



February 2011

NAMI Sonoma County is an affiliate of the National Alliance on Mental Illness, a grassroots family and consumer self help organization. NAMI Sonoma County's mission is to provide education, support and advocacy for all people affected by mental health challenges.

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NAMI Sonoma County's Petaluma Housing Volunteer Recognition Event held December 4, 2010 (For more info, see pg. 4)



NAMI Sonoma County collaborates with community partners to increase public and professional awareness of mental health challenges and eliminate stigma. We strive to positively impact mental health systems and offer hope to families and individuals living with mental illnesses.

Executive Director's Corner...

Rosemary Milbrath

Looking Back on 2010...

We had a wonderful year and met our goals. We had our most successful Annual Appeal to date and held our first session of NAMI Basics in Sebastopol! Thank you to everyone who helped us survive and thrive in 2010! I would like to acknowledge Kristine Siebert and Kim Meister for their tireless efforts in organizing the large community outreach portion of our Holiday Gift Program, and Sonia Pal for organizing the gift program/party for NAMI clients and volunteers. With the extraordinary support of these dedicated NAMI supporters, the holidays were brightened for a large number of people. I also want to acknowledge Board Member and Housing Liaison, Corinne Muelrath for her leadership in bringing NAMI into the provision of housing, and acting as both the Project Manager during rehab, and as the Facilities Manager ongoing. Lastly, I'd like to welcome Dr. David Anglada and Susana Carrillo to our Board of Directors!

On Moving Forward in 2011...

Our goal in 2011 is to spread NAMI in our community such that we are a household word. This is a lofty goal, but we made real inroads in 2010 with the Mental Health Symposium, the move to the Dutton office, the Petaluma Housing Program, and the outreach into area schools. This year will bring the most challenging budget times that have been seen for mental health in many years. As I write this, our Board President, Molin Malicay, and I are preparing to go to Sacramento to advocate for our people and to visit the NAMI California state office. We are also organizing a Regional Meeting for all Bay Area NAMI affiliates to be held on February 17 in San Francisco. We believe in the power of our joined voices, as concerned citizens, and in our ability to make a difference. Inch by inch, we promote social inclusion and defeat stigma!

Onto a happier topic, we are participating in the annual Human Race event. This fun-filled fundraiser is the largest in the county for local nonprofits. This year, we are collaborating with Community Action Partnership to make this our largest Human Race yet! We are in the process of forming a committee and coming up with themes for our group. We would love to have your support and input! Come walk with NAMI! All the money raised goes directly to our program costs.

NAMI Sonoma County Board of Directors

Molin Malicay
President

Doug Stephens
Co Vice President

Dave House
Co Vice President

Peter Lloyd
Treasurer

Ron Shaw
Secretary

Susana Carrillo
Student/Youth Liaison

Corinne Muelrath,
Housing Liaison

Esther Lemus,
Multicultural Liaison

Steve Bair
Legislative Liaison

Dr. David Anglada
Latino Engagement

Save the Date!
Human Race
Saturday, May 11th, 2011 at 8 AM
Herbert Slater Middle School



NAMI Volunteers & Interns

As the Volunteer Coordinator, I have the wonderful opportunity to work with some of the most compassionate, and generous volunteers. Without their assistance, NAMI Sonoma County would not be able to function as seamlessly as it does. The dedication that our volunteers show to the NAMI mission and to the Mental Health field is incredible! Many of our volunteers have been diagnosed with a mental illness or have someone close to them that has. We have been able to accomplish a great deal over the last year because of our volunteers. It is a great pleasure to have their support! Thank you to all of our volunteers!

-Jennifer Baker, Volunteer Coordinator

Volunteer Spotlight...

Jane Jackson



Jane Jackson has been affiliated with NAMI Sonoma County for about six years. Jane volunteered for NAMI to meet new

people, to gain valuable work experience and to keep busy. Jane has been the voice behind many warm-line calls and has done many other general office duties, including some fundraising for our Annual Appeal.

"I believe in what NAMI stands for – advocacy and support as well as help, hope and healing for all of those seriously challenged with mental illness. I find these values to be really positive and nurturing. Through NAMI, I have an opportunity to help others who might be having a difficult time struggling with what can be very overwhelming symptoms. Over the past 20 years, I have struggled with mental illness and have come to appreciate the support of an organization such as NAMI. I hope to continue to support NAMI's endeavors to combat mental illness."

When she's not volunteering, Jane stays busy through varied hobbies such as reading, fishing, hiking, swimming, camping and music. She also spends precious time with her family.

-As told to NAMI SC by Jane Jackson

2010 Volunteers

Alexis Wilson	Mary Christlieb
Allison Lee	Mary Rose Castro
Ann Meachum	Max Leroux
Ann Shippey	Mazie Velasquez
Beth Streets	Molin Malicay
Brad Morrison	Myra Mayesh, MA, MFT
Carol Coleman	Nancy Deneen
Celeste Burwell	Nancy Doyle
Corinne & Keith Muelrath	Nancy Guerrera
Daniel Eggink	Oceana (Pearlvera) Taicher
Dave House	Oscar Guzman
David Rosas	Patricia Coe
Dee & John Edwinson	Patricia Robles-Mitten
Derek Henson	Peter & Karen Lloyd
Doug Stephens	Phil & Francine Stears
Dr. David Anglada	Phyllis & Robert Clement
Dustin Jacobsen	Rhonda Smith Cowan
Esther Lemus	Richard (Dick) Doran
Gregg Jann	Rick Massell
Harriet Lewis	Roger White
Harry Martin	Ron Shaw
Hunter Cornell	Rosemary Hansan
Ivan Anderson	Rosemary Milbrath
Jamie Guglielmino	Sam Hencier
Janet Phillips	Sarah Adams
Jason Gallock	Shellie Hadley
Jeanne Pryor	Stephanie Marquez
Jeremy Parsons	Steve Bair
Joan McCue	Sue & Greg Tichava
Judy Hawkins	Susan Barclay
Julia Anderson	Susana Carrillo
Kathy Smith	Terri Timms
Kristine Leroux Siebert	Val Pavloff
Leslie Haylock	Vivian Grace Sedney
Linda Trinoskey	Zachariah Geyer
Lynda Millsbaugh	
Lynne Cunningham	2010 Interns
Margo & Charlie Klipp	Alessandra diFranco (SSU)
Marilyn & John MacLean	Evelyn Reyes (SRJC)
Marlene Mahan	Fred Lambert (SRJC)
Marti & Glenn Kennedy	

Events & Happenings...

Petaluma Housing Volunteer Recognition Event Recap

NAMI owns and operates two homes for mental health clients in Petaluma. On Tuesday, December 7th, NAMI Sonoma County held a Volunteer Recognition event at the Petaluma Community Center to honor everyone who helped make the Petaluma Housing Program a huge success.

The event featured a presentation and slide show by Housing Liaison, Corinne Muelrath. The homes are now occupied by six grateful tenants. Many community businesses and dedicated volunteers made donations. The event had a great turnout!

-Sonia Pal, Events Coordinator



Pete Langley, our wonderful contractor, who rehabbed one of the properties

Nickel Tour

Recently some of NAMI's staff went with Ted Fox, Sonoma County Mental Health Community Intervention Program worker, on what he coins the "Nickel Tour". The "Nickel Tour" consisted of a tour of some of Santa Rosa's agencies that serve Sonoma County's clients with mental illness. Some of the agencies we were able to visit were Catholic Charities' Homeless Services Center and Coach to Career Center, The Living Room, Interlink, VOICES, St. Vincent De Paul's, Redwood Gospel Mission, and the Wellness and Advocacy Center.



Ted began doing the tour to Sonoma State Nursing students to offer them a broader range of choices for their required clinical hours. Those taking the tour have expanded to include Community Healthcare Outreach Students at SRJC, agency and clinic social workers, psychiatrists and psychologists, new SCMH employees & interns, and employees/volunteers of other agencies.

Our staff reported several benefits of this tour: "We learned how passionate all the agencies are about helping their clients;" "We learned about how important peer to peer learning is in recovery;" "We learned the value of all the drop-in centers in serving clients;" "It was really good for inner-agency networking and putting the faces to the names;" Thank you Ted for your generosity and giving us this tour!

NAMI SF presents Musical "Next to Normal"

*Friday, February 11, 2011
Curran Theatre, San Francisco*


Next to Normal is both a gripping drama and an inspiring musical about the effects of mental illness on the family. Audiences witness an authentic portrayal of a family coping with the mother's bipolar disorder, the complex problems they face, and the prospect of healing and reconciliation. N2N has garnered multiple awards including the 2010 Pulitzer Prize, and 3 Tony awards in 2009, as well as highly favorable reviews. Discount rate for tickets is \$85 for NAMI members and can be purchased through shnsf.com or 1-888-SHN-1799. Please call NAMI SF for more info at (415) 905-6264.

Please note...

We have a Facebook page (www.facebook.com/NAMISonomaCounty)! Second, we are now able to send our newsletter in electronic format via email. Please contact us if interested.



FEBRUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Family Support Group 6 pm – 7:30 pm Petaluma <i>*New Location: Petaluma Senior Center, 211 Novak Drive*</i> Board, Community Relations & Fund Development Meetings 5:30 pm	2 Client Connection 6:30 pm – 8 pm Petaluma <i>*New Location: COTS Mary Isaak Center, 900 Hopper Street*</i> Groundhog Day 	3 Client Connection 12 pm – 1:30 pm Family Support Group 2 pm – 3:30 pm Santa Rosa		
6	7	8	9 Family Support Group 3 pm – 4:30 pm Sebastopol Client Connection 6:30 pm – 8 pm Petaluma Transition Fair 3 pm – 6 pm Sonoma County Office of Education (SCOE) 5340 Skylane Blvd, Santa Rosa	10 Client Connection 12 pm – 1:30 pm Family Support Group 2 pm – 3:30 pm Santa Rosa General Meeting 6 pm – 7 pm	11 <i>Next to Normal</i> Musical 8 PM Curran Theatre, San Francisco	12
13	14 Happy Valentine's Day! 	15 Family Support Group 6 pm – 7:30 pm Petaluma <i>*New Location: Petaluma Senior Center, 211 Novak Drive*</i>	16 Client Connection 6:30 pm – 8 pm Petaluma	17 Client Connection 12 pm – 1:30 pm Family Support Group 2 pm – 3:30 pm Santa Rosa NAMI Affiliate Bay Area Regional Meeting 10 am – 2 pm American Indian Friendship House, 56 Julian Ave, San Francisco 94103	18 Healthcare for the Homeless Integrated Client Support Meeting 12:45 pm – 1:45 pm NAMI SC Office CHOW Meeting 2 pm – 4 pm NAMI SC Office	19
20	21 President's Day 	22 Art Class 2 pm – 3:30 pm	23 Client Connection 6:30 pm – 8 pm Petaluma	24 Client Connection 12 pm – 1:30 pm Family Support Group 2 pm – 3:30 pm Santa Rosa	25	26
27	28					

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

Mental Health Resource Guide

Mental Health Services

NAMI Sonoma County 527-6655

- ◆ Resources, referrals, library, education classes, support groups, for family members and for clients.

Psychiatric Emergency Services (PES) 576-8181

3322 Chanate Road
Santa Rosa, CA 95404

- ◆ Crisis services, transport to hospitals, 23 hour stays

Access Team at Chanate 565-6900

- ◆ Entry to Sonoma County Mental Health

Alexander Valley Regional Medical Center 894-4229

Alliance Medical Center 433-5494

Jewish Community Free Clinic 585-7780

Petaluma Health Center 773-1097

Russian River Health Center 869-2849

Santa Rosa Free Clinic 546-6479

Sonoma County Indian Health Project 521-4500

Santa Rosa Community Health Center 547-2222

Sonoma Valley Health Center 939-6070

Client Centers/Clubhouses

Chanate Hall 565-4900

- ◆ Must be Sonoma County Mental Health client

Interlink Self-Help Center 546-4481

Russian River Empowerment Center 604-7264

Wellness and Advocacy Center 565-7800

Client/Consumer Classes

Chanate Hall 565-4900

- ◆ Offers various classes and groups for Sonoma County Mental Health clients

Clutterers Anonymous 569-9808

- ◆ Meets 2nd & 4th Fridays of the month, 2 - 4 pm. Call or email homeforjoan@yahoo.com for address and info

DSLC (Disability Services and Legal Center) 528-2745, Ext. 312

- ◆ Tools for Stability and Support, led by Melva Freeman

Depression/Bipolar Support Group 578-0424

Interlink Self-Help Center 546-4481

Peer counseling, dual diagnosis, art and many other classes

NAMI- Art and Connection

- ◆ Art Class, Tuesdays at 2 PM
- ◆ Client Support Group, Thursdays at noon at NAMI office, Wednesdays, 6:30-8 PM in Petaluma at 900 Hopper St.

Recovery, Inc. 823-5122

- ◆ Self-help through will training

Russian River Empowerment Center 604-7264

- ◆ Peer led classes in wellness and creativity

Smart Recovery (415) 223-3914

- ◆ Self-help program to develop life management and recovery skills to overcome addictive behavior. Imagine full recovery without life-long meetings. www.isrinc.org

Wellness and Advocacy Center 565-7800

- ◆ Many classes, groups, music jam, art, poetry, creative writing, activities for transitional age youth, and more. Some Spanish.

Family/Friends Help and Support

NAMI Warmline 527-6655

- ◆ Empathic listening, resources and referrals at no-charge, Monday-Friday, 9 AM—4:30 PM

Family Service Coordinator, Erika Klohe 571-8452 or 591-4617

- ◆ Family Resource Clinic, Every Tuesday, 3-4:30 PM at Buckelew Programs, 144 South E Street, Santa Rosa

Focus on Dual Diagnosis 565-4935

- ◆ Mondays 4:30-6 PM, Client must be served by Sonoma County Mental Health

NAMI Family Support Groups 527-6655

- ◆ Drop-in support groups for friends/family that are facilitated by family members. Learn how to problem solve, how to access services, and how to support your loved one and yourself!

Cloverdale- Facilitated by Harry Martin. For times and location 433-5536, Ext 128

Petaluma- 1st & 3rd Tuesdays, 6-7:30 PM, located at 211 Novak Drive, Petaluma 527-6655

Santa Rosa- Every Thursday, 2-3:30 PM, located at the NAMI office, 1300 N Dutton Avenue, Suite A, Santa Rosa 527-6655

Sebastopol - 2nd Wednesday of every month, 3-4:30 PM, located at 477 Petaluma Ave, Sebastopol 527-6655

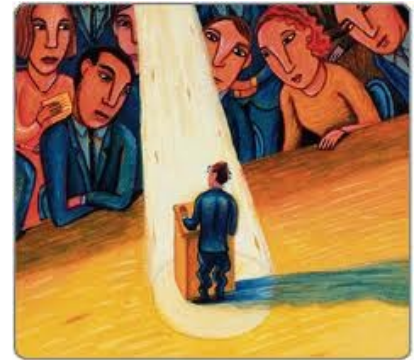
Sonoma - 1st Thursday of every month, 7:15-8:45 PM, located at 283 2nd Street East, Sonoma 996-2930

NAMI Programs Corner...

A Recap of *In Our Own Voice* Training Workshop & New Presenters

On January 11th, NAMI Sonoma County arranged a highly interactive workshop designed to provide participants with an overview of the skills necessary to be successful NAMI Sonoma County, *In Our Own Voice* presenters as well as presenters for other NAMI speaking engagements. Our other speaking engagements include talks at high schools and local organizations about suicide prevention and depression.

One of the main reasons for the training was that we felt there was a need to increase the size of our pool of presenters to meet the increasing need of presenting to young people. Modifying presentations for different audiences is essential to early intervention and prevention work for our youth community here in Sonoma County.



Doug Stephens and Oscar Guzman facilitated the training. Doug is a State Certified, *In Our Own Voice* trainer and an accomplished representative of the NAMI Sonoma County Board of Directors. Oscar is the Client Programs Coordinator for NAMI Sonoma County and is a member of the NAMI California Board of Directors.

Current IOOV presenters, Zach Geyer and Lynne Cunningham, opened the workshop with the customary storytelling of their personal experience living with mental health challenges and achieving recovery. The training included about three hours of practice and feedback for those in attendance.

We were fortunate to have Communication Consultant Professor Marisa Michaels offer her assistance and expertise during our working presentations at the workshop. Marisa is an Adjunct Professor of Communication Studies at the University of San Francisco and holds a B.A., M.A, and Ed.D. in Communication and Organizational Studies. As a professional consultant, Marisa provides programs and services for individuals and organizations to increase overall effectiveness and performance for Public Speaking, Interpersonal Communication and Organizational Policy writing.

Lastly, we welcome our new presenters Sarah Adams, Sam Hencier, Kathy Kambestad, Brad Morrison, and Janet Phillips to the IOOV program. Their efforts provide a message of recovery and hope for those living with mental health challenges and reduce barriers to successful life in the community.

-Oscar Guzman, Client Programs Coordinator

Family and Client Programs Update



Our programs are up and running in full swing! Currently, we have a *Family to Family (F2F)* class and *Peer to Peer (P2P)* class running in Santa Rosa. Two new teachers are being trained in NAMI Basics this weekend in Shasta County. We also just trained three new P2P mentors and we have five new *In Our Own Voice (IOOV)* presenters. We have a *Familia-A-Familia* class starting soon and another F2F scheduled for March in Petaluma. Please call the office to enroll in any of these programs.

-Tedd Pierce, Programs Coordinator

NAMI SC Welcomes Our New Board Members and Staff!

Dr. David Anglada-Figueroa
NAMI SC Board Member
Latino Engagement



The newest member on our board, Dr. David Anglada-Figueroa is the Director of Mental Health Services and a licensed psychologist at Santa Rosa Community Health Centers. Dr. Anglada was a speaker at our Mental Health Symposium for the Latino workshop. We

look forward to working with him to fulfill our goals of reaching out to our local multicultural community.

Angelica Perez, Latino Outreach Coordinator



Hi, my name is Angelica Perez and I am a part of the Latino Outreach staff at the office as well as a current student in Psychology at Mills College. I have worked with youth for 3+ years in both recreation (summer school/after school programs/sports/etc.) and

education programs such as tutoring. My new focus is community outreach and mental health education in my community. I am a trained Family to Family teacher, and a youth support group facilitator for NAMI. I am excited to work in the Latino community to expand our knowledge of mental health and stomp out stigma!

Cynthia Morfin
Bilingual Family Advocate

Hello! My name is Cynthia Morfin and I am the new Bilingual Family Advocate for NAMI Sonoma County. I am a native of Sonoma County and I have a passion for working with my community.



I have been coordinating home visits for NAMI since January 2010 through our Warmline program. In May 2010, I completed my AS Degree in Community Health Outreach through Santa Rosa Junior College. I have experience working with domestic violence victims and their families as well as drug and alcohol counseling.

I look forward to increasing the impact of NAMI Sonoma County education and outreach services with our local bilingual population. I am excited to be a part of the staff here at NAMI and look forward to meeting of all you!

Susana Carrillo
NAMI SC Board Member
Student and Youth Liaison

Hello, my name is Susana Carrillo and I first joined NAMI in the spring of 2007 when I attended my very first Peer-to-Peer Mentor Training. Since then, I have facilitated 3 Peer-to-Peer classes and I am currently facilitating one. I have an Associates of Science degree in Natural Resources, and I am attending Santa Rosa Junior College for the Community Health Worker Program. I am an AmeriCorps member and am doing service at Southwest Adult Day Services. I am grateful to NAMI and I believe they have a big part in my recovery. I look forward to giving back to this wonderful organization that has done awesome things in this community.

Join NAMI Sonoma County TODAY! Make a difference! Be part of the solution!

NAMI Sonoma County Membership

NAMI Sonoma County is an affiliate of NAMI California and NAMI National. We are counting on your support so we can continue our work as the county's voice on mental illness. Your donation is divided equally among our national and state parent organizations. PLEASE... JOIN TODAY!!

Annual Membership: ☐ New ☐ Renewal Date: _____
February 2011 until February 2012

☐ **Standard Membership (\$30)**
Up to four people per membership

☐ **Limited Income (\$3)**
One person per membership

Name (s):	Gender: <small>Optional</small>	Ethnicity: <small>Optional</small>	Age: <small>Optional</small>	Email: <small>Optional</small>
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____

Address: _____
Street City State Zip

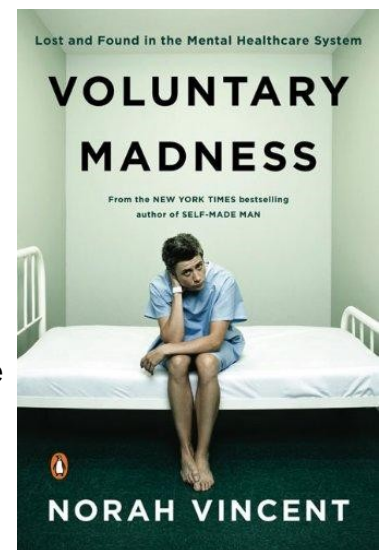
Phone: _____

THANK YOU FOR YOUR SUPPORT!

NAMI SC's Book Club Update

December's book was *Night Navigation* by Ginnah Howard and the group was facilitated by Sue Tichava and Joan McCue. Our next Book Club meeting will be March 12, from 2:00 to 3:30, at the Rincon Valley Library. Sid McColley will lead us in a discussion of Norah Vincent's *Voluntary Madness*. Vincent is a journalist who commits herself into three different mental health facilities in order to investigate the mental health system from the inside.

Copperfields has copies of the book and will give a 20% discount to any one who identifies him/herself as a book club member. If you would like to be a member of this group send an email to Joan McCue at joanm707@comcast.net. All are welcome to attend. We look forward to seeing you all in March!



NAMI Gives Great Thanks to our 2010 Donors!

Organizations

Agilent Technologies
Alanna Zrimsek Consulting
California Endowment Fund
County of Sonoma
Community Action Partnership
E-Scrip
Hope Counseling Services
JustGive
Brennan Waits Foundation
Pediatric Dental Initiative
Traditional Medicinals
Truist

Individuals

A. & S. Battaglia
Aleta Drummond MD
Alfred Valdivia
Barbara Barrett
Barbara Shatto
Benjamin & Carol Jones
Betty Riess
Beverly Hurst
Bonnie Sykes
Carolyn Graham
Cathy Sparks
Celeste Burwell
Cherry Woodbury
Chrysanthie Voreas
Clarissa Tuor
Corinne & Keith Muelrath
David & Pamela Deming
Dennis & Meridith Goodrow
Dorothy Langley
Doug & Karin Brown
Doug Stephens
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Joice Allgair
Joseph & Dianne Cunha
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Kathleen Cooke
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Kenneth & Barbara Fultz
Kent Ritchie
Kitti Perry
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Linda Mori
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Lynda Milspaugh &
Manfred & Kimberly Meister
Margaret Schild
Margo & Charles Klipp
Maria Gravenites
Maria Palerino
Marilyn Maclean
Marilyn Mogelberg
Mark & Laurie Parish
Marla & Bruce Anderson
Marlene & Gardner W Mahan
Mary & Terriann Reischling
Mary Ann Iodence
Mary Ann Patterson
Mary Christlieb
Mary Fox
Mary Jennison-Stelzer

Maxine Pearce
Melva Freeman
Mert Preston
Michael Morrison
Michael Pendergast
Michaele Parman
Nancy Brandt-Erichsen
Nydia Goode
Oscar Guzman
Paul & Eva Pecchenino
Ramona & John Culbertson
Randi Lee & James Amador
RC & Phyllis Clement
Richard & Ramona Doran
Richard Eamer
Robert & Alana Glennon
Robert Givens Jr.
Roberta Shippey
Roger & Jill White
Roger & Mary Ann Harris
Rose Wolford
Rosemary Milbrath
Rotraut Douglas
Russell & Cynthia Merritt
S Elder
S. McGillis
Sandra Kerr
Sandra Beddow
Sandy Lazarz
Sara Davis & Stephen Bridlebough
Sharon Cronan
Sherry Hansen
Siegfried & Mabel Vogt
Stephanie Acuna
Stephanie Marquez
Stephen & Katrin Ciaffa
Steve McClary
Steven Brace
Steven Christensen
Susan & Seelye Smith
Susan Barclay
Sylvia Gallego & Jamie Mitchell
Thaddeus & Dolores Miller
Thomas & Deborah Lindberg
Thomas & Leslee Mersich
Thomas & Patricia Iles
Thomas & Sharon Lithgoe
W or R Draeger
Wilhelmina Organist
William & Mary-Louise Reinking



A Year in Pictures



From top left: NAMI SC Jefferson Award Acceptance, 2010 In Our Own Voice Presenters, NAMI CA State Conference Representatives from NAMI SC, Attendees at Aloha Friday Open House including Rosemary Milbrath, Tools for Transition Toiletry Packing Volunteers, NAMI Volunteers and Facilitators at NAMI's Christmas Party



Upcoming Events

February 9th TRANSITION FAIR 3 PM–6 PM at Sonoma County Office of Education (SCOE). NAMI SC will be tabling at this event.

February 10th GENERAL MEETING 6 PM - 7 PM (at the NAMI office). This month's speaker will be Tom Wootton of Bipolar Advantage. In his most recent work, he illustrates how a to move beyond Bipolar Disorder, and with training to achieve Bipolar In Order. Mr. Wootton has designed a strength based training to understand and master the condition in all its states. The Advantage Program that he designed in 2008 has been a great success in helping families and individuals. Tom's books will be available for sale for \$20.

February 11th *NEXT TO NORMAL Musical* 8 PM at Curran Theatre, San Francisco! Please call NAMI SF for more info at (415) 905-6264.

February 17th NAMI AFFILIATE BAY AREA REGIONAL MEETING 10 AM– 2 PM at American Indian Friendship House, 56 Julian Ave, San Francisco 94103. NAMI SC is hosting a meeting for Bay Area NAMI Affiliates to learn more about how we can improve our services holistically by collaborating with other affiliates.

February 21st PRESIDENT'S DAY

March 5th FAMILY to FAMILY Education class begins 9 AM - 11:30 AM at the Petaluma Senior Center, 211 Novak Drive, Petaluma 94954. *Please call the office to sign up for this free course!*

March 12th NAMI SC BOOK CLUB MEETING 2 PM– 3:30 PM at Rincon Valley Library, Santa Rosa. All are welcome to attend.

Happy Valentine's
Day!



*Thank you for
your support!*



RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE PAID
SANTA ROSA, CA
PERMIT NO. 229
DATED MATERIAL

NAMI Sonoma County
National Alliance on Mental Illness
1300 N. Dutton Avenue, Ste A
Santa Rosa CA 95401
(707) 527-6655
www.namisonomacounty.org
TIME SENSITIVE MATERIAL