

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

Upcoming NAMI Education Classes!

Family-to-Family Class:

Family-To-Family is a 12 week series of classes for both families of birth and families of choice, as well as friends and caregivers of persons with brain disorders (mental illnesses). These classes are small and provide an opportunity for learning and bonding with others. The teachers are family members themselves. The course was written by a family member who is also a mental health professional. The course combines self-care, education, and personal empowerment. Each participant ends the class with the tools to become an advocate. Call the NAMI Office at 527-6655 to register today!

1. When: Thursday, July 19th, 5:30-8:00 PM
Where: NAMI Office, 1300 N. Dutton Ave, Ste. A, Santa Rosa 95401
2. When: Starts Thursday, September 6, 2012, 5:30-8:00 PM
Where: Community & Family Service Agency, 477 Petaluma Ave., Sebastopol, 95472

Peer-to-Peer Class:

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, and are a safe place to share and learn. The emphasis is on relapse prevention and psycho-social supports. The ultimate goal is for recovery and self-advocacy. The course was written by a client, and all classes are led by clients. Call the NAMI Office at 527-6655 to register today!

1. When: Tuesday, July 10th, 5:00-7:00 PM
Where: NAMI Office, 1300 N. Dutton Ave, Ste. A, Santa Rosa 95401



July 2012: Upcoming Events

July 5th CORRINE CAMP ACTION NETWORK: Education & Advocacy Meeting at NAMI SC, from 6 - 7 PM. This month's meeting will feature the Corrine Camp Action Network (CCAN). CCAN is a local client activist group interested in supporting system transformation toward a more recovery-oriented, client-driven mental health system. Vivian Sedney, Sean Kelson, & Kevin Murphy will be talking about the group's history and their dreams for the future.

July 10th PEER-TO-PEER BEGINS- At NAMI Office 5-7 pm for 10 Weeks. (see above for more info.)

July 19th FAMILY-TO-FAMILY BEGINS-At NAMI Office 5:30-8 pm for 12 Weeks. (see above for more info.)

Client and Family Support Groups

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.



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NAMI Sonoma County- July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> 6 pm – 8 pm, Sebastopol (families w/ school age children)</p>	<p><u>Art Class</u> 2 pm – 3:30 pm Santa Rosa</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p>	<p>4</p> <p>NAMI Office Will Be Closed for Independence Day</p> 	<p>5</p> <p><u>Vets Meeting</u> 9:30 am, Santa Rosa</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm Sonoma</p> <p><u>Education & Advocacy Meeting</u> 6 pm – 7 pm, Santa Rosa</p>	6	7
8	<p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> 5-6:30 pm, Rohnert Park</p>	<p>10</p> <p><u>Art Class</u> 2 pm – 3:30 pm Santa Rosa</p> <p><u>Peer-to-Peer Class #1</u> 5-7 pm, Santa Rosa <i>*Please call NAMI SC Office to Register</i></p>	<p>11</p> <p><u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol</p> <p><u>Board Meeting</u> 5:30 pm, Santa Rosa</p>	<p>12</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa</p>	13	14
15	<p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Sonoma Regional Meeting</u> 9:30-2:30 pm Santa Rosa</p>	<p>17</p> <p><u>Art Class</u> 2 pm – 3:30 pm Santa Rosa</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p> <p><u>Peer-to-Peer Class #2</u> 5-7 pm, Santa Rosa</p>	18	<p>19</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa</p> <p><u>Family-to-Family Class #1</u> 5:30-8:00 pm, Santa Rosa <i>*Please call NAMI SC Office to Register</i></p>	<p>20</p> <p><u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office</p>	21
22	<p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm</p> <p><u>Family Support Group</u> 5-6:30 pm, Rohnert Park</p>	<p>24</p> <p><u>Art Class</u> 2 pm – 3:30 pm Santa Rosa</p> <p><u>Peer-to-Peer Class #3</u> 5-7 pm, Santa Rosa</p>	25	<p>26</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa</p> <p><u>Family-to-Family Class #2</u> 5:30-8:00 pm, Santa Rosa</p>	27	28
29	<p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p>	<p>31</p> <p><u>Art Class</u> 2 pm – 3:30 pm Santa Rosa</p> <p><u>Peer-to-Peer Class #4</u> Santa Rosa</p>				