

THRIVING THOUGH DISASTER RESILIENCE IN PRACTICE

These past few weeks have been challenging for our community and each of us individually – from power-outages, fires, evacuations, and much more.

Join us at one of the mini-workshops below to learn how you can use Mind-Body Skills for self-care and stress management by enhancing your resilience and self-awareness.

Space is generously provided by: Burbank Housing

Date/time	Burbank Housing Location	Language of Delivery	Facilitator
11/12 Tuesday 6:30pm-7:30pm	Larkfield Oaks 524 Airport Blvd., Santa Rosa	Spanish	Maria Juarez/ Angeles David mgjuarezn@gmail.com
11/13 Wednesday 6:30pm-7:30pm	Round Walk Village 745 North McDowell Blvd, Petaluma	English	Dana Valley/ Lynea Seiberlich lyneaLCSW@gmail.com
11/14 Thursday 6:30pm-7:30pm	Windsor Redwoods 100 Kendall Way, Windsor	English	Fionn Robertson/ Terra Friedman Terra.friedman@gmail.com
11/15 Friday 1:30pm-2:30pm	FMT I (67%) 710 South Fitch Mountain Rd., Healdsburg	English	Terra Friedman Terra.friedman@gmail.com
11/15 Friday 5:30pm-6:30pm	Vigil Light 1945 Long Drive Santa Rosa	English	Kym Van Vorst/ Diane Chira dichi04@yahoo.com
11/15 Friday 5:30pm-6:30pm	Bodega Hills Apts. 121 West Hills Cir. Sebastopol	English	Angeles David/ Jackie Martin akadavid50@gmail.com

To sign up please email the facilitators leading the mini-workshop!



Sonoma Community
RESILIENCE
Collaborative

The Sonoma Community Resilience Collaborative is a community-wide initiative to support long-term resilience and social connection throughout Sonoma County in partnership with the Center for Mind Body Medicine.

Get more information at srhealth.org/resilience or follow us on Facebook: SoCoResilience

PROSPERANDO DURANTE Y DESPUES DE UN DESASTRE

LA RESILIENCIA EN PRACTICA

Estas últimas semanas han sido muy dificultosos para nuestra comunidad debido a cortes de energía, incendios, evacuaciones y mucho más.

Únase a nosotros en uno de los mini-talleres en las próximas semanas para aprender cómo puede usar las habilidades mente-cuerpo para el cuidado personal y el manejo del estrés al mejorar su capacidad de recuperación y autoconciencia.

El espacio es generosamente proveído por: Burbank Housing

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11/12 Martes 6:30pm-7:30pm	Larkfield Oaks 524 Airport Blvd., Santa Rosa	Español	Maria Juarez/ Angeles David mgiuarezn@gmail.com
11/13 Miércoles 6:30pm-7:30pm	Round Walk Village 745 North McDowell Blvd, Petaluma	Ingles	Dana Valley/ Lynea Seiberlich lyneaLCSW@gmail.com
11/14 Jueves 6:30pm-7:30pm	Windsor Redwoods 100 Kendall Way, Windsor	Ingles	Fionn Robertson/ Terra Friedman Terra.friedman@gmail.com
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¡Para registrarse por favor mándele un correo electrónico al facilitador o simplemente venga el día del taller!



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Sonoma Community Resilience Collaborative es una iniciativa comunitaria para apoyar la resiliencia a largo plazo y la conexión social en todo el condado de Sonoma en asociación con el Center for Mind Body Medicine.

Para más información visite srhealth.org/resilience o síganos en Facebook: SoCoResilience