

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



Mental illness is one of the most disabling conditions in the world but often goes untreated. In fact, mental illness ranks in the top 10 illnesses causing disability, but few people with mental illness receive adequate care. Mental Illness Awareness Week strives to change that, by spreading awareness that mental illness is treatable, which can give many people relief and hope. This October, remember how great a difference education, outreach, diagnosis and treatment can make for millions of Americans.



**Ways to participate in this week:**

- Attend a support group (see schedule below)
- National Depression Screening Day : get screened: SRJC Santa Rosa Campus: Bertolini quad (10/5) & Petaluma Campus: Rotary Plaza (10/6)
- Attend the NAMI General Meeting on Thursday (10/6) at 6pm. The meeting will feature Comedian, Brian Wetzel. (see info below)



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**October 2011: Upcoming Events**

**Oct 6<sup>th</sup> GENERAL MEETING** at NAMI SC, from 6 – 7 PM. This month’s meeting will feature stand-up comedian Brian Wetzel. Brian will present a unique look at the many factors that contribute to clinical depression. He will share his experience creating and touring with his autobiographical one-man show, “Side-by-Side: A Journey With Depression - a funny look at serious survival,” that takes his audiences on a unique journey of laughter, painful truth, and finally, hope

**Oct 13<sup>nd</sup> LATINO HEALTH FORUM** at Flamingo Hotel, from 7:30 AM – 4:45 PM. To Register call 707-953-8532 NAMI will have a table at the Forum.

**Oct 22<sup>nd</sup> DSLC TECH EXPO** at Sonoma County Fairgrounds, from 11 – 3 PM. NAMI will be tabling this resource expo for persons with disability.

**Client and Family Support Groups**

**HEALDSBURG**

*Client Connection:* Thursdays, 5- 6:30 pm at Alliance Medical Center, 1381 University Ave.

**PETALUMA**

*Client Connection:*

- 1<sup>st</sup> Wednesday, 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:* 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 5 - 6:30 pm at Petaluma Senior Center, 211 Novak Drive.

**ROHNERT PARK**

*Family Support:* 2<sup>nd</sup> & 4<sup>th</sup> Mondays, 5- 6:30 pm at 705 Rohnert Park Expressway

**SANTA ROSA (Groups are held)**

*Client Connection:* \*Thursdays, 11:30 am -1:30 pm at NAMI SC Office  
\*Fridays from 11:30 am – 1:00 pm on SRJC Campus in Plover Hall, Room #540  
*Family Support:* Thursdays, 2 – 3:30 pm at NAMI SC Office

**SEBASTOPOL**


*Family Support:* 2<sup>nd</sup> Wednesday, 3 – 4:30 pm at West County Community Services 477 Petaluma Ave.

*Specifically for Families of School Age Children:* 1<sup>st</sup> Monday, 6-8 pm at West County Community Services

**SONOMA**

*Family Support:* 1<sup>st</sup> Thursday of the month, 7:15 – 8:45 pm, at Office of Sylvia Chloe, MFT, 283 Second St East.

# NAMI Sonoma County- October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<p><u>Client Connection</u> 1 pm – 2:30 pm, 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> (for family w/ school age children) 6 pm – 8 pm, Sebastopol</p>	<p><u>Art Class</u> 2 pm – 3:30 pm</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p> <p><u>Board Meeting</u> 5:30 pm</p>	<p><u>Client Connection</u> 6:30 pm – 8 pm Mary Isaak Center, 900 Hopper Street, Petaluma</p>	<p><u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am, Graton</p> <p><u>Vets Meeting</u> 9:30 am, Santa Rosa</p> <p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa 7:15-8:45 pm Sonoma</p> <p><u>General Meeting</u> 6 pm – 7 pm</p>	<p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540</p>	8
~Mental Illness Awareness Week~						
9	<p><u>Client Connection</u> 1 pm – 2:30 pm, 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> 5-6:30 pm Rohnert Park</p>	<p><u>Art Class</u> 2 pm – 3:30 pm</p>	<p><u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol</p>	<p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa</p> <p><u>Latino Health Forum</u> 7:30-5:0 pm, Flamingo Hotel, Santa Rosa *NAMI will table event.</p>	<p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540</p>	15
16	<p><u>Client Connection</u> 1 pm – 2:30 pm, 1360 N. McDowell Blvd, Petaluma</p>	<p><u>Art Class</u> 2 pm – 3:30 pm</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p>	19	<p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa</p>	<p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540</p> <p><u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office</p>	22
23	<p><u>Client Connection</u> 1 pm – 2:30 pm, 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> 5-6:30 pm Rohnert Park</p>	<p><u>Art Class</u> 2 pm – 3:30 pm</p>	26	<p><u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am, Graton</p> <p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa</p>	<p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540</p>	29
30	<p><u>Client Connection</u> 1 pm – 2:30 pm, 1360 N. McDowell Blvd, Petaluma</p> <div style="text-align: center;">   <b>Halloween</b> </div>					
*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.						