



SIX TUESDAY AFTERNOONS

4:00-5:30PM

Tuesdays | May 21 - July 2 (no group June 11)

LOCATION

3642 Standish Avenue, Santa Rosa

COST

This group is offered free of charge but registration is required.

TO REGISTER

Visit www.calparents.org/classes or call (707) 585-6108 extension 1240 or 1220

Please join us for good company, support, and plenty of useful strategies!



HEALTHCARE
FOUNDATION
NORTHERN SONOMA COUNTY

SKILLS FOR RESILIENCY BUILDING: HOW TO BE SONOMA STRONG

Many people in our community continue to experience the far-reaching impacts of the wildfires.

For example, are you:

- Feeling on edge or anxious, easily triggered by sounds, sights smells or other reminders of fire?
- Not quite yourself since the fires?
- Isolated from friends?
- Having a hard time defining and addressing problems effectively?
- Experiencing an ongoing sense of sadness and loss, whether you've lost your own home and/or are impacted by the losses suffered by people around you, and/or the loss of a local park, business, or portion of your community?

This six week facilitated self-help group for adults will use "Skills for Psychological Recovery" (SPR) to teach skills that have helped people worldwide who've been impacted by natural disasters to actively cope with the aftermath and tackle problems effectively.

The focus will be on:

- Identifying and solving problems
- Improving quality of life and increasing positive activities
- Managing reactions/triggers
- Identifying ways that our own thoughts can bolster our resiliency and effectiveness; improving/reestablishing our social connections

