

Community Events for May 2023 - Mental Health Matters Month



Action Network's Community Clothing Rack and Children's Clothing Drive

May 1st – May 31st, 2023 (Monday – Friday, 10am – 4pm)

LOCATION: 200 Main Street Point Arena, CA, 95468

Action Network will be hosting a Community Clothing Rack and children's clothing drive throughout May.

For more information, please call 707-882-1691 or email info@actionnetwork.info



Community Mental Health Forum presented by Supervisors + Department of Health Services

Tuesday, May 2nd, 2023

TIME: 9:00am-3:00pm

LOCATION: Finley Community Center - 2060 West College Avenue in Santa Rosa

REGISTRATION LINK: <https://www.eventbrite.com/e/community-forum-on-mental-health-tickets-598602495177>

A community conversation discussing crisis services, suicide prevention, substance use disorder treatment services, & workforce development.



Interlink Self-Help Center Event

Tuesday, May 2nd, 2023

TIME: 11:30am-1:30pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

Tie Dye Event, for more information call: (707) 546-4481



SRJC's Mental Health Pop-Up Event in Petaluma

Tuesday, May 2, 2023

TIME: 12pm -2pm

LOCATION: SRJC in Petaluma-At the Farmers Market next to the Student Engagement/Success Center

Silent zen-zone and other un activities for SRJC students.

For more information visit www.shs.santarosa.edu



SRJC's Mental Health Pop-Up Event in Santa Rosa

Wednesday, May 3, 2023

TIME: 11am- 1pm

LOCATION: Bertolini Quad

Silent zen-zone and other un activities for SRJC students.

For more information visit www.shs.santarosa.edu



Free Suicide Prevention: QPR Community Gatekeeper Training

Wednesday, May 3rd, 2023

TIME: 1:30-3:00pm

LOCATION: SCOE - 5340 Skylane Boulevard, Santa Rosa, CA 95403)

REGISTER: http://bit.ly/QPR_SCOE



"The Wisdom of Trauma" Film Screening & Panel Discussion

Thursday, May 4th, 2023

TIME: 1:00pm-4:30pm

LOCATION: Glaser Center

Representatives from many organizations will provide information & resource for local wellness-oriented services. At 2pm we will be hosting a screening of Garbor Mates film "The Wisdom of Trauma, which will then be followed by a panel discussion. This event is free and open to the public.

For more information, please contact Micheal Reynolds Peer Programs Coordinator: 707-889-1901 or michael.reynolds@westcountyservices.org.



SCBH Family Education & Support Group

Monday, May 8th, 2023

LOCATION: Zoom

Monthly support group to increase understanding of nature of mental illness.

CONTACT: Buckelew's FSC Team at 707-494-0762 or NicoleN@Buckelew.org for Zoom link.



Potluck Gathering for those who serve our community

Tuesday, May 9th, 2023

TIME: 3:00pm-6:00pm

LOCATION: RSVP to Kiahna Bell KiahnaB@buckelew.org or 707-780-7236

Food gathering & short presentation by Susan Standen on the benefits of using recovery-oriented language in our work. Includes a small-group "thought exercise" as a discussion topic to help us learn ways to think about and re-phrase common medical-model statements.



Screening of "Crooked Beauty" at Interlink Self-Help Center

Wednesday, May 10th, 2023

TIME: 12:00pm-1:00pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

Join us for a screening of "Crooked Beauty." For more information please call (707) 546-4481.



Cannabis and Adolescent Well-Being: A Conversation for Families

Wednesday, May 10th, 2023

TIME: 4:00pm-5:30pm

LOCATION: Zoom

An organization dedicated to serving as the national leader in cannabis use prevention for young people.

For more information or for the Zoom link contact Kiahna Bell at 707-780-7236 or KiahnaB@buckelew.org



SOS: Allies for Hope

Wednesday, May 10th, 2023

TIME: 7:00pm-8:30pm

LOCATION: Zoom for zoom link contact SOSinfo@Buckelew.org

Monthly peer-to-peer group, we share strategies and skills for coping with the complex issues surrounding the loss. Introduction by Buckelew Programs, presented by Richard Von Feld, PsyD of Panaptic, an organization dedicated to serving as the national leader in cannabis use prevention for young people."



Petaluma Education and Support Groups

Thursday, May 11th, 2023

TIME: 4:00pm-5:30pm

LOCATION: Zoom, contact NicoleN@Buckelew.org for zoom link

A monthly education and support group to increase understanding of the nature of mental illness



Bike4Buckelew: Access to Mental Healthcare for All

Saturday, May 13, 2023

TIME: 8:00am-2:00pm

LOCATION: Miwok Meadows, China Camp State Park

Festivities will include organized mountain bike trail rides and guided hikes for every level, followed by a party in the woods with fabulous food, live entertainment and more. Fun for all ages!

REGISTER: <https://buckelew.salsalabs.org/bike4buckelew2023/index.html>



Inspiration Through Empathy

Monday, May 15th, 2023

TIME: 9:30am-11:30am

LOCATION: Zoom, contact Kiahna [BellKiahnaB@buckelew.org](mailto:KiahnaB@buckelew.org) for zoom link

A Recovery-Model approach to burnout, compassion fatigue, and increasing mental health needs in our community.



Wellness & Advocacy Center

Wednesday, May 17th, 2023

TIME: 1:00pm-3:00pm

LOCATION: 2245 Challenger Way #104, Santa Rosa, CA 95407

Mental Health Toolbox- Sharing different tools we have acquired that help us in everyday life.

For more information call 707-565-7800



Interlink Self-Help Center Event

Wednesday, May 17th, 2023

TIME: 1:00pm-2:00pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

Writing Group: Reflections on Recovery. For more information please call (707) 546-4481



Latino Service Provider's Monthly Meeting held by Youth Promotores

Thursday, May 18th, 2023

TIME: 12:00pm-1:30pm

LOCATION: 1000 Apollo Way, Santa Rosa, CA 95407

Join us to learn about LSP's Youth Promotores program, an opportunity to network and get connected to other resources.

CONTACT: Alayza Cervates: acervantes@latinoserviceproviders.org



Stomp the Stigma

Saturday, May 20th, 2023

TIME: 12:00pm-4:30pm

LOCATION: Santa Rosa Fairgrounds

Join LSP's Youth Promotores for their 4th annual event to promote mental health awareness and resources available to students in Sonoma County. Free live music, dance, workshops, food, and community.

CONTACT: Alayza Cervates acervantes@latinoserviceproviders.org for more information



Community Baptist Church Collaborative Mental Health Conference

Saturday, May 20th, 2023

TIME: 11:00am-1:00pm

LOCATION: Community Baptist Church – 1620 Sonoma Ave., Santa Rosa, CA

95405 The Community Baptist Collaborative is hosting their 7th annual Mental Health Conference featuring Devonderia Sanchez LMFT, who will discuss "Mental Health and the African American Community."

Please RSVP by email to Honor Jackson: honorjackson1121@comcast.net



[Petaluma Peer Recovery Center's Events](#)

Monday, May 22nd, 2023

TIME: 11:30am-12:30pm

LOCATION: 5350 Old Redwood Hwy N #600, Petaluma, CA 94954

MH Month Bingo w/ Prizes for more information please call (707) 565-1299



[Interlink Self-Help Center Event](#)

Wednesday, May 24th, 2023

TIME: 12:00pm-2:00pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

Screening of "Healing Voices" for more information please call (707) 546-4481



[Interlink Self-Help Center Event](#)

Friday, May 26th, 2023

TIME: 1:30-3:00pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

Sharing Recovery Resources. For more information please call (707) 546-4481



[Creating Safe Space for Mental Health through Connection](#)

Tuesday, May 30th, 2023

TIME: 3:00pm-6:00pm

Hear stories of lived mental health experience with a provider panel and community circle.

REGISTER: <https://www.eventbrite.com/e/creating-safe-space-for-mental-health-through-connection-tickets-619421956747>



[Petaluma Peer Recovery Center's Event](#)

Wednesday, May 31st, 2023

TIME: 10:30am-12:30pm

LOCATION: 5350 Old Redwood Hwy N #600, Petaluma, CA 94954

Screening of "Healing Voices" for more information please call (707) 565-1299



[Interlink Self- Help Center Event](#)

Wednesday, May 31st, 2023

TIME: 12:00pm-2:00pm

LOCATION: 1033 4th St, Santa Rosa, CA 95404

MH Month Bingo w/ Prizes

For more information call: 707-565-7800

**MAY IS
MENTAL
HEALTH
MONTH**

**TAKE SOME TIME TO
LOOK AROUND, LOOK WITHIN**

[MHANATIONAL.ORG/MAY](https://mhanational.org/may)



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT