

Date	Time	Activities & Events	Location	Sponsoring Agencies	For more information
<b>May 1</b>	6:30 p.m.	Free screening of the movie “Resilience: The Biology of Stress & the Science of Hope” followed by panel discussion	Rialto Cinemas, 6868 McKinley St, Sebastopol	St. Joseph Health, Palm Drive Health Care District, Gravenstein Health Action Chapter, Rialto Cinemas	Register by link or call (707) 525-5300 ext. 4053 <a href="https://www.eventbrite.com/e/resilience-the-biology-of-stress-the-science-of-hope-film-screening-tickets-60320230433">https://www.eventbrite.com/e/resilience-the-biology-of-stress-the-science-of-hope-film-screening-tickets-60320230433</a>
<b>May 1</b>	10:00 a.m. - 12:00 p.m.	Mental Health Awareness Tabling Event	Goodwill Stony Point Store, 2007 Sebastopol Rd, Santa Rosa	Goodwill - Redwood Empire	Sean Bolan <a href="mailto:sbolan@gire.org">sbolan@gire.org</a> (707) 565-7804
<b>May 1</b>	11:00 a.m. - 2:00 p.m.	Getting Over Barriers: Learn about Mental Health Chill out, fun activities and free food	Santa Rosa Junior College - Bertolini Quad on SR Campus, 1501 Mendocino Ave, Santa Rosa	Santa Rosa Junior College Student Health Services - PEERS Coalition	Stephanie Sanchez <a href="mailto:ssanchez2@santarosa.edu">ssanchez2@santarosa.edu</a> (707) 524-1536
<b>May 2</b>	3:00 p.m. - 4:30 p.m.	Mental Health Month Kick-off Event with community partners tabling, a special guest speaker, then Stigma Busting w/ Wendy Wheelwright, MFT, and Mindfulness Exercise with Megan Carlock, Team Leader for Goodwill’s Crisis Counseling Program	Wellness and Advocacy Center, 2245 Challenger Way, Suite 104, Santa Rosa	Goodwill - Redwood Empire, County of Sonoma Department of Health Services Behavioral Health Division	Sean Bolan <a href="mailto:sbolan@gire.org">sbolan@gire.org</a> (707) 565-7804
<b>May 2</b>	3:00 p.m. - 4:30 p.m.	Impossible Project - Kicking My Blue Genes in the Butt by Josh Rivedal One-Man Broadway style play and panel discussion on suicide, mental health and diversity	Santa Rosa Junior College - Newman Auditorium, 1501 Mendocino Ave, Santa Rosa	SRJC Student Government Assembly	Enrique Garcia, VP of Student Health <a href="mailto:studenthealth@santarosa.edu">studenthealth@santarosa.edu</a>

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<b>May 3</b>	5:00 p.m. - 7:00 p.m.	Stomp the Stigma	Sonoma State University, Cooperage, 1801 E. Cotati Ave, Rohnert Park	Lambda Theta Nu Sorority Inc., Latino Service Providers, Humanidad, LGBTQ Connections	Saraisabel Virgen <a href="mailto:savirgen@latinoserviceproviders.org">savirgen@latinoserviceproviders.org</a> (707) 837-9577
<b>May 6</b>	6:00 p.m. - 8:00 p.m.	Mindfulness Program for Parents & Children (ages 10+)	CPI Santa Rosa - Parent Education Center, 3642 Standish Ave, Santa Rosa	Child Parent Institute	Cost - \$90 (6 sessions) <a href="http://www.calparents.org/classes">www.calparents.org/classes</a> Register online or call (707) 585-6108 ext 1240
<b>May 7</b>	6:00 p.m. - 8:00 p.m.	Embracing Your Child with ADD/ADHD	CPI Santa Rosa - Parent Education Center, 3642 Standish Ave, Santa Rosa	Child Parent Institute	Cost - \$20 (1 session) <a href="http://www.calparents.org/classes">www.calparents.org/classes</a> Register online or call (707) 585-6108 ext 1240
<b>May 7</b>	8:30 a.m. - 4:30 p.m.	Assessing and Managing Suicide Risk Training (6.5 CEUs available for LMFTs, LCSWs, RNs and AODS Counselors - No cost)	North Coast Builders Exchange, 1030 Apollo Way, Santa Rosa	County of Sonoma Department of Health Services Behavioral Health Division	Melissa Totz <a href="mailto:Melissa.Totz@sonoma-county.org">Melissa.Totz@sonoma-county.org</a> Space is limited - Please register <a href="https://www.eventbrite.com/e/amsr-assessing-and-managing-suicide-risk-tickets-58606474543">https://www.eventbrite.com/e/amsr-assessing-and-managing-suicide-risk-tickets-58606474543</a>
<b>May 8</b>	11:00 a.m. - 1:00 p.m.	Getting Over Barriers: Learn about Mental Health Chill out, fun activities and free food	Santa Rosa Junior College - Outdoor Quad on Petaluma campus, Sonoma Mountain Pkwy #680, Petaluma	Santa Rosa Junior College Student Health Services - PEERS Coalition	Stephanie Sanchez <a href="mailto:ssanchez2@santarosa.edu">ssanchez2@santarosa.edu</a> (707) 524-1536
<b>May 9</b>	4:00 p.m. - 5:30 p.m.	West County Care and Share Education and Support Group Presentation on Buckelew's Co-Occurring Group	First Presbyterian Church, 939 B Street, Petaluma	Buckelew Programs	Katie Swan, Buckelew Programs <a href="mailto:katies@buckelew.org">katies@buckelew.org</a> (707) 583-5284 Please RSVP - Space is limited
<b>May 9</b>	5:30 p.m. - 7:30 p.m.	Parenting Apart Without Tears	CPI Santa Rosa - Parent Education Center, 3642 Standish Ave, Santa Rosa	Child Parent Institute	Cost - \$60 (3 sessions) <a href="http://www.calparents.org/classes">www.calparents.org/classes</a> Register online or call (707) 585-6108 ext 1240

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<b>May 10</b>	10:30 a.m. - 12:30 p.m.	Wellness and Self-Care Resource Education	Sonoma County Family YMCA, 1111 College Ave, Santa Rosa	Sonoma County Family YMCA, Buckelew Programs	Katie Swan, Buckelew Programs <a href="mailto:katies@buckelew.org">katies@buckelew.org</a> (707) 583-5284
<b>May 10</b>	10:00 a.m. - 12:00 p.m.	Mental Health Awareness Tabling Event	Goodwill Petaluma Store, 1000 Lakeville St, Petaluma	Goodwill - Redwood Empire	Sean Kelson <a href="mailto:skelson@gire.org">skelson@gire.org</a> 707-546-4481 ext 207
<b>May 13</b>	4:00 p.m. - 6:00 p.m.	Sonoma County Behavioral Health Family Education and Support Group Presentation by the Wellness Speakers Panel	Main Conference Room, 2245 Challenger Way, Santa Rosa	County of Sonoma Department of Health Services Behavioral Health Division, Goodwill - Redwood Empire, Buckelew Programs	Katie Swan, Buckelew Programs <a href="mailto:katies@buckelew.org">katies@buckelew.org</a> (707) 583-5284 Please RSVP - Space is limited
<b>May 13-17</b>	11:00 a.m. - 1:00 p.m.	Mental Health Awareness at the Hospitals	Petaluma Valley Hospital Cafeteria, 400 N McDowell Blvd, Petaluma	St. Joseph Health	Erika Klohe, St. Joseph Health <a href="mailto:Erika.Klohe@stjoe.org">Erika.Klohe@stjoe.org</a> 707-328-8973
<b>May 14</b>	5:30 p.m.	Free screening of the movie "Resilience: The Biology of Stress & the Science of Hope" followed by panel discussion	Clover Theater, 121 East 1st Street, Cloverdale	St. Joseph Health Community Benefit	Erika Klohe, St Joseph Health Community Benefit <a href="mailto:Erika.Klohe@stjoe.org">Erika.Klohe@stjoe.org</a> 707-328-8973
<b>May 14</b>	10:00 a.m. - 12:00 p.m.	Mental Health Awareness Tabling Event	Goodwill Rohnert Park Store, 476 Rohnert Park Expressway W, Rohnert Park	Goodwill - Redwood Empire	Sean Bolan <a href="mailto:sbolan@gire.org">sbolan@gire.org</a> (707) 565-7804
<b>May 15</b>	7:00 p.m. - 8:30 p.m.	Teen & Transition Age Youth Mental Health Awareness Night	Petaluma Community Center, 320 N. McDowell Blvd, Petaluma	Petaluma Community and Mental Health Services	Officer Cardenas, Petaluma Police Department <a href="mailto:rcardenas@cityofpetaluma.org">rcardenas@cityofpetaluma.org</a>

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<b>May 15</b>	6:30 p.m. - 8:00 p.m.	Positive Parenting for Fathers	CPI Santa Rosa - Parent Education Center, 3642 Standish Ave, Santa Rosa	Child Parent Institute	Cost - \$60 (3 sessions) <a href="http://www.calparents.org/classes">www.calparents.org/classes</a> Register online or call (707) 585-6108 ext 1240
<b>May 17</b>	9:00 a.m. - 12:00 p.m.	Older Adult Depression: An Integrated Approach to Improving Outcomes through Collaborative Care	Petaluma Community Center, 320 N. McDowell Blvd, Petaluma	Sonoma County Human Services and Behavioral Health	Sarah Gross, Program Planning & Evaluation Analyst <a href="mailto:sgross@schsd.org">sgross@schsd.org</a>
<b>May 20</b>	10:00 a.m. - 12:00 p.m.	Mental Health Awareness Tabling Event	Goodwill - Redwood Empire Corporate Offices, 651 Yolanda Avenue, Santa Rosa	Goodwill - Redwood Empire	Sean Kelson <a href="mailto:skelson@gire.org">skelson@gire.org</a> 707-546-4481 ext 207
<b>May 20</b>	8:30 a.m. - 12:00 p.m.	Mini Conference and Resource Fair - The Effects of Migration and Trauma on Children and Families and How to Help your Emotional Health	Roseland Village Neighborhood Center, 779 Sebastopol Rd, Santa Rosa	St. Joseph Health Community Benefit	Erika Klohe, St Joseph Health Community Benefit <a href="mailto:Erika.Klohe@stjoe.org">Erika.Klohe@stjoe.org</a> 707-328-8973
<b>May 20-24</b>	11:00 a.m. - 1:00 p.m.	Mental Health Awareness at the Hospitals	Memorial Hospital Cafeteria, 1165 Montgomery Dr, Santa Rosa	St. Joseph Health Community Benefit	Erika Klohe, St Joseph Health Community Benefit <a href="mailto:Erika.Klohe@stjoe.org">Erika.Klohe@stjoe.org</a> 707-328-8973
<b>May 23</b>	5:00 p.m. - 7:00 p.m.	Wellness and Self-Care Resource Education	Sonoma County Family YMCA, 1111 College Ave, Santa Rosa	Sonoma County Family YMCA, Buckelew Programs	Katie Swan, Buckelew Programs <a href="mailto:katies@buckelew.org">katies@buckelew.org</a> (707) 583-5284
<b>May 23</b>	11:30 a.m. - 1:00 p.m.	Latino Service Providers, Testimonios Youth Promotores	TBD	Latino Service Providers	Saraisabel Virgen <a href="mailto:savirgen@latinoserviceproviders.org">savirgen@latinoserviceproviders.org</a> (707) 837-9577

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<b>May 24</b>	3:00 p.m. - 4:30 p.m.	West County Care and Share Education and Support Group Presentation on the Hearing Voices Network	O'Reilly Media, Inc. Tarsier Conference Room, 1005 Gravenstein Hwy North, Sebastopol	Buckelew Programs	Katie Swan, Buckelew Programs <a href="mailto:katies@buckelew.org">katies@buckelew.org</a> (707) 583-5284 Please RSVP - Space is limited
<b>May 24</b>	1:00 p.m. - 2:30 p.m.	Screening of Healing Voices followed by discussion	Interlink Self-Help Center, 1033 4th Street, Santa Rosa	Goodwill - Redwood Empire	Sean Kelson <a href="mailto:skelson@gire.org">skelson@gire.org</a> 707-546-4481 ext 207
<b>May 25</b>	10:00 a.m. - 2:00 p.m.	Native Youth Wellness Gathering	Spring Lake, Upper Oak Knolls	Aunties & Uncles Program, Sonoma County Indian Health Project, Inc.	Carolyn Moulton (707) 521-4559; or Dean Hoaglin (707) 565-1032
<b>May 28-30</b>	11:00 a.m. - 1:00 p.m.	Mental Health Awareness at the Hospitals	Healdsburg District Hospital, 1375 University Ave, Healdsburg	St. Joseph Health Community Benefit	Erika Klohe, St Joseph Health Community Benefit <a href="mailto:Erika.Klohe@stjoe.org">Erika.Klohe@stjoe.org</a> 707-328-8973
<b>May 29</b>	12:00 p.m. - 2:00 p.m.	Screening of Crooked Beauty followed by discussion	Petaluma Peer Recovery Center, 5350 Old Redwood Hwy, Suite 600, Petaluma	Goodwill - Redwood Empire	Sean Kelson <a href="mailto:skelson@gire.org">skelson@gire.org</a> 707-546-4481 ext 207 Please RSVP - Space is limited
<b>June 7</b>	10:00 a.m. - 12:30 p.m.	Maternal Mental Health - Trauma Informed Interventions	Flamingo Hotel, 2777 4th St, Santa Rosa	Child Parent Institute	Grace Harris <a href="mailto:graceh@calparents.org">graceh@calparents.org</a>