

Iversen Newsletter

The Holiday Season is here and for some that brings feelings of joy, excitement, and peace. For others it can bring on more negative feelings of stress, anxiety, or isolation.

The Holiday Season brings lots of wonderful things, but we also see an increased strain on our pocketbooks, less time for self-care time, and an increased pressure to join in on festivities.

It may take a little more intention to keep strong emotions or mental health symptoms at bay than any other time of the year. In addition to your usual wellness tools- the tips and tricks below may be useful to you

Set aside time for Self-Care.

Don't be afraid to say no.

Don't be afraid to ask for help.

Update or make a Wellness Recovery Action Plan.

Practice your favorite grounding and mindful techniques.

Set a responsible budget.

The staff at the Iversen Wellness and Recovery Center are wishing you a happy, healthy, and peaceful Holiday Season!

Please reach out to the Center or to the Northern Valley Talkline at 1-855-582-5554 if you find yourself struggling.





Wersen Holiday Party

Spread some cheer with a
White Elephant Gift Exchange (sign up at
the Front Desk), Arts & Crafts, Karaoke,
Games, and More!

Friday, December 22
11am-2pm

This is a Members only Day
New Member Orientations take place every
Monday and Thursday.



Coffee Kickoff

Grab a hot cup of joe from 9am-12pm on Monday the 4th!

Iversen Holiday Party

Our Annual Holiday Party will take place on Friday, December 22nd from 11am-2pm.

See flier!

Food Pantry

This month our food pantry will be open on Tuesday, December 19th
from 11am-2pm.

Iversen Center Closed

We will be closed on December 25th-27th in Observance of Christmas Day.



HOLIDAY wrap
WELLNESS RECOVERY ACTION PLAN

JOIN US IN CREATING A PLAN TO ADDRESS HOLIDAY CHALLENGES SUCH AS:

GRIEF & LOSS
SUBSTANCE USE
FAMILY STRESSORS
AND MORE

STARTING THURSDAY
NOV 2ND-DEC 28TH
1-2PM

IVERSEN WELLNESS & RECOVERY CENTER
492 RIO LINDO AVE
CHICO, CA 95928
530-879-3311

NVCSS Northern Valley Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES



Dust of Snow

By Robert Frost

The way a crow
Shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.



HOLIDAY TRADITIONS

WORD SEARCH PUZZLE

BAKE
CARDS
CAROLING
COOKIES
DECORATE
DINNER
EGGNOG
GAMES
HOT CHOCOLATE
MOVIE
PARADE
PARTY
PHOTO
PICK A TREE
READ
SANTA LETTER
SHOP
SKATE
SLEDDING
SNOWMAN
UGLY SWEATER
VACATION
VISIT
VOLUNTEER
WALK

R	R	C	Y	V	N	O	I	T	A	C	A	V	H	S
U	E	T	A	R	O	C	E	D	P	G	L	T	O	E
S	T	E	T	A	K	S	P	G	A	H	N	D	T	I
L	A	N	A	M	W	O	N	S	G	D	O	M	C	K
E	E	N	A	R	S	V	I	S	G	N	P	T	H	O
D	W	B	T	H	W	M	O	N	E	I	O	U	O	O
D	S	E	O	A	O	L	I	L	C	M	B	G	C	C
I	Y	P	L	V	L	L	Y	K	U	O	A	A	O	D
N	L	K	I	T	O	E	A	T	E	N	R	G	L	I
G	G	E	I	R	S	T	T	K	R	D	T	E	A	N
N	U	S	A	C	R	C	A	T	S	A	H	E	T	N
C	I	C	F	E	R	B	D	A	E	R	P	O	E	E
V	H	J	E	I	H	G	E	D	A	R	A	P	H	R

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





Ready to talk?

Northern Valley Talk Line

Call for phone support!

4:30pm-9:30pm daily

1-855-582-5554



The Iversen Wellness & Recovery Center

Hope. Support. Respect.

The Iversen Wellness & Recovery Center welcomes all adults, especially those living with persistent mental health challenges, where we collaborate to create a supportive community that is peer-led and agency supported. We promote and encourage acceptance, empowerment, and growth with respect for diversity and difference.

The Iversen Wellness and Recovery Center is a community of individuals in their recovery from challenging Mental Health issues. We focus on hope, personal responsibility, education, self-advocacy, and peer support in a stigma free environment.

Together we realize our dreams.



Recovery oriented activities and services include:

- Peer and staff-led groups and activities
- Peer support
- WRAP classes and groups
- Socialization
- Computer lab provided by BCDBH

The Iversen
Wellness & Recovery Center
492 Rio Lindo Avenue
Chico, CA 95926
(530) 879-3311

The Iversen Center is a program of Northern Valley Catholic Social Service, and is supported by Butte County Department of Behavioral Health and MHA funding.



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