

# May is Mental Health Matters Month



## Community Calendar



Interlink Self-Help Center



May 4, 2022 5:00—6:00 p.m.

### SRJC Peers Well-Being Wednesday

ONLINE WORKSHOP: A Safe space to talk, share, and connect with new people! Improve mental health and release stress.

TOPIC: Meet the Therapists. Brought to you by the **SRJC Peers**.

Zoom: 995 5052 3101

May 5, 2022 12:00—1:00 p.m.

### Decolonizing AAPI Mental Health

ONLINE PRESENTATION: Dr. Sandra Fitzgerald will explore the mental health impacts of the pandemic and the rise in API hate on the greater API community. The presentation will look at the mental health & counseling fields through a decolonial framework & lens, address barriers to mental health service access, and present solutions to open up mental health service access to the API Community. Brought to you by **APASS (Asian Pacific American Student Success)**, **APISA (Asian, Pacific Islander Student Association)**, **SRJC Intercultural Center**, **Our House SRJC Petaluma**, and **SRJC Peers**.

Zoom: 919 4587 0610

May 5, 2022 1:00—4:00 p.m.

### WCCS Peer Programs Open House

Join us at the **Wellness and Advocacy Center** to learn about West County Community Services Peer Programs. Learn about peer support programs and meet staff from programs located in Santa Rosa, Monte Rio, and Petaluma serving peers across Sonoma County. We will screen the movie *Crazywise* at 2:30 p.m. This free event is open to the general public.

2245 Challenger Way Ste. 104, Santa Rosa

Contact: (707) 565-7800

May 6, 2022 1:00—3:00 p.m.

### WCCS Screening of the movie *Crooked Beauty*

You are welcome to join **Interlink Self-Help Center** for a screening of the movie, followed by facilitated discussion.

1033 4th Street, Santa Rosa

Contact: (707) 546-4481

May 09, 2022 3:30 p.m.—5:00 p.m.

**QPR Suicide Prevention Training**

ONLINE WORKSHOP: Join us in this training to learn about suicide, warning signs of suicidal thinking and behavior, and 3 basic intervention skills—QUESTION, PERSUADE, REFER.

Brought to you by Jeane Erlenborn, MPH and SRJC Peers

Zoom: 963 7616 5962

May 12, 2022 11:30 a.m.—1:30 p.m.

**WCCS Petaluma Peer Recovery Center (PPRC) Open House**

Come see the **Petaluma Peer Recovery Center**, Meet the staff, and learn of all the services available.

5350 Old Redwood Hwy N #600, Petaluma

Contact: (707) 565-1299

May 13, 2022 1:00—3:00 p.m.

**WCCS Screening of *Healing Voices***

Join **Interlink Self-Help Center** to watch a screening of the movie, *Healing Voices*, followed by a facilitated discussion.

1033 4th Street, Santa Rosa

Contact: (707) 546-4481

May 13, 2022 5:00—7:00 p.m.

**Stomp the Stigma**

**In-person** event which is an opportunity opened to the community to explore ways to practice self-care with various activities.

There will be resources available to the community of all ages. Information will be provided in both English and Spanish.

Performances by Condon Concepts and Kayatta, and also self-care activities!

Brought to you by: **Latino Service Providers: Youth Promotores, Humanidad Therapy & Education Services, Sonoma County Indian Health Project, LGBTQ Connections, and SRJC Peers.**

At SRJC.

Contact: (707) 837-9577

May 19, 2022 11:00—1:00 p.m.

**WCCS Screening of the movie *Crooked Beauty***

**Petaluma Peer Recovery Center** presents this screening with a facilitated discussion afterward.

5350 Old Redwood Hwy N #600, Petaluma

(707) 565-1299

May 19, 2022 12:00—1:00 p.m.

**Youth Promotores May Monthly Meeting**

Join us on Zoom to learn more about the Youth Promotores! Brought to you by the **Latino Service Providers and Youth Promotores.**

<https://us02web.zoom.us/meeting/register/tZMvucu-rrTwIGdD0xej7qYh56qpeL3uZ-teg>

Contact: (707) 837-9577

May 19, 2022 11:00—1:00 p.m.

**WCCS Screening of the movie *Crooked Beauty***

**Petaluma Peer Recovery Center** presents this screening with a facilitated discussion afterward.

5350 Old Redwood Hwy N #600, Petaluma

(707) 565-1299

May 24, 2022 4:00—5:30 pm

**Lethal Means Safety Training**

Presented by NAMI Sonoma County (National Alliance on Mental Illness)

This educational program reviews safety precautions and actions family and friends can take when a person is at risk of suicide. How a person attempts—the means they use—plays a key role in whether they live or die. Space is limited.

Zoom Session

Register at: [https://us02web.zoom.us/webinar/register/WN\\_T5Adf8HfRZiqdiRNvo1Zbg](https://us02web.zoom.us/webinar/register/WN_T5Adf8HfRZiqdiRNvo1Zbg)

May 26, 2022 1:00—4:00 pm

**WCCS Russian River Empowerment Center Open House**

Join us at the **Russian River Empowerment Center** for an afternoon of mental health awareness and resources available to our community.

9925 Main Street, Monte Rio

Contact: (707) 823-1640 ext. 207

May 26, 2022 6:00—7:30 p.m.

**African American Mental Health Conference**

*“Out of the darkness to become the light.”*

Join **Community Baptist Church Collaborative** on Zoom.

Featured speakers are Dianna L. Grayer Ph.D., MFT and Devonderia Sanchez, LMFT

Meeting ID: 852 1517 6535 — Passcode: 769185

Send an email request to [honorjackson1121@comcast.net](mailto:honorjackson1121@comcast.net) for a link to the virtual event.

May 27, 2022 1:00—3:30 p.m.

**WCCS Interlink Self-Help Center Open House**

Come see the **Interlink Self-Help Center**, meet the staff, and learn of all the services available.

5350 Old Redwood HWY N #600, Petaluma

Contact: (707) 565-1299

June 18, 2022 10:00 a.m.—6:00 p.m.

**52nd Annual Juneteenth Festival Celebration in the Park**

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. This free event includes live Entertainment, Food, Basketball Games, Arts and Crafts, Dominoes, Kids Activities, Health, and Fitness presentations and more. We will also have Spoken Word and Zumba. Plus a scholarship presentation.

Sponsors: **City of Santa Rosa, Red Rose Catering and 100 Blackman from Sonoma County, Safe Harbor, Radio Show, Women’s Spaces, Black Forum, Blacks United, NAACP and North Bay Black Chamber of Commerce.**

Martin Luther King Park 1671 Hendley St. Santa Rosa

Contact: (707) 623-2701

May 23, 2022 4:00—5:30 pm

**QPR (Question, Persuade, Refer) Gatekeeper Training for Suicide Prevention**

Presented by NAMI Sonoma County (National Alliance on Mental Illness)

This educational program teaches lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. A gatekeeper can be a parent, friend, neighbor, teacher, anyone in a position to recognize and refer someone at risk of suicide. Space is limited.

Zoom Session

Register at: [https://us02web.zoom.us/webinar/register/WN\\_r7P0Xsk6QuKgWCl6horLGO](https://us02web.zoom.us/webinar/register/WN_r7P0Xsk6QuKgWCl6horLGO)

May 24, 2022 8:30 a.m.—5:00 p.m.

**Assessing and Managing Suicide Risk (AMSR) Training**

Sonoma County Behavioral Health Division is offering Assessing and Managing Suicide Risk (AMSR). AMSR is a 6.5 hour comprehensive training for behavioral health professionals.

North Coast Builders Exchange; 1030 Apollo Way, Santa Rosa

Contact: [BH-Training@Sonoma-County.org](mailto:BH-Training@Sonoma-County.org)

