

Petaluma Peer Recovery Center



Schedule September 2019 "Suicide Prevention- Know the Signs"

24 Hotline North Bay
1 - 855- 587- 6373

Lifeline: 1-800-273-8255

MONDAY	WEDNESDAY	THURSDAY
ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time	ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time	ALL DAY 1:1 Peer Support Open Art Studio Community Tea Time
10am – 11:00am Peer Support Group	10am – 11:00am Peer Support Group	10am – 11:00am Peer Support Group
11 am – 12 pm Round Table Discussion	11 am – 12 pm Health, Wealth, & Happiness	11 am – 12 pm SMART Goal Setting
12 – 1 pm: Advocacy: "Nothing About Us Without Us"	12 – 1 pm Positive Thinking	12 – 1 pm Boundaries
1 – 2 pm Spirituality in Recovery	1 – 2 pm Emotional Balance	1 – 2 pm Music "Jam Session"
2 – 3 pm Journaling/Creative Writing	2 – 3 pm TED Talk Series	2 – 3 pm Calming Our Anxiety

Special Events September 2019

Theme: "Suicide Prevention – Know the Signs"

- Closed Monday September 2nd for Labor day Holiday
- Wednesday September 10th and 24th (Second and Fourth Wed) 10:30am – 11:30am Depression Bipolar Support
- September 5th and 26th GIRE COOP with Laura Hodge 11:30am – 1:00pm
- Thursday Sept 26th 10:30am – 2:30pm Suicide Prevention Training and Pizza Party,
- See reverse side for opportunities for you to have your voice heard by Board of Supervisors and Mental Health Board

Peer Support

Resource Navigation

Building Community

Contact Information

5350 Old Redwood Hwy.
Suite 600 (Off Redwood Way)
Petaluma, CA 94954

(707) 565-1299
Carol West cwest@gire.org
petalumapp.wordpress.com

OPEN

10 AM – 3 PM

**MONDAY
WEDNESDAY
THURSDAY**

Advocacy: "Nothing About Us Without Us" –Peer, Self, and Beyond: A discussion about mental health legislation, patient's rights, constitutional rights, grassroots movements, the peer community, and more.

Boundaries: Learn how to establish, communicate and honor your personal boundaries

Calming Our Anxiety: We come together to understand anxiety, discuss a spectrum of anxious feelings and explore many different ways to diffuse extreme unease.

Emotional Balance: Learn to cope with the emotional roller coaster of life. Support and skills group

Goal Setting: In a fun, supportive and non-judgmental atmosphere, Join us to look at our life goals and choose one to break down into Specific, Measurable, Achievable Realistic and Time sensitive (SMART)goals

Health, Wealth, & Happiness: The impact of building positive mind body connections

Journaling/ Creative Writing Using words and/or art, explore the power of journaling as a tool for self-exploration

Music/Jam Session: No experience necessary, just a willingness to have fun in a creative and healing way! We have a keyboard, guitar and a number of drums at PPRC. You are welcome to bring your own drum or other small instrument.

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through paint, sketching, & more. Explore through creativity! Many mediums are available.

Peer Support: Mutually respectful, intentional, active listening, positive, forward looking support.

Positive Thinking: Yes we know, easier said than done... come and learn how

Round Table Discussion: (This month's topic: Friendship) Join us at the round table to participate in peer support, open communication, connection building, current events discussions, sharing ideas, sharing stories, and more

Self-Care/ Morning Stretch: Take steps towards being your best self includes discussion about nutrition choices and gentle movement to help us feel more flexible and get muscles moving

Spirituality in Recovery: A safe, non-judgmental, open space to discuss our personal spiritual practices, how they may help us overcome recovery challenges and share personal experiences that spirituality brings into our lives.

TED Talk Series: We explore TED Talks within the mental health and recovery themes, with discussion to follow.

Opportunities For You To Have Your Voice Heard (Please check websites for dates and times)

- [Board of Supervisors](#) 575 Administration Drive Room 102A Santa Rosa, CA 95403 Board of Supervisors Chambers 575 Administration Drive 102A
- [Mental Health Board Executive Committee Meeting](#) First Wednesday 2227 Capricorn Way Second Floor Suite 213, Galaxy Conference Room Santa Rosa, CA 95407
- [Mental Health Board Meeting](#); Third Tuesday 5:00 – 7:00 PM
- MHSА Advisory Committee
- MHSА Stakeholder Meetings August 12 10am – 12 Contact: Melissa Ladrech Melissa.Ladrech@sonoma-county.org
- MHSА News Letter [May 2019\(PDF: 1.9 Mb\)](#)
- [Peer Action League https://petalumaprp.wordpress.com/peer-action-league/](https://petalumaprp.wordpress.com/peer-action-league/)
- "Peer Voices Now" Newsletter for and by people with mental health challenges Kate Roberge (707) 483-7425

Our Center is open and available to individuals that are 18+ and identify as having a lived experience of a mental health challenge. No diagnoses or prescriptions necessary; however, we do wish to support members in fostering an environment focused on wellness and recovery.