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MAY HIGHLIGHTS

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May is Mental Health Awareness Month

May is Mental Health Awareness Month and **Sonoma Connect | Sonoma Unidos** would like to highlight partners and local organizations and the amazing work they are doing to support mental health in our community!



HUMANIDAD
Therapy & Education Services

[Humanidad Therapy & Education Services](#) aims to strengthen the lives of the Latinx community by increasing access and utilization of community mental health resources. They provide culturally proficient therapist training, inclusive community education, and bilingual therapy services.

This month Humanidad will be offering a weekly virtual education series for parents about different mental health topics:

- Secure Attachment: The Role of the Caregiver | May 3rd @ 5:30 pm
- Awareness of Our Attachment in our Childhood | May 10th @ 5:30pm:
- Self-regulation: How to Stay Calm to be Present for our Children! May 17th @ 5:30pm:
- Understanding my Child's Behavior and Emotions | May 24th @ 5
- Helping our Children to Regulate | May 31st @ 5:30pm

[Register](#)



[Buckelew Programs](#) is dedicated to empowering individuals in shaping healthy, strong, purposeful lives. They offer a wide range of services for adults and children in the North Bay, including Counseling, Recovery, Service Navigation, Suicide Prevention and Supported Housing.

This month Buckelew Programs is offering the following events:

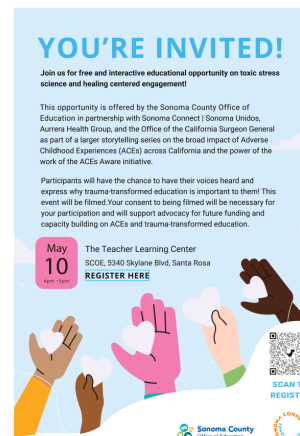
- Sonoma County Behavioral Health Family Education & Support Group | May 9 @ 4pm – 6pm
- Community Resource Clinic | May 10 @ 3:00 pm - 4:30 pm
- Petaluma Education and Support Groups | May 12 @ 4:00 pm - 5:30 pm
- SOS: Allies For Hope | May 25 @ 7:00 pm - 8:30 pm

[Learn more](#)

Announcements: Storytelling Event!

On Tuesday May 10 from 4-5pm the [Sonoma County Office of Education \(SCOE\)](#) is offering a **free**, educational opportunity for Sonoma County teachers, administrators, staff and school-based mental health providers on Toxic Stress Science and Healing Centered Engagement

This opportunity is offered in partnership with Sonoma Connect | Sonoma Unidos, Aurrera Health Group, and the Office of the California Surgeon General. This event is part of a Storytelling Series on the power of the work of the ACEs Aware Initiative and will be filmed.



[Download](#)

Make Your Voice Heard

This is your chance to express why Healing Centered Engagement is important to your work. *Your consent to being filmed will be necessary for your participation and will support advocacy for future funding and capacity building on ACEs and healing engaged education.*

This event will take place in the Teacher Learning Center (Eagan Rooms 3 and 4) at the Sonoma County Office of Education, 5340 Skyline Blvd. in Santa Rosa.

[Register](#)

Upcoming Action Team Meetings

This month, the Sonoma Connect | Sonoma Unidos Action Teams will be working on the agenda items below:

ACEs Clinical Action Team

Thursday, May 5, 2:00pm-3:00pm

This month this team will be having our service and care coordination platform, NinePatch, presenting an additional demo with a focus on ACEs referrals and we will also be discussing the CHW/P role in ACEs Screenings.

Neighborhood Resource Centers Action Team

Wednesday, May 11, 3:00pm-4:30pm

Join us to learn about new developments and changes for this team and the work that we will be co-creating with partners in the future.

Community Accountability Action Team

Thursday, May 19, 1:30m-3:00pm

Join us to help us support BIPOC leaders in Sonoma County through this Action Team and help us develop new goals for this team post-June.

Resource Connection Network Action Team

Cancelled due to Memorial Day Holiday

Our Action Team meetings offer simultaneous interpretation in Spanish.

[Join us in moving this important work forward by attending an upcoming meeting!](#)

Learning Opportunities

Trainings by Community Partner Connection

Housing is a Healthcare Collaborative – May 9, 3:30pm-5pm

This presentation will support you in understanding how to work with individuals that are having mental health challenges and experiencing homelessness.

[More info](#)

Presentation by MaDonna Feather-Cruz on Historical Trauma - May 10, 3:30-5pm

This presentation will support you to identify and understand some of the challenges individuals in the Native community have experienced. You will learn about historical trauma, resiliency, and healing.

[More info](#)

For information & to register contact Erika Klohe, erika.klohe@stjoe.org

Motivational Interviewing 101 and 201

Part 1: Tuesday, May 10 | 1:00pm - 3:00pm EDT

Part 2: Tuesday, May 24 | 1:00-2:30 PM EDT

[Register](#)

Psychological Considerations for Supporting Pregnant and Postpartum Clients and Their Families

Wednesday, April 20 | 10:00am-11:30am

This presentation will focus on increasing the awareness of

[Register](#)

participants regarding perinatal/postpartum mood and anxiety disorders (PMADs) and practical skills to support pregnant and postpartum persons. During this presentation, maternal suicide research findings and recommendations for providing care and support to individuals with elevated risks or presentation of mental health concerns, will be offered. Cultural considerations and strength-based interventions will be highlighted.

Resources

[A Toolkit to Advance Racial Health Equity in Primary Care Improvement](#)

This toolkit is designed to help those who provide, pay for, or support primary care translate their commitment to racial health equity into reality

About Us



www.sonomaconnect.org

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Your information will not be shared with anyone other than the Sonoma Connect/Sonoma Unidos team.

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