

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

Announcing New Groups!

~Family Support now in Rohnert Park~

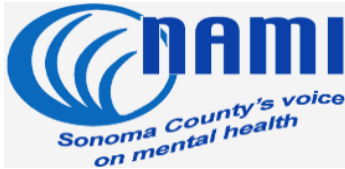
This group will meet twice a month at the C.O.T.S. housing site at 705 Rohnert Park Expressway from 5:00 to 6:30 pm (behind Food Maxx).

~New Spanish Support Group in Graton~

There will be a new Family Support Group in Spanish on the 2nd and 4th Thursday of the month from 9:00 to 10:00 am. This new group will take place at Graton Day Labor Center (2981 Bowen St, Graton 95444). Grupo de Apoyo Familiar (en español) Centro Laboral de Graton CUANDO: segundo y cuarto jueves del mes, 9:00 am-10:00am Contacto: Cynthia: 707-527-6655

~Connection Group Starting in Healdsburg~

There will be a new client Connection group starting on September 8th. The group will continue to meet on Thursdays from 5:00 to 6:30 pm at Alliance Medical Center, 1381 University Ave.



September 2011: Upcoming Events

Sept 1st GENERAL MEETING at NAMI SC, from 6 - 7 PM. This month's meeting will feature Lt. Corrado Ghioldi from the Sonoma County Sheriff's Department and Hilda Leon, discharge planner, from the jail. Lt. Ghioldi will give a brief overview of the Mental Health Unit, discuss what to do if your family member with a mental illness has been arrested, and answer questions.

September 13th FAMILY-TO-FAMILY BEGINS in Sebastopol at West County Community Services (477 Petaluma Ave) from 5:30-8:00 PM on Tuesdays for 12 weeks. Please call today to get signed up for this class.

September 14th UNITED WAY DAY OF CARING
Volunteers from Agilent will be painting the interior of the NAMI Office. If you'd like to join us and help please call Jennifer at 707-527-6655 x1101.

Client and Family Support Groups

HEALDSBURG

Client Connection: Thursdays, 5- 6:30 pm (beginning Sept 8th) at Alliance Medical Center, 1381 University Ave.

PETALUMA

Client Connection:

- 1st 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: 1st and 3rd Tuesdays, 5 - 6:30 pm at Petaluma Senior Center, 211 Novak Drive. (9/6 & 9/13 this month)

ROHNERT PARK

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

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

SEBASTOPOL

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

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

SONOMA

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



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NAMI Sonoma County- September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm, Sonoma <u>General Meeting</u> 6 pm – 7 pm	2	3
4	5 <u>Family Support Group</u> (for family w/ school age children) 6 pm – 8 pm, Sebastopol <i>NAMI SC office will be closed.</i>  Labor Day	6 <u>Art Class</u> 2 pm – 3:30 pm <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma <u>Board, Community Relations & Fund Development Meetings</u> 5:30 pm	7 <u>Client Connection</u> 6:30 pm – 8 pm Mary Isaak Center, 900 Hopper Street Petaluma <u>Wed Night Market</u> Downtown S.R. 5 pm – 8 pm <i>*NAMI will be tabling</i>	8 <u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am, Graton <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Client Connection</u> 5 pm – 6:30 pm, Healdsburg	9	10
11	12 <u>Client Connection</u> 1 pm – 2:30 pm SC Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 5-6:30 pm Rohnert Park	13 <u>Art Class</u> 2 pm – 3:30 pm <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma <u>Family to Family Class 1</u> 5:30 pm – 8:00 pm Sebastopol <i>*Pre-registration is required</i>	14 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol <u>United Way Day of Caring</u> Event: 9 am – 5 pm Tabling: 11 am – 3 pm <i>*NAMI SC will be tabling this event.</i> <u>Wed Night Market</u> Downtown S.R., 5 – 8 pm <i>*NAMI will be tabling</i>	15 <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Client Connection</u> 5 pm – 6:30 pm Healdsburg	16	17 <u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office
18	19 <u>Client Connection</u> 1 pm – 2:30 pm SC Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	20 <u>Art Class</u> 2 pm – 3:30 pm <u>Family to Family Class 2</u> 5:30 pm – 8:00 pm Sebastopol <i>*Pre-registration is required</i>	21	22 <u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am, Graton <u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa <u>Client Connection</u> 5 pm – 6:30 pm, Healdsburg	23	24
25	26 <u>Client Connection</u> 1 pm – 2:30 pm SC Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 5-6:30 pm Rohnert Park	27 <u>Art Class</u> 2 pm – 3:30 pm <u>Family to Family Class 3</u> 5:30 pm – 8:00 pm Sebastopol <i>*Pre-registration is required</i>	28	29 <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa	30	