

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



The Human Race is this Saturday!! We have new t-shirts this year! Come join us and walk with us. We are meeting at the NAMI table at 7:30 am at Herbert Slater Middle School. If you would like to donate visit our team site at <http://www.humanracenow.org/goto/NAMI>

NAMI Sonoma County Teams up with Dierk's Parkside Café for The Human Race Restaurant Week

As part of The Human Race Restaurant Week, Dierk's Parkside Café will donate a portion of their proceeds on Wednesday May 2nd to NAMI Sonoma County. We are proud to partner with Dierk's which offers Santa Rosa a casual breakfast and lunch establishment that places emphasis on high quality, fresh food offered at a quick pace from friendly and helpful personnel, at affordable prices. We hope you can stop by on May 2nd to thank owner Mark Dierkhising and to support NAMI through the Human Race Restaurant Week.

Dierk's Parkside Café
404 Santa Rosa Avenue
Santa Rosa, CA 95404



Find us on
Facebook

www.facebook.com/NAMISonomaCounty



May 2012: Upcoming Events

May 3rd -Tom Wootton- Can You Control Hypomania? Acclaimed author to speak at NAMI from 6 - 7 PM. He will cover hypomania and mania, a topic that is not often openly discussed. He balances the reasons for fearing the condition, with logical and realistic tools, and plans for controlling hypomania.

May 11th & 12th - 2012 Garden Tour Through the Garden Gate *To Benefit NAMI: 10am ~ 4pm
Sonoma County Medical Association Alliance Foundation invites you to experience a self-guided tour through seven private gardens and two homes in Santa Rosa. Tickets: \$45
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.smaa.org/support/garden.html>

Client and Family Support Groups

GRATON

Family Support: (en español) Centro Laboral de Graton CUANDO: suspendido hasta nuevo aviso Contacto: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 -1:00 pm at NAMI SC Office

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

SEBASTOPOL

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

Family Support: 2nd Wednesday, 3 - 4:30 pm at West County Community Services 477 Petaluma Ave.

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- May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	2	3 <u>Client Connection</u> 11:30 am – 1:00 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- 7 pm, Santa Rosa	4	5 Human Race 7:30-12pm Come Walk with us! 
6	7 <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)	8	9 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol	10 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	11	12
13 Mother's Day 	14 <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	15 <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	16	17 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	18 <u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office	19
20 LOBO Community Fair *NAMI to table this event	21 <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	22	23	24 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa	25	26
27	28 <u>Family Support Group</u> 5-6:30 pm, Rohnert Park  Memorial Day NAMI Office Will Be Closed	29	30	31 <u>Client Connection</u> 11:30 am – 1:00 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg <u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa		

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