



Community Events
September 2026



NATIONAL
SUICIDE
PREVENTION
MONTH

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.

Know Your Local Behavioral Health Crisis Support Teams

Here's who to call if you or a loved one is experiencing a mental health, suicide, and/or substance use-related crisis in Sonoma County.

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

Call 911: In medical emergency or imminent danger.

Call/text 988 or chat at 988lifeline.org:

Connect with a trained suicide & mental health crisis counselor.

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

County-Wide: 800-746-8181

Phone support and in-person response to **anyone, anywhere in Sonoma County**. MST also works closely with inRESPONSE and SAFE and can coordinate a mobile crisis response in their communities. Mobile crisis teams co-respond with law enforcement when safety is an issue.

inRESPONSE Mental Health Support Team (24/7)

Santa Rosa: 707-575-HELP (4357)

*For Health System Navigation Assistance, call 707-204-9756
or email inresponse@srcity.org. Open 8 am - 5 pm, Mon-Fri.*

**SAFE Team
Petaluma (24/7)**
707-781-1234

**SAFE Team
Rohnert Park (24/7)**
707-584-2612

**SAFE Team
Cotati & SSU (24/7)**
707-792-3611

Need help after a crisis?

NAMI Sonoma County (9 am - 5 pm, Mon-Fri)

Call 866-966-6264 or email info@namisoco.org for non-crisis mental health education, support, local resource information and referrals.

Conozca a sus equipos locales de apoyo en crisis de salud conductual

A continuación se indica a quién llamar si usted o un ser querido está experimentando una crisis relacionada con la salud mental, el suicidio y/o el consumo de sustancias en el Condado de Sonoma.

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

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

Llame o envíe un mensaje de texto al **988** o chatee en 988lifeline.org:

Conéctese con un consejero capacitado en crisis de suicidio y salud mental.

Equipo Móvil de Apoyo del Condado de Sonoma (MST) y Centro de Llamadas de Crisis (24/7) **En todo el condado: 800-746-8181**

Apoyo telefónico y respuesta en persona para cualquier persona, en cualquier lugar del Condado de Sonoma. El MST también trabaja estrechamente con inRESPONSE y SAFE y puede coordinar una respuesta móvil de crisis en sus comunidades. Los equipos móviles de crisis responden junto con las fuerzas del orden cuando la seguridad es un problema.

Equipo de Apoyo de Salud Mental inRESPONSE (24/7)

Santa Rosa: 707-575-HELP (4357)

Para asistencia con la navegación del sistema de salud, llame al 707-204-9756 o envíe un correo electrónico a inresponse@srcity.org. Horario: lunes a viernes, de 8 a.m. a 5 p.m.

SAFE Team
Petaluma (24/7)
707-781-1234

SAFE Team
Rohnert Park (24/7)
707-584-2612

SAFE Team
Cotati & SSU (24/7)
707-792-3611

¿Necesita ayuda después de una crisis?

NAMI del Condado de Sonoma (lunes a viernes, de 9 a.m. a 5 p.m.)

Llame al 866-966-6264 o envíe un correo electrónico a info@namisoco.org para educación sobre salud mental (no en crisis), apoyo, información sobre recursos locales y referencias.



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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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



¿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



¿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

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800-746-8181

Family Service Coordination Team



NATIONAL
SUICIDE
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MONTH

September 2026

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



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, Sep 1st Tue, Sep 22nd
Tue, Sep 8th Tue, Sep 29th
Tue, Sep 15th

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

1 de septiembre 22 de septiembre
8 de septiembre 29 de septiembre
15 de septiembre

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



S o n o m a C o u n t y
B e h a v i o r a l
H e a l t h F a m i l y
S u p p o r t &
E d u c a t i o n
G r o u p



**Monday
SEP
14TH
4pm-6pm
In Person**



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

Questions?

**Contact the Family Service
Coordination Team:**

Fsc@buckelew.org 707-571-8452

MarisabelM@buckelew.org 707-513-5135

**2235 Mercury Way, Suite 107
Santa Rosa, CA 95407**

www.buckelew.org



MADF FAMILY SUPPORT & EDUCATION GROUP

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



Join us!

- Fourth Wednesday of every month
- 6:00pm-7:30pm (please arrive by 5:50pm)
- RSVP Required for Entry**

Please contact the Family Service Coordination Team to RSVP for upcoming groups.

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

What You'll Gain

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

Contact Us:

- 707-571-8452
- Fsc@Buckelew.org
- 2235 Mercury Way, STE 107
Santa Rosa, CA 95407



GRIEF COUNSELING & SOS:

ALLIES FOR HOPE GROUP MEETING AGES 25+

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



SOS: Allies for Hope

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

Grief Counseling Hotline

24/7 Grief Support Hotline providing Free AND Confidential resources

Call: 415-499-1195

To Join, Please Email:

Email: SOSinfo@buckelew.org



GRUPO DE APOYO para sobrevivientes de suicidio

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

Dirigido a: familias que han perdido seres
queridos por suicidio

Dónde: via Zoom

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

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

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

Buckelew.org





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

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

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

Where: Meetings are virtual on Zoom

To register or for more information:

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

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

Buckelew.org



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

Prevención del suicidio: Capacitación QPR Gatekeeper

Preguntar, Persuadir, y Remitir

Este mes de septiembre, Mes de la Concientización sobre la Prevención del Suicidio, únase al Equipo de Difusión para la Prevención del Suicidio del programa Buckelew para recibir una capacitación gratuita de QPR para guardianes (Gatekeeper Training), ofrecida en colaboración con Marin Suicide Prevention Collaborative.

QPR es un enfoque práctico y de eficacia comprobada que enseña a reconocer las señales de advertencia del suicidio y a conectar a la persona con la ayuda necesaria.

Todas las personas de nuestra comunidad están invitadas a participar.



Cuando: Martes 29 de Septiembre, 2026

Hora: 6:30pm – 8:00pm

Lugar: Via zoom

Para quien es: Padres de familia, cuidadores, y trabajadores en la comunidad.

Lo que aprenderas: Aprenderas las habilidades básicas de primeros auxilios mentales para reconocer y actuar ante una crisis emocional y prevención del suicidio.

Costo: Gratis.

Todos los participantes recibirán certificado.

Llama el 415-858-5827 para registrarte y obtener el enlace para la reunión

Buckelew.org

Si usted o alguien que conoce está pasando por un momento difícil o en crisis, hay ayuda disponible. Llame o envíe un mensaje de texto al 988 o chatee en 988lifeline.org.

This Internship Saves Lives!

**Looking for valuable experience and practicum hours in mental health services?
Interested in becoming a Campus Ambassador for Suicide Prevention?**

Buckelew Programs offers two exciting opportunities for students to earn volunteer and practicum hours while advocating for essential mental health services.

1. Student Internship Program

Gain hands-on experience and practicum hours on our Crisis Hotline, contributing to the critical work of suicide prevention.

What We Offer:

- Over 40 hours of training
- Live, interactive presentations, training, role plays, and crisis call shadowing
- 988 Lifeline interactive self-paced online training modules
- Regular supervision and support
- Access to robust Relias Training Library

What We Expect:

- Minimum 1-year commitment (at least 200 hours) volunteering on the 988 Hotline (flexible based on placement requirements)
- Professional conduct, adhering to Lifeline Clinical Standards
- Attend monthly supervision meetings

Ready to apply?

Visit Buckelew.org/students to fill out an application.

Questions? Call 415.328.1142
or email Outreach@Buckelew.org

2. 988 Campus Ambassador

Be a champion for mental health on your campus and in your community!

As a 988 Campus Ambassador, you'll help raise awareness for 988 and mental health support on campus. This role focuses on outreach, advocacy and support for suicide prevention efforts.

What You'll Do:

- Table and promote 988 on campus
- Advocate for mental health and suicide prevention
- Collaborate with the Buckelew Outreach Coordinator
- Organize and attend at least 1 event per month
- Receive and share 988 swag



Buckelew Programs is the largest nonprofit provider of mental health services in the North Bay. We offer five core services — Counseling, Suicide Prevention, Supported Housing, Substance Use Recovery and Service Navigation.

Learn more at Buckelew.org.

SEPTEMBER 2026



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

Family Support Groups

For family members, friends and caregivers (ages 18+). Meets on Zoom every Tuesday. In-person at our office on Thursdays at 2 pm, and 1st & 3rd Thursday at 6 pm. **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 De Familia a Familia de NAMI

8-session education program for family members who support a loved one with serious mental illness. To register, visit namisoco.org/F2F. Next class begins **September 9th**. **Registration required!**

CONNECTION IS PREVENTION

Events
Hosted by:

Ask us about any of
these free programs!

Visit: namisoco.org

Call: 707-800-3872

Email: nferro@namisoco.org

Join Us for 2026!

Saturday, October 17, 2026 - 10 AM to 1 PM
Howarth Park, Santa Rosa, CA

Register or join a team:
namiwalks.org/sonomacounty

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Office Closed Labor Day	1 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	2 Family-to-Family Class #1 (In-Person) 6:00-8:30 PM Registration required.	3 Family Support Group (In-Person) 2:00-3:30 PM New! Family Support Group (In-Person) 6:00-7:30 PM	4 Connection is Prevention Event #1: Focus on Older Adults Thursday 9/3/26, 9:30 AM-2:15 PM @ Finley Center, Santa Rosa
7 Office Closed Labor Day	8 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	9 Family-to-Family Class #1 (In-Person) 6:00-8:30 PM Registration required.	10 Family Support Group (In-Person) 2:00-3:30 PM	11
14	15 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	16 Family-to-Family Class #2 (In-Person) 6:00-8:30 PM Registration required.	17 Family Support Group (In-Person) 2:00-3:30 PM New! Family Support Group (In-Person) 6:00-7:30 PM	18
21	22 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	23 Family-to-Family Class #3 (In-Person) 6:00-8:30 PM Registration required.	24 Family Support Group (In-Person) 2:00-3:30 PM Connection is Prevention Event #2 4:00-6:00 PM @ Hanna Center, Sonoma	25 Connection is Prevention Event #3 4:00-6:30 PM @ Cloverdale Plaza, Cloverdale
28	29 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	30 Family-to-Family Class #4 (In-Person) 6:00-8:30 PM Registration required.	1 October 2026 Family Support Group (In-Person) 2:00-3:30 PM New! Family Support Group (In-Person) 6:00-7:30 PM	2

Free NAMI Family & Friends Seminar

Do you support someone who lives with a mental health condition? Facing challenges and not sure where to turn? Take the time for this free seminar that informs and uplifts.

NAMI Family & Friends is a free 90-minute program for people who have loved ones with a mental health condition. Learn the essentials of how to support your loved one and yourself, whether you are a parent, spouse, partner, sibling, child or friend.

- Information on mental health conditions and their impact on families.
- Communication tools to minimize conflict and enhance responses.
- Guidance on recognizing warning signs and potential relapses.
- Real-life examples from trained family members.
- Next steps and connections to NAMI programs and support.

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



NAMI Family & Friends **Saturday, September 19, 2026**

10:00 AM - 12:00 PM
at NAMI Sonoma County
182 Farmers Lane #202
Santa Rosa CA 95405

Visit namisoco.org/familyfriends
or scan the QR code to RSVP
and learn more. Space is limited!



Free 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 caregivers of loved ones with serious mental illness. Recognized as evidence-based by SAMHSA, it is led by trained family members and offers practical knowledge, skills, 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
- Information on mental illness and treatments
- Impact of serious mental illness on caregivers
- How to advocate more effectively for a loved one

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



New Class Begins This Fall!

**Wednesday Evenings,
September 9 - October 28, 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.



**Saturday, October 17, 2026
10:00 AM at Howarth Park**

Step Up for Mental Health!

Join NAMI Sonoma County
in raising mental health awareness.

Help build a community that
embraces mental health for all.

Discover the community mental health
programs that are here to help!

All ages are welcome. Registration is free!

Visit namiwalks.org/sonomacounty

or scan the QR code!



Cypress Point - Howarth Park
630 Summerfield Road
Santa Rosa, CA 95405

866-960-6264
info@namisoco.org
www.namisoco.org



NAMITalks

Monday, October 26, 2026, 6:00-7:15 PM



PEARLS: Reducing Depression & Social Isolation in Adults 50+

Join Nyah Reynolds, a PEARLS coach at the Council on Aging, for the October NAMITalk discussing depression in older adults. This condition, often mistaken as a normal part of aging, can prevent seniors from seeking help, contributing to high suicide rates among those 75 and older in Sonoma County.

The Council on Aging's PEARLS (Program to Encourage Active, Rewarding Lives) aims to improve older adults' emotional well-being. This evidence-based program designed by the University of Washington addresses depression and social isolation with practical tools and structured support for anyone 50 and older.

Attend in person or online; register at namisoco.org/talks.

NAMI Sonoma County (National Alliance on Mental Illness)

866-960-6264 | info@namisoco.org | www.namisoco.org



Work Ready

Next Session: Sept 2 - Oct 23 2026

**2 meetings/per week on Wed/Fri @ 4:30-6:30pm
plus shifts in Café & Front Desk on Tues/Thurs**

- Create a Personalized Cover Letter & Resume
- Customer Service & Cash-Handling Experience
- Create a Professional Portfolio
- Earn a Food-Handlers Certificate
- Obtain a Work Ready Certificate
- Earn a \$200 Completion Award!

Questions?

Contact Damien Silver
damiens@chopsteenclub.org
707-284-2467 x132



This is not a Santa Rosa City Schools sponsored event
509 Adams St. Santa Rosa CA 95401,
www.chopsteenclub.org



**Preparado para
empezar a trabajar.**

La próxima reunión

Septiembre 2 - Octubre 23 de 2026

2 reuniones a la semana

**en miércoles y viernes de 4:30-6:30pm
además de turnos en cafetería y recepción
a los martes y jueves**

- Haz una carta de presentación y un currículum a medida.
- Experiencia en servicio al cliente y gestión de dinero.
- Crea un portafolio profesional.
- Consigue un certificado de manipulación de alimentos.
- Consigue un certificado de capacitación laboral.
- Gana un premio de \$200 al terminar el proyecto.

¿Preguntas?

Contacta a Damien Silver
damiens@chopsteenclub.org
707-284-2467 x 132



FLAG

The Coach Sarna League

📍 BENICIA 📍 VALLEJO 📍 NAPA 📍 FAIRFIELD 📍 HEALDSBURG/SANTAROSA

REGISTRATION NOW OPEN

**FALL 2026
ALL-GIRL AND ALL-BOY
49ERS FLAG FOOTBALL**

**3 YEARS OLD- HIGH SCHOOL
SEASON RUNS OCT-DEC**

REGISTER TODAY AT
THECOACHSARNALEAGUE.ORG



SCAN HERE





FLAG

The Coach Sarna League

📍 BENICIA 📍 VALLEJO 📍 NAPA 📍 FAIRFIELD 📍 HEALDSBURG/SANTAROSA

INSCRIPCIONES ABIERTAS

**OTOÑO 2026
FLAG FOOTBALL 49ERS
PARA NIÑAS Y NIÑOS**

**DE 3 AÑOS A PREPARATORIA
TEMPORADA DE OCT A DIC**

—•••—
**REGÍSTRESE HOY EN
THECOACHSARNALEAGUE.ORG**



SCAN HERE





Want to improve your **Digital Skills?**

Join one of our upcoming cohorts!

Earn professional certifications!
At no cost and with no eligibility requirements.

Mark your Calendar!

August 19th

Microsoft Excel - 5 Weeks

October 7th

Microsoft Word - 4 Weeks

November 18th

Google Docs - 5 Weeks



All cohorts take place at 476
Rohnert Park Expy. Rohnert Park
on Wednesdays and Fridays,
from 4:00-5:00 PM

**Connect
with us!**

programs@gire.org
707-523-0550
www.gire.org



Goodwill
Redwood Empire



Earn Incentives!

Successfully pass proctored assessments and earn incentives to support you on your digital skills journey.

Available while funding lasts.



Essential Computer Skills Tier

Choose from:

- Best Buy gift card
- ServeSafe Certification
- Power bank charger



Software Skills Tier

Choose from:

- 1 Year of Internet
- Chromebook
- Pre-Approved Professional Certification

Tech in Daily Life Tier

Choose from:

- 3 Months of Internet
- Solar Charger
- Wireless Headphones

Celebrate your success! Bring in your new job offer and earn a \$50 Best Buy gift card!

Ask our staff for more details! programs@gire.org



Monday

10:00 – 2:30 ----- Open Art Studio
10:15 – 10:30 ----- Community Meeting
10:30 – 11:00 ----- Skills for Better Living
11:00 – 12:00 ----- Health and Wellness
12:00 – 1:00 ----- Befriending Ourselves
1:00 – 2:00 ----- Seeking Safety – PTSD
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 ----- **Happy Little Craft Kits *NEW**
11:00 – 12:00 ----- Intro to Peer Support
12:00 – 1:00 ----- **SMART Recovery**
1:00 – 2:00 ----- **Understanding Stress *NEW**
2:00 – 3:00 ----- What's up?/Social Time
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 ----- **Outreach Planning Group *NEW**
11:00 – 11:30 ----- 🐾 Come Meet Scout! (bi-weekly)
11:00 – 12:00 ----- Journey Through Depression
12:00 – 1:00 ----- **SMART Recovery**
1:00 – 2:00 ----- Resource Group
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 ----- Change your Mindset
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 ----- **Friday Festivities *NEW**
2:00 – 2:30 ----- Afternoon Check-In
2:30 – 3:00 ----- Friday PB&J's



Forum: Stayin' Alive

Tuesday, September 22nd
11:00am-Noon

Join us for a special Suicide Prevention Month Forum centered on lived experience, connection, and hope. Interlink staff will share personal stories about times when life felt unbearably dark, experiences of losing hope, struggling to see a way forward, and what helped them keep going. Whether you want to share, listen, reflect, or simply be present, your voice and your experience are welcome.

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
Drug and Alcohol Counseling
Warmline Support



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

Befriending Ourselves: Sustaining our recovery through nurturing aspects of ourselves that we would like to strengthen and care for. Together we will explore tools such as growth mindset, locus of control, mindfulness, self-advocacy, and self-compassion. We will be using discussion, group wisdom, handouts and videos to explore these important topics.

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

Understanding Stress: Understanding the basics of stress and anxiety, how to manage these natural and protective responses, and when to seek additional support.

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

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.

🐾 Come Meet Scout! Scout is an emotional support dog who will be visiting on **September 9th and 23rd**. She loves spending time with people and enjoys helping create a calm, comforting environment. We hope you'll stop by!

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!

Friday Festivity: We engage in a variety of activities: community outings, Wii bowling, Bingo, Games, etc. This time provides opportunities for us to interact with each other and have fun!

Change Your Mindset: Learn how to change your mindset by understanding the differences between fixed and growth mindsets, while shifting from believing your abilities are static to believing they can grow through effort.

Open Art Studio: We have art & craft supplies for drawing, painting, coloring, beading, and crafting.

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

Seeking Safety-PTSD: 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.

Happy Little Craft Kits: Enjoy creating a fun craft with easy, step-by-step instructions. No experience is needed. Just come, get creative, and leave with a finished project to take home.

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?: A time to share what we have been learning and exploring, and what we are curious about.

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.

Outreach Planning Group: Together we will plan outreach activities, brainstorm new ideas, and share what we've learned from past experiences. Through discussion and group wisdom, we'll explore creative ways to strengthen our connection with the community.



INTERLINK'S YOUNG ADULT PROGRAM

CHILL N' CHAT

FOR YOUNG ADULTS AGES 18-26

A welcoming space to connect,
build skills, and get support—together.



TUESDAYS

3:15 PM - 4:30 PM
AT INTERLINK



3:15 PM -
3:30 PM

SOCIAL TIME

- Meet other young adults
- Arizona Iced Tea and snacks provided
- Relax, connect, and settle in



3:30 PM -
4:30 PM

DISCUSSION GROUP

Real talk about stuff that matters.
Share, listen, and figure things out together.

This month's topic:

Understanding Substance Use



AFTER GROUP

(UP TO
4:30-5:00 PM)

OPTIONAL ONE-ON-ONE SUPPORT

Meet privately with the Wellness Coach
if you'd like additional support, resources,
or help navigating challenges.



Arizona Iced Tea
& chips/snacks
available! 😊

wellness.exe

PAUSE.
BREATHE.
RESET.

WELLNESS COACH
DROP-IN HOURS
ONE-ON-ONE SUPPORT

TUESDAYS	10:00 AM - 2:00 PM
THURSDAYS	10:00 AM - 2:00 PM

Drop in to talk, get support, explore goals,
connect with resources, and navigate life
transitions like school, work, housing, and more.

why_join.bat

WHY JOIN?

- ★ Build real connections
- ★ Learn life skills
- ★ Support your mental health
- ★ Set goals & plan for your future
- ★ Find resources & community

what_we_talk_about.txt

WHAT WE TALK ABOUT

- Mental health & self-care
- Relationships & communication
- School, work & future goals
- Stress, anxiety & big feelings
- Identity, purpose & confidence
- Life skills & everyday stuff
- ...and whatever matters to you!



 **INTERLINK**
SELF-HELP CENTER

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

COMMUNITY FORUM

AT INTERLINK SELF-HELP CENTER

Forum: Stayin' Alive



Join us for a special Suicide Prevention Month Forum centered on lived experience, connection, and hope.

Interlink staff will share personal stories about times when life felt unbearably dark, experiences of losing hope, struggling to see a way forward, and what helped them keep going.

Whether you want to share, listen, reflect, or simply be present, your voice and your experience are welcome.



**Tuesday,
September 22nd**
11:00am-Noon



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

★ *All are welcome!* ★

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



September's focus will be:



*Growing through what you're going through -
Navigating our way through life's changes and transitions.*

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



La Consulta
Family Therapy Inc.

Mindfulness Skills Group

Offered in English & Spanish



- A supportive introduction to core mindfulness and emotional wellness skills, including:
- Mindfulness foundations
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness
- Self-compassion

60 minute sessions • 5 week series

Based on DBT (Dialectical Behavior Therapy) skills

For referrals, please send as a message at laconsultaft@gmail.com



La Consulta
Family Therapy Inc.

Parent Education & Skills Group

Offered in English & Spanish



Program Overview:

- This program helps parents build strong relationships, improve communication, and create a safe home environment.

Topics:

- Positive Discipline
- Communication Skills
- Managing behavior and emotions
- Routines and structure

12 week ongoing weekly groups

Monday Evenings via Zoom

Skills Group: 6:30-7:15pm

Process Group: 7:15-8:30 pm

Please send you referral to laconsultaft@gmail.com



La Consulta
Family Therapy Inc.

Psychoeducation for Parents of Children Affected by Abuse

Offered in English & Spanish



Sessions

- The Law and Understanding Abuse
- Cultural Beliefs and Myths
- Child Development
- Age Appropriate Behaviors and Problematic Behaviors
- Interventions for Parents and Caregivers
- Trauma and PTSD
- Impact of Abuse
- Healthy Relationships and Boundaries
- Self Healing and Supporting Child's Healing
- Case Scenarios to promote Child Wellbeing and Prevention

10-week ongoing weekly groups

Monday 6:30 pm via Zoom

Please send you referral to laconsultaft@gmail.com



La Consulta

Family Therapy Inc.

Relapse Prevention Groups

Offered in English & Spanish



Sessions

- Introduction to the Law and Cultural Beliefs
- Understanding Abuse
- Trauma and PTSD
- Impact of abuse
- Boundaries and Healthy Relationships
- Cognitive Distortions
- Defense Mechanisms
- Relapse Prevention and Protection
- Safety Plans
- The Good Lives Model
- Strength, Skills and Self-Awareness

12 week ongoing weekly groups

1 hour group/Date TBD

Please send you referral to laconsultaft@gmail.com



La Consulta

Family Therapy Inc.

Women's Group Grupo para Mujeres



Purpose and Goals:

- **Empowerment:** Build confidence and self-worth.
- **Healing:** Provide a safe space to share experiences.
- **Connection:** Reduce isolation by fostering community and mutual support.
- **Skills:** Teach coping strategies, assertiveness, and self-care practices.

Propósito y Objetivos:

- **Empoderamiento:** Desarrollar la confianza y valor propio.
- **Sanación:** Brindar un espacio seguro para compartir experiencias.
- **Conexión:** Reducir el aislamiento fomentando la comunidad y el apoyo mutuo.
- **Habilidades:** Enseñar estrategias de afrontamiento, asertividad y prácticas de autocuidado.

10 week ongoing weekly groups

Skills Group: 6:30-7:15pm

Process Group: 7:15-8:30 pm

Please send you referral to laconsultaft@gmail.com

MEDICINA HERBAL

Masculina

Conoce plantas medicinales
que apoyan tu bienestar
de manera natural.



Los pilares de
la salud
masculin@

Descubre cómo las plantas medicinales, utilizadas por generaciones, pueden complementar el bienestar masculino y apoyar la salud de la próstata, el sistema urinario, el corazón y el equilibrio general del organismo.

Martes Septiembre 8, 2026
En Bayer Farm
Horario: 10-11:30am



2800 Cleveland Ave Suite C,
Santa Rosa, CA 95403
www.laplazanc.org

Llame para
Registrarse
(707)393-8700





Programación de Septiembre 2026

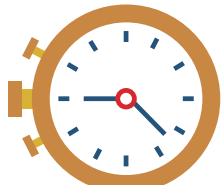
September Programming

LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
	Taller/Worshop @ La Plaza Medicina Herbal Masculina 10-11:30am1	Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm2	Cafecito Creativo Creative Cafecito 9:30 - 11:00 am3	Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm4	 Oficina Cerrada Office Closed5	 Oficina Cerrada Office Closed6
 Oficina Cerrada Office Closed7	Taller/Worshop @ Bayer Farm Medicina Herbal Masculina 10-11:30am8	Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm9	Cafecito Creativo Creative Cafecito 9:30 - 11:00 am10	Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm11	 Oficina Cerrada Office Closed12	 Oficina Cerrada Office Closed13
Círculo de Sanación Healing Circle 10:00 - 11:30 am14	No Taller No Workshop15	Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm16	Cafecito Creativo Creative Cafecito 9:30 - 11:00 am17	 Día de Bienestar del personal Staff Wellness Day18	 Oficina Cerrada Office Closed19	 Oficina Cerrada Office Closed20
Círculo de Sanación Healing Circle 10:00 - 11:30 am21	No Taller No Workshop22	Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm23	Cafecito Creativo Creative Cafecito 9:30 - 11:00 am24	Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm25	 Oficina Cerrada Office Closed26	 Oficina Cerrada Office Closed27
Círculo de Sanación Healing Circle 10:00 - 11:30 am28	No Taller No Workshop29	Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm30				



Todos los programas son gratuitos y abiertos a la comunidad.
All programs are free and open to the community

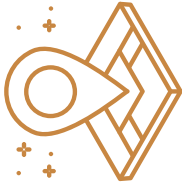
¿Necesitas pañales, leche para tu bebé o comida? Estamos aquí para apoyarte—llámanos.
Need diapers, baby formula, or food? We're here to help—call us.



Horario / Office Hours
Lunes-Viernes /
Monday-Friday
8:00 am - 4:30 pm



Llámanos / Call Us
707-393-8700



Ubicación de la oficina /
Office Location
2800 Cleveland ave. Suite C
Santa Rosa, CA 95403



Visítanos en Línea /
Visit Us Online
www.laplazanc.org



Cafecito Creativo

¡Ven y acompáñanos Todos los Jueves de 9:30–11:00am!

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

2800 Cleveland Ave. Suite C
Santa Rosa CA 95403
707-393-8700
www.laplazanc.org



Grupo de Apoyo: Círculos de Sanación

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

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

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

Para registrarse llámenos al (707) 393-8700

HORARIO Todos los lunes de 10-11:30am

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



www.laplazancc.org



LATINO SERVICE PRESENTS OUR 3RD ANNUAL



Health & Wellness Fair

1 - 3PM
SEPT
13

Join us on September 13 for our Annual Health & Wellness Fair! Cool off, connect with local resources, and learn about the Southwest Santa Rosa HEAT Plan.



Enjoy a day full of **FREE** items and activities while supplies last, including smoothies, Vans gear, lunch boxes, insulated water bottles, community resources, and more.

SANTA ROSA LANGUAGE ACADEMY
2480 SEBASTOPOL ROAD, SANTA ROSA, CA 95407

LATINO SERVICE PROVIDERS PRESENTA SU 3.ER EVENTO ANUAL



Feria de Salud y Bienestar

1 A 3PM
13
SEPT

¡Acompañenos el 13 de septiembre a nuestra Feria Anual de Salud y Bienestar! Refréscuese, conéctese con recursos locales y conozca el Plan HEAT del Suroeste de Santa Rosa.



Disfrute de un día con artículos y actividades **GRATIS**, hasta agotar existencias, incluyendo licuados, artículos de Vans, loncheras, botellas térmicas para agua, recursos comunitarios y mucho más.

SANTA ROSA LANGUAGE ACADEMY
2480 SEBASTOPOL ROAD, SANTA ROSA, CA 95407

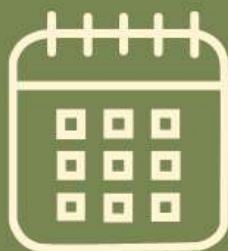


SEPTEMBER MONTHLY MEETING

HOSTED BY



North Bay
Regional Center



September 17, 2026

12:00– 1:30pm

1000 Apollo Way Santa Rosa

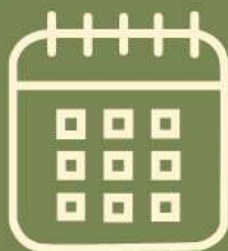


SEPTIEMBRE JUNTA MENSUAL

PRESENTADO POR



North Bay
Regional Center



17 de Septiembre 2026

12:00– 1:30pm

1000 Apollo Way Santa Rosa

2026 Fall Training Schedule / Calendario de Entrenamientos de Otoño

08/25/2026	<u>Act Early. The Early Start Years (0 – 3)</u>
08/26/2026	<u>Actúe Temprano. Años de Comienzo Temprano (0 – 3)</u>
08/28/2026	<u>Clínica de IEP en Español</u>
09/01/2026	<u>Effective Parent Advocacy</u>
09/02/2026	<u>Defensa Eficaz de los Padres</u>
09/11/2026	<u>¿Quieres saber más sobre el Plan de Programa Individual (IPP)?</u>
09/15/2026	<u>IEP Basics</u>
09/16/2026	<u>Fundamentos Básicos del IEP</u>
09/17/2026	<u>Conservatorship vs Supported Decision Making for Your Child</u>
09/29/2026	<u>Transition to Preschool</u>
09/30/2026	<u>Transición a Preescolar</u>
10/02/2026	<u>Transición a la Vida Adulta</u>
10/20/2026	<u>The IEP Form: One Page at a Time</u>
10/21/2026	<u>El Formulario del IEP: Una Pagina a la Vez</u>
10/23/2026	<u>Clínica de IEP en Español</u>
10/27/2026	<u>Transition to Adulthood Planning</u>
10/28/2026	<u>Transición a la Planificación de la Edad Adulta</u>
11/03/2026	<u>Special Education Procedural Safeguards Part 1: Rights</u>
11/04/2026	<u>Garantías Procesales de Educación Especial Parte 1: Derechos</u>
11/06/2026	<u>Custodia y Tutelas Alternativas</u>
11/17/2026	<u>Special Education Procedural Safeguards Part 2: Remedies</u>
11/18/2026	<u>Garantías Procesales de Educación Especial Parte 2: Remedios</u>
12/08/2026	<u>Preventing Behavior Problems through Positive Parenting</u>
12/09/2026	<u>Prevención de Problemas de Conducta Mediante la Crianza Positiva</u>

Helpline (800) 578-2592 Línea de Ayuda

GRUPO SOCIAL LATINE CUIR (18+)

SEPTIEMBRE DE SANACIÓN

Diario de Amor



16 DE SEPTIEMBRE 2026

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



CENTRO COMUNITARIO DE POSITIVE IMAGES

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

JACK LONDON STATE HISTORIC PARK PRESENTA
Rutas y Aventuras

Sábado Social

Paseo de aves



12 de Septiembre 2026
9am-11am



Binoculares



**Guía de
pájaros**



Bocadillos



**Diversión
familiar**



Regístrate hoy



**POSITIVE
IMAGES**



JACK LONDON STATE HISTORIC PARK PRESENTA
Rutas y Aventuras

Social Saturday

Bilingual Birding



September 12, 2026
9am-11am



Binoculars



Bird Guides



Snacks



Family Fun



Sign up today!



POSITIVE
IMAGES



POSITIVE IMAGES

SPOOKY SEPTEMBER: HALLOWEEN COMES EARLY

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



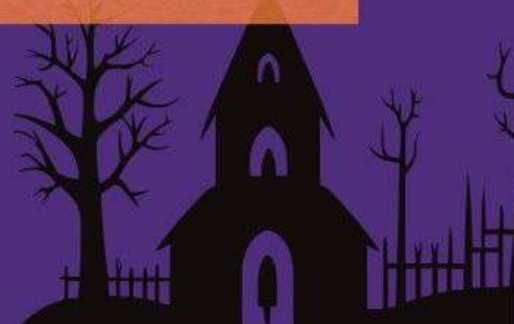
9/3: CHECK-IN NIGHT

9/10: ART NIGHT



**9/17: LISTENING SESSION -
GENDER AFFIRMING CARE**

9/24: VARIETY GAMES NIGHT!



LGBTQIA+ ADULT SUPPORT GROUP

Fridays 6:30–8:30pm (18+)

9/4: Check-In Night

9/11: Social Night:
Zentangles

9/18: Discussion Night:
Suicide Awareness

9/25: Social Night:
Improv Games

AGES 40+

TRANS ELDERS

NON-BINARY GENDER EXPANSIVE GROUP

Our Purpose

To create a safe and supportive space for elders to explore their gender identity and related issues.
Open to transgender, non-binary, gender expansive, or questioning individuals.

This is not an allies group.

Facilitated by

Mike Kessler, LCSW (They/He)
&
Orlando O'Shea, MSW (He/Him)

For more info
Contact Mike Kessler (707)-723-2420



Every other
Saturday
For 12 sessions



10:30 - 11:30AM



IN PERSON
STARTING
8/8/26

4415 Sonoma Hwy. Suite F
Santa Rosa, CA.



KEYSTONE
Therapy & Training Services





KEYSTONE
Therapy & Training Services

LGBTQIA2S+

YOUTH GROUP

**EVERY OTHER
SATURDAY
FOR 12 SESSIONS**



12:00 - 1:00 PM



**IN PERSON STARTING
8/8/26**



**4415 SONOMA HWY. SUITE F.
SANTA ROSA, CA**

**FACILITATED BY
MIKE KESSLER, LCSW (THEY/HE)
&
ORLANDO O'SHEA, MSW (HE/HIM)**

OUR PURPOSE

TO CREATE A SAFE AND
SUPPORTIVE SPACE FOR
YOUTH TO EXPLORE THEIR
GENDER IDENTITY AND
RELATED ISSUES.
OPEN TO TRANSGENDER,
NON-BINARY, GENDER
EXPANSIVE, OR
QUESTIONING INDIVIDUALS.

AGES 12-17



**CONTACT
MIKE KESSLER
(707)-723-2420**



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

DROP-IN HOURS TUE-FRI, 1-6 PM	1 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	2 Financial Aid Appts 3:00 PM - 5:00 PM	3 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	4 Art & Literature Workshop 4:30-5:30 PM
CENTER CLOSED IN OBSERVANCE OF LABOR DAY	7 8 Hot Meals 4:00 PM Taco Tuesday: Taco Making Workshop 1:00 PM - 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	9 Financial Aid Appts 3:00 PM - 5:00 PM	10 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	11 Game Day 3:00-5:00 PM
14 CENTER CLOSED APPOINTMENTS ONLY	15 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	16 Financial Aid Appts 3:00 PM - 5:00 PM	17 Permit Test Study Group Drop in Hours 3:00-5:00 PM Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	18 Trivia "Night" 3:00-5:00 PM
21 CENTER CLOSED APPOINTMENTS ONLY	22 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	23 Financial Aid Appts 3:00 PM - 5:00 PM	24 Field Trip to Connection is Prevention 3-7pm *drop in center closed	25 Dungeons & Dragons 2:30-5:30 Art and Movie Chill Day 1:00-5:00 PM
28 CENTER CLOSED APPOINTMENTS ONLY	29 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	30 Wellness Group: If You're Not Safety First, You're Safety Last 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	Come visit us at your local Sonoma County library for some Interview Skills Workshops!	

9/15: Northwest SR @ 4:30pm
9/16: Central SR @ 4:30pm
9/18: Roseland @ 4:30pm



@voicessonoma

2800 Cleveland Ave., Ste C, Santa Rosa

(707) 579-4327

Game Day!

Sept. 11
2-5PM

Voices
YOUTH PROGRAMS

2800 CLEVELAND AVE STE C SANTA ROSA



NEW

**READY TO TAKE
YOUR PERMIT TEST?**

**JOIN OUR DROP-IN STUDY GROUP!
3-5PM**

**3RD THURSDAY OF THE MONTH
8/20 - 9/17 - 10/15 - 11/19**

**VOICES YOUTH CENTER
2800 CLEVELAND AVE STE C**

voices
YOUTH PROGRAMS





**TUESDAY
SEPT 8TH
2:30PM-5PM**

TACO TUESDAY WORKSHOP!

Join us for a taco making work shop where
youth gets to learn how to cook & make Tacos!
Open for ages 12-26 years old!



**Spicy Chicken
Tacos**

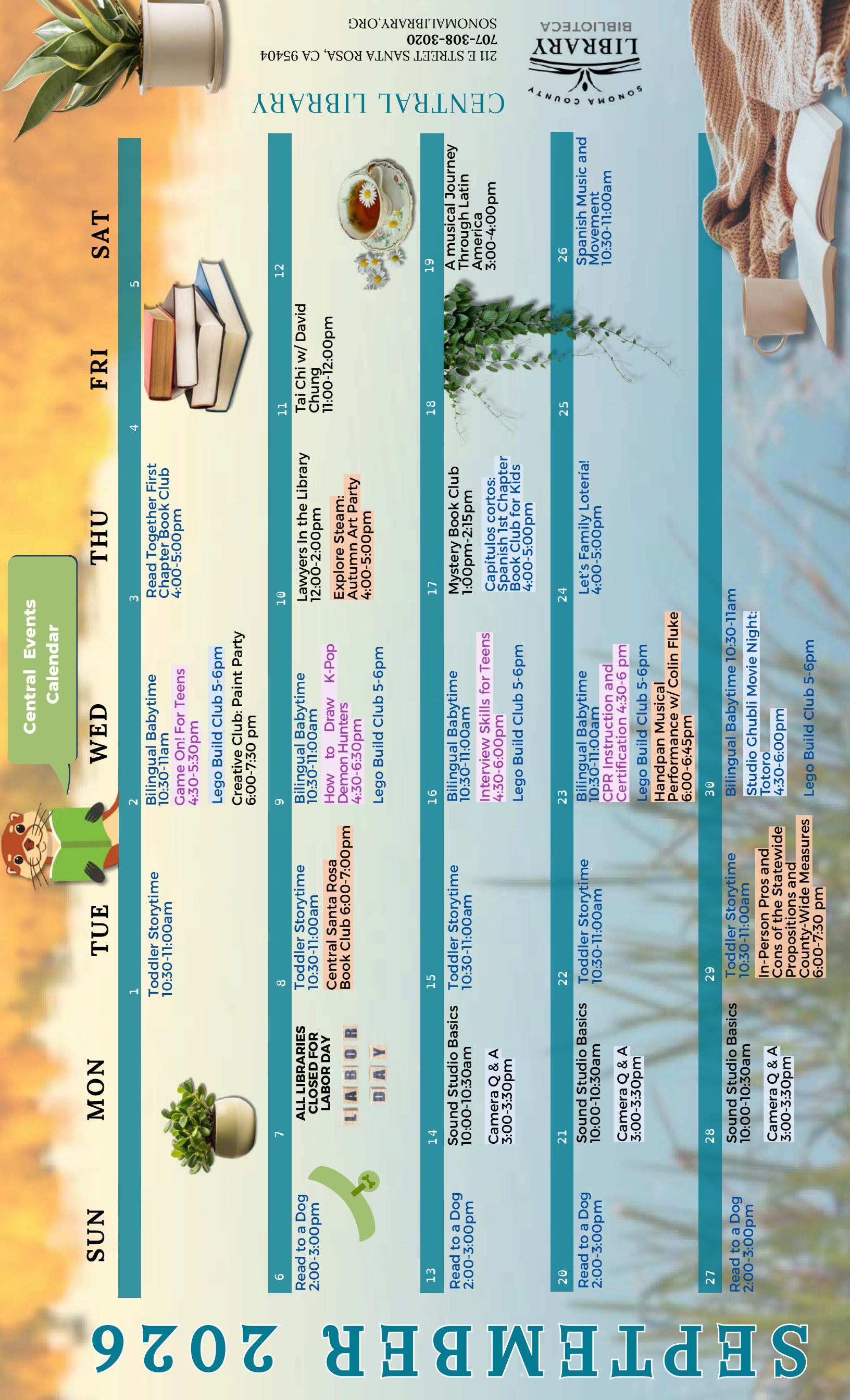
Contact!

**2800 Cleveland Ave Suite C
Santa Rosa CA 95403**

**Voices Youth Center
(707) 579-4327**

anjelica@voicesyouthcenter.org

SEPTEMBER 2026



Central Events Calendar



SUN MON TUE WED THU FRI SAT

	1	2	3	4	5
	Toddler Storytime 10:30-11:00am	Bilingual Babytime 10:30-11am Game On! For Teens 4:30-5:30pm Lego Build Club 5-6pm Creative Club: Paint Party 6:00-7:30 pm	Read Together First Chapter Book Club 4:00-5:00pm		
6	7	8	9	10	11
Read to a Dog 2:00-3:00pm	ALL LIBRARIES CLOSED FOR LABOR DAY LABOR DAY	Toddler Storytime 10:30-11:00am Central Santa Rosa Book Club 6:00-7:00pm	Bilingual Babytime 10:30-11:00am How to Draw K-Pop Demon Hunters 4:30-6:30pm Lego Build Club 5-6pm	Lawyers In the Library 12:00-2:00pm Explore Steam: Autumn Art Party 4:00-5:00pm	Tai Chi w/ David Chung 11:00-12:00pm
13	14	15	16	17	18
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm	Toddler Storytime 10:30-11:00am	Bilingual Babytime 10:30-11:00am Interview Skills for Teens 4:30-6:00pm Lego Build Club 5-6pm	Mystery Book Club 1:00pm-2:15pm Capítulos cortos: Spanish 1st Chapter Book Club for Kids 4:00-5:00pm	
20	21	22	23	24	25
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm	Toddler Storytime 10:30-11:00am	Bilingual Babytime 10:30-11:00am CPR Instruction and Certification 4:30-6 pm Lego Build Club 5-6pm Handpan Musical Performance w/ Colin Fluke 6:00-6:45pm	Let's Family Loteria! 4:00-5:00pm	Spanish Music and Movement 10:30-11:00am
27	28	29	30		
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm	Toddler Storytime 10:30-11:00am In-Person Pros and Cons of the Statewide Propositions and County-Wide Measures 6:00-7:30 pm	Bilingual Babytime 10:30-11am Studio Ghibli Movie Night: Totoro 4:30-6:00pm Lego Build Club 5-6pm		



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



SEPTIEMBRE 2026



Central Events Calendar

DOMINGO LUNES MARTES MIÉRCOLES JUEVES VIERNES SÁBADO

1 Cuentos y cantos para chiquitos 10:30-11:00am 2 Cuentos y cantos bilingües para bebés 10:30-11:00am ¡A jugar! para adolescentes 4:30-5:30pm Club Lego 5-6:00pm Creative Club: Fiesta de Pintura 6:00-7:30 pm 3 Read Together First Chapter Book Club 4:00-5:00pm 4 5						
6 Leer a un perro 2:00-3:00pm 7 TODAS LAS BIBLIOTECAS SON CERRADAS PARA LABOR DAY LABOR DAY 8 Cuentos y cantos para chiquitos 10:30-11:00am Santa Rosa Club de Lectura 6:00-7:00pm 9 Cuentos y cantos bilingües para bebés 10:30-11:00am Vamos a dibujar K-pop Demon Hunters 4:30-6:30pm Club Lego 5-6:00pm 10 Lawyers In the Library 12:00-2:00pm Explora STEAM: Fiesta de arte otoñal 4:00-5:00pm 11 Tai Chi w/ David Chung 11:00-12:00pm 12						
13 Leer a un perro 2:00-3:00pm 14 Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm 15 Cuentos y cantos para chiquitos 10:30-11:00am 16 Cuentos y cantos bilingües para bebés 10:30-11:00am Habilidades para entrevistas de trabajo para jóvenes 4:30-6:00pm Club Lego 5-6:00pm 17 Mystery Book Club 1:00pm-2:15pm Capítulos cortos: Un club de lectura en español para niños 4:00-5:00pm 18 19 Un viaje musical por América Latina 3:00-4:00pm						
20 Leer a un perro 2:00-3:00pm 21 Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm 22 Cuentos y cantos para chiquitos 10:30-11:00am 23 Cuentos y cantos bilingües para bebés 10:30-11:00am Instrucción y certificación en resucitación cardiopulmonar (RCP) 4:30-6:00pm Club Lego 5:00-6:00pm Handpan Musical Performance w/ Colin Fluke 6:00-6:45pm 24 ¡Juguemos lotería en familia! 4:00-5:00pm 25 26 Música y Movimiento en español 10:30-11:00am						
27 Leer a un perro 2:00-3:00pm 28 Sound Studio Basics 10:00-10:30am Camera Q & A 3:00-3:30pm 29 Cuentos y cantos para chiquitos 10:30-11:00am In-Person Pros and Cons of the Statewide Propositions and County-Wide Measures 6:00-7:30 pm 30 Cuentos y cantos bilingües para bebés 10:30-11:00am Noche de películas con Studio Ghibli: Totoro 4:30-6:00pm Club Lego 5:00-6:00pm						



CENTRAL LIBRARY

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



7th Annual Black College Expo!

Sponsored by:



SONOMA COUNTY
BLACK FORUM
LEAD — SERVE — THRIVE



IMPORTANT!

REGISTER BY Sept 25!

Students will receive free:

- Transportation
- Breakfast
- Lunch

<https://forms.gle/SAoy9MTHcirzFkCf8>



7th Sacramento Black College Expo™ - FREE

Sat, Oct 3 • 10:00 AM

California State University, Sacramento

Spots are filling up fast! Click here and sign up today!

Join us as we head to Sacramento to experience the Black College Expo!

Registration Required

[REGISTER HERE BY SEPTEMBER 25!](#)

Calling all sophomores, juniors, and seniors! If you're interested in learning more about Historically Black Colleges and Universities (HBCUs), college admissions, scholarships, and higher education opportunities, don't miss this exciting event.

Register today to reserve your spot!

¡Séptima Exposición Anual de Universidades para Afroamericanos!

Patrocinado por:



SONOMA COUNTY
BLACK FORUM
LEAD — SERVE — THRIVE



IMPORTANT!

**¡INSCRÍBETE ANTES DEL
25 DE SEPTIEMBRE!**

Los estudiantes recibirán gratis:

- Transporte
- Desayuno
- Almuerzo

<https://forms.gle/SAoy9MTHcirzFkCf8>



7th Sacramento Black College Expo™ - FREE

Sat, Oct 3 • 10:00 AM

California State University, Sacramento

**¡Las plazas se están
agotando rápidamente!**

**¡Haz clic aquí e
inscríbete hoy mismo!**

**¡Acompáñanos en nuestro viaje a Sacramento para vivir la experiencia de la Feria de
Universidades para Estudiantes Afroamericanos!**

Es necesario registrarse.

¡INSCRÍBETE AQUÍ ANTES DEL 25 DE SEPTIEMBRE!

**¡Atención, estudiantes de segundo, tercer y cuarto año! Si les interesa saber más sobre las
Universidades y Colegios Históricamente Negros (HBCU, por sus siglas en inglés), la admisión
universitaria, las becas y las oportunidades de educación superior, no se pierdan este
emocionante evento.**

¡Regístrate hoy para reservar tu plaza!

Are You Prepared for an **Emergency**?



Join a **FREE**
2-part workshop

With expert speakers,
FREE go-bags & incentives!

Geared For Older Adults (55+ years)

This workshop series will be live-translated into Spanish

At Sebastopol Community Cultural Center, 390 Morris St.

Learn about: making a plan, fire and evacuation safety for seniors, **FREE** emergency go-bags, earthquake readiness, supplies to keep at home, car prep, pet safety in evacuation, 2-1-1 resources

Part 1 - Sunday, Sept. 13, 2:00 - 4:00

Part 2 - Sunday, Sept. 27, 2:00 - 4:00

Sponsored By:



Presented By:



To Register: use the QR Code,
visit www.emergencyprephelp.org,
or call (707) 241-3280

¿Está preparado para una **emergencia**?



Únase a un Taller
Gratuito de 2-partes.

¡Con expertos invitados,
Mochilas de Emergencia

Gratuitas Y premios!

¡PARA PERSONAS ADULTOS MAYORES (55+ años)

Este taller será traducido en vivo al español.

Aprender sobre: Cómo hacer un plan, seguridad contra incendios y evacuación para personas mayores, mochilas de emergencia **GRATIS**, preparación para terremotos, suministros para tener en casa, preparación del automóvil, seguridad de mascotas durante una evacuación, y recursos 2-1-1.

Parte 1 - domingo, 13 de septiembre 2:00 - 4:00

Parte 2 - domingo, 27 de septiembre 2:00 - 4:00

Presentado por:



Patrocinado por:



En el Sebastopol Community Cultural Center
390 Morris St.



Escanee el código QR, llame al
707-241-3280, o se puede registrar aquí:

www.emergencyprephelp.org/events

senderos  naturales

un proyecto de Sonoma Ecology Center

SENDEROS: ¡REPTILES!

(DÍA DE LA BIODIVERSIDAD EN CALIFORNIA 2026)



SÁBADO 12 DE SEPTIEMBRE
10:00 AM- 1:30 PM

SUGARLOAF RIDGE STATE PARK

Acompañanos en esta caminata familiar de dos millas con enfoque en serpientes y otros reptiles como parte de la celebración del "Día de biodiversidad de California" (en inglés, California Biodiversity Day)

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 o llama a Mario al 707.387.4087 o Alma al 707.247.5767.



ESCANEA
PARA
REGISTRARTE



senderos  naturales

un proyecto de Sonoma Ecology Center

SENDEROS: ¡REPTILES!

(CALIFORNIA BIODIVERSITY DAY 2026)



SATURDAY, SEPTEMBER 12

10:00 AM - 1:30 PM

SUGARLOAF RIDGE STATE PARK

Join us on this 2 mile, family friendly hike focused on snakes and other reptiles to celebrate California Biodiversity day. **Free event.** — for more information and registration scan the QR code below.

Questions? Write to us at senderos@sonomaecologycenter.org or call Mario at 707.387.4087 or Alma at 707.247.5767



ESCANEA
PARA
REGISTRARTE



RECOVERY HAPPENS!

ACTIVITY AGENDA

10:00–11:00 AM

EVENT SETUP & RESOURCE TABLE CHECK-IN

11:00 AM

EVENT BEGINS • WELCOME & ACTIVITIES OPEN

11:10 AM

CEREMONIAL FIRST PITCH

11:15 AM

SOFTBALL TOURNAMENT BEGINS

12:30 PM

BBQ LUNCH

12:45 PM

RECOVERY CELEBRATION & REMARKS

1:00 PM

RAFFLE, ROUND ONE

3:00 PM

RAFFLE, ROUND TWO

3:15 PM

SOFTBALL CHAMPIONSHIP GAME

4:00 PM

EVENT CONCLUDES

HAPPENING THROUGHOUT THE EVENT

Community resource tables • Bounce house • Lawn and family games
Art projects and activities • Recovery Month celebration

FRIDAY, SEPTEMBER 18, 2026 • 11:00 AM–4:00 PM

Keiser Community Park • Windsor, California



Recovery Happens!

STEP UP TO BAT AND JOIN US FOR A
SIZZLING BBQ LUNCH WITH LOADS OF
FUN FOR THE ENTIRE FAMILY!



WHAT: SOFTBALL TOURNAMENT,
BBQ, RAFFLE, LAWN GAMES,
BOUNCE HOUSE, AND MORE!



WHEN: 11 AM – 4 PM,
FRIDAY,
SEPTEMBER 18, 2026



WHERE: OAK GROVE PICNIC AREA,
BERTOZZI FIELD, & UCHITYL FIELD
AT THE KEISER COMMUNITY PARK
IN WINDSOR, CA

WHAT BETTER TIME TO
CELEBRATE OUR
**CHAMPIONS
IN RECOVERY**
THAN NATIONAL
RECOVERY MONTH?



JOIN THE PARTY AND
RSVP BY EMAIL! —

Celeste.Leal-Garcia@sonomacounty.gov

 **sonoma county**
DEPARTMENT OF HEALTH SERVICES





SANTA ROSA
JUNIOR COLLEGE



HUMANITIES
DEPARTMENT

¡TU FUTURO EMPIEZA AHORA!

RECURSOS Y PRÓXIMOS PASOS
PARA ESTUDIANTES DE
PREPARATORIA Y
COLEGIO/UNIVERSIDAD



Una noche inspiradora con
profesionales de la **salud**.

Explora carreras como **médico/a**,
enfermero/a, **asistente médico/a**,
asistente dental y más!



FECHA:

**Miércoles,
7 de octubre**



HORA:

**6:30 p.m. –
8:00 p.m.**



LUGAR:

SRJC Newman Auditorium
1501 Mendocino Ave.
Santa Rosa, CA



¡VEN A HACER PREGUNTAS, EXPLORAR
OPORTUNIDADES PROFESIONALES Y
DAR EL **PRÓXIMO PASO** HACIA TU FUTURO!



*Tu futuro.
Tu pasión.
Tu impacto.*



¡GRATIS Y ABIERTO PARA ESTUDIANTES DE
PREPARATORIA Y COLEGIO/UNIVERSIDAD Y SUS FAMILIAS!

Free & open
to students &
community,
unless
otherwise
stated



2026 HERENCIA

LOTERIA NIGHT

Thurs. Sept. 3 | 5-6:30pm | Santa Rosa: Casita Latinx/e Center

SIN FRONTERAS FILM FESTIVAL

Weds. Sept. 2, 9, 23, 30 | 4-6pm | Santa Rosa: Casita Latinx/e Center

EL SALVADOR:

A HISTORY OF STRUGGLE AND SELF DETERMINATION

Thurs. Sept 10 | 12 - 1:30pm | Santa Rosa: Bertolini SAC

Weds. Sept 16 | 12 - 1:30 pm | Petaluma:
Student Engagement & Success Center

CONFERENCIA: CURANDERISMO EN NUESTRAS VIDAS

Viernes y Sabado 11 y 12 de septiembre | SRJC Roseland

NOCHE DE BAILE SELENA/ SELENA DANCE NIGHT

miercoles 16 de sept. | 7-10pm | SR Campus: Intercultural Center

NOCHE DE LOTERIA

viernes 18 de sept. | 6-8pm | Santa Rosa: Intercultural Center

TALENT SHOW: LA CARPA

Thurs. Sept. 24 | 6-8pm | Santa Rosa: Burbank Auditorium

CULTURA Y DANZA

Fri. Oct 16 | 4-6pm | Santa Rosa: Bertolini Dining Commons

UNDOCUMENTED STUDENT SUCCESS WEEK

October 19 - 23 | Santa Rosa & Online

UNDOCUMENTED STUDENT SUCCESS SUMMIT

Fri. Oct. 16 | Long Beach City College

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age.



For more details, visit:

<https://intercultural.santarosa.edu/herencia>

Free & open
to students &
community,
unless
otherwise
stated



2026 HERENCIA

LOTERIA NIGHT

Thurs. Sept. 3 | 5-6:30pm | Santa Rosa: Casita Latinx/e Center

SIN FRONTERAS FILM FESTIVAL

Weds. Sept. 2, 9, 23, 30 | 4-6pm | Santa Rosa: Casita Latinx/e Center

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TALENT SHOW: LA CARPA

Thurs. Sept. 24 | 6-8pm | Santa Rosa: Burbank Auditorium

CULTURA Y DANZA

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For more details, visit:

<https://intercultural.santarosa.edu/herencia>

Septiembre 11 & 12, 2026

Viernes: 6-8pm

Sabado: 9-4:30pm

SRJC Roseland

950 S. Wright Rd, Santa Rosa 95407



CURANDERMISMO EN NUESTRAS VIDAS



¡Gratis!



Acompáñenos a estar en comunidad y aprender con yerberas, hueseras, y otras personas con conocimiento ancestral. Los talleres se enfocarán en como recuperar conocimientos ancestrales de como las hierbas, plantas nuestros ancestros, y nuestra comunidad pueden ayudarnos a sanar físicamente y emocionalmente.

Este evento es para tode aquellos interesades en conectarse más con el curanderismo, sea usted principiante o con décadas de conocimiento. Todas edades bienvenidas.



Para participar regístrese aquí:
<https://shorturl.at/OV9IH>

Para preguntas, comuníquese con 707-527-4741

POLÍTICA DE NO DISCRIMINACIÓN

El Distrito del Colegio del Condado de Sonoma no discrimina por motivos de raza, religión, credo, color, origen nacional, ascendencia, grupo étnico, discapacidad física, discapacidad mental, condición médica, condición genética, estado civil, sexo, género, identidad de género, expresión de género, información genética u orientación sexual en ninguna de sus políticas, procedimientos o prácticas; ni discrimina contra cualquier empleado o solicitantes de empleo por motivos de su edad. Esta política de no discriminación cubre la admisión, el acceso y el tratamiento en los programas y actividades del Distrito - que incluyen, pero no se limitan, a las admisiones académicas, la ayuda financiera, los servicios educativos y el atletismo y la solicitud de empleo al Distrito. El Distrito del Colegio del Condado de Sonoma es una institución que ofrece igualdad de oportunidades.



Selena Night

16 de Septiembre 2026



Contest!

Participa en el
concurso a la mejor doble de
Selena y gana un premio.

Hora:
7:00 pm -
10:00 pm

**Intercultural
Center
380 Pioneer Hall
1501 Mendocino
Ave, Santa Rosa,
Ca 95401**



Selena Night

September 16th 2026

CONTEST!

Join the
Best Selena Look a Like
Contest & Win a Prize

Time:

7:00 pm -

10:00 pm

Intercultural
Center
380 Pioneer Hall
1501 Mendocino
Ave, Santa Rosa,
Ca 95401



All proceeds
go towards
Second Chance
students!



Second Chance CAR SHOW

Roll in
Time:
9:30am



Saturday, September 12 | 11am - 4pm

1501 Mendocino Ave. Santa Rosa



Want to show
your car? Scan QR
code to register.
\$25 preregistered
\$30 day of

- **Car Show**
- **Music/Live DJ**
- **Food Trucks**
- **Face Painting**
- **Community Resources and More!**

**FREE
PUBLIC
EVENT**

Questions? Email nzavalaramirez@santarosa.edu or call (707) 524 -1543

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities—including but not limited to academic admissions, financial aid, educational services and athletics—and application for District employment. The Sonoma County Junior College District is an equal opportunity employer.



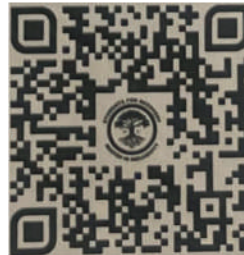
**SANTA ROSA
JUNIOR COLLEGE**



SANTA ROSA JUNIOR COLLEGE

JOIN OUR STUDENTS FOR RECOVERY CLUB MEETINGS!

- Student Led
- Weekly All-Recovery Meetings
- On/Off Campus Events
- Harm Reduction Projects
- Inclusive Community
- Collaborative Spirit
- Leadership Opportunities
- Help Save Lives



Mondays



2:00-3:00pm



Casita Cultural Center



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Everyone is welcome. Your recovery and your voice matters!

Are You Prepared for an **Emergency**?



Join a **FREE**
2-part workshop

With expert speakers,
FREE go-bags & incentives!

Geared For Older Adults (55+ years)

This workshop series will be live-translated into Spanish

At Vintage House Senior Center 264 First Street East, Sonoma

Learn about: making a plan, fire and evacuation safety for seniors,
FREE emergency go-bags, earthquake readiness, supplies to keep at home,
car prep, pet safety in evacuation, 2-1-1 resources

Part 1 - Tuesday, Sept. 22, 2:30 - 4:30

Part 2 - Tuesday, Oct. 6, 2:30 - 4:30

Hosted By:



Sponsored By:



Presented By:



To Register: use the QR Code,
visit www.emergencyprephelp.org,
or call (707) 241-3280



¿Está preparado para una **emergencia**?



Únase a un Taller
Gratuito de 2-partes.

¡Con expertos invitados,
Mochilas de Emergencia

Gratuitas Y premios!

¡PARA PERSONAS ADULTOS MAYORES (55+ años)

Este taller será traducido en vivo al español.

Aprender sobre: Cómo hacer un plan, seguridad contra incendios y evacuación para personas mayores, mochilas de emergencia **GRATIS**, preparación para terremotos, suministros para tener en casa, preparación del automóvil, seguridad de mascotas durante una evacuación, y recursos 2-1-1.

Parte 1 - martes, 22 de septiembre 2:30 - 4:30

Parte 2 - martes, 6 de octubre 2:30 - 4:30

Organizado por:



VINTAGE HOUSE
CONNECT. EXPLORE. BELONG.

Patrocinado por:



**En el Centro para Personas Mayores
Vintage House**

264 First Street East, Sonoma, CA



Escanee el código QR, llame al
707-241-3280, o se puede registrar aquí:

www.emergencyprephelp.org/events

Presentado por:





NEW FALL CLASSES

STARTING THIS SEPTEMBER



EXPLORE. LEARN. BELONG.



VOLLEYBALL CLUB



Sharpen your skills, make new friends and have fun on the court



CAKE BOSS ACADEMY



Create beautiful designs and make delicious memories



3D PRINT & DESIGN



Design ideas and bring your imagination to life



KARATE QUEST



Build confidence and strength on and off the mat



LEGO ENGINEERING



Master engineering skills with LEGO projects



FIRST FLIGHT EXPEDITION



Learn the science of aviation and take a real 30 minute flight



Register Today!
thezonesyouth.org



The Zones

info@thezonesyouth.org
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