

NAMI Sonoma County
1300 N. Dutton Ave, Ste A
Santa Rosa, CA 95401

Join us for Human Race 2011!

Saturday, May 7th, Doors open at 6:30 AM
Herbert Slater Middle School
3500 Sonoma Avenue,
Santa Rosa, CA 95405

The Human Race is a nationwide community fund raising event for nonprofit organizations and is the largest collaborative fundraising event in Sonoma County as well as the largest Human Race in the nation! Last year, over 10,000 participants and 246 non-profits raised \$750,000. The race features a 3K and 10K run and walk through Howarth and Spring Lake Parks, rain or shine.

Organizations and businesses recruit walkers/runners/pledge-gatherers to raise funds. The run and walk is open to all. **NO FEE for walkers!** Runners pay \$30 for timed races.

Connect with NAMI Sonoma County at our annual fundraiser! **Our goal is to raise \$10,000.** Come, walk, or run with us and help support better mental health in Sonoma County. To join our team or make a donation, please visit www.humanracenow.org. We highly encourage you to become a Team Captain and recruit members on your team to collect pledges for the Race. You can create your own site on the Human Race Website and send an email to friends to donate to NAMI on your page. Please make sure to list NAMI Sonoma County as the Benefiting Nonprofit Agency when signing up.



Client and Family Support Groups

PETALUMA

Client Connection:

- Wednesdays, 6:30-8 pm at COTS' Mary Isaak Center, 900 Hopper Street.
- Mondays, 1-2:30 pm at Sonoma County Regional Team, 1360 N. McDowell Blvd.

Family Support: 1st and 3rd Tuesdays of the month, 5 - 6:30 pm at Petaluma Senior Center, 211 Novak Drive.

SANTA ROSA (Groups are held at NAMI SC Office)

Client Connection: Thursdays, 11:30 am -1:30 pm

Family Support: Thursdays, 2 - 3:30 pm

Spanish Family Support/Grupos de Apoyo: Saturdays, 1-2:15 pm

SEBASTOPOL

Family Support: 2nd Wednesday of the month, 3 - 4:30 pm at West County Community Services, 477 Petaluma Ave.

SONOMA

Family Support: 1st Thursday of the month, 7:15 - 8:45 pm, at Office of Sylvia Chloe, MFT, 283 Second St East.

May 2011: Upcoming Events

May 5th CINCO DE MAYO CELEBRATION, from 3 - 10 pm at 681 Sebastopol Road, Santa Rosa. NAMI SC will be tabling from 3-7 pm.

May 5th NAMI FRONTLINE MEETING at NAMI SC, from 9:30 - 11:30 AM. We will focus on services for Veterans and their loved ones! One of the founders of NAMI Front Line will speak about the nationally recognized program that was founded by NAMI Kern County. Patrice Maniaci, the daughter of a veteran, will talk about the NAMI Front Line community collaborative program, including services that are supportive and educational.

May 5th GENERAL MEETING at NAMI SC, from 6 - 7 PM. This month we will be hosting an In Our Own Voice Presentation. In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. We will also be holding our annual **BOARD ELECTION** during this time. Blank ballots will be available for members to vote.

May 7th BENNETT VALLEY SENIOR CENTER HEALTH AND WELLNESS FAIR from 9 am - 12 pm, at 704 Bennett Valley Road, Santa Rosa. NAMI SC will be tabling at this event.

May 12th Unlisted FILM SCREENING In honor of Mental Health Month, we will be showing this film at Third Street Cinemas (620 Third Street, Santa Rosa, CA 95404) at 6 pm. There will be a panel of speakers available for a discussion following the film. Donations are suggested but not required.

MAY 30th MEMORIAL DAY In honor of the holiday, NAMI SC will be closed on May 30th and will reopen Tuesday, May 31, 2011.

NAMI Sonoma County- May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2 Client Connection 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma</p> <p>Persona a Persona Education -Class 2 5:00-7:00 pm NAMI Office <i>*Please call or email to register for this class*</i></p> <p>Tai Chi Class 6 pm – 7:15 pm Santa Rosa</p>	<p>3 Art Class 2 pm – 3:30 pm</p> <p>Family Support Group 5 pm – 6:30 pm Petaluma</p>	<p>4 Client Connection 6:30 pm – 8 pm Petaluma</p>	<p>5 Client Connection 11:30 am – 1:30 pm Santa Rosa</p> <p>Family Support Group 2 pm – 3:30 pm Santa Rosa 7:15-8:45 pm Sonoma</p> <p>Cinco de Mayo Celebration 681 Sebastopol Rd, Santa Rosa 3 pm – 10 pm <i>*NAMI SC will be tabling.</i></p> <p>General Meeting 6 pm- 7 pm</p> 	<p>6 Young Adult Family Support Group 7 pm – 8:30 pm</p>	<p>7 Human Race (All Day) Tabling: 7:30 am – 11:30 am Herbert Slater Middle School, 3500 Sonoma Avenue, Santa Rosa</p> <p>Bennett Valley Senior Center Health and Wellness Fair 9 am – 12 pm 704 Bennett Valley Road, Santa Rosa</p> <p><i>*NAMI SC will be tabling at both of these events.</i></p> <p>Spanish Family Support Group/Grupos De Apoyo 1 pm – 2:15 pm</p>
<p>8 Mother's Day</p> 	<p>9 Client Connection 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma</p> <p>Tai Chi Class 6 pm – 7:15 pm Santa Rosa</p>	<p>10 Art Class 2 pm – 3:30 pm</p> <p>Board, Community Relations & Fund Development Meetings 5:30 pm</p>	<p>11 Client Connection 6:30 pm – 8 pm Petaluma</p> <p>Family Support Group 3 pm – 4:30 pm Sebastopol</p>	<p>12 Client Connection 11:30 am – 1:30 pm Santa Rosa</p> <p>Family Support Group 2 pm – 3:30 pm Santa Rosa</p> <p>Film: Unlisted 6 pm – 8 pm Third Street Cinemas</p>	<p>13 Young Adult Family Support Group 7 pm – 8:30 pm</p>	<p>14 Spanish Family Support Group/Grupos De Apoyo 1 pm – 2:15 pm</p>
15	<p>16 Client Connection 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma</p> <p>Tai Chi Class 6 pm – 7:15 pm Santa Rosa</p>	<p>17 Art Class 2 pm – 3:30 pm</p> <p>Family Support Group 5 pm – 6:30 pm Petaluma</p>	<p>18 Client Connection 6:30 pm – 8 pm Petaluma</p>	<p>19 Client Connection 11:30 am – 1:30 pm Santa Rosa</p> <p>Family Support Group 2 pm – 3:30 pm Santa Rosa</p>	<p>20 Healthcare for the Homeless Integrated Client Support Meeting 12:45 pm – 1:45 pm NAMI SC Office</p> <p>CHOW Meeting 2 pm – 4 pm NAMI SC Office</p> <p>Young Adult Family Support Group 7 pm – 8:30 pm</p>	<p>21 Spanish Family Support Group/Grupos De Apoyo 1 pm – 2:15 pm</p>
22	<p>23 Client Connection 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma</p> <p>Tai Chi Class 6 pm – 7:15 pm Santa Rosa</p>	<p>24 Art Class 2 pm – 3:30 pm</p>	<p>25 Client Connection 6:30 pm – 8 pm Petaluma</p>	<p>26 Client Connection 11:30 am – 1:30 pm Santa Rosa</p> <p>Family Support Group 2 pm – 3:30 pm Santa Rosa</p>	<p>27 Young Adult Family Support Group 7 pm – 8:30 pm</p>	<p>28 Spanish Family Support Group/Grupos De Apoyo 1 pm – 2:15 pm</p>
<p>29</p> 	<p>30 Memorial Day <i>The office will be closed today. We will re-open on 5/31/11.</i></p>	<p>31 Art Class 2 pm – 3:30 pm</p>	<p><i>*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.</i></p>			