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

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

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

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
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

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

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

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

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 (707)565-7800

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.
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

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

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

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 or Click here

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 - (707) 494-0762
RSVP for the Zoom link contact: Marisabel Mendoza - MarisabelM@Buckelew.org - (707) 513-5135

MINDFUL MOVEMENT SESSION *LIMITED SPACE
Tuesday, May 14, 2024 | 11:30AM-1:00PM
Location: SRJC - Petaluma Campus, Quad Area, 680 Sonoma Mnt. 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

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
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

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

SPONSORED BY SONOMA COUNTY BEHAVIORAL HEALTH

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 or call 707-546-4481 ext 801

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 or (707)565-7800

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
SPONSORED BY SONOMA COUNTY BEHAVIORAL HEALTH

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 or (707) 513-5135
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@namisco.org

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

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

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 or (707)565-7800

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

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 sintomas y señales de depresión en jóvenes y niños, y como ayudar)
To register: click here or call 707-524-2816
For more information: Flyer
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

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

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 or (707) 565-1299

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 or 707-546-4481 ext 801

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

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 or 707-546-4481 ext 801