



Community Resources
June 2026



Buckelew Programs Sonoma
Family Service Coordination
2235 Mercury Way, Suite 107
Santa Rosa, CA 95407
(707) 571-8452 – fsc@buckelew.org

Useful Phone Numbers

Access Team: _____ (707) 565-6900

The Access Team initiates services for Sonoma County Behavioral Health, provides assessment, linkage, information and referral for mental health services for children, youth, and adults.

SCBH Substance Use Disorder Services: _____ (707) 565-7450

Sonoma County Behavioral Health provides services through community-based contracted providers for individuals who have Medi-Cal or are Medi-Cal eligible.

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

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

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

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

Mobile Support Team Crisis Call Center – 24 Hours: _____ (800) 746-8181

Anyone living anywhere in Sonoma County who is having a mental health crisis can get help 24/7. People can receive support over the phone or request an in-person response.

inRESPONSE: _____ 707-575-HELP (4357)

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

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

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

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

CSU (Crisis Stabilization Unit – 24 Hours): _____ (707) 565-4970

CSU provides walk-in and short-term inpatient care for individuals experiencing a behavioral health crisis.

Human Services (General Assistance, Food Stamps, Medi-Cal): _____ (707) 565-2715

Human Services provides benefits for those in need and improve the well-being of individuals and families.

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

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

Information and Referral Search _____ 211

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

NAMI Warmline: _____ (866) 960-6264

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

Wellness and Advocacy Center: _____ (707) 565-7800

Wellness and Advocacy Center is self-help, drop-in center for people with mental health challenges in Sonoma County. They offer various resources, peer programs, support groups, art and computer workshops etc.

Petaluma Peer Recovery Center: _____ (707) 565-1299

Petaluma Peer Recovery Project runs Monday, Wednesday and Thursday 10am-3pm.

Russian River Empowerment Center: _____ (707) 823-1604

Ext. 207 Russian River Empowerment Center is available to adults Monday through Friday 11:30am-4:30pm. They offer counseling, support, crisis management, variety of workshops etc.

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

VA Member Services (Santa Rosa): _____ (707) 524-6232

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

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

988 Suicide & Crisis Lifeline: _____ 988

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

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

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

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

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

Call 911: In medical emergency or imminent danger.

Call 988: Connect with a trained crisis counselor.

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

800-746-8181

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

inRESPONSE Mental Health Support Team

Santa Rosa (24/7)

707-575-4357

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

SAFE Teams (24/7)

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-3611



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

Apoyo en Crisis de Salud Conductual

(Salud Mental, Uso de Sustancias, Suicidio)

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

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

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

Equipo Móvil de Apoyo del Condado de Sonoma (MST)

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

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

Equipo de Apoyo de Salud Mental inRESPONSE

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

Para asistencia de navegación del sistema de salud

707-204-9756 o correo electrónico:

inresponse@srcity.org

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

Equipos SAFE (24/7)

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-3611



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



What is the Mobile Support Team (MST)?

MST is the Sonoma County Behavioral Health crisis response services program supported by the Board of Supervisors and Measure O. We are a group of dedicated, caring professionals providing support to individuals and families experiencing a behavioral health crisis. We have been responding to crises in the community since 2012.

Call Center: 800-746-8181

The new MST Crisis Call Center is staffed **24/7 and** triages crisis calls from the community. Staff provide support over the phone and deploy a crisis response team to the crisis location when needed.

New Expanded Response

MST can:

- Provide de-escalation, safety planning, crisis assessment, 5150 assessment, and provide a follow-up service for all calls.
- Respond without Law Enforcement to mental health and substance use calls where there is no safety concern for the individual or crisis response team.
- Securely transport individuals to an appropriate crisis care facility when safe to do so.
- Co-respond with Law Enforcement when there is a safety concern and/or when requested by Law Enforcement.

24/7 County-Wide Mobile Crisis Services

MST mobile crisis response teams are available to provide on-scene support 24/7 and our Call Center will coordinate with other crisis response teams to ensure a 'no wrong door' approach to providing county-wide crisis services.

800-746-8181



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800-746-8181



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

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

Centro de Llamadas: 800-746-8181

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

Nueva Respuesta Ampliada

MST puede:

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

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

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

800-746-8181



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800-746-8181



Family Service Coordination Team



June 2026

#LOVEWINS!

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



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**

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**

Bilingual Community Resource Clinic

A weekly drop-in clinic available to anyone seeking information about resources in Sonoma County.

Whether you're looking for shelter or housing, financial assistance, or support for mental health or substance use related challenges, our navigators are here to support you. Providers welcome!

**Every Tuesday
3:00 PM - 4:30 PM
Bucklelew Office**

Clinica Bilingue de Recursos Comunitarios

Una clínica semanal sin cita previa disponible para cualquier persona que busque información sobre recursos en el Condado de Sonoma. Ya sea que esté buscando refugio o vivienda, asistencia financiera, o apoyo para la salud mental o desafíos relacionados con el consumo de sustancias, nuestros orientadores están aquí para ayudarle. ¡Proveedores son bienvenidos!

**Cada Martes
3:00 PM - 4:30 PM
Oficina de Buckelew**

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

707-571-8452 or Fsc@bucklelew.org



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, Jun 2nd Tue, Jun 23rd
Tue, Jun 9th Tue, Jun 30th
Tue, Jun 16th

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
2 de junio 23 de junio
9 de junio 30 de junio
16 de junio

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

**JUN
8TH**

**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



GRIEF COUNSELING & SOS:

ALLIES FOR HOPE GROUP MEETING AGES 25+

Buckelew Programs offers a safe place in our community for families and loved ones of people have died by suicide to safely share their experiences with others who are similarly affected. This is a peer-to-peer group that meets virtually. The group is led by trained Buckelew Staff Member Chris Nihil.



SOS: Allies for Hope

Survivors of Suicide Bereavement Support Group (SOS) via zoom on the 2nd and 4th Wednesdays every Month from 7 -8:30pm.

Grief Counseling Hotline

24/7 Grief Support Hotline providing Free AND Confidential resources

Call: 415-499-1195

To Join, Please Email:

Email: SOSinfo@buckelew.org



GRUPO DE APOYO para sobrevivientes de suicidio

Cuando: cada primer miércoles del mes
de 6:30 a 8:00 pm

Dirigido a: familias que han perdido seres
queridos por suicidio

Dónde: via Zoom

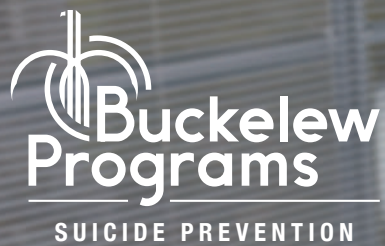
Para participar: llama al 415-858-5827
o manda un correo electrónico a
marioc@buckelew.org

Este es un grupo de mutuo apoyo que se reúne virtualmente. El grupo está liderado por dos empleados de Buckelew entrenados como facilitadores, Hilda Castillo y Mario Castillo-Guido.

Los Programas Buckelew ofrecen un lugar seguro en nuestra comunidad para que las familias y seres queridos de personas que buscan conocer y compartir de forma segura sus experiencias con otras personas sobre la Salud Emocional.

Buckelew.org





FREE Peer Support for Teens and Young Adults Coping with Suicide Loss

When: 1st and 3rd Wednesday at 6pm, every month on Zoom

Who: This group is FREE and open to youth and young adults 14–24 years old who've lost a friend, family member, classmate, co-worker or partner to suicide.

Where: Meetings are virtual on Zoom

To register or for more information:

Please contact: Shriya Ambre
Shriyaa@Buckelew.org
415-328-3382

Buckelew Programs offers a safe place in our community for families and loved ones of those who have lost someone to suicide to safely share their experiences with others who are similarly affected.

Buckelew.org



If you or someone you know is struggling or in crisis, help is available.
Call or text 988 or chat 988lifeline.org.

Warmline: 866-960-6264
182 Farmers Lane, #202
Santa Rosa CA 95405

Family Support Group

For family members, friends and caregivers (ages 18+). Meets on Zoom every Tuesday, and In-person on Thursdays at 2 pm in our office. **Register at 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.**

Family-to-Family

An 8-session education program for those who care for and support a loved one with serious mental illness. **To register, visit namisoco.org/F2F to be added to the next class roster. Begins Wednesday, Sept. 2, 2026.**

New! Familia a Familia de NAMI The same 8-session education program as above, delivered in Spanish. We are looking for participants!

Ask us about any of these free programs!

Visit: namisoco.org
Call: 866-960-6264
Email: nferro@namisoco.org

JUNE 2026

TOGETHER
we are
NAMI Walks
Sonoma County

register Now!

Saturday, Oct. 17, 2026 - 10AM
Howarth Park - Santa Rosa, California
namiwalks.org/sonomacounty



"Hope for Schizophrenia:" An Educational Presentation & Conversation - June 15th at 6:00 pm.
Join Erin Pickrel MSMH, Community Educator, J&J Innovative Medicine/Neuroscience, for a discussion of treatment options, relapse prevention, and long-term management for improved quality of life. **Contact Nick Fierro at nferro@namisoco.org to participate on Zoom.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 "Hope for Schizophrenia" An Educational Presentation & Conversation (In-Person & Zoom) 6:00-7:00 PM	2 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	3 Family-to-Family Class #1 (In-Person) 6:00-8:30 PM Registration required.	4 Family Support Group (In-Person) 2:00-3:30 PM	5
8	9 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	10 Family-to-Family Class #2 (In-Person) 6:00-8:30 PM Registration required.	11 Family Support Group (In-Person) 2:00-3:30 PM	12
15 "Hope for Schizophrenia" An Educational Presentation & Conversation (In-Person & Zoom) 6:00-7:00 PM	16 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	17 Family-to-Family Class #3 (In-Person) 6:00-8:30 PM Registration required.	18 Family Support Group (In-Person) 2:00-3:30 PM	19
22	23 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	24 Family-to-Family (In-Person) Class #4 6:00-8:30 PM Registration required.	25 Family Support Group (In-Person) 2:00-3:30 PM	26
29	30 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	July 2026 1 Family-to-Family (In-Person) Class #5 6:00-8:30 PM Registration required.	2 Family Support Group (In-Person) 2:00-3:30 PM	3



JUNE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	CENTER CLOSED APPOINTMENTS ONLY	2	Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	3	Financial Aid Appts 3:00 PM - 5:00 PM	4	Active Workshop 12:00 PM - 2:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	5	Dungeons and Dragons 2:30 PM-5:30 PM Tie Dye 3:00-5:00 PM
8	CENTER CLOSED FOR STAFF TRAINING	9	CENTER CLOSED FOR STAFF TRAINING	10	CENTER CLOSED FOR STAFF TRAINING	11	Pasta Making Workshop 2:30-5:00 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	12	
15	CENTER CLOSED APPOINTMENTS ONLY	16	Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	17	Movie Club: Bugonia 2:00-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	18	Active Workshop 12:00 PM - 2:30 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	19	CLOSED IN OBSERVANCE OF JUNETEENTH
22	CENTER CLOSED APPOINTMENTS ONLY	23	Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	24	Wellness Group: Good Grief 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	25	Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	26	PRIDE BBQ! 3-6 @ DOYLE PARK
29	CENTER CLOSED APPOINTMENTS ONLY	30	Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	DROP-IN HOURS TUE-FRI, 1-6 PM					



@voicessonoma

2800 Cleveland Ave., Ste C, Santa Rosa

(707) 579-4327

GRUPO SOCIAL LATINE CUIR(18+)

Les invitamos al *Junio Divino*

Diario de Amor

17 de junio 2026

6:30-8:30pm

EN PERSONA

POSITIVE IMAGES ES UN
ESPACIO COMUNITARIO
SOBRIO Y SEGURO.

LGBTQIA+

**ADULT SUPPORT
GROUP**

Fridays 6:30 - 8:30 (18+)

6/5 : Check-In Night

6/12 Social Night:
Create Your Own Pride Flag

6/19: CANCELLED
for Juneteenth

6/26: Social Night:
Queer History Jeopardy

Social Saturday

JUNE 13TH, 2026

12 - 2 PM

MARK WEST CREEK REGIONAL PARK

Join us for **Pride in the Park**, including therapy dogs,
an art activity, and a guided **Rainbow Hike!**



POSITIVE
IMAGES

JOURNEY JUNE

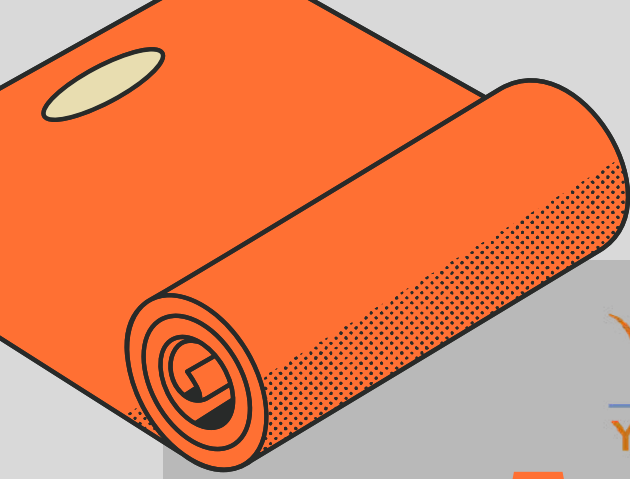
LGBTQIA+ YOUTH SUPPORT GROUP (12-18)
THURSDAYS 6:30-8:30PM

6/4: CHECK-IN

**6/11: ART NIGHT: JUNK
JOURNALING**

6/18: QUEER SHOW & TELL

6/25: PRIDE PARTY!



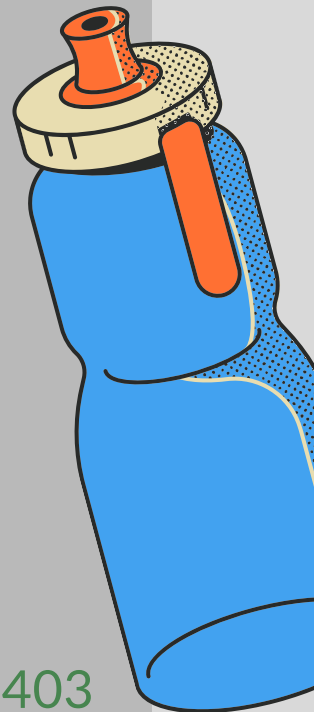
VOICES
YOUTH PROGRAMS

ACTIVE WORKSHOP



WITH LEILAN AND WILLOW

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



First & Third Thursdays
12:00 PM - 2:30 PM

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

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





Boboli Combo Pack? AND Mozzarella Cheese?

**Just mix them and heat it up!
You got yourself a pizza baby!**



Voices
YOUTH PROGRAMS

AND

LGBTQ
CONNECTION
Napa • Sonoma
Community Driven Action

#LOVEWINS!

PRESENTS

COMMUNITY

PRIDE

FREE FOOD!
GAMES!

BBQ

MUSIC!
FUN!

Friday, June 26

3-6PM

Doyle Park

700 Doyle Park Dr, Santa Rosa,
CA 95405

Questions?

Email: lillianavoiceyouthcenter.org

Call: (707) 579-4327





ALCHEMY
PROJECT

WELLNESS GROUP GOOD GRIEF

learn how to cope with grief
and support each other



WEDNESDAY, JUNE 26
3:30-5:00PM

CALL (707) 579-4327 OR
EMAIL WILLOW@VOICESYOUTHCENTER.ORG

voices
YOUTH PROGRAMS

JEWISH COMMUNITY FREE CLINIC


BACK TO SCHOOL SERVICES

&

FREE RESOURCE OPEN HOUSE

50 MONTGOMERY DRIVE, SANTA ROSA

JULY 16, 3-6PM




FOOD PANTRY

FREE BACKPACKS



FREE SUN PROTECTION

INFO ABOUT VACCINES FOR KIDS (VFC) AND TRANSCRIPTION SERVICES



MENTAL HEALTH SERVICES



+MORE INFO ABOUT HEALTH SERVICES



FOR MORE INFORMATION, CALL (707)-585-7780
OR VISIT WWW.JEWISHFREECLINIC.ORG

***FREE**
OF CHARGE



Register Now!

Camper Application



Grief Camp for Kids & Teens

By The Bay Health is proud to bring a camp to grieving children in the Bay Area all at no cost! Our weekend sleepover camps serve children who have experienced the death of a parent, sibling, primary caregiver, or friend. By The Bay Camp provides a safe, nurturing environment where kids can have traditional camp fun, while at the same time acquiring tools to help them cope with their loss.

Camp Weekend
August 7-9, 2026

CYO Camp Occidental, CA



Questions? Email:
camp@bythebayhealth.org

(415) 927. 2273 | bythebayhealth.org/by-the-bay-camp



Community Grief Support Groups



MID-YEAR 2026

FREE IN PERSON Groups

*FREE. Please arrive on time.
Groups begin promptly at indicated time.*

IN PERSON – DROP-IN GROUPS

Want to see what grief support is all about, without the multi-week commitment? Then this group is ideal — all you have to do is show up. No registration required. Please arrive promptly. **FREE.**

Drop-in Group – Larkspur

• Last Tuesday of each month, 12:00-1:00 p.m.
Apr 28, May 26, Jun 30, July 28, Aug 25, Sept 29
17 E Sir Francis Drake Blvd., Larkspur

Drop-in Group – Sonoma

• Last Wednesday of each month, 12:00-1:00 p.m.
Apr 29, May 27, Jun 24, July 29, Aug 26, Sept 30
355 West Napa Street, Suite B, Sonoma

Drop-in Group – San Francisco

• Last Thursday of each month, 12:00-1:00 p.m.
Apr 30, May 28, Jun 25, July 30, Aug 27, Sept 24
180 Redwood Street, Suite 350, San Francisco

Hiking & Grief – Marin

- Monday, June 22*, 9:30-11:00 a.m.
- Thursday, Aug 20**, 9:30-11:00 a.m.

Location provided upon registration.

In this counselor-led hiking group, we'll explore a beginner to intermediate trail with others who've experienced the loss of a family member or close friend. Sharing of stories and insights are welcome, but not required. **FREE. Pre-register by *June 8, **Aug 5; call (415) 526.5699.**



IN PERSON – 8-Week Groups

Fee: \$185

The fee for 8-week groups may be waived for those who qualify. For family members of hospice patients who received By the Bay Health's care, the fee for one group series is waived during the first 13 months after the loss. **Our 8-week groups are in high demand. If the group you are interested in is full, please know that we can place you on a contact list for future groups, and please see the rest of the offerings on our calendar.** Fee: \$185. Pre-registration and telephone intake required. Call (415) 526.5699.

Spousal/Partner Loss 8 Week Group

- Jun 2 – Jul 21, Tuesdays, 2:00-3:30 p.m.*
 - Jun 18 – Aug 13 (skips 8/6), Thursdays, 2:00-3:30 p.m.**
- 17 E Sir Francis Drake Blvd., Larkspur

The death of a spouse or partner can find you unprepared to face the future alone. Join with others to share your grief and learn new skills to cope with the profound changes in your life.

Pre-register by *May 19, **Jun 4. call (415) 526.5699.



FREE Friday-Sunday, Aug 7-9, 2026
In Occidental, CA in Sonoma County

By the Bay Health Kids Camp is a supportive weekend experience for children and teens ages 8-18 who have experienced the loss of a loved one. The camp is thoughtfully designed to help young people feel supported, build connections, and continue their healing journey in a safe and welcoming environment.



More Support Groups on other side

VIRTUAL Grief Support Groups • MID-YEAR 2026

FREE Virtual ONGOING GROUPS

*FREE. Pre-registration required. Call number indicated.
As a courtesy to fellow members, please log in promptly.*

Weekly Grief Support Group

• Tuesdays, Ongoing, 12:00–1:00 p.m.
(skips April 28, May 26, June 30, July 28, August 25, September 29 – due to meeting in person in Larkspur)
Want to see what grief support is all about, without the multi-week commitment? Then this group is ideal. **FREE. Pre-registration required; call (415) 526.5699.**

Monthly Group for Bereaved Parents

• 1st Thursday of the month, 11:00 a.m.–12:00 p.m.
Life changes forever after the death of a child. Join us to gently explore emotions, find comfort in the company of other bereaved parents and transform grief into healing. **FREE. Pre-registration telephone call required. Contact Cecelia Luna, at (415) 318.7566.**

Monthly Pet Loss Group

• 1st Monday of the month – 6:00–7:30 p.m. **Note: will meet Sept 14 instead of Sept 7**
If you have experienced the loss of a loved animal, please join us for this free monthly support group offered in collaboration with Marin Humane. **FREE. Pre-registration three business days in advance required; call (415) 526.5699.**



Virtual - EIGHT-WEEK GROUPS

Fee: \$185 Pre-registration and telephone intake required. Call (415) 526.5699*

The fee for 8-week groups may be waived for those who qualify. For family members of hospice patients who received By the Bay Health's care, the fee for one group series is waived during the first 13 months after the loss. Our 8-week groups are in high demand. **If the group you are interested in is full, please know that we can place you on a contact list for future groups, and please see the rest of the offerings on our calendar.** Fee: \$185. Pre-registration and telephone intake required.

Spousal/Partner Loss 8 Week Group

• Wednesdays, July 15–Sept 2, 6:00–7:30 p.m.*
The death of a spouse or partner can find you unprepared to face the future alone. Join with others to share your grief and learn new skills to cope with the profound changes in your life. **Pre-register by *July 1.**

Parental Loss Group for Adults

• Thursdays, May 28–July 23 (skips Jun 4), 6:00–7:30 pm.*
The death of a parent can greatly impact us. In this group, meet with others who can relate to your grief experience while obtaining practical tools and helpful grief education. **Pre-register by *May 14.**

FREE Virtual - ONE-TIME WORKSHOPS

Pre-registration required. Call (415) 526.5699

Grief & Transition in Aging for Seniors 60 and Older

3rd Tuesday of the month, 10:00–11:30 a.m.
• June 16*, Jul 21**, Aug 18***, Sept 15****
Want to see what grief support is all about, without the multi-week commitment? Then this group is ideal. **FREE. Pre-register by *Jun 2, **Jul 7, ***Aug 4, ****Sept 1.**

Grieving Spousal/Partner Loss while Parenting Young Children (11 yrs and younger)

• Thursday, May 28*, June 18**, July 16*** 12:00–1:00 p.m.
This workshop is for those grieving the death of a spouse/partner while parenting children 11 years old and younger. Discover how others cope with navigating the challenges of parenting, while supporting yourselves and your children in grief, and come away with new tools and resources to enhance your own coping. **FREE. Pre-register by *May 14, **June 4, ***July 2**

Rainbow in the Cloud: A Supportive Workshop for LGBTQ+ Bereaved Partners and Spouses

• Jun 8, Monday, 6:00–7:30p
Join us for an opportunity to connect with fellow members of the LGBTQ+ community who are also grieving a partner or spouse. We hope that you'll leave the workshop with a sense of community, connection, and coping strategies for navigating loss. **FREE. Pre-registration required by May 22.**

Disenfranchised Grief: Suicide Loss Workshop

• Jun 22, Monday, 6:00–7:30 p.m.
Per Kenneth Doka, "Disenfranchised grief refers to a loss that's not openly acknowledged, socially mourned or publicly supported." Grieving a suicide loss can be isolating and lonely. This workshop is an opportunity to be with others experiencing loss by suicide, to learn more about disenfranchised grief as it relates to suicide loss, and to expand one's skills to cope with this loss. **FREE Pre-register by Jun 8.**

By the Bay Health | 17 E. Sir Francis Drake Boulevard, Larkspur | (415) 526.5699

Check our website for updated dates/times: bythebayhealth.org/grief-support

All support groups and counseling are available to the community at-large. Fee may be waived for those who qualify.

For family members of patients who received BTBH hospice care, the fee for one group series is waived during the first 13 months after the loss.

Cambios en el programa CalFresh para (ABAWD)

Lo que hay que saber y cómo ayudar

Aliados Health organizará una sesión informativa sobre las normas actualizadas del programa CalFresh para adultos sin dependientes (ABAWD), que entrarán en vigor el 1 de junio de 2026. Esta sesión está dirigida a los trabajadores comunitarios de la salud (CHW) y a las promotoras, y ofrecerá orientación sobre cómo ayudar a los usuarios ante los posibles cambios derivados de las normas

ABAWD.



FECHA: 22 DE JUNIO DE 2026

HORA: 10:00 A. M. - 11:30 A. M. (HORA DEL PACÍFICO)

FORMATO: REUNIÓN VIRTUAL · SE REQUIERE INSCRIPCIÓN PREVIA

ORGANIZADO POR: ALIADOS HEALTH

IDIOMAS: INGLÉS CON INTERPRETACIÓN SIMULTÁNEA AL ESPAÑOL.

Regístrate Aquí: <https://rhc.zoom.us/meeting/register/F3dOldWLR7yZTCjmZ2Q4mw>



La reunión se grabará. Inscríbese si no puede asistir en directo pero desea recibir la grabación



Funded by USDA SNAP, an equal opportunity provider.

CalFresh ABAWD Changes

What you need to know, and how to support

Aliados Health will host an informational training on the updated CalFresh ABAWD (Able-Bodied Adults Without Dependents) rules set to begin June 1st, 2026. This training is for CHWs and Promotoras and will provide guidance on assisting clients with potential transitions resulting from ABAWD rules.



DATE: JUNE 22, 2026

TIME: 10:00 AM - 11:30 AM PT

FORMAT: VIRTUAL MEETING · PRE-REGISTRATION REQUIRED

HOSTED BY: ALIADOS HEALTH

LANGUAGES: ENGLISH WITH SIMULTANEOUS SPANISH
INTERPRETATION.

Register Here: <https://rhc.zoom.us/meeting/register/F3dOldWLR7yZTCjmZ2Q4mw>

REC The meeting will be recorded. Please register if you cannot attend live but would like the recording

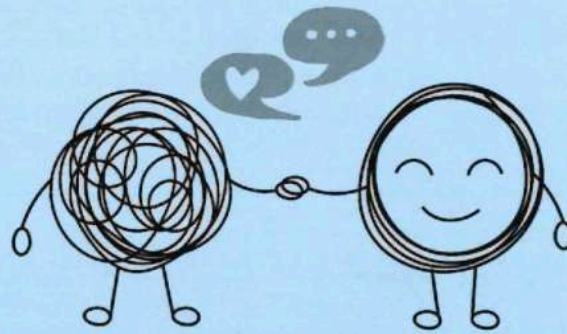


Funded by USDA SNAP, an equal opportunity provider.



THERAPY SERVICES

RECEIVE UP TO 12 FREE SESSIONS
AVAILABLE WITH JCFC



WE ARE PLEASED TO ANNOUNCE THE EXPANSION OF MENTAL HEALTH SERVICES AT THE JEWISH COMMUNITY FREE CLINIC. THANKS TO A MEASURE O GRANT THROUGH SONOMA COUNTY YOUTH AND FAMILY SERVICES, WE ARE OFFERING 12 SESSIONS OF THERAPY AT NO COST FOR CHILDREN, YOUTH, AND FAMILIES. WE OFFER TIMES CONVENIENT FOR YOU AND CAN MEET VIA TELEHEALTH OR IN PERSON.

ISSUES MAY INCLUDE BEHAVIORAL CONCERNS, ANXIETY, BULLYING, SCHOOL PERFORMANCE OR FAMILY CONFLICT AND STRESS. WE OFFER THE SUPPORT TO ADDRESS THE MENTAL HEALTH NEEDS OF YOU OR YOUR FAMILY. LIFE CAN BE COMPLICATED AND CONFUSING. WE ARE HERE TO HELP!

Call **707 585-7780**
to find out if you are eligible.
www.jewishfreeclinic.org



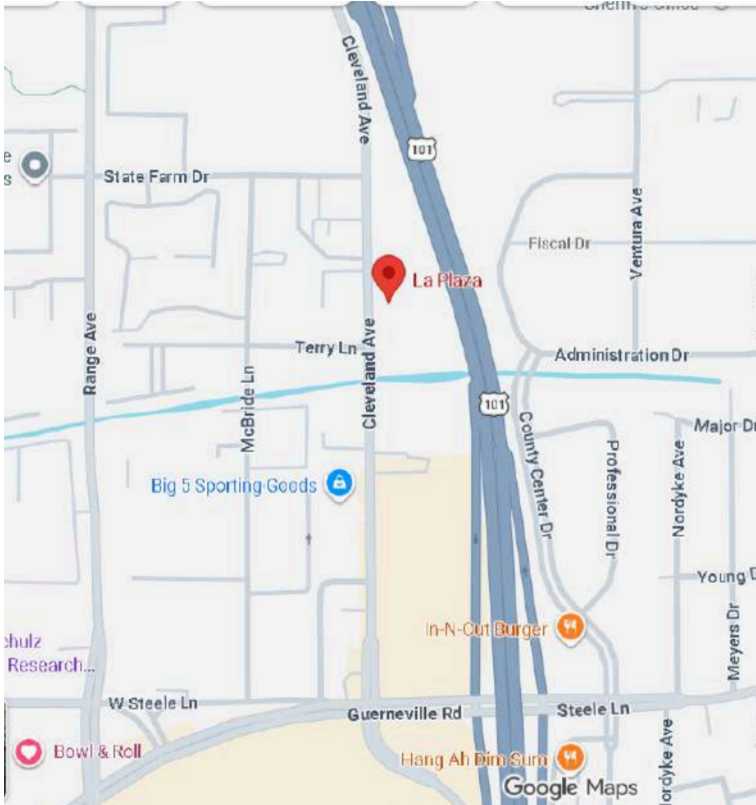
SONOMA COUNTY
MEASURE 
Tax Dollars at Work

NECESITA AYUDA CON PLANES DE PREPARACION FAMILIAR?

La Plaza le puede ayudar, sin ningun costo, en su idioma, a completar su Plan de Preparacion Familiar*.



Llame o Visite La Plaza para mas informacion:



HORARIO DE OFICINA:

SIN CITA PREVIA (DE LUNES A VIERNES, DE 9 A.M. A 4:30 P.M.)

**2800 CLEVELAND AVENUE
SUITE C**

SANTA ROSA, CA 95403

CORREO ELECTRONICO:

INFO@LAPLAZANCC.ORG

TELEFONO:

(707) 393-8700

***La Plaza no provee consejo legal.**

Consulte siempre con un abogado para su situacion particular.



CELEBRACIÓN EN HONOR AL DÍA DEL PADRE



Dondé: 2800 Cleveland Ave. Suite C Santa Rosa,
CA 95403

Fecha: Jueves 11 de Junio, 2026

Hora: 5:30 - 7:00pm

**¡HABRÁ JUEGOS, COMIDA Y
PREMIOS!**

LOVE
LOVE



Programación de Junio / June Programming 2026



Conéctate con nosotres / Connect with us

¿Necesitas pañales, leche para tu bebé o comida? Estamos aquí para apoyarte—llámanos. / Need diapers, baby formula, or food? We're here to help—call us.

2800 Cleveland Ave. Suite C,
Santa Rosa, CA 95403
Horario / Hours of Operation
M-F 8:00 am - 4:30
707-393-8700



Thank you to our
Sponsors! / Gracias a
Nuestros Patrocinadores!



Lunes/Monday 1 Healing Circle/Círculo de Sanación 10:00-11:30 am	Martes / Tuesday 2 Taller/ Workshop: Mejora tu Animo y Energía @ La Plaza 10:00-11:30 am	Miércoles / Wednesday 3 Clase de ejercicio / Exercise Class 10:00-11:00 am Amamantando Con Amor 9:00 am - 1:00 pm	Jueves / Thursday 4 Cafecito Creativo 9:30-11:00 am
Lunes/Monday 8 No Taller/Workshop	Martes / Tuesday 9 No Taller/Workshop	Miércoles / Wednesday 10 Clase de ejercicio / Exercise Class 10:00-11:00 am	Jueves / Thursday 11 Celebración del día del Padre / Father's Day Celebration 5:30-7:00 pm 
Lunes/Monday 15 Healing Circle/Círculo de Sanación 10:00-11:30 am	Martes / Tuesday 16 Taller/ Workshop: Mejora tu Animo y Energía @ Bayer Farm 10:00-11:30 am	Miércoles / Wednesday 17 Clase de ejercicio / Exercise Class 10:00-11:00 am Amamantando Con Amor 9:00 am - 1:00 pm	Jueves / Thursday 18 Cafecito Creativo 9:30-11:00 am
Lunes/Monday 22 Healing Circle/Círculo de Sanación 10:00-11:30 am	Martes / Tuesday 23 Taller/ Workshop: Crea tu botiquin Anti-Alergias @ Guernville 5:00-6:30 pm	Miércoles / Wednesday 24 Clase de ejercicio / Exercise Class 10:00-11:00 am	Jueves / Thursday 26 Cafecito Creativo 9:30-11:00 am

Or email us at / o envíenos un correo electrónico a:
info@laplazancc.org

Visit us online / Visitenos en
Línea:
www.laplazancc.org

follow us / Síguenos
ON SOCIAL MEDIA/ EN
LAS REDES SOCIALES@
LAPLAZANCC



POSITIVE
IMAGES

VS.

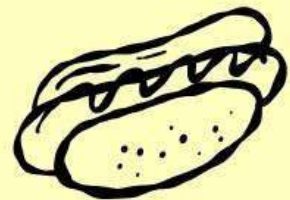
LGBTQ
CONNECTION



QTBIPOC HANGOUT (18+)



**PRIDE BBQ
+ WATER
FIGHT**



**STARTS AT
5:30PM**

**JUNE 1, 2026
DOROTEA PARK**



RSVP HERE!



MONTGOMERY VIKINGS



BOYS & GIRLS
AGES
7-13

BASKETBALL CAMP



JUNE 29TH - JULY 2ND
(9AM - 3PM MONDAY - WEDNESDAY,
9AM - 12PM THURSDAY)



COST \$225

INCLUDES:

- LUNCH
- JERSEY
- BASKETBALL



**SKILL
DEVELOPMENT**



**COMPETITIVE
FUN ACTIVITIES**



**LUNCH
INCLUDED**



**LOCATION:
MONTGOMERY
HIGH SCHOOL**

**HARD. SMART. TOGETHER.
BE A VIKING.**

The activities, products, or services advertised in this flyer are not sponsored or endorsed by Santa Rosa City Schools or its schools.

SCAN TO REGISTER!



MONTGOMERY VIKINGOS



PARA NIÑOS
Y NIÑAS
SIGLOS
7-13



CAMPAMENTO DE BALONCESTO



29 DE JUNIO - 2 DE JULIO
(9AM - 3PM LUNES A MIÉRCOLES,
9AM - 12PM JUEVES)



DESARROLLO
DE HABILIDADES



ACTIVIDADES
DIVERTIDAS Y
COMPETITIVAS



ALMUERZO
Y JERSEY



COSTO: \$225

INCLUYE:

- ALMUERZO
- JERSEY
- PELOTA DE BALONCESTO



UBICACIÓN:
ESCUELA SECUNDARIA
MONTGOMERY

DURO. INTELIGENTE. JUNTOS.
SE UN VIKINGO.

¡ESCANEA PARA REGISTRARTE!



Las actividades, productos o servicios anunciados en este volante no están patrocinados ni respaldados por las Escuelas de la Ciudad de Santa Rosa ni por sus escuelas.



NOW ACCEPTING APPLICATIONS IN OUR 4Cs PRESCHOOLS

4Cs operates state preschools throughout Sonoma County. Some locations are now serving 2 year olds.

To apply for preschool services, follow these simple steps:

- Pick up a preschool enrollment packet
- Come to one of our walk-in enrollment days

OPEN UNTIL SPACES ARE FILLED

PRESCHOOL WALK-IN ENROLLMENT DAYS 9:00 AM - 3:00 PM

**131-A STONY CIRCLE, SUITE 300
SANTA ROSA, CA 95401**

Wednesday, June 17, 2026

Wednesday, July 1, 2026

Wednesday, July 29, 2026

Wednesday, August 5, 2026

Thursday, August 20, 2026

***Evening Enrollment Day**

Thursday, July 16, 2026 -9:00 am - 6:00 pm

NEED SUPPORT? HAVE QUESTIONS?

Enrollment@Sonoma4Cs.org
(707) 522-1413 x 178



Facebook.com/Sonoma4Cs



Instagram.com/4CsSonomaCounty



AHORA ACEPTANDO APLICACIONES EN NUESTROS PREESCOLARES DE 4CS

4Cs opera preescolares estatales en todo el Condado de Sonoma. Algunos preescolares ahora matriculan niños de 2 años de edad.

Para solicitar servicios preescolares, siga estos sencillos pasos:

- Venga por un paquete de inscripción
 - Asista a un día de inscripción, sin cita
- ESPACIOS DISPONIBLES HASTA QUE SE LLENEN*

DÍAS DE INSCRIPCIÓN PREESCOLAR 9:00 AM - 3:00 PM

**131-A STONY CIRCLE, SUITE 300
SANTA ROSA, CA 95401**

Miercoles, 17 de Junio 2026

Miercoles, 1 de Junio 2026

Miercoles, 29 de Julio 2026

Miercoles, 5 de Agosto 2026

Jueves, 20 de Agosto 2026

***Dia de Inscripcion en la tarde**

Jueves, 16 de Julio 2026 -9:00 am - 6:00 pm

¿NECESITAR AYUDA? ¿TIENE PREGUNTAS?

Enrollment@Sonoma4Cs.org
(707) 522-1413 x 178



Sonoma4Cs.org



Facebook.com/Sonoma4Cs



Instagram.com/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

PASTA MAKING WORKSHOP

JOIN US TO LEARN HOW TO
MAKE PASTE WITH OUR VOICES
YOUTH ADVOCATE

ANJELICA!



THURSDAY, JUNE 11TH
2:30PM-5PM

ANY QUESTIONS?
CONTACT VOICES AT (707) 579-4327
OR
ANJELICA@VOICESYOUTHCENTER.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
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
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
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
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



Weize the Resource Queen

Tuesday, June 30th 10:30am-Noon

June 2026

Interlink Self-Help Center

Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

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



WELLNESS • RECOVERY • RESILIENCE



WCCS

West County Community Services

COMMUNITY FORUM

AT INTERLINK SELF-HELP CENTER

Weize "The Resource Queen"[👑]

Weize has years of experience navigating resources throughout Sonoma County and will be joining us for a conversational presentation on local housing resources, recovery support, and navigating community services.

TOPICS INCLUDE:



Understanding **Coordinated Entry**



Navigating services through **The Living Room**



Practical help with **housing programs** and required documents



Treatment programs and clean & sober options



Hygiene, shower, and meal resources



Come with your questions and let the Queen do her work!



**TUESDAY,
JUNE 30TH, 2026**



10:30AM to NOON



Interlink Self-Help Center
1033 Fourth Street
Santa Rosa, CA 95404
(707) 546-4481

** Snacks and refreshments to follow. **

🌟 We hope to see you here! 🌟



www.interlinkselfhelpcenter.org



This forum is open to the adult general public.



WELLNESS • RECOVERY • RESILIENCE



WCCS
West County Community Services

Introduction to Peer Support

Onsite & In-Person



Tuesdays 11:00am-12:00pm
at Interlink Self-Help Center

June's focus will be:

Self-Directed Recovery

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](tel:(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



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: What's caught your attention recently? What aspect of recovery are you curious about? 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.

Join us in Saying Goodbye to PPRC

Wednesday, June 17th
11:00 - 12:00PM

Food and Refreshments
Music and Socializing

5350 Old Redwood Highway
Suite 600

Petaluma, CA 94954

707-565-1299



WELLNESS • RECOVERY • RESILIENC