

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

## Join us for Human Race 2011!

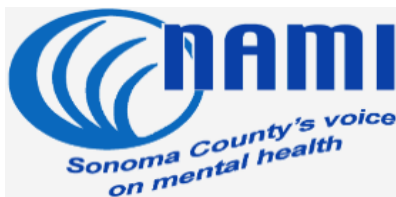
The Human Race is a nationwide community fund raising event for nonprofit organizations and is the largest collaborative fundraising event in Sonoma County as well as the largest Human Race in the nation! Last year, over 10,000 participants and 246 non-profits raised \$750,000. The race features a 3K 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](http://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.

**When: Saturday, May 7<sup>th</sup>, Opens at 6:30 AM**

**Where: Herbert Slater Middle School**  
3500 Sonoma Avenue,  
Santa Rosa, CA 95405



### Client and Family Support Groups

#### PETALUMA

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

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

#### SANTA ROSA

*Client Connection:* Every Thursday, 11:30 am -1:30 pm at NAMI SC

*Family Support:* Every Thursday, 2:00 - 3:30 pm at NAMI SC

#### SEBASTOPOL

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

#### 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, Sonoma 95476

### March 2011: Upcoming Events

**March 3<sup>rd</sup> GENERAL MEETING** at NAMI SC, from 6 - 7 PM. This month's speakers will be Lynn Campanario from DAAC (Drug Abuse Alternative Centers) and Thomas Pope, MFT and the Director of Lomi Psychotherapy Clinic. DAAC is dedicated to improving the lives of individuals and families. The agency mission is "Turning Lives Around by Providing Healthy Alternatives to Alcohol and other Drug Use". Lomi Clinic is a low-fee clinic that provides counseling programs, group therapy, and educational classes to individual adults, children, couples, and families.

**March 5<sup>th</sup> FAMILY TO FAMILY EDUCATION** begins at Petaluma Senior Center, 211 Novak Drive, from 9 - 11:30 AM. Course runs for 12 weeks. This is a learning program for family members and friends of people with any mental health challenge. *Please call NAMI SC to register.*

**March 12<sup>th</sup> CESAR CHAVEZ HEALTH FAIR** at Roseland Elementary School, 950 Sebastopol Road, Santa Rosa from 9 AM - 2 PM. This event will feature health information, games, food, and tables by local organizations.

**March 12<sup>th</sup> NAMI BOOK CLUB MEETING** at Rincon Valley Library from 2 PM - 3:30 PM. Copperfield's bookstore will give a 20% discount if you identify as a NAMI SC Book Club member. Everyone is welcome!

**March 17<sup>th</sup> HAPPY ST. PATRICK'S DAY!**

**March 26<sup>th</sup> FAMILIA A FAMILIA EDUCACION** begins at NAMI SC Office, from 1 - 3:30 PM. Course runs for 12 weeks. This is a Spanish learning program equivalent to Family to Family. *Please call NAMI SC to register.*

## NAMI Sonoma County- March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Art Class 2 pm – 3:30 pm  Family Support Group 6 pm – 7:30 pm Petaluma  Board, Community Relations & Fund Development Meetings 5:30 pm	2 Client Connection 6:30 pm – 8 pm Petaluma	3 Client Connection 11:30 am – 1:30 pm Santa Rosa  Family Support Group 2 pm – 3:30 pm Santa Rosa  General Meeting 6 pm – 7 pm	4	5 Family to Family Education- Class 1 9:00 am – 11:30 am Petaluma Senior Center, 211 Novak Drive <i>*Please call or email to register for this class</i>
6	7	8 Art Class 2 pm – 3:30 pm  Family Support Group 6 pm – 7:30 pm Petaluma	9 Family Support Group 3 pm – 4:30 pm Sebastopol  Client Connection 6:30 pm – 8 pm Petaluma	10 Client Connection 11:30 am – 1:30 pm Santa Rosa  Family Support Group 2 pm – 3:30 pm Santa Rosa	11	12 Cesar Chavez Health Fair Roseland Elementary School, 950 Sebastopol Road, Santa Rosa 9 am – 2 pm <i>*NAMI SC will be tabling at this event.</i>  NAMI Book Club Meeting Rincon Valley Library 2 pm – 3:30 pm  Family to Family Education- Class 2 9:00 am – 11:30 am Petaluma Senior Center, 211 Novak Drive
13  <i>Daylight Savings Begins</i>  	14	15 Art Class 2 pm – 3:30 pm  Family Support Group 6 pm – 7:30 pm Petaluma	16 Client Connection 6:30 pm – 8 pm Petaluma	17 Client Connection 11:30 am – 1:30 pm Santa Rosa  Family Support Group 2 pm – 3:30 pm Santa Rosa  <i>Happy St. Patrick's Day!</i> 	18 Healthcare for the Homeless Integrated Client Support Meeting 12:45 pm – 1:45 pm NAMI SC Office  CHOW Meeting 2 pm – 4 pm NAMI SC Office	19
20	21	22 Art Class 2 pm – 3:30 pm	23 Client Connection 6:30 pm – 8 pm Petaluma	24 Client Connection 11:30 am – 1:30 pm Santa Rosa  Family Support Group 2 pm – 3:30 pm Santa Rosa	25	26 Familia-a-Familia Education -Class 1 1:00-3:30 pm NAMI Office <i>*Please call or email to register for this class"</i>
27	28	29 Art Class 2 pm – 3:30 pm	30 Client Connection 6:30 pm – 8 pm Petaluma	31 Client Connection 11:30 am – 1:30 pm Santa Rosa  Family Support Group 2 pm – 3:30 pm Santa Rosa		

*\*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.*