



# MAY IS MENTAL HEALTH AWARENESS MONTH



## COMMUNITY HEALING CIRCLE \*LIMITED SPACE

Wednesday, May 1, 2024 | 4:00PM-6:30PM

Location: Corazon Healdsburg, RM #5, 1557 Healdsburg Ave, Healdsburg, CA

*Come join our Bilingual community healing circle, a nurturing environment to share, heal, and grow together. (Únase a nuestro círculo de curación comunitario, un entorno enriquecedor para compartir, sanar y crecer juntos).*

To RSVP or for more information call: [\(707\) 615-4567](tel:(707)615-4567)

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5.01.24

## WCCS RESOURCE FAIR & MOBILE SUPPORT TEAM'S PRESENTATION

Thursday, May 2, 2024 1:30PM-4:30PM

Location: Glaser Center, 547 Mendocino Ave, Santa Rosa, CA

*Resource Fair before and after presentations from the 3 mobile crisis units in Sonoma County.*

For more information or RSVP Contact: [michael.reynolds@westcountyservices.org](mailto:michael.reynolds@westcountyservices.org)

5.02.24

## SONOMA COUNTY HUMAN RACE

Thursday, May 4, 2024 | 7:00AM-11:30AM

Location: Old Court House Square, Downtown Santa Rosa, CA

*Fundraising event for North Bay nonprofits. Organized by Center for Volunteer & Nonprofit Leadership.*

For more information: Hana Casita, [hcasita@namisoco.org](mailto:hcasita@namisoco.org)

5.04.24

## MENTAL HEALTH PANEL PRESENTATION

Thursday, May 4, 2024 | 11:00AM-12:00PM

Location: Flouracity, Geyserville, CA

*Open House Event open to the public for this professional development company, featuring a Mental Health Panel.*

For more information: Mary-Frances Walsh, [mfwalsh@namisoco.org](mailto:mfwalsh@namisoco.org)

5.04.24



### QUESTION, PERSUADE, REFER: SUICIDE PREVENTION TRAINING

Wednesday, May 8, 2024 | 3:00PM-5:00PM

Location: Sonoma County Office of Education, 5340 Skylane Blvd, Santa Rosa CA

*Participants will learn the warning signs of mental distress and a potential suicide crisis. They will learn to recognize someone at risk for suicide, how to intervene, and how to connect that person to appropriate resources.*

To register: [click here](#) or call 707-524-2816

For more information: [Click here](#)

5.08.24

### IN THE MIND OF THE YOUTH PROMOTORS "WHAT DOES SELF-CARE LOOK LIKE FOR YOU"

Wednesday, May 8, 2024 | 6:30PM-8:30PM

Location: Latino Service Providers, 1000 Apollo Drive, Suite 185, Santa Rosa CA

*Youth Promotors will poll others during April's monthly meeting and ask what they do for self-care and incorporate answers in their May podcast.*

For more information: [Click here](#)

5.08.24

### ENDING THE SILENCE PRESENTATION

Thursday, May 9, 2024 | 9:00AM-2:00PM

Location: Sonoma Valley High School

*NAMI Ending the Silence presentations for students in six school periods.*

For more information contact: Nick Fierro, [nfierro@namisoco.org](mailto:nfierro@namisoco.org)

5.09.24

### PREGUNTAS, PERSUADIR, REFERIR: CAPACITACIÓN DE PREVENCIÓN DE SUICIDIO

Jueves 9 de mayo 2024 | 9:30AM-11:30AM

Ubicación: Oficina de Educación del Condado de Sonoma, 5340 Skylane Blvd, Santa Rosa

*Los participantes aprenderán a identificar señales de alerta de angustia mental y una posible crisis de suicidio. Aprenderán cómo reconocer a una persona que está en riesgo de suicidio, cómo intervenir, y cómo referir a esta persona a los recursos apropiados.*

Para registrarse: [clic aquí](#) o llame al 707-524-2816 -- Para más información: [clic aquí](#)

5.09.24

### HOW OUR WORLD AFFECTS OUR MENTAL HEALTH FORUM

Thursday, May 9, 2024 | 2:00PM-3:00PM

Location: Wellness and Advocacy Center, 2245 Challenger Way #104, Santa Rosa CA

*Discussion on how current events, loneliness, technology, social media, and other worldviews can play a role in our mental health.*

For more information contact: [danette.alander@westcountyservices.org](mailto:danette.alander@westcountyservices.org) (707)565-7800

5.09.24

### ART FOR THE HEART MENTAL HEALTH PAINT DAY

Thursday, May 9, 2024 | 5:30PM-7:00PM

Location: Latino Service Providers, 1000 Apollo Drive, Suite 185, Santa Rosa CA

*This will be the last meeting date where Youth Promotors will create works of art that represent their current mental health.*

5.09.24



5.10.24

### ENDING THE SILENCE PRESENTATION

Friday, May 10, 2024 | 9:00AM-2:00PM

Location: Sonoma Valley High School

*NAMI Ending the Silence presentations for students in six school periods.*

For more information contact: Nick Fierro, [nfierro@namisoco.org](mailto:nfierro@namisoco.org)

5.10.24

### SUICIDE AWARENESS TRAINING

Friday, May 10, 2024 | 2:00PM-3:00PM

Location: DAAC Centerpoint, 2403 Professional Drive, Santa Rosa, CA

*Training for DAAC staff on accessing follow-up care for clients screened at risk.*

For more information contact: Mary-Frances Walsh, [mfwalsh@namisoco.org](mailto:mfwalsh@namisoco.org)

5.11.24

### STOMP THE STIGMA

Saturday, May 11, 2024 | 10:00AM-2:00PM

Location: Old Railroad Square, Santa Rosa, CA

*Mental Health Awareness Day targeted towards all communities, but specifically for students to practice self-care during finals week!*

For more information contact: Magalli Larque [mlarque@latinoserviceproviders.org](mailto:mlarque@latinoserviceproviders.org)

5.11.24

### INCLUSION FESTIVAL

Saturday, May 11, 2024 | 11:00AM-6:00PM

Location: Petaluma Community Center, 320 N McDowell Blvd, Petaluma, CA

*The Inclusion Festival is a vibrant nonprofit music and arts event dedicated to honoring people with disabilities, their friends, families, and allies*

For more information contact: Nick Fierro, [nfierro@namisoco.org](mailto:nfierro@namisoco.org) or [Click here](#)

5.13.24

### SCBH FAMILY EDUCATION AND SUPPORT GROUP

Monday, May 13, 2024 | 4:00PM-6:00PM

Location: Zoom

*Monthly support group to increase the understanding of mental illness and to receive support.*

For group inquiries, contact: Nicole Natividad - [NicoleN@Buckelew.org](mailto:NicoleN@Buckelew.org) - (707) 494-0762

RSVP for the Zoom link contact: Marisabel Mendoza - [MarisabelM@Buckelew.org](mailto:MarisabelM@Buckelew.org) - (707) 513-5135

5.14.24

### MINDFUL MOVEMENT SESSION \*LIMITED SPACE

Tuesday, May 14, 2024 | 11:30AM-1:00PM

Location: SRJC - Petaluma Campus, Quad Area, 680 Sonoma Mt. Pkwy, Petaluma, CA,

*Learn techniques to de-stress and reduce anxiety while having fun with music and body movement.*

For more information contact: Jeane Erlenborn, [jerlenborn@santarosa.edu](mailto:jerlenborn@santarosa.edu)

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5.15.24

### MENTAL HEALTH IN OLDER ADULTS PRESENTATION

Tuesday, May 14, 2024 | 2:00PM-3:30PM

Location: Silvercrest Senior Living Residence, 1050 3rd St, Santa Rosa, CA

For more information contact: Nick Fierro, [nfierro@namisoco.org](mailto:nfierro@namisoco.org)



### NAMI PRESENTATION

Tuesday, May 14, 2024 | 6:00PM-7:00PM

Location: Silvercrest Senior Living Residence, 1050 3rd St, Santa Rosa, CA

*Introduction to Addiction Studies Class, Santa Rosa Junior College*

For more information contact: Mary-Frances Walsh, [mfwalsh@namisoco.org](mailto:mfwalsh@namisoco.org)

5.15.24

### MINDFUL GUIDED ART SESSION \*LIMITED SPACE

Wednesday, May 15, 2024 | 4:00PM-6:00PM

Location: La Luz Center, 17560 Greger St, Sonoma, CA

*Join us for a bilingual exploration during Mental Health Month, delving into the connection between art and mental well-being. (Durante el mes de mayo se celebra la Salud Mental, ahondando en la conexión entre el arte y el bienestar mental.)*

To RSVP or for more information call: (707) 938-5131

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5.15.24

### CROOKED BEAUTY FILM SCREENING

Thursday, May 16, 2024 12:30PM-1:30PM

Location: Interlink Self-Help Center, 1033 4th Street, Santa Rosa, CA

*Artistic chronicle of Jacks McNamara's courageous journey from psych ward inpatient to co-founder of Icarus Project.*

Contact: [sean.kelson@westcountyservices.org](mailto:sean.kelson@westcountyservices.org) or call 707-546-4481 ext 801

5.16.24

### MAY IS MENTAL HEALTH AWARENESS FORUM

Tuesday May 16, 2024 | 2:00PM-3:00PM

Location: Wellness and Advocacy Center, 2245 Challenger Way #104, Santa Rosa, CA

*Sharing our mental health narratives*

For more information: [danette.alander@westcountyservices.org](mailto:danette.alander@westcountyservices.org) or (707)565-7800

5.16.24

### MINDFUL GUIDED NATURE WALK \*SPACE IS LIMITED

Friday, May 17, 2024 | 10:00AM-1:00PM

Location: Armstrong Redwoods, 17000 Armstrong Woods, Rd, Guerneville, CA

*Join us for a guided nature walk, blending hiking with mental rejuvenation, to shed stress and elevate mood in the calming embrace of Mother Nature, welcoming all levels of experience.*

To RSVP or for more information: [Click Here](#)

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5.17.24

### POTLUCK GATHERING FOR THOSE WHO SERVE OUR COMMUNITY

Friday, May 17, 2024 | 2:00PM-4:00PM

Location: Buckelew Programs, 2235 Mercury Way, Suite 107, Santa Rosa, CA

*Gather with other service providers for connection and fellowship. We'll explore how we stay passionate about service work and ways to rekindle the spark when it dims. Bringing a potluck dish is optional*

To RSVP Contact: Marisabel Mendoza at [MarisabelM@Buckelew.org](mailto:MarisabelM@Buckelew.org) or (707) 513-5135

5.17.24



### MENTAL HEALTH PANEL PRESENTATION

Saturday, May 18, 2024 | TBD

Location: Sally Tomatoes, 1100 Valley House Dr, Rohnert Park, CA

*Rotary District Conference - for Rotary members in Northern CA*

For more information contact: Mary-Frances Walsh, [mfwalsh@namisoco.org](mailto:mfwalsh@namisoco.org)

5.18.24

### APOYO EMOCIONAL: SUICIDE PREVENTION

Monday, May 20, 2024 | 5:00PM-6:30PM

Location: Latino Service Providers, 1000 Apollo Drive, Suite 185, Santa Rosa CA

*About suicide, risk and protective factors, and resources available for youth.*

For more information: Cristian Gutierrez at [mcgutierrez@latinoserviceproviders.org](mailto:mcgutierrez@latinoserviceproviders.org)

5.20.24

### THE SCIENCE OF ARTFUL AGING \*SPACE IS LIMITED

Thursday, May 23, 2024 | 12:00PM-1:00PM

Location: Council on Aging Office, 30 Kawana Springs Rd, Santa Rosa, CA

*Dr. Todd Finnemore is a local geropsychologist who specializes in issues of aging, life transitions, and medical-legal decision-making capacity assessments. Dr. Finnemore serves individuals, caregivers, families, and various health care, social service, and legal professionals in his work.*

RSVP Contact: 707-525-0143 ext. 119 or [djohnson@councilonaging.com](mailto:djohnson@councilonaging.com)

5.23.24

### BUILDING ONES MENTAL HEALTH TOOLBOX

Thursday, May 23, 2024 | 2:00PM-3:30PM

Location: Wellness and Advocacy Center, 2245 Challenger Way #104, Santa Rosa, CA

*Sharing the diversity of lived experience's tools that you use to help support your mental wellbeing.*

For more information: [danette.alander@westcountyservices.org](mailto:danette.alander@westcountyservices.org) or (707)565-7800

5.23.24

### APOYANDO NUESTRA COMUNIDAD

Jueves 23 de mayo 2024 | 4:30PM-6:00PM

Ubicación: Buckelew Programs, 2235 Mercury Way, Suite 107, Santa Rosa, CA

*Venga a conocer los recursos comunitarios ofrecidos en el condado de Sonoma que pueden ayudarlo a usted y a los miembros de su familia.*

Para más información: Jennifer, Navegadora del Sistema al 707-292-3289 | [JenniferV@Buckelew.org](mailto:JenniferV@Buckelew.org)

5.23.24

### UNDERSTANDING AND SUPPORTING YOUTH DEPRESSION - ENTENTIENDO LA DEPRESIÓN EN JÓVENES Y NIÑOS Y CÓMO APOYARLOS

Thursday, May 23, 2024 | 5:00PM-6:00PM

Location: Virtual

*Bilingual Virtual work shop for parents and caregivers, Participants will learn to identify signs of depression in youth, what caring adults can do to help, and local resources (Los participantes aprenderán a identificar síntomas y señales de depresión en jóvenes y niños, y como ayudar)*

To register: click [here](#) or call 707-524-2816

For more information: [Flyer](#)

5.23.24



### **NAMI ENDING THE SILENCE PRESENTATION**

**Thursday, May 23 2024 | 4:30PM**

**Location: Sally Tomatoes, 1100 Valley House Dr, Rohnert Park, CA**

*Featuring a NAMI Ending the Silence video presentation and young adult speaker sharing her experience overcoming OCD.*

**For more information contact: Mary-Frances Walsh, [mfwalsh@namisoco.org](mailto:mfwalsh@namisoco.org)**

**5.23.24**

### **MINDFUL GUIDED ART SESSION \*SPACE IS LIMITED**

**Monday, May 28, 2024 | 1:00PM-4:00PM**

**Location: Finley Community Center, 2060 W College Ave, Santa Rosa, CA**

*Engaging in art and mindfulness exercises to promote relaxation, self-discovery, and connection, welcoming artists of all levels to unwind, connect, and leave refreshed and inspired.*

**To RSVP or for more information: [Click Here](#)**

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**5.28.24**

### **HEALING VOICES - FILM SCREENING**

**Thursday, May 30, 2024 | 10:30AM-12:00PM**

**Location: Petaluma Peer Recovery Center, 5350 Old Redwood HWY, #600, Petaluma, CA**

*Explores the experience commonly labeled as 'psychosis' through the stories of real-life individuals.*

**For more information: [jennifer.rougeau@westcountyservices.org](mailto:jennifer.rougeau@westcountyservices.org) or (707) 565-1299**

**5.30.24**

### **HEALING VOICES - FILM SCREENING**

**Thursday, May 30, 2024 | 11:30AM-1:00PM**

**Location: Interlink Self-Help Center, 1033 4th Street, Santa Rosa, CA**

*Explores the experience commonly labeled as 'psychosis' through the stories of real-life individuals*

**For more information: [sean.kelson@westcountyservices.org](mailto:sean.kelson@westcountyservices.org) or 707-546-4481 ext 801**

**5.30.24**

### **VOICES MAY BBQ**

**Thursday, May 30, 2024 | 4:00PM-6:00PM**

**Location: VOICES Youth Programs, 714 Mendocino Ave, Santa Rosa, CA**

*Community BBQ. All are welcome, no age restrictions, providers and receivers of services. Free food. Resources for all. Prizes and activities for those who choose to participate.*

**For more information contact: Lauren (707)579-4327 or [Lauren@voicesyouthcenter.org](mailto:Lauren@voicesyouthcenter.org)**

**5.30.24**

### **LANGUAGE & EMPOWERMENT COMMUNITY FORUM**

**Friday, May 31, 2024 | 1:30PM-2:30PM**

**Location: Interlink Self-Help Center, 1033 4th Street, Santa Rosa, CA**

*Training to support creating and maintaining transformative environments in our lives and/or work. Recipients and providers of services encouraged to attend.*

**For more information: [sean.kelson@westcountyservices.org](mailto:sean.kelson@westcountyservices.org) or 707-546-4481 ext 801**

**5.31.24**