

Please join NAMI Sonoma County on  
**Thursday, May 13, 2010 at 5pm for Support Hour, 6pm for:**

***Our General Meeting***

1717 Yulupa Avenue, Santa Rosa CA, 95405

[www.namisoco.org](http://www.namisoco.org)

(707) 527-6655

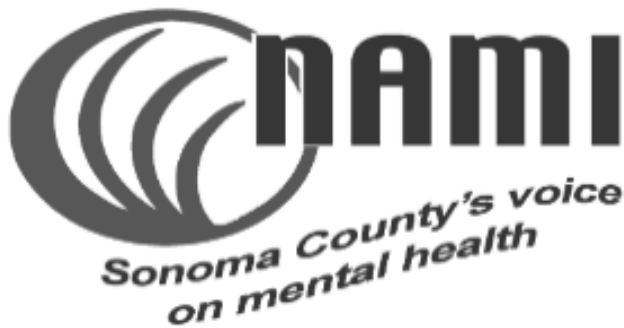
**NONPROFIT ORG.  
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SANTA ROSA, CA  
PERMIT NO. 229**

**RETURN SERVICE REQUESTED**

**Kevin Murphy from *Interlink Self-Help Center* & Amy Breckenridge from the *Wellness & Advocacy Center* will be presenting a very special program on Recovery.**

Kevin is the Manager of *Interlink Self-Help Center* in downtown Santa Rosa. The Center provides a host of resources and services for individuals with mental health disabilities and is managed and operated by consumers for consumers. The Center provides access to a variety of peer support services designed to maximize the individual's ability to improve the quality of their lives.

Amy is the Manager of the *Wellness & Advocacy Center* in Santa Rosa. The Mission of the center is "to support individuals in Sonoma County living with Mental Health challenges to develop and sustain well being through self empowerment." Peer-operated and managed, the center enables members to recognize and accept their inherent value, purpose and independence by encouraging them to make choices with self-determination, self-responsibility, peer support and peer advocacy.



**Upcoming Events:**

**--May 5, 2010 Cinco de Mayo Celebration: 4-10 pm  
Roseland Shopping Center, 650 Sebastopol Rd.**  
NAMI will have an informational booth at this celebration

**-- May 8, 2010 Human Race: 8am Herbert Middle School**  
Come together to walk or run the 10k (6.2 miles) or 3k (1.8 miles) route that begins and finishes in Santa Rosa at Herbert Slater Middle School. Get a free NAMI t-shirt.

**--May 13, 2010 General Meeting: 6 pm at NAMI Sonoma County: 1717 Yulupa Ave, Santa Rosa**  
(Support Hour 5-6pm) Representatives from Interlink and the Wellness & Advocacy Center will be coming to speak about their services.

**--June 12, 2010 Annual Picnic: 11:30-2:00 pm at NAMI SC:**  
Mark your calendars! We will be grilling hot dogs, hamburgers, and veggie burgers.

**-Family Support Groups**

**SONOMA**

When: 1<sup>st</sup> Thursday, Time: 7:15 P.M. – 8:45 P.M.

Where: Office of Sylvia Chloe, MFT, 283 Second St East, Sonoma

**CLOVERDALE**

For times and location please call 894-2535, or 894-4760.

**SEBASTOPOL**

When: 2<sup>nd</sup> Wednesday of every month, Time: 3:00 P.M. – 4:30 P.M. Where: West County Community Services 477 Petaluma Ave, Sebastopol

**PETALUMA**

When: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, Time: 6:00 P.M. - 7:30 P.M.  
Where: 151 B Street, Petaluma




**SANTA ROSA**

When: Every Thursday, Time: 2:00 P.M. – 3:30 P.M.

Where: NAMI Sonoma County, 1717 Yulupa Ave, Santa Rosa.

**\*May is our Membership Drive month! Please look for your Membership Renewal letter in the mail.**

# NAMI Sonoma County May 2010

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
						1
2	3 <b>Client Connection</b> 12 pm-1 pm Petaluma	4 <b>Art Class</b> 2 pm - 3:30 pm	5 <b>Cinco de Mayo Celebration</b> 4-10 pm Roseland 	6 <b>Client Connection</b> 12 pm - 1 pm <b>Family Support Groups</b> 2 pm - 3:30 pm Santa Rosa 6 pm - 7:30 pm Petaluma 7:15 pm - 8:45 pm Sonoma	7	8 <b>Human Race:</b> 7:30 am Herbert Middle School
9  <b>Mother's Day</b>	10 <b>Client Connection</b> 12 pm-1 pm Petaluma	11 <b>Art Class</b> 2 pm-3:30 pm <b>Family Support Group</b> 7 pm - 8:30 pm San Rafael <b>Community Relations Fund Development</b> 4 -5 pm & 5-6 pm	12 <b>Family Support Group</b> 3 pm – 4:30 pm Sebastopol	13 <b>Client Connection</b> 12 pm - 1 pm <b>Family Support Group</b> 2pm-3:30pm Santa Rosa <b>General Meeting</b> Support Hour 5 – 6 pm Meeting 6 – 8 pm	14	15
16	17 <b>Client Connection</b> 12 pm-1 pm Petaluma	18 <b>Art Class</b> 2 pm - 3:30 pm	19	20 <b>Client Connection</b> 12 pm - 1 pm <b>Family Support Groups</b> 2 pm - 3:30 pm Santa Rosa 6 pm - 7:30 pm Petaluma	21	22
23	24 <b>Client Connection</b> 12 pm-1 pm Petaluma	25 <b>Art Class</b> 2 pm - 3:30 pm <b>Family Support Group</b> 7 pm – 8:30 pm San Rafael	26	27 <b>Client Connection</b> 12 pm - 1 pm <b>Family Support Group</b> 2 pm - 3:30 pm Santa Rosa <b>NAMI SC Board Meeting</b> 5 pm	28	29
30	31 <b>Client Connection</b> 12 pm-1 pm Petaluma  <b>Memorial Day</b>					

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

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