MAY 2026

Mental Health Awareness Month

MAY 04
10AM - 1PM

Free Online High School Anxiety Support Groups

Urban Healing Therapy invites high school students to join free support groups focused on understanding anxiety and building coping skills. To register, email: maryann@anchoredca.com or call: (408) 341-6550

MORE INFO HERE

MAY 05
3 PM - 4:30 PM

Community Resource Clinic

Buckelew invites you to a welcoming space to learn about and access community services. Receive support for yourself or someone you care about.

MORE INFO HERE

MAY 05
4PM - 9PM

Annual Cinco de Mayo festival

Come enjoy free local entertainment, community informational booths, activities for kids, and more at Roseland's 17th Annual Cinco de Mayo festival

MORE INFO HERE

MAY 06
5PM - 7PM

Undocu Bienestar Celebration

Join us for mental wellness resources, food, and community connection, plus a wellness workshop led by The Botanical Bus. Free parking at SRJC Roseland Campus.

MORE INFO HERE

MAY 06
6PM - 7:30PM

Youth SOS – Survivors of Suicide Peer Support Group

For teens and young adults (Ages 14-24) coping with the loss of a loved one to suicide. Meets free of charge on the 2nd and 4th Tuesday of each month, 4:30–5:30 PM.

REGISTER HERE

MAY 2026

Mental Health Awareness Month

MAY 06
6PM - 8:15PM

"Perks of Being a Wallflower" Screening & Discussion

Join NAMI Sonoma County. at Rialto Cinemas Sebastopol (6868 McKinley Street, Sebastopol) to connect, reflect, and join an open conversation uplifting youth voices and mental wellness.

MORE INFO HERE

MAY 08
12PM - 4PM

WCCS Mental Health Awareness Month Kickoff

Join WCCS in kicking off Mental Health Awareness Month with a community event focused on raising awareness, reducing stigma, and celebrating mental wellness.
Friedeman Event Center, 4676 Mayette Ave, Santa Rosa

MORE INFO HERE

MAY 09
10AM - 2PM

Council on Aging "Generations in Motion" Event

Join us at Spring Lake in Santa Rosa, enjoy scenic walking routes, family-friendly activities, and a community resource fair—plus a chance to connect, move, and share a picnic with friends and family.

MORE INFO HERE

MAY 11
8AM - 5PM

Sonoma County Behavioral Health Family Education & Support Group

Join Buckelew's virtual education and support group monthly education and support group focused on mental health, substance use, and supporting loved ones.

MORE INFO HERE

MAY 12
3PM - 4:30PM

Community Resource Clinic

Buckelew invites you to a welcoming space to learn about and access community services. Receive support for yourself or someone you care about.

MORE INFO HERE

MAY 2026

Mental Health Awareness Month

MAY 12
1PM - 4PM

BHSA Stakeholder Meeting

Bringing together partners, providers, and community leaders to share updates, insights, and future planning. Includes project updates, key accomplishments, community findings, and opportunities for discussion, collaboration, and partnership.

REGISTER HERE

MAY 12
4PM - 5:30PM

Mind Thrive - Your Mind Deserves to Thrive

Aldea's Mind Thrive is a community-based youth workshop series focused on mental health education, coping tools, peer connection, and creative, youth-centered activities.

REGISTER HERE

MAY 13
7PM - 8:30PM

SOS: Survivors of Suicide Support Group

Peer-led support for those impacted by suicide loss. Meets 2nd & 4th Wednesdays (English) and 2nd & last Wednesdays (Spanish), 7:00–8:30PM.
For Zoom info: SOSinfo@Buckelew.org | 415-858-8287.

MORE INFO HERE

MAY 14
4PM - 5:30PM

Mind Thrive - Your Mind Deserves to Thrive

Aldea's Mind Thrive is a community-based youth workshop series focused on mental health education, coping tools, peer connection, and creative, youth-centered activities.

REGISTER HERE

MAY 15
2PM - 4PM

Community Partner Connections – Potluck

CPC is a monthly meeting for Sonoma County providers focused on behavioral health, substance use, and community resources, featuring presentations from local partners.

Email to register: MarisabelM@Buckelew.org

MORE INFO HERE

MAY 2026

Mental Health Awareness Month

MAY 16
11AM - 3PM

His Vessel in Sonoma

A Community Wellness & Resource Gathering focused on connection, healing, and local resources in a welcoming community space.
Community Church of Sebastopol, 1000 Gravenstein Hwy N, Sebastopol

MORE INFO HERE

MAY 16
12PM - 2PM

LSP's 7th Annual Stomp the Stigma Mental Health Awareness Event

Latino Service Providers Youth Promotores present a free annual Mental Health Awareness Resource Fair featuring music, food, workshops, community art, book swaps, and more.
Bayer Park & Gardens, 1550 West Ave, Santa Rosa

MORE INFO HERE

MAY 18
6PM - 7PM

League of Women Voters Sonoma County Presents: Hot Topic: Update on Measure O

Join us for a virtual informational community session to hear updates, ask questions, and stay informed about local efforts supporting community well-being.

MEETING LINK

MAY 19
3PM - 4:30PM

Buckelew invites you to a welcoming Community Resource Clinic

A welcoming space to learn about and access community services. Receive support for yourself or someone you care about.

MORE INFO HERE

MAY 21
11AM - 1PM

Brunch with Buckelew

A free event for Buckelew clients and allies/families of those involved in Buckelew services, featuring fun games & activities, coffee and pastries, and opportunities for connection with a supportive community.
Email to register: MarisabelM@Buckelew.org

MORE INFO HERE

MAY 2026

Mental Health Awareness Month

MAY 22
11AM - 3PM

Feel It Heal It

Join Felton Institute at their Feel It, Heal It, a day to connect, reflect, and recharge in a safe and welcoming space with others. This experience features peer-led workshops guided by individuals with lived experience, centered on healing, growth, and real conversations.

REGISTER HERE

MAY 23
12PM - 4PM

Stories That Heal Teen Movie Night

Join Jacob's Ladder Therapies for a screening of the movie Freedom Writers. Enjoy free admission, free food, games and prizes. Bring a friend for door prizes. Rohnert Park - Cotati Regional Library
6250 Lynne Condé Way, Rohnert Park, CA 94928

REGISTER HERE

MAY 26
3PM - 4:30PM

Community Resource Clinic

Buckelew invites you to a welcoming space to learn about and access community services. Receive support for yourself or someone you care about.

MORE INFO HERE

MAY 26
6PM - 7PM

Nourish to Flourish: Learn ways to support your mental well-being

. Join Petaluma People Services Center to strengthen trauma-informed and culturally responsive mental health knowledge and practices that can be applied in everyday interpersonal, family, and community spaces.

MORE INFO HERE

MAY 28
6PM - 7:30PM

MADF Family Support & Education Group

Join Buckelew to learn ways to support loved ones who are incarcerated or transitioning back into the community. Fourth Thursday of every month 6 – 7:30 p.m. (please arrive by 5:50 pm)

REGISTER HERE

MAY 2026

Mental Health Awareness Month

MAY 29
3PM - 6PM

VOICES Youth Programs - Barbecue!

Join Voices for their Monthly Barbecue! Enjoy food, games and resources!
Tamayo Village, 1700 Yulupa Ave, Santa Rosa

MORE INFO HERE

MAY 30
11AM - 3PM

Wellness Gathering With SCIHP

Sonoma County Indian Health Project (SCIHP) invites you to their Wellness Gathering for a day of stories, sticks, sports, and spirit at Montgomery High School. For more information email: aupevents@scihp.org

MORE INFO HERE