safety  
2:00 - 3:00 ----- Curiosity Corner **\*new group\***  
3:00 - 4:00 ----- **SMART Recovery - Zoom**

## Wednesday

- 10:00 - 2:30 ----- Open Art Studio  
10:00 - 11:00 ----- **SMART Recovery - Zoom**  
10:15 - 10:30 ----- Community Meeting  
10:30 - 11:00 ----- Resource Group  
11:00 - 12:00 ----- Journey Through Depression  
12:00 - 1:00 ----- Stories of Recovery **\*new group\***  
1:00 - 2:00 ----- Mid-Week Festivity  
2:00 - 2:30 ----- Afternoon Check-In

## Thursday

- 10:00 - 1:30 ----- Open Art Studio  
10:15 - 10:30 ----- Community Meeting  
10:30 - 11:30 ----- Understanding Anger  
11:30 - 12:30 ----- SMART Recovery  
12:30 - 1:30 ----- Navigating Grief  
1:30 - 2:00 ----- Afternoon Check-In

## Friday

- 10:00 - 2:30 ----- Open Art Studio  
10:15 - 10:30 ----- Community Meeting  
10:30 - 11:30 ----- Funspiration / Let's Go  
10:30 - 11:30 ----- Recovery Dharma **\*new group\***  
11:00 - 12:00 ----- **SMART Recovery! ¡En Español -**  
12:00 - 1:00 ----- Classic TV Hour  
1:30 - 2:30 ----- Monthly Forum  
2:00 - 2:30 ----- Afternoon Check-In



**May Forum:**

# Buckelew

**Friday, May 22nd 1:30-2:30pm**

# May 2026

Interlink Self-Help Center

## Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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

**Phone:** 707-546-4481



## Interlink Self-Help Center

### Mission:

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

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

### Services include:

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



**We are open: Mon, Tues, Wed & Fri 10:00 to 3:00 and Thurs 10:00 to 2:00**  
***We are available for telephone support during our open hours.***

### **Groups at Interlink Self-Help Center**

**Stories of Recovery:** We will learn how to share our recovery stories in a way that transforms the challenges we have faced into a story that brings hope to others, and healing to ourselves.

**Afternoon Check-In:** An opportunity to check-in about how our day has gone, what we may be planning...

**Navigating Grief:** Offers a safe, structured environment for individuals to process loss, share experiences, and learn healthy coping skills from others who understand their pain.

**Community Meeting:** Our daily meeting that includes announcements and personal check-ins.

**Expressing Creativity:** We explore and express the creativity that comes from within us as we utilize paint, collage, journaling supplies and more.

**Journey Through Depression:** Many of us have struggled with depression and anxiety. The group is designed to offer support for us to find strength together as we share and face these challenges in community.

**Curiosity Corner:** This group is a chance to explore new perspectives and spark personal growth through shared discovery.

**Funspiration / Let's Go:** - We look at fun and inspirational videos and also do some virtual world traveling.

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

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

**Mid-Week festivity:** We engage in a variety of activities from community outings, to Wii sports, providing opportunities for us to interact with each other and have fun!.

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

**Open Art Studio:** We have art & craft supplies for drawing, painting, coloring, beading, learning, teaching...

**Resource Group:** We share and research resources and at times host speakers from other organizations.

**Seeking Safety:** An evidence-based, present-focused support model to help people attain safety from trauma and/or addiction. Both trauma and addiction are addressed without delving into the past.

**Skills for Better Living:** We explore tools and techniques to enhance our quality of life. Topics include: self-awareness, problem solving, creative and critical thinking, coping skills and interpersonal relationships.

**SMART Recovery:** (Self-Management and Recovery Training) A 4-Point Program that supports individuals who have chosen to, or are considering abstinence from any type of addictive behaviors.

**SMART Recovery: En Español:** Somos un programa gratuito de grupos de ayuda mutua para aquellas personas que quieren parar cualquier comportamiento adictivo, ya sea sustancia o actividad. El programa te ayuda a decidir si tienes un problema, a desarrollar motivación para cambiar, y te ofrece una serie de herramientas y técnicas basadas en la ciencia para promover la abstinencia. En otras palabras, tú estás en control de tu recuperación.

**Frugal Living:** Welcome to a judgment-free space dedicated to sharing creative tips, practical hacks, and celebrating every small budget win together. Let's support each other in choosing to spend our life energy on what truly matters, rather than simply consuming more.

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

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

**Recovery Dharma:** A peer-led program for those seeking freedom from addiction of all kinds. It offers a path based on the Four Noble Truths and the Eightfold Path, using meditation, inquiry, community, and ethical living as tools for recovery.

West County Community Services

# MENTAL HEALTH KICKOFF EVENT



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**MAY 8, 2026**  
**12PM-4PM**

**Friedman Event Center**  
4676 Mayette Ave, Santa  
Rosa, CA 95405

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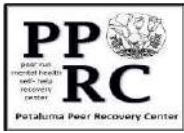


## What to Expect?

- Catered food
- Live music
- Interactive activities
- Meditation & sensory spaces
- Therapy animals
- Resource fair & free swag

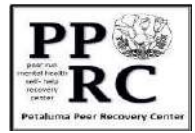
## Featured Events

- Peer Documentary Screening
- Stigma & Recovery Panel



# Petaluma Peer Recovery Center

## Group Schedule May 2026



	MONDAY	WEDNESDAY	THURSDAY
ALL DAY	Open Art Studio	Open Art Studio	Open Art Studio
10:00 -10:30	<u>Morning Check-In</u>	<u>Morning Check-In</u>	<u>Morning Check-In</u>
10:30 -11:30	Smart Recovery	Peer Discussion Group 5/13 and 5/27 Therapy Dog Visit! Forum May 27th	Self-Acceptance & Self-Kindness 5/21 Collaging
12:00-1:00	Mindful Moments	Fun and Games	12- 12:30 Mindful Walks 12:30- 1:00 Creating Connections
Wednesday Monthly Forum 11:30 -12:30	Forum – <u>Wednesday, May 27th</u> ⇔ ⇔ Honoring PPRC's Journey		
1:00 - 1:30	Afternoon Check-In Affirmation Journaling 5/11: 1-2PM	Afternoon Check – in De-stigmatizing our Stories 5/13: 1-2PM	Closes at 1:00pm on Thursday's
1:30 - 2:30	Calming Anxiety		



**May's Forum Topic:**  
Honoring PPRC's Journey  
Wednesday May 27th, 11:30 – 12:30

Open: Monday's and Wednesday's 10:00am – 3:00pm /  
Thursdays 10:00am – 1:00pm (Wednesday, 5/6 we will close at 1PM and Thursday,  
5/7 we will be closed)

5350 Old Redwood Highway Suite 600 Petaluma, CA 94954  
(707) 565-1299 [www.petalumaprp.wordpress.com](http://www.petalumaprp.wordpress.com)  
We are available for Telephone Support

# Petaluma Peer Recovery Center Group Descriptions

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**Open Art, Games and Music Studio:** This space creates the opportunity to express ourselves through making music, playing games and working on individual and group art projects. We have supplies for painting, spin art, collaging, drawing, jewelry making and more. We have a number of games and instruments including congas, bongos and a keyboard.

**Morning Check-In:** We use this time to share announcements, check in about how we are doing, what we are looking forward to and what requests we may have for support for the day.

**Calming Our Anxiety:** We gather to better understand anxiety, and explore different types and causes of anxiety. We discuss a spectrum of anxious feelings, from that manifested within ourselves and our thoughts, to reactions to certain surroundings. We explore many different ways to diffuse our feelings of extreme unease and anxiety. During the month of April 2026 we will be reading Martha Beck's, "Beyond Anxiety".

**Mindful Walks:** This is a time where we use our senses to notice our surroundings as we walk. Taking time to see, smell, and hear our environment within North Petaluma, with awareness and relaxation.

**Self-Acceptance and Self-Kindness:** In this group we offer ways to practice being accepting and kind to ourselves. We can choose to dive deep and be kind to the hardest part of ourselves or stick our toe in the water and begin to show ourselves a bit of kindness rather than judgement. Whatever stage you are in within this process you are welcome to join in.

**Peer Discussion:** Please join us as we pick a topic or two and share our insights with each other. If you would like, bring a topic you would like to discuss and/or present to the group.

**Monthly Forum:** Now held on the last Wednesday of the month, we highlight opportunities for introspection including resources in the community related to emotional wellbeing, education, employment and more.

**Afternoon Check in:** This gives us an opportunity to check-in about how our day has gone, what we may be planning, etc.

**Mindful Moments:** Please join us as we look into mindfulness techniques and tools that can be of support to us on our recovery journeys.

**SMART Recovery:** (Self-Management and Recovery Training) is a science-based, secular program helping people overcome addictions through CBT and motivational techniques. It focuses on self-empowerment to build motivation, cope with urges, manage thoughts/behaviors, and live a balanced life without labels like "addict".

De-stigmatizing our stories

# RE-WRITING OUR STORIES

Wednesday | May 13 | 1-2PM

**PPRC**

5350 Old Redwood Highway

Suite 600

Petaluma, CA 94954



WELLNESS • RECOVERY • RESILIENCE

707-565-1299

THURSDAY, MAY  
21ST

@10:30 - 11:30AM

JOIN US FOR A COLLAGE  
**WORKSHOP**

Petaluma Peer Recovery  
Center (PPRC)  
5350 Old Redwood Hwy  
Petaluma, CA 94954



(707) 565-1299

# YC ⚡ DC



## YOUTH CONNECTIONS DAY CAMP

### SUMMER 2026

**7 weeks of summer Fun,  
Friendship, and Discovery!**

Keystone's Youth Connections Day Camp (YCDC) is returning this Summer 2026 and this year we're expanding to seven exciting weeks of connection, creativity, and community for teens entering grades 7-12.



**FOR TEENS IN  
GRADES 7-12**

**Keystone Therapy & Training Services**  
**4415 Sonoma Hwy. Suite B.**  
**Santa Rosa, CA 95409**  
**www.keystone.love 707-327-0909**



**AVAILABLE AT NO COST DEPENDING ON ELIGIBILITY**

# YC ⚡ DC



## CAMPAMENTO DE VERANO YOUTH CONNECTIONS

### VERANO 2026

**i7 semanas de diversión,  
amistad y descubrimientos  
este verano!**

El campamento de verano Youth Connections Day Camp (YCDC) de Keystone regresa este verano de 2026 y este año lo ampliamos a siete emocionantes semanas de conexión, creatividad y comunidad para adolescentes que ingresan a los grados 7 a 12.



**PARA ADOLESCENTES  
DE 7.º A 12.º GRADO.**

**Keystone Therapy & Training Services  
4415 Sonoma Hwy. Suite B.  
Santa Rosa, CA 95409  
www.keystone.love 707-327-0909**



**DISPONIBLE SIN COSTO, SUJETO A ELEGIBILIDAD**