



Monthly Community Resources

March 2020

Buckelew Programs Sonoma
Family Service Coordination
2300 Northpoint Parkway
Santa Rosa, CA 95407
(707)571-8452

Useful Phone Numbers

Access Team: _____ (707)565-6900

The Access Team initiates services for Sonoma County Behavioral Health, Community Mental Health Centers and the Older Adult Team.

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

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

CSU (Crisis Stabilization Unit – 24 Hours): _____ (707)576-8181

Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week

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

Human Services provides benefits for those in need, and strives to protect 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: _____ 2-1-1

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.

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

SOS Community Counseling Center: _____ (707)284-3444

Provides counseling services in Sonoma County to individuals, couples, families, and youth both in schools and community clinics.

Suicide Prevention 24 Hour Hotline (North Bay): _____ (855)587-6373

Suicide Prevention & Crisis Intervention: _____ (800)764-8181

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

Crisis line and support for victims of sexual assault

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.

West County Care & Share

Friday, March 27, 2020

3:00-4:30 PM



This group is a free and on-going drop-in support group led by trained family members for family and friends with mental illness or emotional disorders. All facilitation services and course materials are free to class participants.

Location: O'Reilly Media, Inc., *Tarsier Conference Room*
1005 Gravenstein Hwy
Sebastopol CA 95472

Facilitated By: Jessica Wolfe and Katie Swan, Buckelew Programs

Questions?

Contact Katie Swan: (707) 583-5284



Petaluma Family and Ally Education and Support Group

When: Thursday, March 26th
3:00pm-4:30pm

Where: 945 Petaluma Blvd North
Petaluma, CA 94952

Facilitated by:
Katie Swan
Buckelew Programs

Questions? Contact:
Katie Swan
(707)583-5284

This meeting is held the 4th Thursday of every month. Join us in increasing our understanding of the nature of mental illnesses; facilitate supportive dialogue and foster confidence in family members' and allies' insights, interventions and coping strategies.



Community Resource Clinic

Every Tuesday, except the 4th Tuesday of the month, from 3:00 to 4:30 PM
2300 NorthPoint Parkway, Santa Rosa, CA 95407
(707) 571-8452

Anyone looking for support and services in our community may come to the community resource clinic for assistance with understanding and accessing community support and services for themselves or their loved one. Family Members/Allies, Consumers/Peers and Service Providers are all welcome to join!

***Due to nature of conversations, this group is open to adults only**

If you can't make it to the drop in clinic, please feel free to call:

Katie Swan,
Team Lead of Family Service Coordination at
(707)583-5284

Follow Family Service Coordination on Facebook!
www.Facebook.com/FamilyServiceCoordination



Petaluma Community Resource Clinic

Every 2nd Thursday, from 1:00 to 2:30 PM
945 Petaluma Blvd North, Petaluma, CA 95942
(707) 571-8452

Anyone looking for support and services in our community may come to the community resource clinic for assistance with understanding and accessing community support and services for themselves or their loved one. Family Members/Allies, Consumers/Peers and Service Providers are all welcome to join!

***Due to nature of conversations, this group is open to adults only**

If you can't make it to the drop in clinic, please feel free to call:

Katie Swan,

Team Lead of Family Service Coordination at

(707)583-5284

Follow Family Service Coordination on Facebook!

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Buckelew Programs Support Groups & Events

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Resource Clinic 3-4:30pm	4	5	6	7
8	9 SCBH Family Support & Education Group 4-6pm	10 Resource Clinic 3-4:30pm	11	12 Petaluma Resource Clinic 1-2:30pm Petaluma Education & Support Group 4-5:30pm	13	14
15	16	17 Resource Clinic 3-4:30pm	18	19	20	21
22	23	24 Canceled: Resource Clinic	25	26 Petaluma Education & Support Group 4-5:30pm	27 West County Care & Share Group 3pm-4:30pm	28
29	30	31 Resource Clinic 3-4:30pm				



Buckelew Programs Sonoma
2300 Northpoint Pkwy
Santa Rosa, CA 95407

Buckelew Programs, Family Service Coordination

Support and Education Groups

****These Groups Are Open To Anyone****

Community Resource Clinic

Dates: Every Tuesday except the 4th Tuesday of the month

Hours: 3:00 PM - 4:30 PM

Contact: (707) 571-8452

Location: Buckelew Programs Sonoma, 2300 Northpoint Pkwy, Santa Rosa

Petaluma Community Resource Clinic

Dates: Every 2nd Thursday of the month

Hours: 1:00 to 2:30 PM

Contact: (707) 571-8452

Location: 945 Petaluma Blvd North, Petaluma, CA 95942

Any family member or consumer may come to a resource clinic for help with understanding or assistance in accessing services for themselves or their loved one.

**These Groups Are Open to Those Supporting Adults
with Mental Health or Substance Use Challenges**

Sonoma County Behavioral Health Family Education & Support Group

Facilitators: Katie Swan, Buckelew Programs & Sid McColley, SCBH
Dates: 2nd Monday of Every Month
Hours: 4:00 PM - 6:00 PM
Contact: (707) 583-5284 or katies@buckelew.org
Location: 2245 Challenger Way, Santa Rosa, Main Conference Room

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.

West County Care and Share

Facilitators: Katie Swan, Jessica Wolfe, Buckelew Programs
Dates: 4th Friday of Every Month
Hours: 3:00 PM - 4:30 PM
Contact: (707) 583-5284
Location: 1005 Gravenstein Hwy North, Sebastopol, O'Reilly Media, Inc., Tarsier Conference Room

Free, on-going, drop-in support group, led by trained family members for family/friends of individuals struggling with mental health and/or trauma. All facilitation services and course materials are free to class participants.

Petaluma Education and Support Groups (two groups)

Facilitator: Katie Swan, Buckelew Programs
Contact: (707) 583-5284 or katies@buckelew.org

Dates: 2nd Thursday of Every Month
Hours: 4:00 PM - 5:30 PM
Location: 939 B Street, Petaluma, First Presbyterian Church, Fireside Room

Dates: 4th Thursday of Every Month
Hours: 3:00 PM-4:30 PM
Location: 945 Petaluma Blvd North, Petaluma, CA 94952

Join us in increasing our understanding of the nature of mental health and trauma, facilitate supportive dialogue and foster confidence in family members (family, friends or allies) insights, interventions and coping strategies through education, peer support, understanding of community resources and hope.



2245 Challenger Way, Ste. 104, Santa Rosa CA 95407 (707) 565-7800 www.wellnessandadvocacy.org

Open 9am-4pm Mon-Fri, except Wednesday 9am-2pm

Group Schedule for March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9am~4pm	Open 9am~4pm	Open 9am~2pm	Open 9am~4pm	Open 9am~4pm
9:15-9:45 Nature TV	9:15-9:45 Retro TV	9:15-9:45 Nature TV	9:15-9:45 Retro TV	9:15-9:45 Nature TV
9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support
10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting
10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk
11:15-12:10 Walking through Depression	10:45-11:15 Book Club	10:45-11:10 Beginning Spanish	11:15-12:10 Empowering Ourselves	11:15-12:10 Yes I Can (Inner Motivation)
12:15-1:10 Ted Talk Group	11:15-12:10 Peer Support	11:15-12:10 Positive Mind For Success	12:15-1:10 Career Development	11:15-12:10 Computer Basics
1:15-2:10 Anxiety Support	12:15-1:10 Self-Advocacy	11:15-12:10 Healing Through Writing	1:15-2:10 Visions & Voices	12:15-2:10 Open Mic
1:15-2:10 LGBT and Friends	1:15-2:10 Speakers Group	12:15-1:45 Music Jam	2:15-3:10 SMART Recovery	2:15-3:10 Quarter Life+
2:15-3:10 SMART Recovery	2:15-3:10 I Am More Than...		2:15-3:45 Art Group	2:15-3:10 Games & More
2:15-3:10 Games & More	2:15-3:10 Games & More			

Notes

HOBBY GROUP HAS CHANGED TIME! IT NOW BEGINS AT 9:15am ON THURSDAYS!

Art Wisdom – Crocheting on Thursday 3/12 and 3/26 at 11:15am. RSVP with Naomi Murakami.

Group Descriptions can be found at: <http://www.wellnessandadvocacy.org/files/GroupDescriptions2018.pdf>

Events

3/13/20, Friday Forum, **Every Woman Matters Presentation** at 12:15-1:30



The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire in contract with Sonoma County Department of Health Services Behavioral Health Division



March 2020

Interlink Self-Help Center

Group Schedule

1033 Fourth St., Santa Rosa, CA 95404 Telephone: 707-546-4481 FAX: 707-546-4515
 Member Phone: 707-546-1085 Open: M-T-W-F-S 10:00-3:00 and Thursday 10:00 -2:00

Monday

10:00-2:00 _____ Open Art Studio
 10:15-11:00 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 11:00-12:00 _____ Music Group
 12:00-12:30 _____ Resource Group
 12:00-1:00 _____ Art Journaling
 1:00-2:00 _____ Managing Depression/Mania
 2:00-2:30 _____ Afternoon Check-In

Tuesday

10:00-2:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:30-11:30 _____ Intro to Peer Support*
 11:30-12:00 _____ In-Depth Support
 11:30-12:00 _____ Walk
 12:00-1:00 _____ SMART Recovery
 1:00-2:00 _____ Membership Council
 1:15-2:00 _____ Be Well and Enjoy Life
 2:00-2:45 _____ Coping with Anxiety

Wednesday

10:00-2:00 _____ Open Art Studio
 10:15-11:00 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 11:30-12:00 _____ Mid-Week Festivity**
 12:00-1:00 _____ Seeking Safety
 12:00-12:30 _____ Aprendiendo Juntos
 12:30- 1:00 _____ Productive Inspiration***
 1:00-1:30 _____ Afternoon Check-In
 1:30-2:00 _____ TraumaBusters!
 3:45-4:45 _____ SMART Family and Friends

Thursday

10:00-1:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:30-11:30 _____ Next Steps... (*New Group!*)
 11:30-12:00 _____ In-Depth Support
 12:00-1:00 _____ Expressing Creativity
 1:00-1:30 _____ Afternoon Check-In

Friday

10:00-2:00 _____ Open Art Studio
 10:15-11:00 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 11:30-12:00 _____ Word-Play... (*New Group!*)
 12:00-1:00 _____ Let's Talk About MH
 1:00-1:30 _____ Afternoon Check-In
 1:00-2:00 _____ LifeRing
 1:00-2:30 _____ Client Forum****

Saturday

10:00-2:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:45-12:45 _____ Movie
 11:30-1:30 _____ Art Expression
 12:00-1:00 _____ SMART Recovery
 1:00-2:00 _____ Taking a Closer Look at MH
 2:00-2:30 _____ Afternoon Check-In

Tuesday Into to Peer Support

*March's Topic: "Communication Skills"

Wednesday

**Mid-Week Festivity

- Game Day	3/4
- Improv Skills	3/11
- Birthday Celebration	3/18
- Charles Schultz Museum fieldtrip	3/18
- General Membership	3/25

*** Productive Inspiration: 1st and 3rd Wednesdays

****MonthlyForum Friday March 20 1:00pm

Understanding Your Medicare by HICAP

Learn more about your healthcare coverage

- Rights to Purchase a Medigap Supplemental Plan
- Cost Saving Considerations
- Question & Answer period

Groups at Interlink Self-Help Center

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

Aprendiendo Juntos /Learning Together: Aprender y practicar Español y Inglés juntos. / Learn and practice Spanish and English together

Art Journaling: Create your own journal about your past, present, future, goals, things you enjoy. Write, draw, collage, etc.

Be Well and Enjoy Life: We talk about different dimensions of living well and finding joy. Topics include emotional and mental well-being, exercise, nutrition, sleep, communication, etc.

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

Coping With Anxiety: We talk about different types of anxiety and different ways of coping with it.

Expressing Creativity: We explore and utilize the creativity that comes from within us by using themed art projects.

General Membership Meeting: Members and staff discuss a wide range of topics, including upcoming activities, concerns, and suggestions for improving the Center.

In-Depth Support: On-going support groups designed for check-ins, discussion of problems, issues, and personal successes.

Intro to Peer Support: Classes with a different focus each month. No need to sign up, no homework, please join us.

Let's Talk About MH: A video then open discussion on various topics relating to mental health, well-being and recovery

LifeRing: A secular, abstinence-based group for individuals seeking to live in recovery from addiction to alcohol and/or other non-medically indicated drugs.

Managing Depression/Mania "Big Feelings": A process group with a focus on Bipolar and Depression that seeks to be a non-judgmental, safe space where we can confidentially discuss what is happening in our lives

Membership Council: The Membership Council functions to liaison between the members and staff, provides program leadership, helps with event planning, conveys concerns, requests, and observations from members, and process suggestions from our suggestion box. They deal with disciplinary issues and recommend follow-up actions to staff.

Mid-Week festivity: Join us every week for a different festivity, providing opportunities for us to interact and have fun.

Monthly Forum: Open to the general public, often with guest speakers, focused on different topics each month.

Music Group: We play music, watch music videos, and sometimes sing. We have some instruments and you can also bring your own.

Next Steps: With member goals in mind, we will be researching and sharing tips, trainings, tools and other supports for reaching goals, such as exploring employment and educational opportunities, getting and/or maintaining housing, budgeting, and more. Please bring your insight and talents. Is there a goal you would like support with? Have you made steps towards achieving goals you would like to share? Please join us and share!

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

Productive Inspiration: Laura Hodge, from the Behavioral Health Coop, brings inspirational presentations and ideas to support us in our next steps towards our goals.

Resource Group: We share and research community resources occasionally with speakers from outside organizations.

Seeking Safety: An evidence based, present-focused counseling model to help people attain safety from trauma and/or substance use. It directly addresses both trauma and addiction, without requiring clients to delve into the trauma narrative, thus making it relevant to a very broad range of individuals and is easy to implement.

SMART Family and Friends: Provides resources, support and tools for people who are affected by the addictive behavior of someone close to them. It aims to help participants develop more effective coping strategies, increase self-esteem, develop a greater sense of fulfillment. The communication methods help with emotional upsets and to establish healthier relationships with loved ones.

SMART Recovery: Uses tools based on methods for a variety of addictions. CBT, Motivational Interviewing and REBT are used. SMART Recovery helps those of us seeking recovery to choose what works best..

Taking a Closer Look at Mental Health: We discuss a variety of mental health aspects, such as depression, emotional intelligence, stress reduction, and more.

Trauma Busters: This is a group for those of us who have experienced traumatic stress. This group focuses on tools and strategies for dealing with traumatic stress.

Word-Play: Thirty minutes of fun with words in ways that maybe haven't been used in a good long while.

Join this Free & Unbiased seminar from
the only agency approved by the CA
Dept. of Aging to offer
Medicare seminars

Understanding *Your* Medicare

Learn more about your healthcare coverage

- Rights to Purchase a Medigap Supplemental Plan
- Cost Saving Considerations
- Question & Answer period

Friday, March 20

1:00 PM

Interlink Self-Help Center
1033 Fourth St., Santa Rosa

HICAP Health Insurance
Counseling &
Advocacy Program
Free Service to Medicare Beneficiaries

To reserve a seat call
(800) 434-0222

www.SASNB.org/HICAP

Senior
Advocacy
Services
Ombudsman Program
HICAP-Medicare
Elder Justice Initiative



LOCAL HELP FOR PEOPLE WITH MEDICARE

HICAP provides *free & unbiased*
Medicare information & counseling so
you can make informed decisions.
We do not sell anything.

This project was supported, in part by a grant from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Interlink Presents: Introduction to Peer Support



March's Topic: “Communication Skills”

Tuesdays 10:30 to 11:30
at Interlink Self-Help Center

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.

Topics will include:

- Self-Awareness
- Limits/Triggers
- Feedback and Body Language
- Conflict Resolution



For further information please (707) 546-4481

Sign up in advance, or just show up - all Interlink members welcome

Petaluma Peer Recovery Center



March 2020
"Special Interests"



MONDAY	WEDNESDAY	THURSDAY
ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time	ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time	ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time
10am – 11:00am Peer Support Group	10am – 11:00am Peer Support Group	10am – 11:00am Peer Support Group
11 am – 12 pm Round Table Discussion	11 am – 12 pm Health, Wealth, & Happiness	11 am – 12 pm Living Our Full Potential
12 – 1 pm: Advocacy: "Nothing About Us Without Us"	12 – 1 pm Positive Thinking	12 – 1 pm Boundaries
1 – 2 pm Spirituality in Recovery	1 – 2 pm Emotional Balance	1 – 2 pm Music "Jam Session"
2 – 3 pm SMART Goal Setting	2 – 3 pm TED Talk Series	2 – 3 pm Calming Our Anxiety

Special Events March 2020 Theme: Special Interests

- March COOP with Laura Hodge 11:30am – 1:00pm
- March 26th Special Interests Presentation
- Monday March 16th 10:30am – 2:30 pm Day Pizza Party
- NEW "Movie Monday" March 30th 11:00am – 1:30pm
- See reverse side for opportunities for you to have your voice heard by Board of Supervisors and Mental Health Board

Peer Support

Resource Navigation

Building Community

Contact Information

5350 Old Redwood Hwy.
 Suite 600 (Off Redwood Way)
 Petaluma, CA 94954

(707) 565-1299
 Carol West cwest@gire.org
petalumaprp.wordpress.com

OPEN
10 AM – 3 PM
MONDAY
WEDNESDAY
THURSDAY

Advocacy: "Nothing About Us Without Us" –Peer, Self, and Beyond: A discussion about mental health legislation, patient's rights, constitutional rights, grassroots movements, the peer community, and more.

Boundaries: Learn how to establish, communicate and honor your personal boundaries

Calming Our Anxiety: We come together to understand anxiety, discuss a spectrum of anxious feelings and explore many different ways to diffuse extreme unease.

Emotional Balance: Learn to cope with the emotional roller coaster of life. Support and skills group

Goal Setting: In a fun, supportive and non-judgmental atmosphere, Join us to look at our life goals and choose one to break down into Specific, Measureable, Achievable Realistic and Time sensitive (SMART)goals

Health, Wealth, & Happiness: The impact of building positive mind body connections

Living Our Full Potential: Work together to find ways to personal fulfilment: explore new hobbies, volunteering or a path to going back to work...what would you do if you were not afraid?

Music/Jam Session: No experience necessary, just a willingness to have fun in a creative and healing way! We have a keyboard, guitar and a number of drums at PPRC. You are welcome to bring your own drum or other small instrument.

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through paint, sketching, & more. Explore through creativity! Many mediums are available.

Peer Support: Mutually respectful, intentional, active listening, positive, forward looking support.

Positive Thinking: Yes we know, easier said than done... come and learn how

Round Table Discussion: (This month's topic: Friendship) Join us at the round table to participate in peer support, open communication, connection building, current events discussions, sharing ideas, sharing stories, and more

Self-Care/ Morning Stretch: Take steps towards being your best self includes discussion about nutrition choices and gentle movement to help us feel more flexible and get muscles moving

Spirituality in Recovery: A safe, non-judgmental, open space to discuss our personal spiritual practices, how they may help us overcome recovery challenges and share personal experiences that spirituality brings into our lives.

TED Talk Series: We explore TED Talks within the mental health and recovery themes, with discussion to follow.

Opportunities For You To Have Your Voice Heard (Please check websites for dates and times)

- [Sonoma County Peer Council](#) Third Friday 5pm -7pm website or email sonomacountypeercouncil@gmail.com (707) 481-7965
- "Peer Voices Now" Newsletter for and by people with mental health challenges Kate Roberge (707) 483-7425
- [Board of Supervisors](#) 575 Administration Drive Room 102ASanta Rosa, CA 95403 Board of Supervisors Chambers 575 Administration Drive 102A
- [Mental Health Board Executive Committee Meeting](#) First Wednesday 2227 Capricorn Way Second Floor Suite 213, Galaxy Conference Room Santa Rosa, CA 95407
- [Mental Health Board Meeting](#); Third Tuesday 5:00 – 7:00 PM
- MHSa Advisory Committee
- MHSa Stakeholder Meetings Contact: Melissa Ladrech Melissa.Ladrech@sonoma-county.org
- [Mental Health Services Act Newsletter – September 2019](#)(PDF: 960 Kb)
- [Peer Action League](https://petalumaprp.wordpress.com/peer-action-league/) <https://petalumaprp.wordpress.com/peer-action-league/>

Our Center is open and available to individuals that are 18+ and identify as having a lived experience of a mental health challenge. No diagnoses or prescriptions necessary; however, we do wish to support members in fostering an environment focused on wellness and recovery.

The Behavioral Health Co-op has successfully assisted persons with mental health challenges meet their employment goals for over 20 years. The Co-op uses pre-employment readiness classes, employment services and provides 90 days of on or off-site job support related to personnel issues, change in job duties or job performance.

March 2020

M	T	W	T	F	S	S
						1
2	3 Vets Conn	4 INTER LINK	5	6	7	8
9 PPRC	10	11	12 Well	13	14	15
16	17	18 INTER LINK	19	20	21	22
23 PPRC	24	25	26 Well	27	28	29
30	31					

Daylight Savings is March 8th! Spring Forward!

For more information contact:
 Sonoma County Behavioral Health Division
 2245 Challenger Way, Santa Rosa, Ca 95407
 Vocational Support Specialist- (707) 565-4752
 Department of Rehabilitation
 50 D Street, Suite 425
 Santa Rosa, Ca 95404- (707) 576-2233
 Goodwill- Redwood Empire
 651 Yolanda Ave.
 Santa Rosa, Ca 95404- (707) 523-0550 x263/205
 A co-operative program of SCBH, Dept. of Rehabilitation

The Co-op



Luck is believing you're lucky.
-Tennessee Williams

Productive Inspirations by Laura Hodge

Motivational presentations and ideas to support us in our next steps towards our goals. Please join me at any of the following:

The Wellness and advocacy Center,
2245 Challenger Way, Santa Rosa,
12:15pm-1:15pm on

March 12th & March 26th

Interlink Self-help Center, 1033 4th St,
Santa Rosa, 12:30pm-1:30pm on

March 4th & March 18th

Outreach by Laura Hodge at the Petaluma
Peer Recovery Center, 5350 Old Redwood
Hwy, Petaluma from 11:30am-1:00pm,

March 9th & March 23rd

Additionally, Outreach at the Vet Connection located at the Veteran's Memorial Hall, SR from 9:30am-11:00am,

March 3rd & March 24th

If you would like Laura Hodge to speak at additional events, please reach out to her at (707)523-0550 x205

Co-op Connection for Co-op Consumers
Wednesdays, 10:15am-11:45am

Held by Heather Jerde & Laura Hodge

Santa Rosa:

Catholic Charities
Samuel L. Jones Hall/Shelter
4020 Finley Ave
Santa Rosa, CA 95407

Catholic Charities
The Palms Inn
3345 Santa Rosa Ave.
Santa Rosa, CA 95407

Resurrection Parish
Catholic Church
303 Stony Point Road
Santa Rosa, CA 95401

Redwood Gospel Mission
101 6th Street
Santa Rosa, CA 95401

Windsor:

Windsor Presbyterian Church
251 Windsor River Road
Windsor, CA 95492

Sonoma:

La Luz Center
17560 Greger Street
Sonoma, CA 95476



Petaluma Valley • Santa Rosa Memorial



Mobile Health Clinic Schedule

Horario De La Clinica Movil

1450 Medical Center Dr.
Rohnert Park, CA 94928
707-547-4612
707-522-1279 Fax
Health.Mobile@stjoe.org

MARCH 2020 Mobile Health Clinic Schedule / MARZO 2020 Horario de la Clínica Móvil

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Catholic Charities Samuel L. Jones Hall 12:00 – 4:00PM</p>	<p>3 <u><i>Windsor</i></u> Presbyterian Church 9:00AM – 12:00PM <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00 PM (not open to the public)</p>	<p>4 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:00AM-2:00PM</p>	<p>5 <u><i>Santa Rosa</i></u> Resurrection Parish 9:00AM – 11:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:30AM – 13:30PM</p>	<p>6 <u><i>Sonoma</i></u> La Luz Center 9:00AM – 12:00 <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00PM (Not open to the public)</p>
<p>9 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Catholic Charities Samuel L. Jones Hall 12:00 – 4:00PM</p>	<p>10 <u><i>Windsor</i></u> Presbyterian Church 9:00AM – 12:00PM <u><i>Santa Rosa</i></u> Los Gulicos 12:30 pm – 2:00PM (not open to the public)</p>	<p>11 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:00AM-2:00PM</p>	<p>12 <u><i>Santa Rosa</i></u> Resurrection Parish 9:00AM – 11:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:30AM – 13:30PM</p>	<p>13 <u><i>Sonoma</i></u> La Luz Center 9:00AM – 12:00 <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00M (not open to the public)</p>
<p>16 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Catholic Charities Samuel L. Jones Hall 12:00 – 4:00PM</p>	<p>17 <u><i>Windsor</i></u> Presbyterian Church 9:00AM – 12:00PM <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00PM (not open to the public)</p>	<p>18 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:00AM-2:00PM</p>	<p>19 Clinic admin day No services Dia administrativa/ No servicios</p>	<p>20 <u><i>Sonoma</i></u> La Luz Center 9:00AM – 12:00 <u><i>Santa Rosa</i></u> Los Gulicos 12:30 PM – 2:00PM (not open to the public)</p>
<p>23 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Catholic Charities Samuel L. Jones Hall 12:00 - 4:00PM</p>	<p>24 <u><i>Windsor</i></u> Presbyterian Church 9:00AM – 12:00PM <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00PM (not open to the public)</p>	<p>25 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:00AM-2:00PM</p>	<p>26 <u><i>Santa Rosa</i></u> Resurrection Parish 9:00AM – 11:00AM <u><i>Santa Rosa</i></u> Samuel Jones Hall 11:30AM – 13:30PM</p>	<p>27 <u><i>Sonoma</i></u> La Luz Center 9:00AM – 12:00 <u><i>Santa Rosa</i></u> Los Gulicos 12:30M – 2:00PM (not open to the public)</p>
<p>30 <u><i>Santa Rosa</i></u> Redwood Gospel Mission 8:00AM-10:00AM <u><i>Santa Rosa</i></u> Catholic Charities Samuel L. Jones Hall 12:00 – 4:00PM</p>	<p>31 <u><i>Windsor</i></u> Presbyterian Church 9:00AM – 12:00PM <u><i>Santa Rosa</i></u> Los Gulicos 12:30PM – 2:00PM (not open to the public)</p>		<p><i>First come first serve basis; Arrive early, space fills up quickly! If any questions please call 707 547-4612</i></p>	<p><i>Las personas se atienden en orden como van llegando. Las citas se llenan rápido! Venga al principio de la clínica. Donaciones aceptadas. Si tiene preguntas favor llamar 707 547-4612</i></p>



NAMI Sonoma County

NAMI Support Groups 2020

For more information, contact our Warmline at 866-960-6264 or email info@namisoco.org.

NAMI Family Support Group

For whom? Family members, friends and caregivers (18+ years)

Registration required? No, just drop in at either of the times below.

Meets Weekly

When: Thursdays, 2:00 to 3:30 pm

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

Meets 1 & 3rd Saturdays of every month

When: Saturdays, 10:00 to 11:30 am

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

NAMI Connection

For whom? Individuals living with mental health challenges (18+ years)

Registration required? No. Just drop in at either of the times below.

Meets Weekly

When: Thursdays, 11:30 am to 1:30 pm

At: First United Methodist Church, Chapel, 1551 Montgomery Drive, Santa Rosa CA 95405

Meets Weekly

When: Thursdays, 5:30 to 7:00 pm

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

Wildfire Support Groups

For whom? Individuals affected by the wildfires who may need help with stress relief, problem-solving, managing reactions, rebuilding social connections and helpful thinking

Registration? Not required. Just come!

Meets Weekly

When: Tuesdays, 12:30 to 1:30 pm

At: NAMI Sonoma County, 182 Farmers Lane, #202, Santa Rosa 95405

Meets Weekly

When: Tuesdays, 5:30 to 6:30 pm

At: Airport Health Club, 432 Aviation Blvd, Santa Rosa 59403



WELLNESS • RECOVERY • RESILIENCE

Compassion Cultivation Training (CCT)

Developed by Stanford University

Taught by Denny Bozman-Moss

Meets weekly, Sundays 11 am to 1pm

March 8 – May 3, 2020 (No session, Easter Sunday, April 12th)

At NAMI Sonoma County (Address at bottom)

Cost: \$100.00 donation made payable to NAMI Sonoma County

About CCT Training: This 8-week course helps people become more loving toward themselves and others by developing the qualities of compassion, empathy and kindness. The course helps people move through life and its challenges with a steady mind, from a place of connection and inner strength.

Sample Curriculum:

Week 1	Steady & calm the mind
Week 2	Loving-kindness & compassion for a loved one
Week 3	Compassion for oneself
Week 4	Loving-kindness for oneself
Week 5	Common humanity & developing appreciation for others
Week 6	Compassion for others
Week 7	Active compassion practice
Week 8	Integrated daily compassion cultivation practice

About Denny Bozman-Moss: A long-time NAMI Family-to-Family teacher, Denny has extensive teaching experience at Sonoma State University (SSU) and Santa Rosa Junior College. Denny loves teaching and can't believe he has been paid to do something he enjoys so much. After initially studying CCT at Stanford University, he taught a popular compassion class at SSU. In 2019, Denny returned to Stanford to complete a year-long, advanced course in Cultivating Compassion Training.

To register:

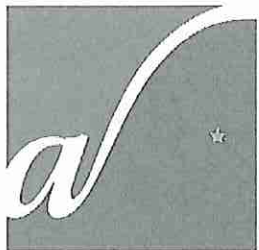
Please return this form to NAMI Sonoma County (address below) with a check made payable to NAMI Sonoma County, in the amount of \$100.00. Registrations will be accepted first come, first serve. **For more information, please email warmline@namisoco.org.** We will confirm registrations by email.

Please print.

Name: _____

Street Address, City & Zip: _____

Email: _____ Phone: _____



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ALCHEMIA
PRESENTS THE 3RD ANNUAL
**INCLUSION
FESTIVAL**

*Music • Dancing • Art • Sensory Buffet • All Ages
Creative Explorations with Sensory Accommodations*

Saturday May 9th, 2020 11-6pm

*Petaluma Community Center in Lucchesi Park • 320 N McDowell Blvd
Petaluma, CA 94954*

Entry Sliding Scale \$10-\$25 🌟 **Everyone's Invited**



Follow For More Information

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THE
MIRACLE
LEAGUE
NORTH BAY



3RD ANUAL

◆ INCLUSION ◆ FESTIVAL ◆



En alianza con Alchemia

* Música * Baile * Arte * Buffet Sensorial * Discoteca *
* Silenciosa Todas las edades *

Exploraciones creativas con adaptaciones sensoriales

Sábado 9 de mayo de 2020 11am-6pm

Petaluma Community Center en Lucchesi Park
(320 N McDowell Blvd, Petaluma, CA 94954)

Escala móvil de entrada \$ 10 - \$ 25 Todos Están Invitados

Para más información síguenos en las redes sociales
sites.google.com/view/inclusionfestival
www.facebook.com/FestivalInclusion/
www.instagram.com/festivalinclusion/





VET NET

Veterans' Networking Group



Every 2nd Wednesday of the month

For Job Link clients

10 a.m. to 12 p.m.

At

Sonoma County Job Link
2227 Capricorn Way, Ste. 100
Santa Rosa, CA 95407

For more information, contact:

Shawn Hansen
Disabled Veteran Outreach
Program Specialist
707-576-2014
shawn.hansen@edd.ca.gov

Robert Koockogey
Local Veterans Employment
Representative
707-576-2339
robert.koockogey@edd.ca.gov

EDD, an equal opportunity employer/program, is a partner in this event. Auxiliary aids and services are available upon request to individuals with disabilities. Requests for services, aids, and/or alternate formats need to be made prior to the event by calling (707) 565-5550 (voice). TTY users, please call the California Relay



Buckelew Programs presents
marinscapes

The Grand Finale 2020



Carol Peek



Tom Killian



Kathleen Lipinski



Buckelew Programs presents
marinscapes

The Grand Finale 2020

**JUNE
25-28**

A fine art exhibition and sale benefitting Buckelew Programs' behavioral health and addiction recovery services.

All events at Escalle Winery
771 Magnolia Avenue, Larkspur

Opening Night Gala

Thursday, June 25th 5:30-9:30 PM. Limited seating.
Reservations required. Tickets from \$175 per person

Meet The Artists Wine & Cheese Reception

Friday, June 26th 5:30-8:30 PM. \$25 per person

Art Sale and Benefit (day ticket)

Saturday, June 27th & Sunday June 28th 12:00-6:00 PM.
\$20 per person (includes drink ticket)

Speaker Event: Kathleen Lipinski and Steve Emery

Saturday, June 27th 11:00 AM. This special event included in price of day ticket. Limited seating. Reservations recommended. Please check Buckelew.org for our special presentations and other emerging details about *MarinScapes 2020 ~ The Grand Finale*.

Tickets and information at buckelew.org
415.491.5705



**Buckelew
Programs**

Healthier Lives Stronger Communities

1401 Los Gatos, Suite 240
San Rafael, CA. 94903
buckelew.org

RETURN SERVICE REQUESTED