



**Sonoma County Indian Health Project, Inc.**

# BH Warmline

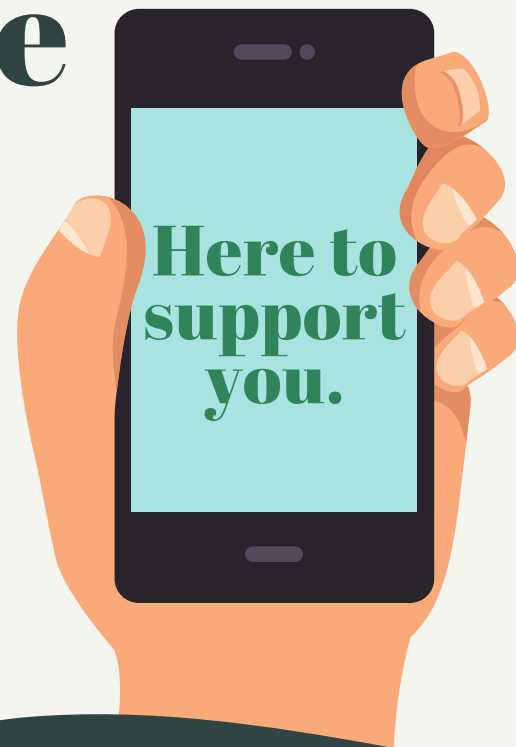
For COVID Resources and Support Call our non-crisis helpline,  
BH Warmline at (707) 521-4550 Monday-Friday 8am-5pm

Our warmline specialists are trained to provide support, information and referrals to local resources as well as caring and non-judgmental listening support. The Warmline is here to help support your wellbeing during COVID.

## Coping with COVID Talking Circle

For group support join our Coping  
with COVID Talking Circle on Zoom  
**Every 2nd and 4th Tuesday 6-7pm**  
**Every 1st and 3rd Thursday 3-4pm**

- Connection to community and resources
- Peer support
- Coping skills



To join the talking circle email:  
[AUPEVENTS@SCIHP.ORG](mailto:AUPEVENTS@SCIHP.ORG)

or call Carolyn (707) 521-4559 or Dean (707) 565-1032