



Ongoing Support is Available



WILDFIRE MENTAL HEALTH COLLABORATIVE

Call NAMI at: 866.960.6264

www.mysonomastrong.com

REBUILDING OUR COMMUNITY: SONOMA COUNTY

Call Resource Center at: 707.535.3349

rocsonomacounty.org

DISASTER CASE MANAGEMENT

Call Catholic Charities at: 866.542.5480



PETALUMA PEOPLE SERVICES CENTER



Goodwill Redwood Empire

HOPE Sonoma County

Resilience, Remembrance, Recovery



It has been an honor and privilege to serve the residents of Sonoma County on a shared journey of healing from the emotional impact of the Sonoma-Complex Fires. As our program comes to a close, we offer some helpful tips on looking back and moving forward.

Spread HOPE through:

- Movement
Connection
Reflection
Expression

Joyful Movement

Moving the Body Relieves Stress:

- Walking in Nature
- Bike Riding
- Swimming
- Kayaking
- Sports
- Stretch Breaks
- Regular Exercise
- Gardening
- Meditative Movement
- Yoga
- Dance



Inner Reflection

Reflecting on Gratitude Builds Hope:

- Long exhale to relax
- Meditation and stillness
- Visualization of the future
- Grounding your being
- Journaling your thoughts
- Admiring sunsets
- Enjoying the beauty of nature
- Listening to the ocean

Supportive Connections

Connecting with Others Strengthens Resilience:

- Connect with friends and family
- Foster a rescued animal/pet
- Participate in neighborhood events
- Organize a block party
- Join community groups, civic groups, or action groups
- Start a discussion group
- Join a support group
- Work with a counselor
- Volunteer on a service project

Creative Expression

Expressing Yourself Empowers Recovery:

- Painting
- Drawing
- Sculpting
- Modeling
- Photography
- Crafts
- Sewing
- Music
- Performance
- Poetry
- Writing
- Blogging

