

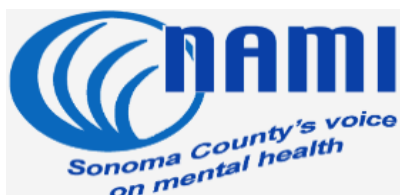
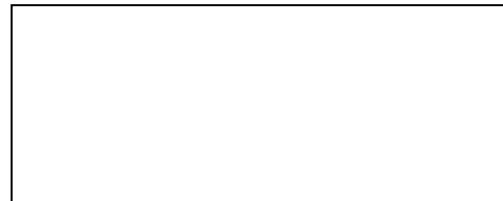
NAMI Sonoma County
1300 N. Dutton Ave, Ste A
Santa Rosa, CA 95401



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It's that time of year to reflect and make resolutions. With your help, NAMI can continue its work as America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness through education, support and advocacy. There are many ways to actively help NAMI make a change this upcoming year. Please consider making a donation, taking a class, attending a support group, becoming an advocate, or volunteering. It's a great way to share the spirit of the season while showing your support for NAMI's mission. We hope to hear from you soon!



Client and Family Support Groups

CLOVERDALE

For time/locations, please call Harry Martin at 433-5556, Ext. 128

PETALUMA

Client Connection: Every Wednesday, 6:30-8 pm at COTS' Mary Isaak Center, 900 Hopper Street, Petaluma

Family Support: 1st and 3rd Tuesdays of the month, 6:00 - 7:30 pm at Petaluma Senior Center, 211 Novak Drive, Petaluma

SANTA ROSA

Client Connection: Every Thursday, 12-1:30 pm at NAMI SC
Family Support: Every Thursday, 2:00 - 3:30 pm at NAMI SC

SEBASTOPOL

Family Support: 2nd Wednesday of the month, 3:00 - 4:30 pm at West County Community Services, 477 Petaluma Ave, Sebastopol 95472

SONOMA

Family Support: 1st Thursday of the month, 7:15 - 8:45 pm, at Office of Sylvia Chloe, MFT, 283 Second St East, Sonoma 95476

January 2011: Upcoming Events

January 17th A DAY ON NOT A DAY OFF EVENT (MLK Jr. Celebration) at Community Baptist Church, 1620 Sonoma Avenue, Santa Rosa from 10 AM - 5 PM. This event will feature civil rights films, arts and crafts, games, cultural foods, and tables by local organizations. There will be a march from 2 - 3 PM (Rain or shine).

January 12th QPR SUICIDE PREVENTION TRAINING (Question, Persuade, Respond) 2 PM - 4 PM, NAMI Sonoma County is a hosting Suicide Prevention Training through lecture, audio/visual presentation, and interactive discussion Topics will include how to recognize and respond to suicidal ideology in youth and practicing with interventions and increasing confidence techniques.

January 13th GENERAL MEETING at NAMI Sonoma County, from 6 PM - 7 PM. This month's speakers will be Consumer Liaison, Theresa Bruton from the Co-op and Lt. Corrado Ghioldi from the Sonoma County Sheriff's Department. The Co-op is a cooperative program of State Department of Rehabilitation, Sonoma County Mental Health and Goodwill Industries of the Redwood Empire which provides individualized employment services for people with psychiatric disabilities. 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.

January 19th PEER TO PEER RECOVERY EDUCATION begins at NAMI SC Office, from 5:30 - 7:30 PM. Course runs for 10 weeks. This is a learning program for people with any mental health challenge who are interested in establishing and maintaining their wellness and recovery. *Please call the NAMI SC Office to register.*

NAMI Sonoma County January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
2	3	<p>4 Art Class 2 pm – 3:30 pm</p> <p>Family Support Group 6 pm – 7:30 pm Petaluma <i>*New Location: Petaluma Senior Center, 211 Novak Drive*</i></p> <p>Board, Community Relations & Fund Development Meetings 5:30 pm</p>	<p>5 Client Connection 6:30 pm – 8 pm Petaluma <i>*New Location: COTS Mary Isaak Center, 900 Hopper Street*</i></p>	<p>6 Client Connection 12 pm – 1:30 pm</p> <p>Family Support Groups 2 pm – 3:30 pm Santa Rosa 7:15 pm – 8:45 pm Sonoma</p>	7	8	
9	10	<p>11 Art Class 2 pm – 3:30 pm</p>	<p>12 Family Support Group 3 pm – 4:30 pm Sebastopol</p> <p>Client Connection 6:30 pm – 8 pm Petaluma <i>*New Location: COTS Mary Isaak Center, 900 Hopper Street*</i></p>	<p>13 Client Connection 12 pm – 1:30 pm</p> <p>Family Support Group 2 pm – 3:30 pm Santa Rosa</p> <p>General Meeting 6 pm – 7 pm</p>	14	15	
16	<p>17 Martin Luther King Jr. Holiday</p> <p>A Day On Not a Day Off Event 10 am – 4 pm Community Baptist Church, 1620 Sonoma Ave, Santa Rosa</p>	<p>18 Art Class 2 pm – 3:30 pm</p> <p>Family Support Group 6 pm – 7:30 pm Petaluma <i>*New Location: Petaluma Senior Center, 211 Novak Drive*</i></p>	<p>19 Client Connection 6:30 pm – 8 pm Petaluma</p> <p>Peer-to-Peer Recovery Education-Class 1 5:30 pm – 7:30 pm NAMI Office <i>*Please call or email to register for this class</i></p>	<p>20 Client Connection 12 pm – 1:30 pm</p> <p>Family Support Groups 2 pm – 3:30 pm Santa Rosa 6 pm – 7:30 pm Petaluma</p>	21	22	
23	24	<p>25 Art Class 2 pm – 3:30 pm</p>	<p>26 Client Connection 6:30 pm – 8 pm Petaluma</p> <p>Peer-to-Peer Recovery Education-Class 2 5:30 pm – 7:30 pm NAMI Office <i>*Please call or email to register for this class</i></p>	<p>27 Client Connection 12 pm – 1:30 pm</p> <p>Family Support Groups 2 pm – 3:30 pm Santa Rosa</p>	28	29	
30	31	<p><i>*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.</i></p>					

NAMI Sonoma County January 2011

Art Class: Gives people with mental health challenges an outlet for innate creative selves, as well as opportunities to exhibit their art. **Tuesdays from 2:00 – 3:30 pm.**

Client Connection Support Group: Consumers Advocating Recovery Through Empowerment is a peer-based mutual support group for people facing mental health challenges. A weekly, drop-in group led by consumers, for consumers. **Wednesdays from 6:30 – 8:00 pm at the Mary Isaak Center (900 Hopper St) in Petaluma and Thursdays from 12:00 – 1:30 pm at the NAMI office in Santa Rosa.**

Community Relations Committee: The Community Relations Committee guides the development of NAMI Sonoma County advocacy policies, procedures and protocols. The committee also promotes advocacy throughout the county and provides information to the membership and general public regarding important mental health issues and policies. The information is disseminated through meetings, our website and our print materials, including our newsletter. The committee meets the **first Tuesday of every month at 5:30 pm.**

Fund Development Committee: The Fund Development Committee coordinates assignments for a particular event, such as: Heroes in the Fight dinner/silent auction, movie events, the Annual Appeal and the Human Race. If you are social, like people and going to events, there are some great opportunities here! The Fundraising/Fund Development meets the **first Tuesday of every month at 5:30 pm.**

General Meeting: The General Meeting is a chance to hear a new and exciting speaker every month! This month's speakers will be Theresa Bruton from the Wellness & Advocacy Center and Lt. Corrado Ghioldi from the Sonoma County Sheriff's Department. Theresa will speak about the new programs at the Wellness & Advocacy Center and Theresa's role in finding employment for clients. Lt. Ghioldi will speak about the programs and services available to inmates in the Mental Health Unit and what to do if your family member with a mental illness has been arrested. Lt Ghioldi will be available to answer your questions as well. The General Meeting is held the **second Thursday of every month at 6 pm at the NAMI office.**

Family Support Groups: A resource for families who have a loved one living with severe and persistent mental illness. No prior registration required.

- **Santa Rosa** - Thursdays, 2 – 3:30 pm at 1300 N. Dutton Avenue, Suite A, Santa Rosa
- **Sebastopol** – 2nd Wednesday of every month, 3 – 4:30 pm at 477 Petaluma Ave, Sebastopol
- **Petaluma** – 1st & 3rd Tuesdays of every month, 6 – 7:30 pm at 211 Novak Street, Petaluma
- **Sonoma** – 1st Thursday of every month, 7:15 – 8:45 pm at 283 2nd Street East, Sonoma
- **Cloverdale/Healdsburg**– Facilitated by Harry Martin. For times and location, please call 527-6655