



Monthly Community Resources
November 2023

Buckelew Programs Sonoma
Family Service Coordination
(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.

inRESPONSE: _____ 707-575-HELP (4357)

The inRESPONSE team will respond to calls in which individuals are experiencing a mental health crisis in Santa Rosa and are unarmed.

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.

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.

S.A.F.E. Team: Call 707-781-1234 – you will reach a directory where you can choose to speak with a 911 operator or a non-emergency staff member to help. To find out more about the program, please email SAFE@petalumapeople.org.

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.

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.

Suicide Prevention 24 Hour Hotline (North Bay): _____ 988

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.



Family Service Coordination Team November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Community Resource Clinic 3-4:30pm	8 S.O.S: Allies for Hope 7-8:30	9 Petaluma Education & Support Group 4-5:30pm	10	11
12	13 SCBH Family Support & Education Group 4-6pm	14 Community Resource Clinic 3-4:30pm	15	16	17	18
19	20	21 Community Resource Clinic 3-4:30pm	22 S.O.S: Allies for Hope 7-8:30	23	24 West County Care & Share Group 3-4:30pm	25
26	27	28 Community Resource Clinic 3-4:30pm	29	30 Supporters of Young Folks 3-4:30pm		

****These Groups Are Open To Supporters****

Sonoma County Behavioral Health Family Education &

Support Group

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

Zoom

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.

Petaluma Education and Support Groups

2nd Thursday of Every Month

4:00 PM - 5:30 PM

Zoom

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.

Supporters of Young Folks

4th Thursday of Every Month

3:00 PM-4:30 PM

Zoom

A peer run support group for family members, friends, caregivers, and anyone who supports a young person who struggles with mental health, substance abuse, and/or trauma.

West County Care and Share

4th Friday of Every Month

3:00 PM - 4:30 PM

Zoom

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.

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

Buckelew Office line: 707-571-8452

Jennifer Vargas (She/Her/ella): Family Service Coordinator

Work Cell: 707-292-3289 Email: JenniferV@Buckelew.org

Meghan Murphy (She/Her): Program Manager, Family Service Coordination

Work Cell: 707-787-0294 Email: MeghanM@Buckelew.org



Community Resource Clinic
Open to Anyone Interested

Every Tuesday
3:00 PM - 4:30 PM

Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one

For ZOOM Info call 707-571-8452

SOS: Allies For Hope

2nd and 4th Wednesday of every month, 7-8:30 pm ZOOM.

Non-clinical peer-to-peer group, we share strategies and skills for coping with the complex issues surrounding the loss of a loved one to suicide as well as the feelings that accompany such a loss.

For Zoom info SOSinfo@Buckelew.org or 415.444.6000.

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

Buckelew Office line: 707-571-8452

Jennifer Vargas (She/Her/ella): Family Service Coordinator

Work Cell: 707-292-3289 Email: JenniferV@Buckelew.org

Meghan Murphy (She/Her): Program Manager, Family Service Coordination

Work Cell: 707-787-0294 Email: MeghanM@Buckelew.org



Family Service Coordination Team

Community Resource Clinic

When: Tuesdays

3:00pm-4:30pm

Where: Zoom - Meeting ID: 868 3024 2650

Everyone is welcome to come to the Resource Clinic for help with understanding or assistance in accessing services for themselves or their loved one.

Questions? Contact the Family Service Coordination team:

FSC Office Line 707-571-8452

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



Family Service Coordination Team Sonoma County Behavioral Health Family Support & Education Group

When: Monday, November 13th

4:00pm-6:00pm

Where: Zoom

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:

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



Family Service Coordination Team

Petaluma Family and Ally Support And Education Group

When: Thursday, November 9th
4:00pm-5:30pm
Where: Zoom

This monthly education and support group is held the 2nd Thursday of every month. Join us in increasing our understanding of the nature of mental illness; facilitate supportive dialogue and foster confidence in family members' and allies' insights, interventions and coping strategies.

Questions? Contact the Family Service Coordination team:
MeghanM@Buckelew.org 707-787-0294
JenniferV@Buckelew.org 707-292-3289



Family Service Coordination Team

West County Care & Share Support Group

When: Friday, November 24th

3:00pm-4:30pm

Where: Zoom

This group is a free and on-going drop-in support group led by trained peers for family and friends with mental illness or emotional disorders.

Questions? Contact the Family Service Coordination team:

MeghanM@Buckelew.org 707-787-0294

JenniferV@Buckelew.org 707-292-3289



Family Service Coordination Team Supporters of Young Folks

When: Thursday, November 30
3:00pm-4:30pm
Where: Zoom

A peer run support group for family members, friends, caregivers, and anyone who supports a young person who struggles with mental health, substance abuse, and/or trauma.

This is a free drop-in zoom support group.

Questions? Contact the Family Service Coordination team:
MeghanM@Buckelew.org 707-787-0294
JenniferV@Buckelew.org 707-292-3289



Family Support Groups

For family members & caregivers (18+). A safe place to be heard and gain tools for supporting a loved one with mental health challenges.

Connection Support Groups

For individuals (18+) living with mental health challenges. Structured support that provides a safe place to connect with others.

Family-to-Family Class

An 8-session education program for those (age 14+) who care for and support a loved one living with serious mental illness. **Pre-registration required as space is limited. Visit namisoco.org/f2f.**

Peer-to-Peer Class

An 8-session education program for individuals (18+) living with mental health challenges. **Pre-registration required at namisoco.org/P2P.**

Wellness & Stress Relief Group

A supportive place to learn and practice tools to build resiliency and manage stress in a healthier way.

Monthly Speaker Meeting

Learn from local experts. Open to the community. Learn more and register at namisoco.org/monthlyspeaker.

To join these free programs, visit namisoco.org/groups

Or contact our Warmline at 866-960-6264

or info@namisoco.org

All groups and classes meet on Zoom.

NOVEMBER 2023



Monthly Speaker Meeting:
November 2nd, 3:15-4:15 pm, on Zoom
Learn how Proxy Parent Foundation helps families support individuals with mental illness through Special Needs Trusts and personal support services.

See Page 2 for more details!



Monthly Event:
November 16th, 3:00-5:00 pm, In Person
Remembrance & Healing Conversation for those impacted by Suicide

MON	TUE	WED	THU	FRI
<p>30</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>31</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>1</p> <p>4:30-5:30 PM Wellness & Stress Relief Group</p>	<p>2</p> <p>2:00-3:00 PM Family Support Group 3:15-4:15 PM Proxy Parent Foundation 5:30-7:00 PM Connection Group</p>	<p>3</p>
<p>6</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>7</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>8</p> <p>4:30-5:30 PM Wellness & Stress Relief Group</p>	<p>9</p> <p>2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p>10</p>
<p>13</p> <p>4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p>14</p> <p>4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p>15</p> <p>4:30-5:30 PM Wellness & Stress Relief Group</p>	<p>16</p> <p>2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p>17</p>
<p>20</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>21</p> <p>5:00-6:30 PM Connection Group 6:00-7:00 PM Family Support Group</p>	<p>22</p> <p>4:30-5:30 PM Wellness & Stress Relief Group</p>	<p>23</p>	<p>24</p>
<p>27</p> <p>4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p>28</p> <p>4:30-5:30 PM Family Support Group 5:00-6:30 PM Connection Group</p>	<p>29</p> <p>4:30-5:30 PM Wellness & Stress Relief Group</p>	<p>30</p> <p>2:00-3:00 PM Family Support Group 5:30-7:00 PM Connection Group</p>	<p>1</p>



CLOSED
Happy Thanksgiving!



Sonoma County

Proxy Parent Foundation

Thursday, November 2, 2023 at 3:15 PM on Zoom



Who will care
when you're
not there?

Proxy Parent Foundation (PPF) is a nonprofit organization dedicated to assisting people with disabilities by safeguarding their access to public benefits programs, through the creation and administration of a California Special Needs Trust (SNT). They also provide personal support services for beneficiaries with mental illness and other brain conditions, including assistance with housing, public benefits, medical and dental care, budgeting, and relationships.

Learn about their services and how they work with families of individuals living with a mental illness.

[Register at namisonomacounty.org/monthlyspeaker](http://www.namisonomacounty.org/monthlyspeaker)

182 Farmers Lane, Suite 202, Santa Rosa CA 95405
Warmline: 866.960.6264 | info@namisoco.org
www.namisonomacounty.org | www.namisoco.org



Sonoma County



REMEMBRANCE & HEALING CONVERSATION

FOR THOSE IMPACTED BY SUICIDE

This day of hope and healing is often very powerful to attendees affected by suicide loss. Many loss survivors who attend and participate in Survivor Day events find a deep connection with others who have had similar experiences, developing a new understanding of their grief with the realization that they are not alone.



LOSS FROM SUICIDE IS LIKE NO OTHER LOSS...

NORTH COAST BUILDERS EXCHANGE

1030 APOLLO WAY, SANTA ROSA CA

3:00 PM - 5:00 PM

NOV 16 2023

[HTTPS://TINYURL.COM/RZ8VUYWF](https://tinyurl.com/rz8vuywf)

SCAN CODE

TO REGISTER



988 SUICIDE & CRISIS LIFELINE



Monday

10:00 - 2:30 ----- Open Art Studio
10:15 -10:30 ----- Community Meeting
10:30 -11:00 ----- Resource Group
11:00 - 12:00 ----- Movement
12:00 - 1:00 ----- The Other Side of Overwhelm
1:30 - 2:00 ----- Skills for Better Living
2:00 -2:30 ----- Afternoon Check-In

Tuesday

10:00 -2:30 ----- Open Art Studio
10:15 -10:30 ----- Community Meeting
10:30 -11:30 ----- Intro to Peer Support
11:30 - 12:00 ----- Mindful Mornings
12:00 -12:30 ----- *Funspiration / Let's Go*
1:00 - 2:00 ----- Finding Our Best...
2:00 - 2:30 ----- Afternoon Check-In
2:30 -3:00 ----- Let's Talk About MH
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
11:00-12:00 ----- Mindful Self Compassion
12:30 - 1:00 ----- Adventurous Writing * *New Group!*
1:00 - 2:00 ----- Mid-Week Festivity
2:00 - 2:30 ----- Afternoon Check-In

Thursday

10:00-1:30 ----- Open Art Studio
10:15-10:30 ----- Community Meeting
10:30-11:30 ----- Expressing Creativity
11:30-12:30 ----- SMART Recovery
1:00 - 1:30 ----- 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*
11:00-12:00 ----- *iEn Español - SMART Recovery!*
12:00 - 1:00 ----- Aprendiendo Juntos/Ingles Y Español
Learning Together/Spanish & English
1:00 - 1:30 ----- Afternoon Check-In
1:30 - 2:30 ----- Success in Sobriety

November Forum:

Emotional Intelligence & Self-Awareness

Friday, November 17, 1:30 to 2:30

November 2023

Interlink Self-Help Center Group Schedule

1033 Fourth St., Santa Rosa, CA 95404

www.interlinkselfhelpcenter.org

Phone: 707-546-4482



Interlink Self-Help Center Mission:

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

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

Services include:

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



Interlink Self-Help Center is a Peer managed and operated program of West County Community Services.

In person services are available:

Monday, Tuesday, Wednesday & Friday 10:00 to 3:00, Thursday 10:00 to 2:00

We are available for telephone support during our open hours.

Groups at Interlink Self-Help Center

Adventurous Writing: Join us for nine weeks of discovering techniques and developing skills as writers. Rants as well as reasoned revelations are invited to link up with us to bring forth some splendid manuscripts...

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

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

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

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

Finding Our Best: We explore and utilize a multitude of inspiration and maintenance tools and concepts to support us on our recovery journeys utilizing various media and publications.

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

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

Let's Talk About MH: We watch a video followed by an open discussion on various topics relating to mental health, well-being and recovery.

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

Mindful Self-Compassion: We use meditation, exercises and personal experiences in support of us becoming more aware in the present moment with focuses on compassion, and self-kindness.

Mindful Mornings: We greet the day with light stretching, meditation, or music and if you want, setting an intention for the day. Please Join us.

Movement: Interactive exploration of different modalities of physical and energetic movement & release.

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

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

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.

SMART Recovery - on Zoom - Tuesdays 3:00 - 4:00 To Join: Meeting ID: 959 5015 7089 Passcode: 035249 (by phone: +1 669 900 6833)

<https://zoom.us/j/95950157089?pwd=UDVReWdreFZwU0I2OVBaVXFhYWIRdz09>

SMART Recovery - on Zoom - Wednesdays 10:00 - 11:00 To Join: Meeting ID: 996 6839 8835 Passcode: 113347 (by phone: +1 669 900 6833)

<https://zoom.us/j/99668398835?pwd=M2EyRnpWRUJFZk0yUWVVUVMINitCZz09>

Success in Sobriety: Led by Andrea, Interlink's AOD Peer Specialist - we share and look into strategies, supports and resources to help us find and maintain Success in Our Sobriety! (Once a month our forum happens during this time slot.)

The Other Side of Overwhelm: Many of us experience big feelings and other things that can be overwhelming and detract from our quality of life. Please join us as we explore and share tools, techniques and skills that help us move to *the other side of overwhelm*.

Community Forum at Interlink Self-Help Center

Emotional Intelligence

&

Self Awareness

Please join us as we explore these important, intersecting subjects. We will be taking note of how key self awareness is to our overall wellbeing, how we can increase it and how we become more emotionally intelligent. (We do this daily here, sharing our insights and wisdom and learning from each other.) We look forward to having a greater focus on these important subjects and invite you to join us!

Hope to see you here!

In Person

Facilitated by:

In Person

Interlink Staff

Friday, November 17, 2023

1:30 to 2:30

Interlink Self-Help Center

1033 Fourth Street

Santa Rosa (707) 546-4481

www.interlinkselfhelpcenter.org



This forum is open to the adult general public

Interlink is Peer managed and operated as a program of West County Community Services



Intro to Peer Support

Onsite & in Person!

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



November's Focus *Facilitation Skills*

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 to any class.



**For further information please call (707) 546-4482
No need to sign up - all Interlink members welcome**



PARENT CAFÉ



EVERY 3RD FRIDAY - 6:00 PM - 8:00 PM
SEPTEMBER 15, OCTOBER 20, NOVEMBER 17,
DECEMBER 15, 2023

*Help Build
Support For Parents,
By Parents*

FREE!



Register at:
bit.ly/ParentCafes23



**AT THE PARENT CAFÉ,
YOU CAN:**

- ✓ Share Ideas
- ✓ Make New Friends
- ✓ Build Strong Families

**DINNER & CHILD CARE
PROVIDED**



All sessions will be held at:

Reserve your seat today!

*Child care space
is limited.*

Roseland Creek Elementary
1683 Burbank Ave.
Santa Rosa, CA 95407

Cafés are held bilingually in English & Spanish.



For more information contact: Sandra Lemus



707-522-1413 x133



slemus@sonoma4cs.org

CAFÉ PARA PADRES

CADA 3ER VIERNES - 6:00 PM - 8:00 PM
SEPT 15, OCT 20, NOV 17, DICI 15, 2023

¡GRATIS!

*Ayuda a Construir Apoyo
para los Padres
Guiado por los Padres*



Regístrese en:
bit.ly/ParentCafes23



EN EL CAFÉ PARA
PADRES PUEDES:

- ✓ Compartir ideas
- ✓ Hacer Nuevos Amigos
- ✓ Construir Familias Fuertes

**CENA Y CUIDADO
DE NIÑOS
PROPORCIONADO**



**Todas las sesiones se
llevarán a cabo en:**

Roseland Creek Elementary
1683 Burbank Ave.
Santa Rosa, CA 95407



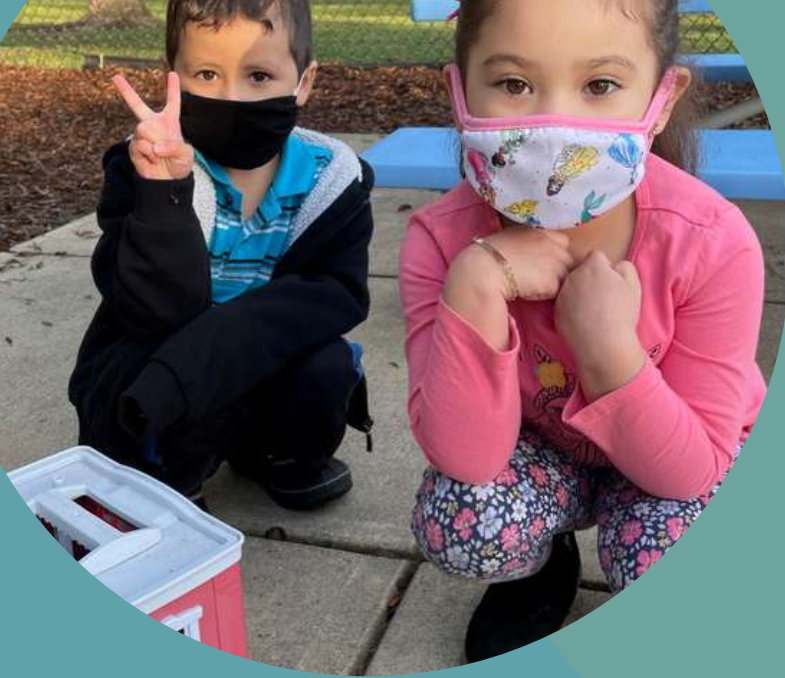
¡RESERVA TU ASIENTO HOY!
*Espacio de cuidado infantil
está limitado.*

Los cafés se llevan a cabo de forma bilingüe en inglés y español.



Para más información contacte a: Sandra Lemus

☎ 707-522-1413 x133 ✉ slemus@sonoma4cs.org



HOW CAN 4Cs HELP YOU?

- **Free/Low Cost Preschool**
 - Locations: Cloverdale, Petaluma, Rohnert Park, Santa Rosa, Sonoma & Windsor
 - Part Day & Full Day Programs
- **Parent Choice Child Care Voucher (Ages 0-13)**
- **Find a Child Care Provider**
- **Community Resources**

Want More Info ?

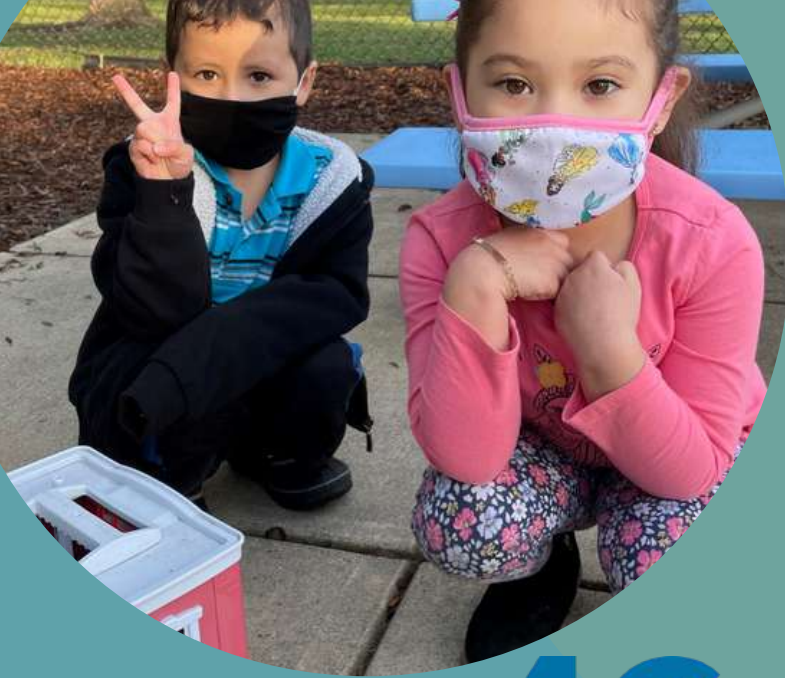
Tel: (707) 544-3077

Fax: (707) 544-2625

Email: info@sonoma4cs.org

SONOMA4CS.ORG





¿COMO 4CS LE PUEDE AYUDAR?

- **Preescolar Gratuito o Bajo Costo**
 - Localizados; Cloverdale, Petaluma, Rohnert Park, Santa Rosa, Sonoma y Windsor
 - Programas de Medio Día o Tiempo Completo
- **Vale de Cuidado Infantil de Elección (edades 0-13)**
- **Encontrar un Proveedor de Cuidado**
- **Recursos de la Comunidad**

Para Mas Informacion:

Tel: (707) 544-3077

Fax: (707) 544-2625

Email: info@sonoma4cs.org

SONOMA4CS.ORG



Youth Mental Health First Aid

NOV 6, 2023 | JAN 16, 2024 | FEB 22, 2024

8:30AM - 4:00PM • 5340 SKYLANE BLVD SANTA ROSA

Caring citizens will learn to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or who is in crisis.

Youth Mental Health First Aid is designed for adults (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other community members) who regularly interact with young people.

This course:

- introduces common mental health challenges for youth,
- reviews typical adolescent development, and
- teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Contact: Rebekah Pope | rpope@scoe.org

Cost: \$10 | materials, light snacks provided

Register: scoe.org/classes



WINDSOR BINATIONAL HEALTH FAIR

November 5th, 2023

12:00pm-2:00pm

Mary Furth Center

8400 Old Redwood Hwy
Windsor, CA



Health Fair Services

- Blood Pressure Screening
- Diabetes Screening
- Vision Screening
- And lots of community resources

BROUGHT TO YOUR COMMUNITY BY THESE
COLABORATING ORGANIZATIONS:



GOBIERNO DE
MÉXICO

RELACIONES EXTERIORES

SALUD



**HONORING
GEORGE ORTIZ**

WINDSOR FERIA DE SALUD BINACIONAL

Novembre 5th, 2023

12:00pm-2:00pm

Mary Furth Center

8400 Old Redwood Hwy

Windsor, CA



Servicios brindados el la feria de salud

- Chequeo de presión arterial
- Revisión de diabetes
- Revisión de la vista
- Y muchas recursos del comunidad

ESTOS EVENTOS SON TRAIIDO POR LOS SIGUIENTES ORGANIZACIONES QUE TRABAJAN EN COLABORACION:



GOBIERNO DE
MÉXICO

RELACIONES EXTERIORES

SALUD



Providence
Santa Rosa
Memorial Hospital



Verity
Empowering. Safe. Support.

California
Health Services

LA FAMILIA
C.A.B.A.

Healthy
Petaluma
DISTRICT & FOUNDATION

4Cs
Sonoma County



EN HONOR DE
GEORGE ORTIZ

SANTA ROSA BINATIONAL HEALTH FAIR

November 19th, 2023

11:30pm-3:00pm

Resurrection Church

303 Stoney Point Rd.

Santa Rosa CA



Health Fair Seivices

- Blood Pressure Screening
- Diabetes Screening
- Vision Screening
- And lots of community resources

BROUGHT TO YOUR COMMUNITY BY THESE
COLABORATING ORGANIZATIONS:



GOBIERNO DE
MÉXICO

RELACIONES EXTERIORES

SALUD



Providence
Santa Rosa
Memorial Hospital



Verity
Empowering Life's Support



LA FAMILIA
C.A.B.A.
C.A.B.A. (California Association of Bilingual Assistants)

Healthy
Petaluma
DISTRICT & FOUNDATION

4Cs
Sonoma County



**HONORING
GEORGE ORTIZ**

SANTA ROSA FERIA DE SALUD BINACIONAL

Novembre 19th, 2023

11:30pm-3:00pm

Iglesia Resurrection
303 Stony Point Rd.
Santa Rosa, CA



Servicios brindados el la feria de salud

- Chequeo de presión arterial
- Revisión de diabetes
- Revisión de la vista
- Y muchas recursos del comunidad

ESTOS EVENTOS SON TRAIIDO POR LOS SIGUIENTES ORGANIZACIONES QUE TRABAJAN EN COLABORACION:



RELACIONES EXTERIORES

SALUD



**EN HONOR DE
GEORGE ORTIZ**



REDWOOD EMPIRE FOOD BANK

CALFRESH ASSISTANCE

**How much money can I make
and still get CalFresh?**

SIZE OF HOUSEHOLD	GROSS MONTHLY INCOME
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000

*additional member, add \$858 each

Scan the QR code to
schedule a CalFresh
consultation today!



WHO CAN APPLY?

Any US citizen or legal permanent resident, eligible immigration status, and living under the income guidelines. It's important to know that there are different exemptions for students, seniors, people with disabilities, and families.

WHAT DO I NEED TO APPLY?

- Identification
- Social Security number
- Proof of income
- Students: EOP/EOPS letter + Financial Aid Award Letter
- Child care costs
- Medical receipts/statements (dental, medical insurance, prescriptions, equipment, and more)

CALL US TO APPLY: 707-523-7903

Food Connections Resource Center
Redwood Empire Food Bank
3990 Brickway Blvd., Santa Rosa, CA
fc@refb.org | 707-523-7903





**REDWOOD EMPIRE
FOOD BANK**

ASISTENCIA DE CALFRESH

Cuanto dinero puede recibir y todavía obtener CalFresh?

TAMANO DE FAMILIA	INGRESO MENSUAL BRUTO
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000

*miembro adicional, agregue \$858

iEscanee el código QR para programar una consulta de CalFresh hoy!



¿QUIÉN PUEDE SOLICITAR?

Cualquier ciudadano estadounidense o residente legal permanente, estatus migratorio elegible, y que viva por debajo las guías de ingresos. Es importante saber que hay reglas diferentes para estudiantes, personas mayores de edad, personas con incapacidad y familias.

¿QUÉ NECESITO PARA APLICAR?

- Identificación
- Número de Seguro social
- Prueba de ingreso
- Recibo de alquiler + factura de PG&E
- Estudiantes: Carta EOP/EOPS + Carta de concesión de ayuda financiera
- Costos de cuidado infantil
- Recibos/estados de cuenta médicos (dental, seguro médico, recetas, equipo y más)

LLÁMANOS PARA APLICAR: 707-523-7903

Food Connections Resource Center
Redwood Empire Food Bank
3990 Brickway Blvd., Santa Rosa, CA
fc@refb.org | 707-523-7903





GET EXTRA GROCERY MONEY

CalFresh is a nutrition assistance program that helps families and individuals buy the food that they need.

Scan the QR code below to book an appointment with a CalFresh staff member from the Redwood Empire Food Bank or call/text 707-523-7903 for more information.



OBTÉNGA MÁS DINERO PARA ALIMENTOS

CalFresh es un programa de asistencia nutricional que ayuda a familias e individuos a comprar los alimentos que necesitan.

Escanee el código QR, para programar una cita con un miembro del Redwood Empire Food Bank o llame/envíe un mensaje de texto al 707-523-7903 para más información.

AFFORDABLE CONNECTIVITY PROGRAM



Get a discount for your internet service through the **Affordable Connectivity Program!**



SCAN ME!

**GET FREE OR
DISCOUNTED
INTERNET!**

YOU GET

- Up to **\$30/month discount** for internet service;
- Up to **\$75/month discount** for households on qualifying Tribal lands; and
- A one-time **discount of up to \$100** for a laptop, desktop computer, or tablet purchased through a participating provider.



Find assistance near you!

 **Call 707-544-6911**

 **or Visit [capsonoma.org/acp/](https://www.capsonoma.org/acp/)**

The Affordable Connectivity Program helps connect families and households struggling to afford internet service

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines (\$60,000 for a family of 4), or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

ACCEPTED ID LIST

- Social Security Number **(NOT required)**
- Tribal Identification Number
- U.S. Driver's License
- Other Government-issued ID, such as a state ID
- U.S. Military ID
- Passport **(US or Foreign)**
- Individual Taxpayer Identification Number **(ITIN)**
- INE **(Mexican Government ID Card)**
- VISA Consular Card **(Country Issued ID)**
- Birth Certificate **(Any Country)** for the minor that is the Benefit Qualifying Person **(BQP)**



PROGRAMA DE DESCUENTOS PARA INTERNET (ACP)



Obtenga un descuento o servicio de internet **GRATIS**,
¡a través del Programa de Descuentos para Internet!



¡ESCANÉAME!

**¡OBTENGA INTERNET
GRATIS O CON
DESCUENTO!**

USTED OBTIENE

- Descuento de **hasta \$30 mensuales** por servicio de internet;
- Descuento de **hasta \$75 mensuales** para hogares elegibles en tierras tribales; y
- Un descuento **único de hasta \$100** para una computadora portátil —o de escritorio—, o tableta comprada por medio de un proveedor participante.



Encuentre asistencia cerca de
usted



Llame al 707-544-6911



o Visite capsonoma.org/acp/

El Programa de Descuentos para Internet ayuda a conectar familias y hogares que luchan por pagar el servicio de internet

¿QUIÉN ES ELEGIBLE?

Un hogar es elegible para el Programa de Descuentos para Internet si el ingreso del hogar es igual o inferior al 200% de las Guías Federales de Pobreza (\$60,000 para una familia de 4), o si un miembro del hogar cumple con al menos uno de los siguientes criterios

- Participa en cualquiera de los siguientes programas de asistencia: SNAP, Medicaid, Asistencia Federal de Vivienda Pública, Pensión para Veteranos o Beneficios para Sobrevivientes, SSI, WIC o Lifeline;
- Participa en cualquiera de los siguientes programas tribales específicos: Oficina de Asuntos Indígenas de Asistencia General, TANF Tribal, Programa de distribución de alimentos en reservas indígenas o Tribal Head Start (basado en los ingresos);
- Participa en el Programa de Almuerzo Escolar Gratis o a Precio Reducido o en el Programa de Desayuno Escolar, incluso a través de la Disposición de Elegibilidad Comunitaria del USDA;
- Recibió una Beca Federal Pell durante el año de concesión actual; o
- Cumple con los criterios de elegibilidad de un programa ya existente, para usuarios de bajos ingresos, ofrecido por algún proveedor de banda ancha.

LISTA DE IDENTIFICACIONES ACEPTADAS

- Número de Seguro Social **(NO requerido)**
- Número de identificación tribal
- Licencia de conducir de EE.UU.
- Otra identificación emitida por el gobierno, como una identificación estatal
- Identificación militar de EE.UU.
- Pasaporte **(estadounidense o extranjero)**
- Número de Identificación Personal del Contribuyente **(ITIN)**
- INE **(Tarjeta de Identidad del Gobierno Mexicano)**
- Tarjeta consular VISA **(identificación emitida por el país)**
- Certificado de nacimiento **(cualquier país)** del menor que es la persona que califica para el beneficio **(BQP)**



Apply with a local agency

*For details on eligible housing and critical needs, please contact an agency listed below

Sonoma County

- Face to Face HIV/AIDS, Santa Rosa, 707-544-1581
- Nation's Finest (Veterans only), Santa Rosa, 707-578-8387
- Santa Rosa Catholic Worker, Santa Rosa, 707-575-8342

Santa Rosa

- Community Action Partnership of Sonoma County, Santa Rosa, 707-544-6911
- Disability Services and Legal Center (Individuals with disabilities), Santa Rosa, 707-528-2745
- InterFaith Shelter Network, Santa Rosa, 707-546-7907
- Salvation Army Family Services, Santa Rosa, 707-542-0981
- The Living Room (Women's day Services), Santa Rosa, 707-579-0138

Petaluma

- Committee on the Shelterless (COTS) Petaluma, 707-765-6530
- PEP Housing, Petaluma, 707-762-2336

Geyserville, Healdsburg, Windsor

- Corazon Healdsburg, 707-615-4567
- Reach for Home, Healdsburg, 707-433-6161

West County (Guerneville, Monte Rio, Forestville, Bodega, Graton)

- West County Community Services, Guerneville, 707-823-1640

Sonoma

- F.I.S.H (Friends in Sonoma Helping), 707-996-0111

Season of Sharing

One-time, financial assistance grants for eligible Sonoma County Residents.

*Emergency housing support and some critical needs

People Eligible for SOS

- Families with dependent children 18 years and under
- Individuals age 55 and older
- Disabled Individuals
- U.S Veterans
- Recent survivors of intimate partner violence
- Pregnant individuals in 2nd or 3rd trimester
- Emancipated foster youth between 18 and 24 (Housing Only)



Aplique con una agencia local

**Para obtener más detalles sobre la elegibilidad, comuníquese con alguna de las agencias mencionadas abajo

Sonoma County

- Face to Face HIV/AIDS, Santa Rosa, 707-544-1581
- Nation's Finest (Solo Veteranos), Santa Rosa, 707-578-8387
- Santa Rosa Catholic Worker, Santa Rosa, 707-575-8342

Santa Rosa

- Community Action Partnership of Sonoma County, Santa Rosa, 707-544-6911
- Disability Services and Legal Center (Personas discapacitadas), Santa Rosa, 707-528-2745
- InterFaith Shelter Network, Santa Rosa, 707-546-7907
- Salvation Army Family Services, Santa Rosa, 707-542-0981
- The Living Room (Servicio de mujeres), Santa Rosa, 707-579-0138

Petaluma

- Committee on the Shelterless (COTS) Petaluma, 707-765-6530
- PEP Housing, Petaluma, 707-762-2336

Geyserville, Healdsburg, Windsor

- Corazon Healdsburg, 707-615-4567
- Reach for Home, Healdsburg, 707-433-6161

West County (Guerneville, Monte Rio, Forestville, Bodega, Graton)

- West County Community Services, Guerneville, 707-823-1640

Sonoma

- F.I.S.H (Friends in Sonoma Helping), 707-996-0111

Season of Sharing

Ayuda financiera de solo una vez para residentes elegibles del Condado de Sonoma.

En casos de necesitar vivienda de emergencia y en situaciones críticas.

QUIENES SON ELEGIBLES PARA PROGRAMA

- Familias con hijos dependientes menores de 18 años
- Individuos mayores de 55 años
- Personas discapacitadas
- Veteranos de guerra;
- Sobrevivientes recientes de violencia de pareja íntima
- Mujeres embarazadas en el 2do o 3er trimestre;
- Jóvenes independientes en el sistema de adopción 18 años-24 años; (solo vivienda)



RESCATE HIPOTECARIO DE CALIFORNIA FUNCIONA. Y HAY AYUDA PARA PROPIETARIOS DE VIVIENDA.



RESCATE HIPOTECARIO

Hasta \$80,000 para
hipotecas atrasadas



IMPUESTOS A LA PROPIEDAD

Hasta \$80,000 por
impuestos a la propiedad
atrasados



RECLAMACIÓN PARCIAL/APLAZAMIENTO DE PRÉSTAMOS

Hasta \$80,000 para reducir o
eliminar un reclamo parcial o
aplazamiento de préstamo
recibido durante o después de
enero de 2020



HIPOTECA INVERSA

Hasta \$80,000 para ayudar con
impuestos atrasados y seguros
para propietarios de vivienda
para hipotecas inversas

*Los solicitantes calificados pueden solicitar financiamiento adicional; máximo de \$80,000 en ayuda total por hogar elegible.

REQUISITOS DE ELEGIBILIDAD

Aprenda más sobre la elegibilidad en CaMortgageRelief.org/whoiseligible.

Requisitos

Requisitos	Rescate Hipotecario	Impuestos a la Propiedad	Hipoteca Inversa	Reclamación Parcial/Aplazamiento de Préstamos
Tiene que haber sufrido una dificultad financiera debido a la pandemia después del 21 de enero de 2020	X	X	X	X
Los ingresos combinados de todos los miembros del hogar mayores de 18 años es igual o menor al 150% del AMI (por condado)	X	X	X	X
Los propietarios de vivienda no pueden tener efectivo o activos (excluyendo los ahorros en una cuenta de jubilación) que sea igual o mayor que los fondos de ayuda necesarios +20,000	X	X	X	X
El saldo de capital original no pagado del préstamo hipotecario principal del propietario de vivienda, en el momento de la originación no puede ser mayor que el "límite del préstamo conforme" (determinado según las disposiciones de la Ley de Vivienda y Recuperación Económica de 2008) vigente en el momento de la apertura	X		X	X
Atrasado con al menos 2 pagos antes del 1 de marzo de 2023 y actualmente está atrasado.	X			
Tiene que estar atrasado con al menos 1 pago antes del 1 de marzo de 2023, y actualmente está atrasado		X		
Tiene que ser la residencia principal y ser dueño de 1 sola propiedad	X	X	X	X
La propiedad puede incluir hasta 4 unidades en el sitio (Casa, condominio, casa prefabricada fijada permanentemente, casas con ADU, dúplex, cuatro plex)	X	X	X	X
Múltiples asignaciones/solicitudes de financiamiento para solicitantes calificados, hasta \$80,000 en máxima ayuda	X	X	X	X
Reducir o eliminar las reclamaciones parciales y los aplazamientos de préstamos (recibidos durante o después de enero de 2020)				X
El prestamista del propietario de vivienda tiene que estar participando en el Programa de Rescate Hipotecario de California	X		X	X

SOLICITE EN LINEA HOY EN
CaMortgageRelief.org

LLAME CON PREGUNTAS
1-888-840-2594
LUNES-VIERNES 8 A.M.-6 P.M.





CALIFORNIA MORTGAGE RELIEF WORKS. AND THERE'S HELP FOR HOMEOWNERS.



MORTGAGE RELIEF

Up to \$80,000 for past-due mortgage payments



PROPERTY TAXES

Up to \$80,000 for delinquent property taxes



PARTIAL CLAIM/LOAN DEFERRAL

Up to \$80,000 to reduce or eliminate a partial claim or loan deferral received during or after January 2020



REVERSE MORTGAGE

Up to \$80,000 to help with late taxes and homeowners insurance for reverse mortgages

*Qualified applicants may apply for additional funding; maximum of \$80,000 in total assistance per eligible household.

ELIGIBILITY REQUIREMENTS

Learn more about eligibility at CaMortgageRelief.org/whoiseligible.

Requirements

Requirements	Mortgage Relief	Property Tax	Reverse Mortgage	Partial Claim/ Loan Deferral
Must have faced a pandemic-related financial hardship after January 21, 2020	X	X	X	X
Combined household income for residents 18 and over must be at or below 150% AMI (by county)	X	X	X	X
Homeowners cannot have cash or assets on hand (excluding savings in a retirement account) that is equal to or greater than the relief funds needed +\$20,000	X	X	X	X
The unpaid principal balance of the homeowner's primary mortgage loan at the time of origination cannot be greater than the "conforming loan limit" (as determined under the provisions of the Housing and Economic Recovery Act of 2008) in effect at time of origination	X		X	X
Must have missed at least 2 payments by March 1, 2023, and are currently behind	X			
Must have missed at least 1 payment prior to March 1, 2023, and are currently behind		X		
Must be primary residence and own only 1 property	X	X	X	X
Property may include up to 4 units on site (House, condo, permanently affixed manufactured home, homes with ADUs, duplex, four-plex)	X	X	X	X
Multiple funding awards/applications for qualified applications, up to \$80,000 in maximum assistance	X	X	X	X
Reduce or eliminate partial claims and loan deferrals (received during or after January 2020)				X
Homeowner's mortgage/loan servicer must be participating in the California Mortgage Relief Program	X		X	X

APPLY ONLINE TODAY AT
CaMortgageRelief.org

CALL WITH QUESTIONS
1-888-840-2594
MONDAY-FRIDAY 8 A.M. - 6 P.M.






SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES - BEHAVIORAL HEALTH JOB FAIR

THURSDAY, NOVEMBER 9, 2023

10:00 AM – 4:00 PM

Are you looking to begin or further your career in behavioral health? Sonoma County Behavioral Health is looking to fill multiple clinical practice positions.

 2227 CAPRICORN WAY, EAST ENTRANCE, SANTA ROSA, CA
To Register for this event, follow the link below.

[REGISTER HERE!](#)



<https://sonomacounty.ca.gov/jobfair>





El Día de los Muertos Petaluma 2023



Calendario de Eventos

oct 14 - nov 2
10 am - 4 pm

Exposiciones de Bellas Artes y Altares con Ofrendas en Petaluma. Biblioteca y Museo Histórico de Petaluma, Horario: jueves a domingo. De 10 am a 4:00 pm, 20 4th St, Petaluma, CA 94952

octubre 1
11 am - 3 pm

Evento de apertura/Feria de Salud en la Iglesia St. Vincent de Paul en colaboración con el Centro de Salud Petaluma. 35 Liberty Street. Ballet Folklórico Paquiyollotzin, Danza Azteca, presentación de Tae Kwon DO por escuela Him DO Kwan.

octubre 14
6:30 - 9:00 pm

Recepción de artistas para la exposición "El Amor es Eterno" que presenta el trabajo de artistas latinos en el Área de la Bahía como Peter Perez y un altar comunitario creado por Israel Escudero. HenHouse Brewing Company sirve cerveza y música en vivo de Mateo. 20 4th St, Petaluma, CA 94952

octubre 21
6 - 8:30 pm

Poesía del Recuerdo: 21 de octubre. Una velada de poesía bilingüe incluirá poetas destacados y lectores de la comunidad. Cena compartida. Biblioteca y Museo Histórico de Petaluma, 20 4th Street. Info. John 707-338-5765

octubre 28
6:30 - 9:30 pm

Procesión/Evento de clausura: comienza en la Plaza de la Iglesia de San Vicente hasta la Biblioteca y Museo Histórico de Petaluma, 20 4th St. para una noche de comida, arte, música en vivo por Mateo, espectáculos y danza folclórica. ¡Maquilla tu cara de esqueleto, trae una vela y únete a la diversión familiar!

Contact:

Gloria McCallister: 707-481-1755
Margo Gallagher: 707-338-1387
Abraham Solar: 707-293-6811

diadelosmuertospetaluma@gmail.com



El Día de los Muertos Petaluma





HARM REDUCTION SYMPOSIUM

EDUCATE · SUPPORT · EMPOWER

PRESENTED BY FACE TO FACE

Wednesday, November 8, 2023

5:30 - 7:30pm

Finley Community Center



Laura Guzman JD
National Harm
Reduction Collation



Lorie Violette
Face to Face



Scott King
Lost son to
Overdose 2022



Alexis Lang
CARE Network
SR Memorial Hospital

A representative from the Office of AIDS,
California Department of Public Health will give
an update on the state of harm reduction services

This event is FREE to attend
Reserve your space today
<https://bit.ly/f2f-harm-reduction>

Financial Wellness Sessions



FAMILY
JUSTICE CENTER
Sonoma County



Free ongoing sessions for FJC past and present clients to complete your financial goals!



Learn About:

- Navigating Financial Institutions
- Paying for College
- Managing Debt
- Credit Building
- Budgeting
- Major Household Purchases

Session Dates

**June -
December
2023**

**2755 Mendocino Ave,
Santa Rosa, CA 95403**

**For Registration:
707-565-4493**

Sesiones de Bienestar Financiera



FAMILY
JUSTICE CENTER
Sonoma County



¡Sesiones gratuitas para clientes actuales y pasados de el Centro Familiar de Justicia para completar sus metas financieras!

Aprender acerca:

- Navegando Instituciones Financieras
- Pagando por la Universidad
- Administrar la Deuda
- Establecer Credito
- Presupuestar
- Compras principales del hogar

2755 Mendocino Ave,
Santa Rosa, CA 95403

A circular image showing a small green seedling with two leaves growing out of a pile of coins. The background is a soft-focus green and yellow bokeh.

Fechas de la
Sesión
Junio-
Diciembre
2023

Para Hacer Cita:
707-565-4493

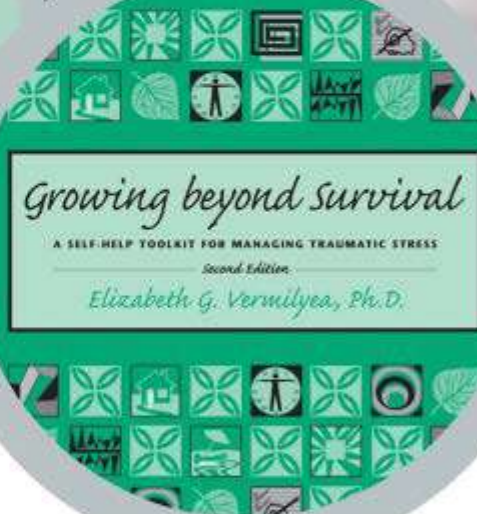


SURVIVOR Group

This 12-week group focuses on teaching skills that empower survivors to take control of and de-escalate trauma symptoms such as feelings of anxiety, difficulty sleeping, or flashbacks. This group is not therapy but does aim to support you as you grow beyond survival and towards a life of hope and healing.

- ✓ Wednesdays, starting 10/18
- ✓ 6pm to 7:30pm
- ✓ Join Anytime

Groups will be help in both English and Spanish! You don't have to make it to every session to participate. Come as often as you can.



Ask Your FJC Staff

Contact Us
707-565-8255



Collage: Flores de Frida Frida Flower Faces

miércoles 1 de noviembre @ 3pm



Tod@s son bienvenidos a este
programa inclusivo.



BIBLIOTECA ROSELAND

470 Sebastopol Road

707-755-2029



**GOODWILL RESUME ASSISTANCE
AT JOB LINK
2227 CAPRICORN WAY
SUITE 100
SANTA ROSA, CA
95407**

**SIGN UP FOR RESUME
ASSISTANCE AS THERE
ARE ONLY TWO
SPOTS AVAILABLE
EACH WEDNESDAY!
FROM 2PM -3PM**

**PLEASE CALL
JOB LINK TO
SIGN UP!
(707) 565-5550**



HUMANIDAD
Therapy & Education Services



CONVIVENCIA COMUNITARIA COMMUNITY CONVIVENCIA

APOYO DE FAMILIA A FAMILIA DURANTE LAS FIESTAS NAVIDEÑAS.

SANANDO EL DOLOR DEL CORAZÓN: ENCONTRANDO CUMPLIMIENTO CUANDO NUESTROS SERES QUERIDOS NO ESTÁN.



DECEMBER 1ST / 1 DE DICIEMBRE
4:30 PM - 7:00 PM

¡Se proporcionara cena, cuidado de niños y rifa!
para mas informacion llame (707)525-1515 ext. 126

Dinner, childcare and raffle will be provided!
For more Information call (707)525-1515 ext. 126



REGÍSTRESE AQUÍ /
REGISTER HERE



2230 LOMITAS
AVE, SANTA ROSA,
CA 95404



HUMANIDAD
Therapy & Education Services



**FREE therapy for
Individuals living In the
Cloverdale /
Healdsburg area**

**Terapia GRATUITA para
personas que viven en la
área de Cloverdale y
Healdsburg**



**FREE
GRATIS**



**1:1 Therapy
Terapia 1:1**



**In-person and Telehealth
Available
Disponible en persona y telesalud**



**NONPROFIT MULTICULTURAL AGENCY
AGENCIA MULTICULTURAL SIN FINES DE LUCRO**



**EXPIERENCED PROFESSIONALS
PROFESIONALES EXPERIMENTADOS**



**BILINGUAL AND BICULTURAL CLINICIANS
TERAPEUTAS BILINGÜES Y BICULTURALES.**



**HEALTHCARE
FOUNDATION**
NORTHERN SONOMA COUNTY

**CALL FOR MORE INFO / LLAME PARA
MÁS INFORMACIÓN
(707)525-1515 ext. 116**



**KAISER
PERMANENTE®**



HUMANIDAD
Therapy & Education Services



Un Mismo Camino

Consejería de Grupo

Todos los Viernes

6 pm to 7:30 pm

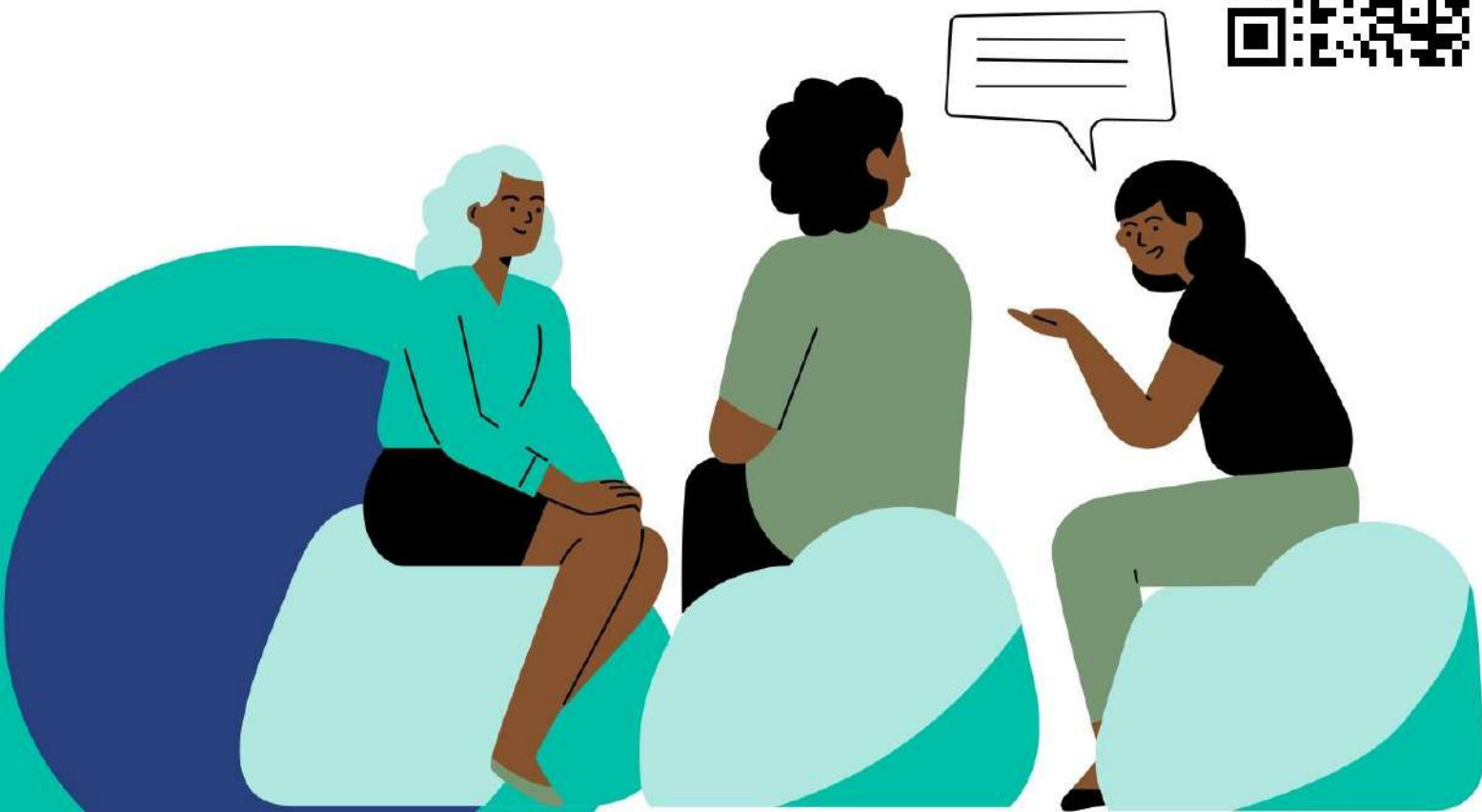
Via Zoom

Identificando Factores que Incrementan la Violencia Doméstica

Facilitado por Heidy Umali, ASW

Supervisor- Heather Harshbarger LMFT #53037

registrar aquí





JOB & RESOURCE FAIR

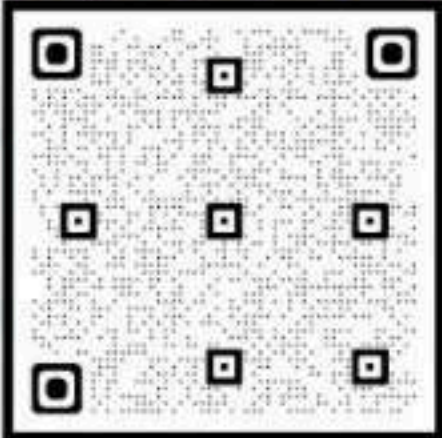
FOR HOMELESS OR AT RISK

Dont miss the Raffles throughout the event!

Lunch included along with a \$25 Gift Card Meet Employers and Resource providers On Site Resume Clinic

**Petaluma
Community Center
320 N. McDowell Blvd.,
Petaluma, 94954
10:00am - 1:00pm**

NOV 16, 2023



**For more info Job Link
(707) 565-5550
joblink@schsd.org**



Auxiliary aids and services are available upon request for individuals with disabilities. Equal Opportunity Employer/Program.



FERIA DE EMPLEO Y RECURSOS

PARA PERSONAS SIN HOGAR O EN RIESGO

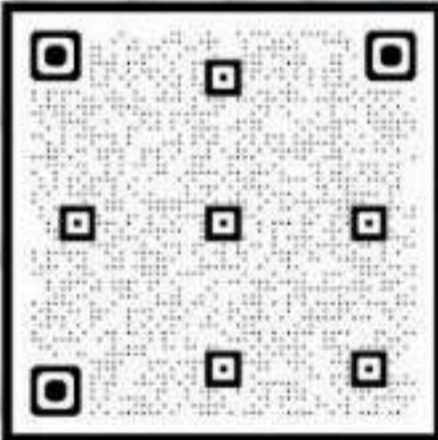


¡No te pierdas las Rifas durante el evento!

Almuerzo incluido junto con una tarjeta de regalo de \$25
Conozca a empleadores y proveedores de recursos
Clínica de currículum

**Petaluma
Community Center
320 N. McDowell Blvd.,
Petaluma, 94954
10:00am - 1:00pm**

NOV 16, 2023



Para mas informacion
Job Link
(707) 565-5550
joblink@schsd.org



Auxiliary aids and services are available upon request for individuals with disabilities. Equal Opportunity Employer/Program

ENTRENAMIENTOS PARA PADRES

Líderes del Futuro Avanzando
continua entrenamientos GRATIS
por zoom este 2023

19 DE AGOSTO – SUS DERECHOS
EDUCATIVOS - ELAC/DELAC

16 DE SEPTIEMBRE - LAS OPCIONES
DESPUES DE LA PREPA Y COMO PAGAR
POR EL COLEGIO/UNIVERSIDAD

21 DE OCTUBRE – EL ACOSO/BULLYING Y
COMO REPORTARLO

18 DE NOVIEMBRE - LOS PELIGROS DE LA
TECNOLOGIA Y NUESTRXS HIJXS

LÍDERES
— DEL —
FUTURO



Para inscribirse, escanee el
código QR o use la liga:

<https://bit.ly/3Jnvq0L>
lideresdelfuturo@yahoo.com





KIDS WELCOME:

WE'RE PLANTING A POLLINATOR GARDEN!

McKinley School, Petaluma
Saturday, November 4th
9:00 AM - 2:00 PM

Help us plant a beautiful pollinator garden that will be irrigated with rainwater!

There will be food, drinks, & music!

Learn more and sign up:
dailyacts.org/upcoming-events





LOS NIÑOS
SON BIENVENIDOS

NOSOTROS ESTAMOS PLANTANDO
UN JARDÍN POLINIZADOR

Escuela McKinley, Petaluma

Sábado, 4 de Noviembre

9:00 AM - 2:00 PM

Ayúdanos a plantar un
hermoso jardín polinizador
que sera regado con agua de lluvia!

¡Habrá comida, bebidas y música!

Aprende más y regístrate:
dailyacts.org/upcoming-events



LGBTQ+

YOU WITH

Group

Call the Petaluma
Health Center at
(707) 559-7500 to
schedule.

Meets Virtually Mondays

4:00 - 5:15 PM

Grupo de

JÓVENES

LGBTQ+

Llame al Centro de
Salud de Petaluma
al (707) 559-7500
para programar su
cita.

Se reúne virtualmente
los lunes
4:00 - 5:15 p.m.



notes



PETALUMA HEALTH CENTER MOBILE CLINIC



WELL CHILD VISITS

VACCINES

OTHER SERVICES

AVAILABLE*



TO SCHEDULE AN APPOINTMENT PLEASE RSVP AND
COMPLETE THE REQUIRED CONSENT FORMS PRIOR TO
YOUR CHILD'S APPOINTMENT





notes



CLINIC MOBIL DEL CENTRO DE SALUD DE PETALUMA

EXÁMENES FÍSICOS ANUALES

VACUNAS

OTROS SERVICIOS
DISPONIBLES*



PARA PROGRAMAR UNA CITA, CONFIRME SU
ASISTENCIA Y COMPLETE LOS FORMULARIOS DE
CONSENTIMIENTO REQUERIDOS ANTES DE LA CITA DE
SU HIJO.





Family Resource Center

421 S McDowell Blvd,
Petaluma, CA 94954

Starting Thursday, September 28th
08:30 AM - 04:30 PM

- 
- 
- Well Child Visits
 - Immunizations
 - Adult Services

To schedule an appointment please RSVP
and complete the required consent forms
prior to your child's appointment

ADDITIONAL DATES

OCT. 26





McDowell Elementary

421 S McDowell Blvd,
Petaluma, CA 94954

Starting Wednesday, September 6th
08:30 AM - 04:30 PM

- Well Child Visits
- Immunizations
- Additional Services

To schedule an appointment please RSVP
and complete the required consent forms
prior to your child's appointment

ADDITIONAL DATES

OCT. 04, 18

NOV. 1

DEC. 6, 20



Richard Crane Elementary

1290 Southwest Blvd.,
Rohnert Park, CA 94928

Starting Thursday, November 9th
08:30 AM - 04:30 PM

- ✓ Well Child Visits
- ✓ Immunizations
- ✓ Additional Services

You can RSVP by calling the clinic at (707) 559-7500 to schedule an appointment. It's important to complete the required consent forms prior to your child's appointment.

ADDITIONAL DATES

DEC. 14

Save the Date

November 2, 2023

8am-4pm

Finley Community
Center



THE SANTA ROSA
VIOLENCE
PREVENTION
PARTNERSHIP

Violence Prevention Awareness Seminar



SONOMA COUNTY
INDIAN HEALTH PROJECT

SCIHP DIABETES DAY

Diabetic Screening Event
Complete your A1c,
FOOT EXAMS & RETINALS

Date: Tuesday November 7, 2023

Time: 9:00AM-3:00PM

Located: Community Room

Walk-in appointments available.



**Participation Incentives
Provided**



Contact to schedule (707) 521-4500



SONOMA COUNTY
INDIAN HEALTH PROJECT

SCIHP DIABETES DAY

Diabetic Screening Event
Complete your A1c,
FOOT EXAMS & RETINALS

Date: Tuesday November 14, 2023

Time: 9:00AM-3:00PM

Located: Community Room

Walk-in appointments available.



**Participation Incentives
Provided**



Contact to schedule (707) 521-4500



The Aunties & Uncles Program presents...

FAMILY FUN NIGHT AT THE CHILDREN'S MUSEUM

Friday, December 1, 2023

5:30 PM - 7:30 PM

Children's Museum of Sonoma County
1835 W Steele Lane, Santa Rosa

Dinner | Explore the museum |
Activities for kids & Raffles!

**REGISTRATION REQUIRED BY
NOVEMBER 15TH :**

Call Carolyn at (707)521- 4559
or Dean at (707)565 -1032
email: aupevents@scihp.org



The Aunties & Uncles Program presents...

Native Veterans
**HONORING
CELEBRATION**

THURSDAY, NOVEMBER 9, 2023

11:00 AM - 2:00 PM

**SCIHP COMMUNITY ROOM
144 STONY POINT ROAD
SANTA ROSA**

**For more information contact:
Carolyn at (707)521-4559 or
Dean at (707)565-1032
aupevents@scihp.org**

SENIOR COOKING PROGRAM

Join us on a
fun and
flavorful
adventure in
the kitchen!

FOOD SAFETY
COOKING ON A BUDGET
CREATIVITY
COOKING TECHNIQUES
DISASTER PREPAREDNESS



8-WEEK SERIES

10/17 TO 12/05
ON TUESDAYS

10:00AM TO 2:00PM
AT

1370A REDWOOD
WAY, PETALUMA CA

FOR MORE
INFORMATION
CALL
(707) 978-2340



PROGRAM DE COCINA PARA PERSONAS MAYORES

**¡Únete con
nosotros en
una aventura
divertida y
sabrosa en la
cocina!**

**SEGURIDAD ALIMENTICIA
COCINAR CON UN
PRESUPUESTO
CREATIVIDAD
TÉCNICAS DE COCINA
PREPARACIÓN PARA
DESASTRES**

**SERIE DE 8
SEMANAS**

**10/17 A 12/05
ON MARTES**

10:00AM A 2:00PM

**1370A REDWOOD
WAY, PETALUMA,
CA**

**PARA MAS
INFORMACION
LLAME
(707) 978-2340**

**SONOMA
FAMILY
MEAL**





WELLNESS GROUPS

COME HANG WITH THE ALCHEMY TEAM!



Thursdays, 3:30-5pm at 714 Mendocino Ave.

Contact Willow at willow@voicesyouthcenter.org

or VOICES at (707) 251-9432