



Community Events
October 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.

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 Teams (24/7)

SAFE-Petaluma: 707-781-1234

SAFE-Rohnert Park: 707-584-2612

SAFE-Cotati & SSU: 707-792-4611

Need help after a crisis?

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

Call 866-960-6264 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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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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Nueva Respuesta Ampliada

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800-746-8181

Family Service Coordination Team

October 2026



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Bilingual Community Resource Clinic 3pm-4:30pm	7 Youth S.O.S. Support Group 6pm Grupo de Apoyo Sobrevivientes de Suicidio 6:30 a 8pm	8	9	10
11	12 SCBH Family Support & Education Group 4pm-6pm	13 Bilingual Community Resource Clinic 3pm-4:30pm	14 S.O.S (25+): Allies for Hope 7pm-8:30	15	16 Community Partner Connections (CPC) 2pm-4pm	17
18	19	20 Bilingual Community Resource Clinic 3pm-4:30pm	21 Youth S.O.S. Support Group 6pm	22	23	24
25	26	27 Bilingual Community Resource Clinic 3pm-4:30pm	28 S.O.S (25+): Allies for Hope 7pm-8:30	29	30	31

HAPPY HALLOWEEN



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, Oct 6th
Tue, Oct 13th
Tue, Oct 20th
Tue, Oct 27th

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
6 de octubre
13 de octubre
20 de octubre
27 de octubre

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
OCT
12TH
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.

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 early 2027. Registration is required! Spanish-language class coming soon.**

Ask us about any of these free programs!

Visit: namisoco.org
Call: 707-800-3872
Email: nfierro@namisoco.org

OCTOBER 2026



Together we are



NAMI Walks
Sonoma County

Join Us for 2026!



Register or join a team:
namiwalks.org/sonomacounty

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	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 <u>Registration required.</u>	1 Family Support Group (In-Person) 2:00-3:30 PM Family Support Group (In-Person) 6:00-7:30 PM	2
5	6 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	7 Family-to-Family Class #5 (In-Person) 6:00-8:30 PM <u>Registration required.</u>	8 Family Support Group (In-Person) 2:00-3:30 PM	Saturday, 10/17/26 NAMI Walk with Us! Cypress Point, Howarth Park (by Lake Ralphine)  10 AM - Resource Fair 11 AM - Speakers 11:30 AM - Walk Starts 12:30 PM - Raffle 1 PM - Event Ends 
12	13 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	14 Family-to-Family Class #6 (In-Person) 6:00-8:30 PM <u>Registration required.</u>	15 Family Support Group (In-Person) 2:00-3:30 PM Family Support Group (In-Person) 6:00-7:30 PM	
19	20 Connection Group (Zoom) 5:30-7:00 PM Family Support Group (Zoom) 6:00-7:00 PM	21 Family-to-Family Class #7 (In-Person) 6:00-8:30 PM <u>Registration required.</u>	22 Family Support Group (In-Person) 2:00-3:30 PM	
26 NAMI Talks: Depression in Older Adults & the PEARLS Program 6:00 PM Presentation In Person & Zoom RSVP at namisoco.org/talks	27 Family Support Group (Zoom) 4:30-5:30 PM Connection Group (Zoom) 5:30-7:00 PM	28 Family-to-Family Class #8 (In-Person) 6:00-8:30 PM <u>Registration required.</u>	29 Family Support Group (In-Person) 2:00-3:30 PM	



Live music! Inspiring speakers! Raffle prizes! All ages welcome! Register with this QR code or visit namiwalks.org/sonomacounty.



Join us in championing a community where everyone's mental health matters.
Help us keep NAMI Sonoma County's education and support programs free for all!

NAMI Walks Sonoma County

Saturday, October 17, 2026, 10 am - 1 pm

Cypress Point (by Lake Ralphine), Howarth Park, Santa Rosa

Live music! Inspiring speakers! Raffle prizes! All ages welcome!

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CHURCH
OF THE ROSES

Supporting Sponsors: Summit State Bank • Amy's Kitchen

Get to know these local resources!



U.S. Department
of Veterans Affairs



For all the details and to register, visit
namiwalks.org/sonomacounty or
scan the QR code! →





We want to hear from you!

If you are a pregnant/expecting parent and/or with children 0 - 5 years of age we want your feedback!

Join us for a community listening session about Early Relational Health (ERH)—the everyday connections between young children and the people who care for them.

Come share what's working, what families need, and your ideas for how we can better support parents, caregivers, and young children in our community.

No expertise needed—just your voice and your experiences!



Upcoming Community Listening Sessions

Listening Sessions in Spanish:

- Thursday, September 24 , 10:00-11:30am at the E Street FRC
- Saturday, September 26, 10:30am-12pm, CPI offices
- Monday, September 28, 10:00-11:30am, John Reed Elementary FRC

Listening Sessions in English:

- Monday, September 21, 10:00-11:30am, John Reed Elementary FRC
- Friday, September 25, 10:00-11:30am at the E Street FRC
- Monday, September 28, 6:00-7:30pm on Zoom

To sign up visit

www.calparents.org/classes or scan the QR Code





OCTUBRE 2026

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

Domingo/Sunday	Lunes/Monday	Martes/Tuesday	Miércoles/Wednesday	Jueves/Thursday	Viernes/Friday	Sábado/Saturday	Información
				01 Cafecito Creativo 9:30 - 11:00 am	02 Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm	03 Oficina Cerrada Office Closed	¿Necesitas pañales, leche para tu bebé o comida? Estamos aquí para apoyarte—llámanos. <i>Need diapers, baby formula, or food? We're here to help—call us.</i> 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
04 Oficina Cerrada Office Closed	05 Círculo de Sanación Healing Circle 10:00 - 11:30 am	06 Taller/Workshop @ La Plaza Apoyo Saludable para el sistema inmune 10-11:30am	07 Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm	08 Cafecito Creativo 9:30 - 11:00 am	09 Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm	10 Oficina Cerrada Office Closed	
11 Oficina Cerrada Office Closed	12 Círculo de Sanación Healing Circle 10:00 - 11:30 am Clase de Tejido / Knitting 5:00 - 6:30 pm	13 Taller/Workshop @ Bayer Farm Apoyo Saludable para el sistema inmune 10-11:30am	14 Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm	15 Cafecito Creativo 9:30 - 11:00 am	16 Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm	17 Oficina Cerrada Office Closed	
18 Oficina Cerrada Office Closed	19 Círculo de Sanación Healing Circle 10:00 - 11:30 am Clase de Tejido / Knitting 5:00 - 6:30 pm	20 No Taller No Workshop	21 Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm	22 Cafecito Creativo 9:30 - 11:00 am	23 Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm	24 Oficina Cerrada Office Closed	
25 Oficina Cerrada Office Closed	26 Círculo de Sanación Healing Circle 10:00 - 11:30 am	27 No Taller No Workshop	28 Control de la ira (solo para clientes de FY&C) Anger Management (FY&C Clients Only) 5-6:30pm	29 Cafecito Creativo 9:30 - 11:00 am	30 Oficina abierta para necesidades básicas. Office open for Basic Needs. 8:00 am - 4:30 pm	31 Oficina Cerrada Office Closed	

Follow us / Síguenos



ON SOCIAL MEDIA/ EN LAS REDES
SOCIALES@ LAPLAZANCC

SATURDAY
OCTOBER 3

Many Moons Festival

2026

**IVES PARK
SEBASTOPOL
11 AM-7 PM**

**A COMMUNITY CELEBRATION OF
ASIAN & PACIFIC ISLANDER CULTURES**

**FOOD • PERFORMANCES • ART • CULTURE
FAMILY FRIENDLY • ALL ARE WELCOME**



PRESENTED BY
Asian American
Pacific Islander
Coalition North Bay

BUY TICKETS ONLINE
\$10 PRESALE • \$15 AT THE GATE
OR IN PERSON AT
OLIVER'S OR PACIFIC MARKETS
MANYMOONSFESTIVAL.COM



THANK YOU TO OUR SPONSORS



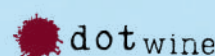
SIMMER  CLAW BAR



KAISER
PERMANENTE®



Quality Inn Petaluma
Fairfield Inn & Suites Sebastopol



AG + OPEN SPACE
SONOMA COUNTY




NUEVA VIDA
IGLESIA

Comida
Comunidad
Recursos
y más!



KERMÉS

NUEVA VIDA

Sabores que Nos Unen ♥



PUPUSAS



TACOS



ELOTE



FRUTA PICADA



**SÁBADO
10/03**



**1:00 PM –
5:00 PM**



Iglesia Nueva Vida
1236 Grand Avenue
Santa Rosa, CA

Nos acompañarán organizaciones con recursos de:



¡Todos son bienvenidos!






NUEVA VIDA
IGLESIA

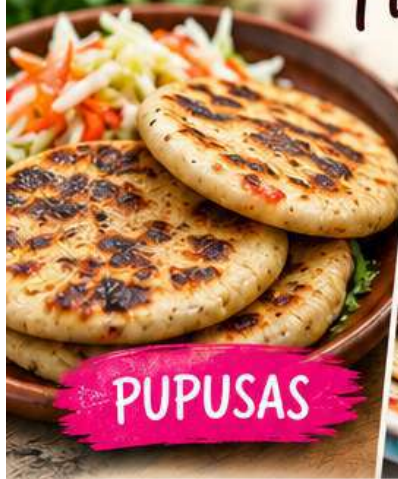
KERMÉS

NUEVA VIDA

Food
Community
Resources
and more!



Flavors That Bring Us Together ♥



PUPUSAS



TACOS



ELOTE



FRESH FRUIT



SATURDAY
10/03



1:00 PM –
5:00 PM



Nueva Vida Church
1236 Grand Avenue
Santa Rosa, CA

Partner organizations with resources:



Everyone is Welcome!





¡RIFA GRATIS!

3 COLCHONES 3 GANADORES

Valor de \$900 cada uno



- ✓ Cómodo
- ✓ Transpirable
- ✓ Soporte de calidad
- ✓ Apto para base ajustable

1



Visita

todas las mesas de recursos de nuestras organizaciones.

2



Conoce

los servicios y recursos disponibles para ti y tu familia.

3



Recibe tu boleto GRATIS

Al completar tu recorrido, recibirás tu boleto para participar en la rifa.

1 boleto por adulto



SÁBADO

10/03



**1:00 PM -
5:00 PM**



Iglesia Nueva Vida
1236 Grand Avenue
Santa Rosa, CA

¡Gracias a

Furniture 2000

*por su generosa donación
y por apoyar a nuestra comunidad!*

FURNITURE
2000

Join Today!

Community Advisory Committee

Who We Are

Partnership's Community Advisory Committee (CAC) is a group of Partnership members who meet to discuss how Partnership can care for members and their needs. CAC meets 4 times a year and all meetings are open to the public.

What We Do

Partnership asks CAC members for their thoughts on all kinds of things, like information for the website or materials for mailings. They bring up any content issues and share ideas for how to best serve Partnership's members. CAC's ideas and insights guide Partnership's services.

Who Can Join?

All Partnership members and/or parents or guardians of members. We welcome people from all backgrounds.

How to Join

Call Partnership's Member Services Department at **(800) 863-4155**
Monday – Friday, 8 a.m. to 5 p.m.
TTY/TDD users may call the California Relay Service at **(800) 735-2929** or call **711**.

You can also visit our website at
PartnershipHP.org/Members/Medi-Cal/Pages/CAC.aspx

Visit our website by
scanning the QR code:



¡Únase hoy!

Comité de Asesoramiento Comunitario

Quiénes somos

El Comité de Asesoramiento Comunitario (Community Advisory Committee, CAC) de Partnership es un grupo de miembros de Partnership que se reúnen para analizar cómo puede Partnership atender a los miembros y sus necesidades. El CAC se reúne 4 veces al año y las reuniones están abiertas al público.

Lo que hacemos

Partnership pide a los miembros del CAC sus opiniones sobre todo tipo de situaciones, como información para el sitio web o materiales para envíos por correo. Ellos plantean problemas de contenido y comparten ideas para saber cómo atender mejor a los miembros de Partnership. Las ideas y conocimientos del CAC guían los servicios de Partnership.

¿Quién puede incorporarse?

Todos los miembros de Partnership o padres/tutores de los miembros. Recibimos a personas de todos los orígenes.

Cómo incorporarse

Llame al Departamento de Servicio al Miembro de Partnership al **(800) 863-4155** De lunes a viernes, de 8 a. m. a 5 p. m. Los usuarios de TTY/TDD pueden llamar al Servicio de retransmisión de mensajes de California al **(800) 735-2929** o al 711.

También puede visitar nuestro sitio web en **PartnershipHP.org/Members/Medi-Cal/Pages/CAC.aspx**

Para visitar nuestro sitio web, escanee el código QR:



LA REUNIÓN DE QTBIPOC (18+)

POSITIVE
IMAGES

DEMOSTRACIÓN DE CHAMPURRADO & TSAMPURADO

5 DE OCTUBRE 2026

6-8PM

EL CENTRO
COMUNITARIO DE
POSITIVE IMAGES



Aprendemos como hacer champurrado mexicano y Filipino (o también escrito como tsampurado). También les contamos la historia compartida entre estos dos comidas.

¡ESCANEA EL CÓDIGO QR O USA EL ENLACE EN EL BIO!



QTBIPOC HANGOUT (18+)

POSITIVE
IMAGES

COOKING DEMO

CHAMPURRADO & TSAMPURADO

OCTOBER 5, 2026

6-8PM

POSITIVE IMAGES

COMMUNITY CENTER



Learn how to make the chocolate-based Mexican beverage champurrado, and the chocolate-based Filipino dish champorado (or tsampurado) and their shared food history in this cooking demo!

RSVP WITH THE QR CODE OR LINK IN OUR BIO!



LGBTQIA+ ADULT SUPPORT GROUP

FRIDAYS 6:30-8:30PM (18+)

10/2: CHECK-IN NIGHT

10/9: ART NIGHT:
ZINE MAKING

10/16: MOVIE NIGHT:
BEING THUNDER

10/23: GAME NIGHT:
GARTIC PHONE

10/30: HALLOWEEN PARTY!!



**POSITIVE
IMAGES**



Petaluma BOUNTY
HEALTHY FOOD FOR EVERYONE



SOCIAL SATURDAY

Join us for a morning of harvesting, seeding,
and more! All ages, family-friendly!

October 10, 2026

10 AM - 12 PM

Petaluma Bounty Farm



GRUPO SOCIAL LATINE CUIR (18+)

Eventos Trimestrales

En Persona de 6:30pm a 8:30pm

21 de Octubre 2026:

Noche de Pelicula

18 de Noviembre 2026:

Cuentos escalofriantes

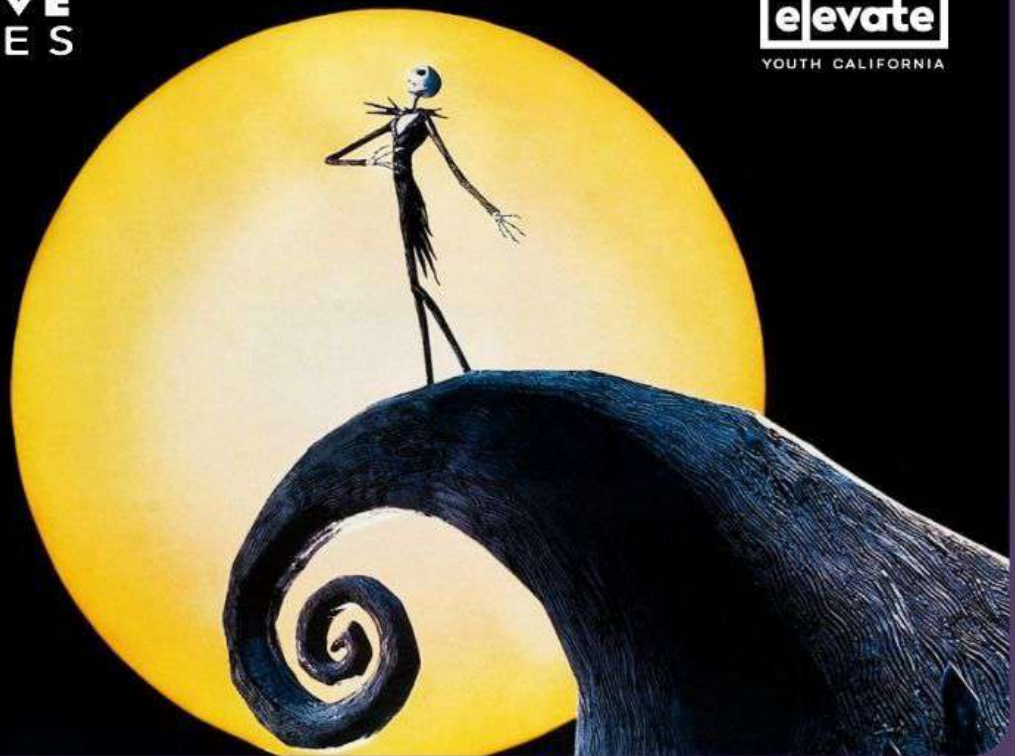
16 de Diciembre 2026:

Tarjetas Festivas

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

**POSITIVE
IMAGES**

elevate
YOUTH CALIFORNIA



Grupo Social Latine Cuir (18+)

OCTUBRE DESCUBRE NOCHE DE PELICULA

“EL EXTRAÑO MUNDO DE JACK”

OCT 21
2026



6:30
PM

📍 EL CENTRO COMUNITARIO DE POSITIVE IMAGES
Positive Images es un espacio comunitario
sobrio y seguro.

POSITIVE
IMAGES

OCEAN OCTOBER

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

10/1: Check-In Night

**10/8: Art Night:
Making Jellyfish**

**10/15: Game Night:
Charades**

**10/22: Discussion Night:
Gender Identity**

**10/29: Movie Night:
Coraline**



OCTOBER 2026

EVENTS CALENDAR

Library Closed 8/8/2026

Rincon Valley Regional Library
6959 Montecito Blvd. Santa Rosa, CA 95409
(707) 537-0162



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Children Teens Adults			1 Sound Studio Basics 10-10:30am Teens & Adults (Register) How to Draw K-pop Demon Hunters 4-6:00pm Teens. (Register or Drop-in)	2 Stay & Play Café 10:30am-12:00pm Baby & Preschool Drop In 404 Found! Coding for Youth- HTML (ages 9-17) 4-5:45pm (Register)	3
4	Beginning Sewing 1-3pm (FULL)	5	6	7	8 ALL LIBRARY BRANCHES CLOSED	9 Family Storytime 10:30am-11:30am Baby & Preschool Drop In 404 Found! Coding for Youth- HTML (ages 9-17) 4-5:45pm (Register)
11 CPR Instruction and Certification. For Teens 2:00pm-3:30pm (Register)	12 Beginning Sewing 1-3pm (FULL)	13 Computer Basics: Internet 2:00-3:30pm (Register or Drop-In)	14 Rincon Valley Book Club 1:30-2:30pm. Adults	15 Sound Studio Basics 10-10:30am Teens & Adults (Register) English Conversation Club 11am-12:00pm Adults (Register or Drop-In)	16 Family Storytime 10:30am-11:30am Baby & Preschool Drop In 404 Found! Coding for Youth- HTML (ages 9-17) 4-5:45pm (Register)	17 Adult Paint Party! 2:00-3:30pm (Register)
18	Beginning Sewing 1-3pm (FULL)	19 Beginning Sewing 1-3pm (FULL)	20 Computer Basics: Cybersecurity 2:00-3:30pm (Register or Drop-In)	21 Children's Manga Book Club 4:00-5:00pm Small Business Workshop: Exploring Entrepreneurship 6:00pm-7:30pm Drop In	22 Sound Studio Basics 10-10:30am Teens & Adults (Register) English Conversation Club 11am-12:00pm Adults (Register or Drop-In) Interview Skills for Teens 4-5:30pm (Register or Drop-In)	24 The Muffin Man Puppet Show 2-2:45pm
25	Beginning Sewing 1-3pm (FULL)	26	27	28 Spanish Music and Movement 10:30-11:00 (Drop In OK)	29 Sound Studio Basics 10-10:30am Teens & Adults (Register) English Conversation Club 11am-12:00pm Adults (Register or Drop-In)	31

Queer Resource Center

Rainbow WELCOME

EVENT DESCRIPTION:

We hope to welcome LGBTQIA2S+ students, staff, faculty and allies to campus with an afternoon of community building, outreach, and resources. Meet local organizations and non profits. Gain knowledge on how to navigate SRJC on campus resources.

Food will be provided!

KNOW WHERE TO GO FOR:

- ✓ Housing/Basic Needs
- ✓ All Gender Restroom
- ✓ Community & Belonging
- ✓ Off-Campus Support

- ✓ Legal Name Change Support
- ✓ On-Campus Name Change
- ✓ Classroom Rights
- ✓ Healthcare & Counseling

WORKSHOP

September 23rd, 2026

11:30-12:30

Intercultural Center,
Pioneer Hall Rm. #380

RESOURCE FAIR

September 23rd, 2026

1:00-2:00

Bertolini/Doyle Quad

RSVP



**SANTA ROSA
JUNIOR 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. 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.

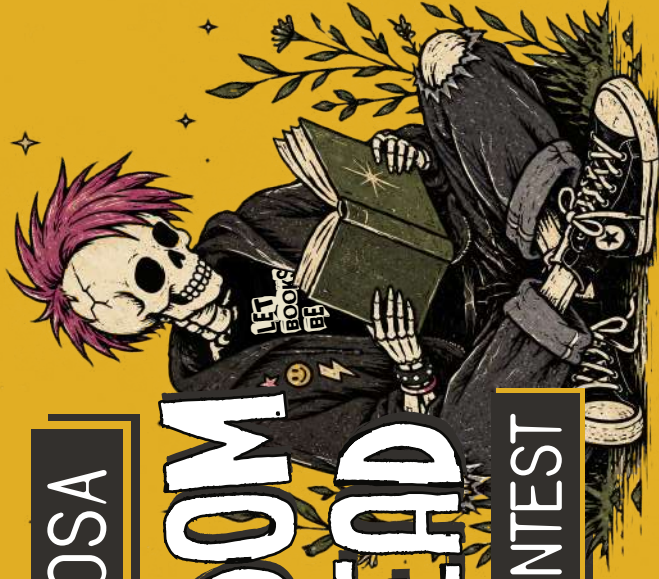
SANTA ROSA

FREEDOM TO READ

POSTER CONTEST

Take a bold stand for intellectual freedom
and create a poster exploring censorship,
resistance, and FREEDOM TO READ.

OPEN TO SANTA ROSA STUDENTS
GRADUATING HIGH SCHOOL IN 2027



SONOMA COUNTY



LIBRARY
BIBLIOTECA



Four winners will each receive a \$1000 award
to aid in pursuing continuing education.

Must attend a Santa Rosa school, be homeschooled
in Santa Rosa, or attend an online school program
as a resident of Santa Rosa.

Physical submissions only. Poster supplies available
at the Central Santa Rosa, Northwest, Rincon Valley,
and Roseland Library locations.

Submissions accepted at participating library
branches from October 5, 2026–February 28, 2027.

sonomalibrary.org/SRpostercontest

2026



CONCURSO DE CARTELES

DE SANTA ROSA

LIBERTAD PARA LEER

Defiende con fuerza
la libertad intelectual
y crea un cartel explorando la censura,
la resistencia, y la LIBERTAD PARA LEER.

ABIERTO A ESTUDIANTES DE LA PREPARATORIA
QUE SE GRADÚAN EN 2027



Cuatro personas ganadoras recibirán un premio
de \$1000 cada una para apoyar la continuación
de su educación.

Este concurso está dirigido a estudiantes que asisten a una
escuela de Santa Rosa, recibir educación en casa en Santa
Rosa o seguir un programa escolar en línea como residente
de Santa Rosa.

Se aceptarán solo carteles físicos. Se proporcionarán
materiales para carteles en las bibliotecas de
Central Santa Rosa, Northwest Santa Rosa,
Rincon Valley y Roseland.

Se recibirán las entradas al concurso en las bibliotecas
participantes del 5 de octubre 2026 al 28 de febrero 2027.

sonomalibrary.org/es/SRpostercontest

2026

SONOMA COUNTY



LIBRARY
BIBLIOTECA



**COME
MAKE A MASK
FOR HALLOWEEN**
USING PAPER MACHE

**FRIDAY OCT 16TH
3-5PM**

**2800 CLEVELAND AVE
SUITE C**

**For more details
(707) 579-4327**

Voices
YOUTH PROGRAMS



DÍA DE LOS MUERTOS ART & CRAFT DAY

Wednesday, October 14th 2026
2:30PM - 5PM

We will be making decorations for our
Ofrenda & enjoying eating pan dulce with
mexican hot chocolate!

2800 Cleveland Ave,
Ste C Santa Rosa CA
95403

Questions?
Contact: (707) 579-4327

Email:
anjelica@voicesyouthcenter.org



Voices

YOUTH PROGRAMS

PLEASE JOIN US FOR OUR

Halloween BBQ



Free Food, Costume Contest,
Candy, Games, and More

Friday	30	October
--------	----	---------

TAMAYO VILLAGE 1700 YULUPA
AVENUE, SANTA ROSA, CA
3:00-6:00PM

CONTACT ALEX WITH ANY QUESTIONS:
ALEX@VOICESYOUTHCENTER.ORG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DROP-IN HOURS TUE-FRI, 1-6 PM		Come visit us at your local Sonoma County library for some Interview Skills Workshops! 10/13 Forestville @ 3:30pm 10/22: Rincon Valley @ 4:00pm	1 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	2 Dungeons & Dragons 2:30-5:30 PM
5 CENTER CLOSED APPOINTMENTS ONLY	6 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	7 Financial Aid Appts 3:00 PM - 5:00 PM	8 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	9
12 CENTER CLOSED APPOINTMENTS ONLY	13 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	14 Dia De Los Muertos Arts & Crafts 2:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	15 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	16 Mask Making 3:00-5:00 PM
19 CENTER CLOSED APPOINTMENTS ONLY	20 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	21 Passport Workshop 3:00-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	22 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	23
26 CENTER CLOSED APPOINTMENTS ONLY	27 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	28 Wellness Group: On the Move, On the Mend: the Mental Health Benefits of Physical Health Habits 3:30-5:00 PM Financial Aid Appts 3:00 PM - 5:00 PM	29 Hot Meals 4:00 PM CalFresh & MediCal 1:00 PM - 4:00 PM	30 Halloween BBQ! 3-6 @ TAMAYO VILLAGE 1700 Yulupa Avenue



@voicessonoma

2800 Cleveland Ave., Ste C, Santa Rosa

(707) 579-4327

A graphic for a passport workshop. It features a white notepad with blue spiral binding on the left. To the right of the notepad is a collage of travel-related icons: a stack of passports, a white airplane, a yellow map, a compass, and a blue starburst. The background is a tropical beach scene with palm trees and blue water.

Passport Workshop

**Discover the step-by-step
process to successfully apply
for your Passport!**

Oct. 21ST

3-5PM

**2800 Cleveland
Ave. Suite C**



(707) 579-4327



lilliana@voicesyouthcenter.org

NEW

**READY FOR YOUR
PERMIT TEST?**

**DROP-IN STUDY GROUP
3-5PM**

**EVERY 3RD THURSDAY
9/17 - 10/15 - 11/19**

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

voices
YOUTH PROGRAMS

QUESTIONS? CALL STEPHENIE (707) 579-4327

Interlink
Self-Help Center

HALLOWEEN PARTY

OCTOBER 30TH
10:30 AM – 1:00 PM



Costumes Welcome!



Music



Snacks



Fun & Community

All are
Welcome!

Come celebrate the season
with your Interlink community!





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

October's focus will be:
Toxic Relationships

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



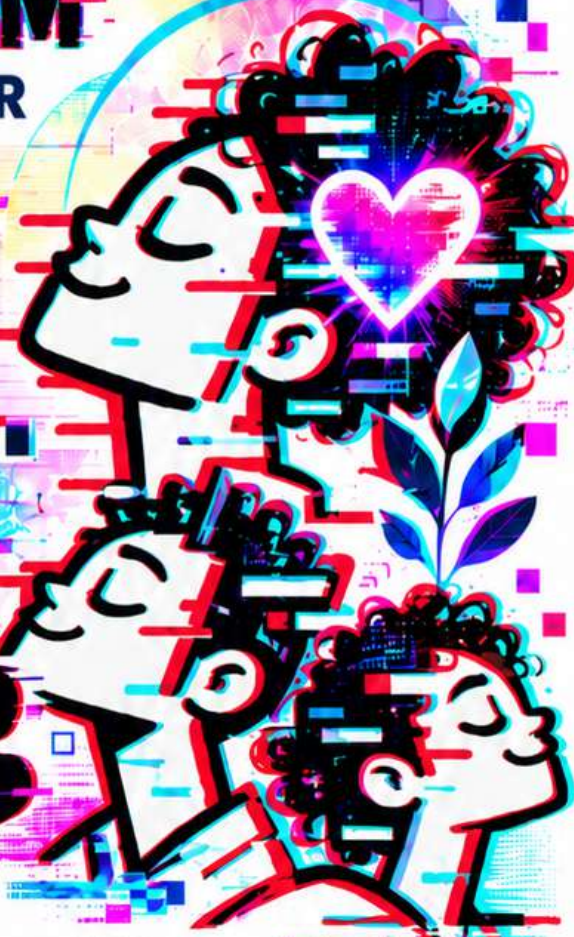
www.interlinkselfhelpcenter.org

COMMUNITY FORUM

AT INTERLINK SELF-HELP CENTER

Forum: Mental & Emotional Well-Being

with Amy Breckenridge



Join us for a Forum centered on Mental & Emotional Well-Being with Amy Breckenridge, a pioneer of the peer movement in Sonoma County.

Amy will share different perspectives on mental and emotional well-being and invite us to explore the many ways people understand, experience, and care for their well-being. Together, we'll look at the challenges that can affect us, as well as the tools, connections, and experiences that can help us feel more balanced and supported.



October Forum
October 27th
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

www.interlinkselfhelpcenter.org

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:

Isolation



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



**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.txt

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

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
11:00 - 12:00 ----- Intro to Peer Support
12:00 - 1:00 ----- **SMART Recovery**
1:00 - 2:00 ----- Understanding Stress
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
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 ----- **Visions and Voices *NEW**
1:00 - 2:00 ----- Friday Festivities
2:00 - 2:30 ----- Afternoon Check-In



Forum: Mental & Emotional Well-Being

Tuesday, October 27th
11:00am-Noon

Join us for a Forum centered on Mental & Emotional Well-Being with Amy Breckenridge, a pioneer of the peer movement in Sonoma County. Amy will share different perspectives on mental and emotional well-being and invite us to explore the many ways people understand, experience, and care for their well-being. Together, we'll look at the challenges that can affect us, as well as the tools, connections, and experiences that can help us feel more balanced and supported.

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.

Visions and Voices: A group where people can openly explore hearing voices, seeing visions, and other experiences without judgment while sharing understanding, coping strategies, and hope.

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.

Central Library Teen Events October



WEDNESDAYS @ 4:30PM

~~OCT~~ **No Event**

7

No program scheduled for October 7.

OCT Freedom to Read Poster Workshop

14

A special workshop for Santa Rosa students to work on original poster artwork exploring the powerful themes of censorship, resistance, and the freedom to read.

Learn about the Santa Rosa Freedom to Read Poster Contest at sonomalibrary.org/SRpostercontest.

OCT DIY Candy Jars

21

Build and decorate a candy jar together! All materials, including candy, are provided.

OCT Cards & Bookmarks

28

Create cards and bookmarks to accompany meal deliveries for Ceres Community Project.



SONOMA COUNTY
LIBRARY
BIBLIOTECA
sonomalibrary.org

Central Santa Rosa Library
211 E St, Santa Rosa, CA 95404
707-308-3020



Biblioteca Central Eventos Para Jóvenes Octubre



MIÉRCOLES @ 4:30PM

~~OCT~~ **No hay un evento**
7

No tenemos un evento para jóvenes el 7 de octubre.

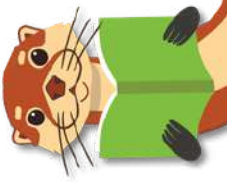
OCT 14 Taller de carteles sobre la libertad para leer
Invitamos a estudiantes de Santa Rosa a participar en este taller y crear carteles con diseños originales que exploren temas de gran impacto como la censura, la resistencia y la libertad para leer. Puedes obtener información sobre el concurso de carteles "Libertad para Leer" de Santa Rosa en sonomalibrary.org/es/SRpostercontest.

OCT 21 Haz tus propios frascos para dulces
¡Vamos a construir y decorar un frasco para dulces!
Todos los materiales serán proporcionados, incluyendo dulces.

OCT 28 Tarjetas & separadores de libros
Diseña tarjetas y separadores de libros para entregar con las comidas para Ceres Community Project



OCTOBER 2026



Central Events Calendar

SUN MON TUE WED THU FRI SAT 3

4	5	6	7	8	9	10
Read to a Dog 2:00-3:00pm	Sound Studio Basics 10:00-10:30am	Toddler Storytime 10:30-11:00am	Bilingual Babytime 10:30-11:00am	ALL LIBRARIES CLOSED FOR STAFF DAY		
	Camera Q & A 3:00-3:30pm				Tai Chi w/ David Chung 11:00-12:00pm	UC Master Gardeners- Growing Avocados in Sonoma County 3:00-4:30pm

11	12	13	14	15	16	17
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 Perry Yan Magic Show 4:00-4:45pm Central Santa Rosa Book Club 6:00-7:00pm	Bilingual Babytime 10:30-11:00am Freedom to Read Poster Workshop 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		Handpan Musical Performance and Talk w/ Colin Foulke 3:00-4:30pm

18	19	20	21	22	23	24
Lectura Fest! 1:30-4:00pm 	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 DIY Candy Jars 4:30-6:00pm Lego Build Club 5-6pm	Lawyers In the Library 12:00-2:00pm Let's Family Loteria! 4:00-5:00pm		Spanish Music and Movement 10:30-11:00am

25	26	27	28	29	30	31
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 10:30-11am Cards & Bookmarks for Ceres Community Project 4:30-6:00pm	Came On! for Kids 4:00-5:00pm		
			Lego Build Club 5-6pm			

CENTRAL LIBRARY

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





TRICK OR TREATMENT

MYSTERIES OF THE LAGUNA TREATMENT PLANT



— FREE SPOOKY OPEN HOUSE —
Saturday, October 17 • 10 a.m. – 2 p.m.

Laguna Treatment Plant • 4300 Llano Road, Santa Rosa

- 🍷 Free food & candy
- 🍷 Activities for all ages
- 🍷 Tours (ages 10+, please RSVP)
- 🍷 Costumes encouraged



Learn more,
[SRCity.org/tourtheplant](https://srcity.org/tourtheplant)

Regional Partners





TRUCO TRATAMIENTO

MISTERIOS DE LA LAGUNA TREATMENT PLANT



JORNADA DE PUERTAS ABIERTAS ESPELUZNANTE Y GRATUITA
Sábado, 17 de octubre • 10 a.m. – 2 p.m.

Laguna Treatment Plant • 4300 Llano Road, Santa Rosa

- 🍎 Comida y dulces gratis
- 🍎 Actividades para todas las edades
- 🍎 Recorridos (Para las edades mayores de 10)
- 🍎 Se anima a asistir con disfraz



Aprenda más,
SRCity.org/tourtheplant

Socios regionales



PRESENTAN:

RETOS EN LAS MONTAÑAS

10 DE OCTUBRE-21 DE
NOVIEMBRE

9:00 AM-3:00 PM

En esta colaboración entre Jack London State Historic Park y Sugarloaf Ridge State Park, los líderes le guiarán en una serie de 6 caminatas semanales de nivel intermedio con cada excursión aumentando en dificultad o duración.

Programa y estacionamiento gratuito. Para más información y registración abre la cámara de tu teléfono y enfócalo en el código QR o visita sec.regfox.com/reto2026.



Para preguntas, comunícate con nosotros en senderos@sonomaecologycenter.org o por teléfono con Carlos (707-938-5216, ext 9), Mario (707-387-4087, o Alma (707-247-5767).



PRESENT:

RETOS EN LAS MONTAÑAS

OCTOBER 10-NOVEMBER 21
9:00 AM-3:00 PM

In this collaboration between Jack London State Historic Park and Sugarloaf Ridge State Park's bilingual programs, the hike leaders will guide you on a series of 6 weekly hikes with increasing challenges.

Free program and parking. This series is planned around a primarily Latino audience. Hikers 12 years old and older from underrepresented groups are particularly welcome. For more information and to register, use the QR code below, or visit sec.regfox.com/reto2026.



Questions? Write to us at senderos@sonomaecologycenter.org or call Carlos (707-938-5216, ext 9), Mario (707-387-4087, or Alma (707-247-5767).





senderos  naturales
un proyecto de Sonoma Ecology Center



SABADO, 3 DE OCTUBRE, 7:00 PM -
9:00 PM
SUGARLOAF RIDGE STATE PARK

Milo Buitrago-Casas, Físico Investigador en el Laboratorio de Ciencias Espaciales de la Universidad de California, Berkeley, nos guiará en una charla en español acerca de nuestro lugar en el cosmos. Después, los docentes del Observatorio Robert Ferguson nos guiarán en el uso de telescopios para observar el cosmos. **La admisión es \$10 para adultos y \$5 para los menores de edad** - 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



SATURDAY, OCTOBER 3, 7:00 PM -
9:00 PM
SUGARLOAF RIDGE STATE PARK

Milo Buitrago-Casas, Research Physicist at the Space Sciences Laboratory at University of California, Berkeley, will guide us on a chat in Spanish about our place in the cosmos, while afterwards, docents from the Robert Ferguson Observatory (located within Sugarloaf Ridge State Park) will guide us on viewing of the autumnal sky through telescopes. **Admission is \$10 for adults, \$5 for youth under 18** — 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



SCAN
TO
REGISTER





MES DE LA HERENCIA HISPANA



**SEP
19**
Sábado

Puertas habren
4:30pm
Clase de Baile
5pm-6pm
DJ
6pm-8pm

Cumbia es Sanación

Invitamos a la comunidad a explorar la cumbia como una práctica de bienestar, conexión y alegría colectiva, reconociendo sus raíces africanas, indígenas y latinoamericanas. A través de conversación, reflexión y una clase guiada de cumbia. Evento en Sonoma Historic State Park en 36 E. Spain Street, Sonoma, CA 95476

**SEP
23**
Miércoles

Puertas habren
5:30pm
Actividad
6pm-8pm

Taller de Cartera de Cuero

Los invitamos a la comunidad a reconectarse con nuestras raíces culturales a través de la creación de una cartera de cuero hecha a mano. En esta actividad aprenderemos técnicas básicas para coser y trabajar el cuero, mientras exploramos la creatividad, la tradición y el valor de crear con nuestras propias manos. Evento en La Luz Center 17560 Greger Street Sonoma CA 95476



**SEP
30**
Miércoles

Puertas habren
5:30pm
Actividad
6pm-8pm

Flores, Cultura y Comunidad

Celebra nuestras culturas y raíces mientras aprendes a crear flores grandes de cartulina. En esta clase guiada, aprenderás paso a paso técnicas para dar forma y vida a tus propias flores. Ven a crear, compartir y celebrar nuestra herencia a través del arte y la creatividad. Evento en La Luz Center 17560 Greger Street Sonoma CA 95476



**OCT
11**
Domingo

Caminata
1pm-2:30pm
Clase de arte
2:30pm-4pm

Plantitas y Herencia

¡Acompáñanos a Plantitas y Herencia, una experiencia comunitaria en Sugarloaf Ridge State Park diseñada para ayudarnos a conectar con la naturaleza, nuestra cultura y nuestras raíces! El parque ofrece servicio de transporte por medio de Uber. Si necesitas este servicio, por favor háganoslo saber llamando al 707-931-4858. El evento se llevará a cabo en Sugarloaf Ridge State Park, 2605 Adobe Canyon Road, Kenwood, CA 95452.



**OCT
14**
Miércoles

Puertas habren
5:30pm
Actividad
6pm-8pm

Noche de Pintura

Acompáñanos a una clase de pintura guiada donde podrás explorar tu creatividad en un ambiente relajado y comunitario. Paso a paso, aprenderás técnicas básicas de pintura mientras creas tu propia obra de arte. No necesitas experiencia previa, solo ganas de crear, compartir y disfrutar. Evento en La Luz Center 17560 Greger Street Sonoma CA 95476



REGISTRATE



Talleres son Gratis
Registro se requiere una
semana antes del taller
Llame al
707-931-4858



HISPANIC HERITAGE MONTH



**SEP
19**
Saturday

Doors Open
4:30pm
Dance Class
5pm-6pm
DJ
6pm-8:00pm

Cumbia is Healing

We invite the community to explore cumbia as a practice of well-being, connection, and collective joy, while honoring its African, Indigenous, and Latin American roots. Through conversation, reflection, and a guided cumbia class, participants will have the opportunity to connect through movement and culture. The event will take place at Sonoma Historic State Park, 36 E. Spain Street, Sonoma, CA 95476.

**SEP
23**
Wednesday

Doors Open
5:30pm
Activity
6pm-8pm

Workshop: Making a Leather Wallet

We invite the community to reconnect with our cultural roots through the creation of a handmade leather wallet. During this activity, participants will learn basic techniques for sewing and working with leather while exploring creativity, tradition, and the value of creating something with our own hands. Event location La Luz Center 17560 Greger Street Sonoma CA 95476



**SEP
30**
Wednesday

Doors Open
5:30pm
Activity
6pm-8pm

Flowers, Culture and Community

Celebrate our cultures and roots while learning how to create large paper flowers using cardstock. In this guided class, you'll learn step-by-step techniques to shape and bring your own flowers to life. Come create, connect, and celebrate our heritage through art and creativity. Event location La Luz Center 17560 Greger Street Sonoma CA 95476



**OCT
11**
Sunday

Hike
1pm-2:30pm
Art Class
2:30pm-4pm

Plants and Heritage

Join us for Plantitas y Herencia, a community experience at Sugarloaf Ridge State Park designed to help us connect with nature, our culture, and our roots. The park offers transportation services through Uber. If you need this service, please let us know by calling 707-931-4858. The event will take place at Sugarloaf Ridge State Park, 2605 Adobe Canyon Road, Kenwood, CA 95452.



**OCT
14**
Wednesday

Doors Open
5:30pm
Activity
6pm-8pm

Paint Night

Join us for a guided painting class where you can explore your creativity in a relaxed and welcoming community setting. Step by step, you'll learn basic painting techniques while creating your own work of art. No prior experience is needed—just bring your enthusiasm to create, connect, and enjoy! Event location La Luz Center 17560 Greger Street Sonoma CA 95476



REGISTER



Workshops are Free
Register one week prior
to the event
Call
707-931-4858



Serenity Knolls

Cultural Complexity, Humility & Nuance IN MENTAL HEALTH



*Enhancing awareness, communication, and care
through cultural humility, self-reflection,
and compassionate practice.*



PRESENTED BY
Konika McPherson, LMFT #113017
Director of Clinical Services

HOSTED BY
Dylan Fredricey, MSW
Serenity Knolls



THURSDAY
OCTOBER 8, 2026
11:00 AM – 3:00 PM



FARMSHOP @
LARKSPUR LANDING
2233 Larkspur Landing Cir
Larkspur, CA 94939



3 CEUs
AVAILABLE

PARTICIPANTS WILL:

- ✓ **DEFINE** the concepts of cultural complexity, cultural humility, cultural competence, and intersectionality, and describe their relevance to mental health treatment.
- ✓ **IDENTIFY** at least three examples of microaggressions and three manifestations of internalized racism that may impact mental health outcomes and therapeutic relationships.
- ✓ **EVALUATE** how personal cultural identities and biases may affect client engagement, assessment, and treatment.
- ✓ **APPLY** at least three culturally humble communication strategies that promote trust, collaboration, and equitable, person-centered care with individuals from diverse cultural backgrounds.



This training is designed for therapists, social workers, counselors, and behavioral health professionals committed to providing inclusive, respectful, and effective care across diverse populations.

**SPACE IS LIMITED.
REGISTER TODAY!**

SCAN TO REGISTER



Reserve Your Spot!

Fill | Cultural Complexity, Humility & Nuance in Mental Health



FUERZA
FAMILY RESOURCE CENTER

PADRES UNIDOS



Apply Online



Join Us

A free 10-session program in Spanish where parents and caregivers gain practical tools, connect with other families, and strengthen their relationships with their children and teens.

- Strengthen connection and communication with their children
- Practice positive discipline and establish consistent routines
- Learn tools for managing stress and navigating parenting challenges
- Build support with other parents and connect with school and community resources

Childcare for children ages 2-11, and youth group for ages 12-17, available during in-person sessions.

Incentives will be provided to youth participants.

Wednesdays
Starting
30 Sept 2026

6:00 PM – 8:00 PM

Santa Rosa

Class In Spanish

SONOMACAN.ORG • (707) 331-2448 • FUERZA@SONOMACAN.ORG



FUERZA
FAMILY RESOURCE CENTER

PADRES UNIDOS



Apply Online



Únase a nosotros

Un programa gratuito de 10 sesiones en español donde padres, madres y cuidadores obtienen herramientas prácticas, se conectan con otras familias y fortalecen la relación con sus hijos y adolescentes.

- Fortalecer la conexión y comunicación con sus hijos
- Practicar estrategias de disciplina positiva y establecer rutinas consistentes
- Aprender herramientas para manejar el estrés y enfrentar los retos de la crianza
- Crear una red de apoyo con otras familias y conectarse con recursos escolares y comunitarios

Cuidado infantil para niños de 2 a 11 años y grupo de jóvenes de 12 a 17 años, disponible durante sesiones presenciales.

Se ofrecerán incentivos a los jóvenes participantes.

Los Miércoles
A partir del
30 de sept. de 2026

6:00 PM – 8:00 PM

Santa Rosa

Clase en español

SONOMACAN.ORG • (707) 331-2448 • FUERZA@SONOMACAN.ORG

Parents in | Padres en
Action | Acción



Parent Café



Join us for an inspiring journey as we delve into the dynamic world of advocacy! Discover the power of your voice and engage in meaningful conversations about championing rights in diverse and impactful ways.

For more information contact:

Cheryl Perez

(707) 522-1413 ext 132

CPerez@Sonoma4Cs.org

Friday, Oct 16th

6PM-8PM

Where? Zoom

Spanish/English



4Cs Sonoma County

☎ (707) 544-3077

📍 131 A Stony Circle Suite 300
Santa Rosa, CA 95407

Scan QR
code to
register



tinyurl.com/4CsParentCafe

Parents in | Padres en
Action | Acción



Café para Padres



Únase a nosotros en un viaje inspirador mientras exploramos el dinámico mundo de la defensa de derechos. Descubra el poder de su voz y participe en conversatorios significativas sobre cómo defender los derechos de marraeras diversas y de gran impacto.

Para obtener más información,
comuníquese con:

Cheryl Perez

(707) 522-1413 ext 132

CPerez@Sonoma4Cs.org

Viernes, 16 de octubre
6:00 p.m.-8:00 p.m.
¿Dónde? Zoom
en español/inglés



4Cs Sonoma County

☎ (707) 544-3077

📍 131 A Stony Circle Suite 300
Santa Rosa, CA 95407

Escanee el
código QR
para
registrarse



tinyurl.com/4CsParentCafe