



November Election Candidate Questionnaire Mailed Out

NAMI members and advocates are encouraged to contact candidates running for office and ask them to complete the following Candidate Questionnaire 2002. We would like these candidates to establish their positions on the issues as well as educate candidates about the important policies that affect people with severe brain disorders.

Today in Santa Cruz County there are many people suffering with severe brain disorders (mental illnesses). These illnesses are described as schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD), to name just a few.

The following is a sample of the Questionnaire mailed out in August 2002:

Support Civil Rights and Community Tolerance

NAMI Position: We ask that candidates and elected officials avoid stigmatizing language such as identifying persons with mental illnesses as "crazy, weird, schizophrenic," etc. Please avoid using the term "schizophrenia" as a colloquialism to describe a decision or action.

What is your opinion regarding the use of mental illness descriptions as colloquialisms?

NAMI Position: Discriminatory zoning laws, use permit requirements and land use decisions are sometimes used to discriminate against the mentally ill. When a home or facility for mentally ill persons is proposed, neighbors often organize against the project. Called "NIMBYism" (Not In My Back Yardism), this type of behavior is obviously prejudicial, discriminatory and unacceptable.

Continued Page 3.

SAMSHA Grant Awarded to MHCAN

Bonnie Schell tells us that the SAMSHA Grant submitted last year for the development stages for a housing project at the corner of Cayuga and Soquel Avenue adjacent to MHCAN has been awarded! The grant proposal was awarded with the second highest score.

This is the first stage of the development process, which includes the preliminary feasibility to build a affordable housing project for clients next to a drop in center in the heart of our community. The site development will look at building up to 30 single occupancy apartments with retail business space on Soquel Avenue.

This is a community project that we should all be proud of and support in every way. Thank you Bonnie for not giving up and pulling off this crucial step!

"Ask the Doctor"

Dr. Teverbaugh graciously accepted our invitation to be guest speaker September 4 at Sutter Hospital. Dr. Teverbaugh has worked with the County Mental Health dual diagnosis team for 10 years. Treatment of those with mental illness and substance abuse is his main area of interest. He is board certified in both general psychiatry and addiction psychiatry.

Dr. T. talked about conservatorship and medications. He told us that 70% of those who have serious and persistent mental illness have some substance abuse in their lives at some time. And that in the past, 12-step programs were traditionally opposed to medications because of the lack of understanding of serious mental illness. Now the 12-Step programs acknowledge that those with serious mental illness may need medications and that it is not in fact a crutch.

If you have any suggestions for NAMI-SCC speakers or topics please call Don Hilbert at 688-2270.

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Mission

NAMI-SCC is a movement of families, friends and individuals dedicated to improving the quality of life for people affected by serious mental illness. NAMI-SCC provides support, education, advocacy and promotes research.

Breath of Fresh Air

NAMI Speaks at UCSC Psychology 170 Class conducted by Professor Hoffman

My son and I went to UCSC to speak before a class, as we did last year. We wanted to share a couple of letters we received after speaking to Professor Hoffman's class.

David,

Thank you for coming to my class to speak about your ailments. It must take a lot of courage to not only come and talk about your experiences, but to volunteer as well. I was glad to hear that you had such strong support with your faith in God and your family.

There seems to be so many people, with various problems, that don't have that kind of support. In that case, you could consider yourself blessed. I have no doubt that your support system and drive will lead you to be successful in whatever you choose to achieve.

I would hope that you would continue to speak to groups of people to show that people who suffer from Schizophrenia are not to be feared and can be a productive part of society if given the chance. There are many people who hear Schizophrenia and automatically think of people who end up on the streets without support or medication. You clearly refute that image.

May God be with you.

Sincerely, J.H."

Dear David and Judy,

First of all, thank you very much for your time and talking about your experiences, symptoms, and concern about schizophrenia in our class.

I have been in the United States for almost three years. Since I came here, I often think of my country's situation for people with mental illness and disabled people. I am from Japan and I love my country. However, I have to criticize for the government's treatment and support for mental illness and disabled people, because usually people with mental illness are mistreated and experience bad treatment in Japan.

As you said, lack of funds and people's understanding are still big issues, but David's participation to the society and Judy's effort to support David and others gave me a huge hope. I hope my country's situation will improve in the future. (To me, the situation in the U.S. is far better than Japan.)

If I go back to my country and have a chance to work with mental illness or disabled people, I will devote my time to make a situation better, and your speeches will help and encourage me for sure. I was moved by the strong and loving relationship between you. Thank you very much again. I.T.

Peer Support Training

by "A Class Participant"

The Peer Support Training class at MHCAN (Mental Health Client Action Network) was excellent. The class was by Bonnie Schell, Laurel Wilson and guest speakers. The class covered how to do peer-to-peer counseling and how to lead a peer-to-peer group. The class taught us how to deal with difficult people, techniques for counseling, how to get volunteer jobs for a peer, history of mental illness treatment, patient rights, making "I" statements instead of blaming, helping others

navigate the mental health system, listening skills, speaking skills, giving feedback, leading group skills, hot buttons, housing and rental assistance, and dealing with suicidal clients. The class was 2 hours twice a week for a total of 20 hours. At times it was very difficult for me to stay in the class. For those of us that completed the class, we received a certificate. There was a break in the middle of each class. There were 15 people in the class.

There are 10 NAMI FACT SHEETS that can provide disorder-specific help for families with children. They are free of charge from the NAMI HelpLine (1-800/950-6264), or from the NAMI Web site (www.NAMI.org/)

Hair Care

I Will Come to Your Home!
Perms, Cuts, Sets

831-336-2617

Jacque Sauter
License# KK125504
"Reasonable Rates"

As an elected official, how would you help us to end discrimination against people with serious mental illnesses?

Support Mental Health Services in our Community

With deinstitutionalization came fiscal neglect, handing local communities the responsibility, but not the resources, to take care of people who have serious mental illness. Homelessness, jail, drug abuse and broken families have been a result of this now common story.

During tight budget years, the State has historically sacrificed funding for mental health services in support of programs considered by some people to be more essential, such as more police and jails. One result of decreased funding for mental health services is that persons with serious mental illness lacking these services end up in jail.

Would you help to increase the funding for mental health programs during your term in office?

If you would like a copy of the responses, please call us at 420-8020.



Can You Help?

Our phone tree service could make good use of an additional caller. It requires just a few minutes of your time once a month or less and can provide our members with opportunities for contacts that can turn out to be extraordinarily helpful. If you would like to learn more about this service please contact Debbie Smith at 423-0845. If you would like to help with this newsletter call Judy at 688-3385.

Continued from cover page.

If elected, how would you respond to neighbors concerns about a proposed home or facility for the mentally ill being located in their neighborhood? Would you support such a home/facility?

Support Health Care Reform. Equality for Mental & Physical Illnesses

NAMI Position: Health insurance programs, both public and private, have traditionally discriminated against persons with mental illnesses. Now that the Surgeon General's report has been published, it is NAMI's goal to achieve equal benefits for physical mental illnesses.

"Catching Up with the World—Participation and Autonomy in Recovery from Mental Illness"

An ongoing program at a state psychiatric facility, the Psychiatric Rehabilitation Integrated Service Model ("P.R.I.S.M.") at Medfield, Mass. State Hospital.

"Hospital Without Walls"

Developed by the Division of Social and Community Psychiatry, Dept... of Psychiatry, at Duke University Medical Center with support from the National Institute of Mental Health and the Center for Mental Health Services.

"Reach One, Teach One—The Peer Educators Project in Action"

In this 25 minute video, people with a psychiatric condition gather to share their practical knowledge and experience, and help each other take steps towards recovery. They candidly discuss real-life stresses—finding housing, navigating the mental health system, and returning to work. system as a whole.

"Never Too Far—Rural Outreach for Serious Mental Illness"

This video demonstrates how Duke University with the South Carolina Department of Mental Health created ROADS, Rural Outreach, Advocacy & Direct Services which serves over 100 seriously mentally ill. This program started with two nurses and now has several psychiatrists, nurses and aids with a result of a 52% decrease in costs.

"Learning to Live with Bipolar Disorder"

More than two million Americans have bipolar disorder (also known as manic depressive illness). Like you, they are learning to live with the challenges of this illness.

"Uncertain Journey—Families Coping with Serious Mental Illness"

This video describes the effects of serious mental illness from the perspective of the family.

**Video Tapes
Now Available
at the Main
Library,
Donated by
NAMI-SCC**



A Support Group Just for Siblings?

One of our Family Coping Group facilitators recently appealed to the Board on behalf of siblings of the mentally ill, suggesting that they present a need that is not being met. Not

many years ago NAMI Santa Cruz County offered a sibling support group. Is it time to revive that tradition?

At the August NAMI California Conference, Laura Hertzfeld, MA, MFT, presented some intriguing findings about the special situations encountered by the brothers and sisters of persons with a mental illness. Besides the problems that might be associated with the unsurprising reactions of grief, fear, guilt, and neglect, siblings sometimes have to deal with patterns of behavior that the casual observer might not expect.

For example, a sibling who tries to hide, or takes part in a family scheme to hide, the fact of mental illness in a loved one is in danger of becoming uneasy with expressing the self and thus impairing future intimate relationships.

Likewise, anxiety can create self-doubt and restrict vision of goals and dreams. Maturation and understanding the self can be delayed.

Ms. Hertzfeld repeatedly asserted that the siblings task is to uncover his or her "hidden health." Get out of the victim role; exercise creativity, articulate goals, develop relationships, take risks, and pursue life.

NAMI-SCC would like to address the needs of siblings of the mentally ill. Readers who might want to investigate the option of a coping group specifically for siblings are invited to contact us at 427-8020.

Aripiprazol, New Hope?

A new combo anti-psychotic/anti-depressant. This "third generation" med is now in its third and final level of trials and is expected to receive its FDA approval in one to 12 months.

References to Aripiprazol by a variety of presenters focusing on a variety of topics at the Conference left the listener with the impression that the new med is very broad in its applicability, both reducing and enhancing dopamine where needed, with fewer side effects.

Sedation and weight gain are avoided, and there appears to be a potential for improving cognition. It is apparently no less effective than "atypicals" in controlling both positive and negative symptoms in schizophrenia and may likewise be effective in treating mania.

Dr. Rona Hu, Assistant Professor of Psychiatry at Stanford University Medical Center, is currently seeking trial participants for this new med. Eighty per cent of trial participants will receive Aripiprazole, 20 per cent Risperidone. The trial is not double-blinded; participants and their doctors will know which medication they are receiving.

To be eligible, it's necessary to have a diagnosis of schizophrenia or schizoaffective disorder and to have responded to an antipsychotic med other than clozapine. Dr. Hu reminded listeners to "ask lots of questions" before enrolling in any clinical trial: What is the purpose of the study? Who benefits financially? Who ensures the ethics, safety, and scientific value of the study? What are the risks and the benefits? Who will cover costs of treatment, if it becomes necessary?

Stanford's Dr. Benjamin Flores, who superbly fielded the "Ask the Doctor" session on schizophrenia, recommends checking periodically their web site, www.stanfordmedcenter.edu, to investigate new medication trials available or for information on their drop-in support groups.

For further information, call Tandy Schouljian, recruitment coordinator for the study, at 650 498 6678, or Pat Stannard, at 650-724-7026.

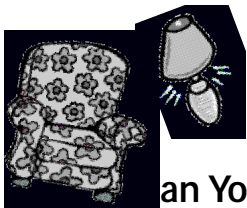
Please see us

"Please see us" rather than seeing the disease was the client message delivered at the most rousing presentation of the NAMI California Conference "Partners in Recovery" in Burlingame last month.

The messenger could hardly have been more visible. The 6'3" man dressed in a traditional nun's habit and crooning Marian hymns and evocative, sing-along Chris Williams' tunes, asked NAMI members to see the real him: a victim of Bi-polar disease, Borderline Personality Disorder, "gender dysphasia," childhood physical, emotional, and sexual abuse, possessed by multiple personalities (including "Sister Rose"), and a survivor of nine suicide attempts, Steven Bucholtz was with us not to regret but to celebrate life and to take us along with him in his exuberant celebration.

Together we sang "Song of the Soul." We cried and laughed (a lot) and reveled in the transcendent joy of the "creativity and spirituality" that this articulate entertainer has won out of his special experience.

There was no room left to see a disease. We saw a human being and, for the moment, celebrated being human.



Can You Contribute?

Your donations of furniture or other household goods are always needed for consumers moving into housing.

Please call Community Support Services and ask for Betsy Clark at 459-0444 or Front St. Inc. at 476-1700.

1997 Conference

At the NAMI California conference there was a speaker named Dr. John Tsuang who spoke on the treatment of dual diagnosis patients and the dual model recovery system. He was an excellent speaker. He is the Director of dual diagnosis treatment at Harbor/UCLA Medical Center, Department of Psychiatry, and School of Medicine. He also held an Ask the Doctor workshop talking about medications for dual disorders and schizophrenia. He talked about having comorbid recovery and psychiatric treatment where recovery does not abandon medications and psychiatry does not abandon spiritual recovery through the 12-step program.

The conference was for consumers, family members, professionals, and providers. I got me free tapes including a video tape called

In Recovery I California Conference AUGUST 23rd & 24th

"unique needs" by Faithnet and a cassette tape called "Spirituality and Mental Illness" by Faithnet as

well. My Mom got a tape of Dr. Tsuang's speech on dual disorders. I bought a silver ribbon pin promoting brain illness awareness.

There was a workshop on recovery for dually diagnosed clients. It included the 12-step substance abuse recovery program and the mental health recovery model. There was a panel of dually diagnosed consumers sharing their own experiences and personal stories about what worked for them and what recovery means to them today. There was also a group on breaking the stigma of mental illness. A recovery speaker said "give what you have so you can keep it".

The conference was held at the Marriott Hotel in San Francisco near the airport with a view out a huge window of planes taking off and landing. There were some long distance participants, some who flew in from San Diego. Lunch was served at the conference. There was a coffee bar in the lobby.

The web site for NAMI California is: PERLINK "<http://www.namicalifornia.org>"

Article by: David Hacker

The Courage to Continue...

The guest speakers were very informative and the workshops difficult to choose among, but Steven Bucholtz dressed in a nun's habit stole the show for me. He told how he suffered abuse from his family and how the nuns at his school were a comfort and strength to him. His faith and his various persona who protected him from his physical abuse gave him the courage to continue, although many times he tried to end his life. At the end of his presentation he had a recording of a song, which to this day can make me cry.

"Please listen to us when we tell you that the meds take away pieces of us and sedate us. Do not advocate for what we loose in the bargain, society looses some too! We reclaim parts of us that gave us meaning." And again I cry for my son and myself.

J. Williams

"Song of the Soul" by Chris Williamson
Love of my life I am crying
I am not dying, I am dancing
Dancing along in the madness
There is no sadness
Only the song of the soul (CHORUS)
What do you do for a living
Are you forgiving, giving shelter
Follow your heart, love will find you
Truth will unbind you
Seek out a song of the soul (CHORUS)
Come to your life like a warrior
Nothing will bore yer, you can be happy
Let in the light, it will heal you
And you can feel you
Sing out the song of the soul (CHORUS)
Love of my life I am crying
I am not dying, I am dancing
Dancing along in the madness
There is no sadness
Only the sing of the soul (CHORUS)
And we'll sing this song
Why don't you sing along
Then we can sing for a long, long time
Why don't you sing this song
Then we can sing along
Then we can sing for a long, long time

Dual Diagnosis

Dr. John W. Tsuang, Director, Dual Diagnosis Treatment Program, Harbor/UCLA Medical Center spoke at the NAMI CA Conference about street Drugs, addictive drugs and medical drugs. He said *"most people who are dually diagnosed have schizophrenia."* Any time a drug is wanted by street people it is addictive. He believes that addicts cannot go off *"cold turkey,"* but need to gradually decrease their addictive habit and increase their meds. AA usually cannot help these people because of the general guide lines one needs to follow, namely abstinence. Schizophrenia is mostly hereditary and influenced by the environment. The recommended meds for this illness are Clozapine, Risperdal, Zyprexa and Seroquel. All these meds are VERY DANGEROUS, STRONG, and ALL HAVE SIDE EFFECTS. Some statements he made are: *"All meds have side effects," "All meds increase triglycerides," "Endorphines reduce pain." "Some meds are addictive."*

He talked about the seizure meds and those that stabilize - lithium, zyprexa, depakote, tegretol, as well as their effects on specific organs. It was an excellent and informative seminar.

J. Williams

**Thank you
for your
generosity!**

Thanks to all those who so generously gave to our cry for help, Peggy Butler, The Coury Family, The Gomes Family, Sharm Strelitz & Mr. Cohen. The support at a time when most needed from people like those mentioned above is wonderful.

This gives us an opportunity to thank all of you for 2002 donations as well. Your generosity has given us the opportunity to share with clients at 7th Avenue Center. A donation of much needed socks; a donation to MHCAN to fund the purchase of school books for clients that are attending school; and a donation to support the 6th annual ARC BBQ at Harvey West Park.

NAMI also would like to thank the Coury's who donated beautiful redwood outdoor furniture to Community Connections.

Sincerely,
The NAMI
Board



Family and Consumer On-Going Support Groups

Mondays

On-going Smoking Cessation Groups (education class)

300 Harvey West Blvd., Santa Cruz Connection
12-12:45 PM 425-8132 or 1-800-NO-BUTTS

The "No Name" Support Group *with Martha*

1051 Cayuga, Santa Cruz, MHCAN
12:00-1:00 PM 469-0462

Tuesdays

Schizophrenia Support Group

1051 Cayuga, Santa Cruz, MHCAN
1:30-2:30 PM 469-0462 or 476-8474

Women's Support Group *Peer facilitators: Martha and Lisa*

1051 Cayuga, Santa Cruz, MHCAN
12:00-1:00 PM 469-0462

Wednesdays

Mood Matters (Support for those with mood disorders)

1051 Cayuga, Santa Cruz, MHCAN
7 - 9 PM 469-0462

Thursdays

NAMI SCC Coping Group

(Support for family members)
300 Harvey West Blvd. Community Connection
7-8:30 PM 427-8020

Parents of Teenage Alcoholics

(Support group-ALANON) 4951 Soquel Drive, Soquel
Congregational Church of Soquel
7:30 PM 462-1818

Obsessive Compulsive Disorders Anonymous

A support group for OCD sufferers, their family and friends.
1215 Mission Street, Santa Cruz
Not meeting currently but you can call for support 438-1043

Anxiety Disorders Support Group

On going support for clients with anxiety, social fobia, panic disorder or O.C.D. Family members are invited.
Twin Lakes Church, Rm M-23, Library, Cabrillo College Dr., Aptos
7:30 PM to 9 PM

Men's Support Group

1051 Cayuga, Santa Cruz, MHCAN
1:00-2:00 PM 469-0462

Weekdays

Mental Health Client Action Network (MHCAN)

Coffee, resources, peer support, safety 1051 Cayuga, Santa Cruz,
MHCAN Monday, Tuesday, Thursday, and Friday 9-3 PM, Saturday
12-3 PM. Closed on Wednesdays, 469-0462.

Ongoing

Interfaith Compeer - Erasing the Stigma of Mental Illness

Call Nancy at 459-6817 for more info.

My Friend Dan

I am very grateful for the Compeer program. I began volunteering approximately one and a half years ago. For sometime I had been struggling with my own isolation and loneliness. I began the search for a volunteer program. I heard and interview with a panel on a local radio station, about mental illness and the Compeer program.

After a talk with Nancy I decided to take the training, which I enjoyed. It was important for me to be matched with someone that wanted to be outdoors during out visits. I have great passion for walking and I wanted to share this with others.

I was matched with Dan who was waiting for quite a long tim for a friend. He wanted someone to walk with, so the match was beyond perfect.

My experience with Compeer (Nancy) has been so rewarding. Each visit with my friend Dan is a regular reminder that giving is indeed receiving.

Thank you, Kenry Miller

Candlelight Service

Interfaith Compeer is sponsoring a Candlelight Service to commemorate Mental Illness Awareness Week. People of all faiths are encouraged to attend. Mental illness touches the lives of one in four families in our community. To support those families and those who experience the symptoms of mental illness, we want to come together in reflection and prayer. Acknowledging the pain and responding in love can make a dramatic difference in the lives of those who suffer. It is our intention to come together to bring acknowledgement and love.

St. Stephen's Lutheran Church (2500 Soquel Ave. in Santa Cruz) is graciously hosting the service. It will be held on Wednesday, October 9, 2002 at 7:00 PM.

Refreshments will follow. All are welcome: those touched by mental illness in any way and those who care and want to be supportive.



A Compeer Volunteer Tells Us

I became a Compeer volunteer because of my own understanding about how one can feel labeled, stigmatized and isolated when dealing with a mental health issue. That's when one needs support and friends the most. What a needed program Compeer is!

I am glad I can provide an atmosphere of fun, casualness, and without judgment for my friend and me. Compeer is not just for the friend dealing with mental health issues; it's also an extremely rewarding experience for the volunteer, providing an equal friendship and companion. Getting together with my friend for walks, tea, concerts, movies, and other enjoyable events is a treat for me too! I've been a Compeer volunteer for over two years and it stopped feeling like "volunteer work" a long time ago. It's become just a nice friendship.

And Interfaith Compeer couldn't have a better, caring and supportive director than Nancy Karges! It's been an additional pleasure to know and work with Nancy."



INTERFAITH COMPEER

Matches trained volunteers with children and adults in mental health treatment to create supportive friendships. For more information, please call the INTERFAITH COMPEER office at (831) 459-6817.

Compeer Offers Entertainment 2003 Books:

Compeer will be selling these great money-saving books through December 2002. Invest just \$20 for an Entertainment 2003 Book. It's valid from the time of purchase until November 2003. When you use it just 2 or 3 times it's paid for itself. The more you use it, the more you will save. With an Entertainment 2003 Book, you'll get up to 50%-off and 2-for-1 discounts on dining, movies, theatre and special events, shopping, services, travel and more! You'll also be helping Compeer! Call Compeer to order your book today.

The Journey of Hope

An Educational Series on Psychiatric Disabilities

The Journey of Hope is an eight-week education and support program for family members and/or people with symptoms of serious psychiatric disabilities. All meetings are on Wednesdays from 5:30 to 7:30 PM at the Simpkins Swim Center, 979 17th Avenue, Santa Cruz. **Pre-registration is required.**

October 2	October 9	October 30
October 16	October 23	November 6
November 13	November 20	

The Mental Health Resource Center (831) 458-1923



NAMI-SCC
 P.O. Box 360
 Santa Cruz, CA 95061
 www.nami-scc.org

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Psychiatric Emergency Phone Numbers:

- Adult Day (8-5; Mon.-Fri.)(831)462-7644*
- 24 hour1-800-952-2335*
(during the day the 800# would get access team)
- Youth North County (24 hr.)(831)425-0771
- South County (24 hr.)(831)728-2226
- Children's Day (8-5; Mon-Fri)(831)454-4900
- After hours call(831)462-7644*

**Dominican Hospital; adult 24 hour 800# goes to Dominican after hours)*

Suicide Prevention Service

- 24 Hour(831)458-5300
- 24 Hour Toll Free(877)663-5433

Patients Rights Advocacy Program

- Santa Cruz (8-5; Mon-Fri)(831)429-1913

Legal Services

- Calif. Rural Legal Assistance (under 55 yrs.)458-2089
- Sr. Citizens Legal Services (over 55 yrs.)426-8824

Candidates for NAMI-SCC Board Offices:

- Desiree Douville - Interim President
- Louise Loots - Vice President
- Don Hilbert - Secretary
- Judy Williams - Treasurer/Membership

Additional nominations from the floor and an election at our upcoming membership meeting will take place in November.

Yes, I would like to join NAMI-SCC!

Make check payable to NAMI-SCC, PO Box 360, Santa Cruz, CA 95061. Your NAMI-SCC dues and donations pay for the NAMI California Connection, NAMI Advocate, NAMI-SCC Newsletter and help support NAMI-SCC.

- Family \$45 Individual \$35 Client (free)
- Patron \$50 Life Member \$500 Benefactor \$100
- Donation\$ _____

Dues and donations to NAMI-SCC are tax deductible.

Name

Address

City, State, Zip, Phone

Call 427-8020 for more information.

NAMI-SCC Board of Directors:

- Desiree Douville, President**
 douville@hotmail.com
- Betty Mitchell, Vice President**
- Judy Williams, Treasurer/Membership Chair**
 jujubees@cruzio.com
- Don Hilbert, Secretary**
 darhilb@got.net
- Louise Loots, Family to Family Education**
 louise@cruzio.com
- Doug Huskey, Website Webmaster**
 webmaster@nami-scc.org

Friends:

- Sharron Cohen-Barry, Liason for Mental Health Resource Center**
 mhrc@santacruzcommunityconnection.com
- Nancy Karges, Interfaith Compeer**
 nancy@interfaithcompeer.org

NAMI-SCC Board Meetings:

2nd Monday of the Month. Time can vary. Open to anyone interested. Please join us.

Meetings are held at the Sutter Hospital Meeting Room, 5:30 PM

2900 Chanticleer Ave,
 Santa Cruz, California

