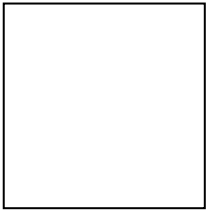


NAMI Sonoma County
1300 N. Dutton Ave, Ste A
Santa Rosa, CA 95401



Sonoma County Medical Association Alliance Foundation
2012 Garden Tour *To Benefit NAMI
Through the Garden Gate

Friday & Saturday, May 11 & 12 - 10am ~ 4pm

We invite you to experience a self-guided tour through seven private gardens and two homes in Santa Rosa.

Tickets: \$40 before April 30, \$45 afterward

Richard McDaniel paints in a garden,
Musicians, Master Gardeners, Plant & Book sales

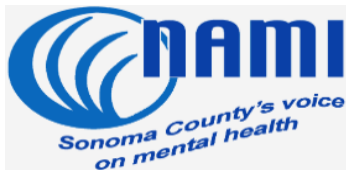
To order tickets, call with a credit card (VISA or MasterCard only) to Janet at (707) 578-4537 or **visit website:**

<http://www.scmiaa.org/support/garden.html>



Find us on
Facebook

www.facebook.com/NAMISonomaCounty



April 2012: Upcoming Events

April 5th PATHS TO WELLNESS: Education & Advocacy Meeting at NAMI SC, from 6 - 7 PM. This month's meeting will feature Heather McCandless a certified Reiki Master and Jacob Newell, NAMI Tai Chi & Qi Gong instructor. Heather came to her field of work after she had done some healing work with an acupuncturist in New York City, and she deeply believes that self-care is crucial to good health and well-being, and without it one is not living their fullest potential. Tai Chi and Qi Gong are ancient Chinese fitness systems based on relaxed body alignment and smooth flow of energy. Jacob has been practicing for 18 years and teaching in Healdsburg for 8 years now. His goal is to help people to get moving comfortably in their bodies.

April 21st PETALUMA COMMUNITY FOUNDATION-Annual Denny Murray Grant Award & Community Celebration 745 Baywood Drive, Petaluma, CA 6-11 pm. NAMI will be honored as a grantee.

Client and Family Support Groups

GRATON

Family Support: (en español) Centro Laboral de Graton CUANDO: segundo y cuarto jueves del mes, 9:00 am-10:00am Contacto: Erika :707-527-6655

HEALDSBURG

Client Connection: Thursdays, 5- 6:30 pm at Alliance Medical Center, 1381 University Ave.

PETALUMA

Client Connection: 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.

ROHNERT PARK

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

SANTA ROSA

Client Connection: Thursdays, 11:30 am -1:30 pm at NAMI SC Office

Family Support: Thursdays, 2 - 3:30 pm at NAMI SC Office

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.

NAMI Sonoma County- April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> 6 pm – 8 pm, Sebastopol (families w/ school age children)	3 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma <u>Family-to-Family</u> Geyserville (Class 12)	4 <u>Family-to-Family</u> Santa Rosa (Class 8) <u>Peer-to-Peer</u> Petaluma (Class 9) <u>Health Fair, Petaluma Jr. High</u> 2:15-5:15 pm *NAMI will be tabling	5 <u>Vets Meeting</u> 9:30 am, Santa Rosa <u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm Sonoma <u>Education & Advocacy Meeting</u> 6 pm – 7 pm	6	7 <u>Family-to- Family</u> Petaluma (Class 4) <u>Familia-a- Familia</u> Santa Rosa (Class 12)
8	9  Easter <u>Client Connection</u> 1 pm – 2:30 pm 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	10 <u>NAMI Board Meeting</u> 5:30 pm	11 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol <u>Family-to-Family</u> Santa Rosa (Class 9) <u>Peer-to-Peer</u> Petaluma (Class 10)	12 <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 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	13	14 <u>Family-to- Family</u> Petaluma (Class 5)
15	16 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	17 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	18 <u>Family-to-Family</u> Santa Rosa (Class 10)	19 <u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	20 <u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office	21 <u>Family-to- Family</u> Petaluma (Class 6)
22	23  Earth Day <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Family Support Group</u> 5-6:30 pm, Rohnert Park <u>Tai Chi Class</u> 6 pm – 7:15 pm	24	25 <u>Family-to-Family</u> Santa Rosa (Class 11)	26 <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 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	27	28 <u>Family-to- Family</u> Petaluma (Class 7)
29	30 <u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa					

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