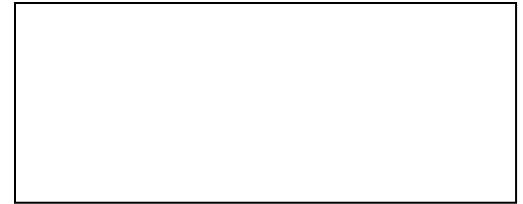
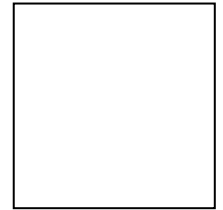


**NAMI Sonoma County**  
1300 N. Dutton Ave, Ste A  
Santa Rosa, CA 95401



### Introducing Mindfulness Meditation Practice Group at NAMI!

An ever-growing body of research demonstrates a seemingly endless list of benefits for those who meditate: e.g, 50% reduction in psychiatric symptoms (including depression and anxiety); 50% reduction in chronic pain symptoms; and an improvement rate of 75% in a group of “long-term insomniacs.” Meditation creates visible changes in the brain that make meditators healthier, smarter, calmer and happier compared to non-meditators. Why not find out for yourself?

This is a free “drop-in” group. No pre-registration is required. Anyone interested in practicing meditation-including beginners is welcome to attend. The first 15 minutes will involve basic meditation instructions for newcomers. We will then meditate for 30 minutes, and will have 15 minutes left at the end for sharing, questions, and socializing. The group takes place on Wednesdays, from 6 to 7 PM at the NAMI Office.



Find us on  
**Facebook**

[www.facebook.com/NAMISonomaCounty](http://www.facebook.com/NAMISonomaCounty)



### **February 2011: Upcoming Events**

**Feb 2<sup>nd</sup> EDUCATION & ADVOCACY MEETING** at NAMI SC, from 6 – 7 PM. This month’s meeting will feature Karen E. Nordeen, MFT. Karen will be discussing the principles of a healthy body ego. She will specifically cover the four basic stages that support a person’s embodied sense of well being or presence. Participants will learn how these stages can build or help to repair our body ego. Karen works as a SonomaWORKS counselor and has a private practice in Sonoma and Marin Counties.

**Feb 8<sup>th</sup> PEER-TO-Peer CLASS BEGINS** at Petaluma Senior Center, from 5:30 AM – 7:30 PM. To Register call NAMI at 707-527-6655 Peer-To-Peer is a 10 week series of classes that help clients along the path to recovery. People who attend report a greater understanding of their diagnosis, and a bond with others in the class. The classes are small, peer led, and a safe place to share and learn. Please call NAMI to register.

### **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: Oscar :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:* 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 5 - 6:30 pm at Petaluma Senior Center, 211 Novak Drive.

#### ROHNERT PARK

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

#### SANTA ROSA (Groups are held)

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

\*Fridays from 11:30 am – 1:00 pm on SRJC Campus in Plover Hall, Room #540

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

#### SEBASTOPOL





*Family Support:* 2<sup>nd</sup> Wednesday, 3 – 4:30 pm at West County Community Services, 477 Petaluma Ave.

*Specifically for Families of School Age Children:* 1<sup>st</sup> Monday, 6-8 pm at West County Community Services

#### 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.

# NAMI Sonoma County- February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <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 &amp; Advocacy Meeting</u> 6 pm – 7 pm	3 <u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540	4
5	6 <u>Client Connection</u> 11 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)	7 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	8 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol  <u>Mindfulness Meditation</u> 6-7 pm Santa Rosa  <u>Peer-to-Peer class I</u> Petaluma Senior Center 5:30-7:30 pm <i>*Please call NAMI to Register</i>	9 <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	10 <u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540	11
12 	13 <u>Client Connection</u> 11 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	14   Valentine's Day	15 <u>Mindfulness Meditation</u> 6-7 pm Santa Rosa  <u>Peer-to-Peer class II</u> Petaluma Senior Center 5:30-7:30 pm <i>*Please call NAMI to Register</i>	16 <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	17 <u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540  <u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office	18
19	20 <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa  <u>NAMI Office Will Be Closed for President's Day</u> 	21 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	22 <u>Mindfulness Meditation</u> 6-7 pm Santa Rosa  <u>Peer-to-Peer class III</u> Petaluma Senior Center 5:30-7:30 pm <i>*Please call NAMI to Register</i>	23 <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	24 <u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Room 540	25 IOOV Presenter Training At NAMI <i>*Call to Register</i>
26 IOOV Presenter Training At NAMI <i>*Call to Register</i>	27 <u>Client Connection</u> 11 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	28	29 <u>Mindfulness Meditation</u> 6-7 pm Santa Rosa  LEAP YEAR! 			

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