



April 2019

Interlink Self-Help Center

Group Schedule

1033 Fourth St., Santa Rosa, CA 95404 **Telephone:** 707-546-4481 **FAX:** 707-546-4515
Member Phone: 707-546-1085 **Open:** M-T-W-F-S 10:00-3:00 and Thursday 10:00 -2:00

Monday

10:00-2:00 _____ Open Art Studio
 10:15-11:00 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 11:00-12:00 _____ Music Group
 12:00-12:30 _____ Resource Group
 12:00-1:00 _____ Art Journaling
 1:00-2:00 _____ Managing Depression/Mania
 2:00-2:30 _____ Afternoon Check-In

Tuesday

10:00-2:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:30-11:30 _____ Intro to Peer Support*
 11:30-12:00 _____ In-Depth Support
 11:30-12:00 _____ Walk
 12:00-1:00 _____ SMART Recovery
 1:00-2:00 _____ Membership Council
 1:15-2:00 _____ Be Well and Enjoy Life
 2:00-2:45 _____ Coping with Anxiety

Wednesday

10:00-2:00 _____ Open Art Studio
 10:15-11:00 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 11:30-12:00 _____ Mid-Week Festivity**
 12:00-1:00 _____ Seeking Safety
 12:00-12:30 _____ Aprendiendo Juntos
 12:30- 1:00 _____ Productive Inspiration***
 1:00-1:30 _____ Afternoon Check-In
 1:30-2:00 _____ Trauma Busters!
 3:45-4:45 _____ SMART Family and Friends

Thursday

10:00-1:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:30-11:30 _____ Intro to Peer Support
 11:30-12:00 _____ In-Depth Support
 12:00-1:00 _____ Expressing Creativity
 1:00-1:30 _____ Afternoon Check-In

Friday

10:00-2:00 _____ Open Art Studio
 10:15-10:55 _____ Community Meeting
 11:00-11:30 _____ In-Depth Support
 12:00-1:00 _____ Let's Talk About MH
 1:00-1:30 _____ Afternoon Check-In
 1:00-2:00 _____ LifeRing
 1:00-2:30 _____ Client Forum*****

Saturday

10:00-2:00 _____ Open Art Studio
 10:15-10:30 _____ Community Meeting
 10:45-12:45 _____ Movie
 12:00-1:00 _____ SMART Recovery
 1:00-2:00 _____ Taking a Closer Look at MH
 2:00-2:30 _____ Afternoon Check-In

Tuesday and Thursday

*Intro to Peer Support
 - March Topic: **“Communication Skills”**

Wednesday

**Mid-Week Festivity
 - Game Day 4/3
 - Comedy Improv 4/10
 - Birthday Celebration 4/24
 - General Membership Mtg & Raffle 4/24

*** Productive Inspiration
 1st and 3rd Wednesdays

Friday

*******Monthly Forum** – 4/26
Peer Education & Employment
 w/Kate Roberge, Program Coordinator,
 Peer Education and Training Program,
 Goodwill- Redwood Empire

Groups at Interlink Self-Help Center

Afternoon Check-In: This gives us an opportunity to check-in about how their day has gone, what we may be planning, etc.

Aprendiendo Juntos /Learning Together: Aprender y practicar Español y Inglés juntos. / Learn and practice Spanish and English together

Art Journaling: Create your own journal about your past, present and future, goals, things you enjoy. Write, draw, collage, etc.

Be Well and Enjoy Life: We talk about different dimensions of living well and finding joy. Topics include emotional and mental well-being, exercise, nutrition, sleep, communication, etc.

Community Meeting: Our daily morning meeting that includes announcements and personal check-ins.

Coping With Anxiety: We talk about different types of anxiety and different ways of coping with it.

Expressing Creativity: We explore and utilize the creativity that comes from within us by using themed art projects.

General Membership Meeting: Members and staff discuss a wide range of topics, including upcoming activities, concerns, and suggestions for improving the center.

In-Depth Support: On-going support groups designed for check-ins, discussion of problems, issues, and personal successes.

Intro to Peer Support: Peer Support classes with a different focus each month. No need to sign up, no homework, please join us.

Let's Talk About MH: A video then open discussion on various topics relating to mental health, well-being and recovery

LifeRing: A secular, abstinence-based group for individuals seeking to live in recovery from addiction to alcohol and/or other non-medically indicated drugs.

Managing Depression/Mania "Big Feelings": A process group with a focus on Bipolar and Depression that seeks to be a non-judgmental, safe space where we can confidentially discuss what is happening in our lives

Membership Council: The Membership Council functions as a liaisons between the members and staff, provides program leadership, helps with event planning, conveys concerns, requests, and observations from members, and process suggestions from our suggestion box. They deal with disciplinary issues and recommend follow-up actions to staff.

Mid-Week festivity: Join us every week for a different festivity, providing opportunities for us to interact with others and have fun.

Monthly Forum: Open to the general public, often with guest speakers, focused on different topics each month.

Music Group: We play music, watch music videos, and sometimes sing. We have some instruments and you can also bring your own.

Open Art Studio: We have art and craft supplies for drawing, painting, coloring, beading, learning, teaching, etc.

Productive Inspiration: Laura Hodge, from the Behavioral Health Coop, brings inspirational presentations and ideas to support us in our next steps towards our goals.

Resource Group: We share and research community resources occasionally with speakers from outside organizations.

Seeking Safety: An evidence based, present-focused counseling model to help people attain safety from trauma and/or substance use. It directly addresses both trauma and addiction, without requiring clients to delve into the trauma narrative, thus making it relevant to a very broad range of individuals and is easy to implement.

SMART Family and Friends: Provides resources, support and tools for people who are affected by the addictive behavior of someone close to them. It aims to help participants develop more effective coping strategies, increase self-esteem, develop a greater sense of fulfillment. The communication methods help with emotional upsets and to establish healthier relationships with loved ones.

SMART Recovery: Uses tools based on methods for a variety of addictions. CBT, Motivational Interviewing and REBT are used. SMART Recovery helps those of us seeking recovery to choose what works best..

Taking a Closer Look at Mental Health: We discuss a variety of mental health aspects, such as depression, emotional intelligence, stress reduction, and more.

Trauma Busters: This is a group for those of us who have experienced traumatic stress. Rather than a process group, this group focuses on tools and strategies for dealing with traumatic stress with participants being invited to share tools they find helpful.