

# Iversen Wellness & Recovery Center

492 Rio Lindo Ave., Chico, CA 95926




Iversen Center: 530-879-3311; Med Clinic: 530-879-3974

Sign up for the Iversen Center email list: [iversen@nvcss.org](mailto:iversen@nvcss.org)



# JANUARY

Monday 9am-4pm	Tuesday 9am-4pm	Wednesday 9am-4pm	Thursday 9am-4pm	Friday 9am-4pm	Saturday 10am-2pm
Pizza will be served the 1 <sup>st</sup> and 3 <sup>rd</sup> Mondays after the Members Meeting. Members only Clothing Closet, 9a-2p. Limit 2 items per member. Members only Food Pantry, 11a-2p. Grab a bag of food and enjoy a snack made with pantry items prepared by Cal Fresh. Join us after BINGO/Karaoke as we celebrate Member birthdays/anniversaries/milestones.		<p>1) <i>Center will be closed in observance of New Years Day</i></p>	<p>2) 9:15am Processing 10am Bipolar Support 11am Addiction Recovery Support 12pm Music Group 12pm Codependent No More 1pm Depression Support 2pm Writing Group</p>	<p>3) 9:15am Healthy Body, Healthy Mind 10am Practicing Self-Acceptance 10am Furbaby Focus 11am Dual Diagnosis 12pm Karaoke 12pm Arts &amp; Crafts 1pm Grief &amp; Loss 2pm Retro Video Games Group</p>	<p>4) 10:15am Gratitude Group 11am Addiction Recovery Support 12pm Music Group 1pm Games</p>
<p>6) 9:15am Practicing Self-Acceptance 10am Addiction Recovery Support 10am Orientation 11am Why Not Do It? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>7) 9:15am Healthy Relationships 10am Meditation 10am Women's Group 11am Gardening with Cal Fresh 12pm Boundaries 1pm Recovery from Trauma 2pm Processing 3pm Book Club</p>	<p>8) 9:15am Gratitude 10am PTSD Support 11am Grief &amp; Loss 11am Arts &amp; Crafts 12pm Life Stuff 12pm Group Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness 2pm Orientation</p> <p><i>Center closes at 3pm</i></p>	<p>9) 9:15am Processing 10am Bipolar Support 11am Addiction Recovery Support 11am Cal Fresh Healthy Living 12pm Music Group 12pm Codependent No More 1pm Depression Support 2pm Writing Group</p>	<p>10) 9:15am Healthy Body, Healthy Mind 10am Practicing Self-Acceptance 10am Furbaby Focus 11am Dual Diagnosis 12pm BINGO 12pm Ceramics with Breann 1pm Grief &amp; Loss 2pm Retro Video Games Group</p>	<p>11) 10:15am Gratitude Group 11am Addiction Recovery Support 12pm Movie</p>
<p>13) 9:15am Practicing Self-Acceptance 10am Addiction Recovery Support 10am Orientation 11am Why Not Do It? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>14) 9:15am Healthy Relationships 10am Meditation 10am Women's Group 11am Poetry Group 12pm Boundaries 1pm Recovery from Trauma 2pm Processing 3pm Book Club</p>	<p>15) 9:15am Gratitude 10am PTSD Support 10am Farmers Market Stroll 11am Grief &amp; Loss 11am Arts &amp; Crafts 12pm Life Stuff 12pm Group Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness 2pm Orientation</p>	<p>16) 9:15 Processing 10am Bipolar Support 11am Addiction Recovery Support 12pm Music Group 12pm Codependent No More 1pm Depression Support 2pm Writing Group</p>	<p>17) 9:15am Healthy Body, Healthy Mind 10am Practicing Self-Acceptance 10am Furbaby Focus 11am Dual Diagnosis 12pm Karaoke 12pm Ceramics with Breann 1pm Grief &amp; Loss 2pm Retro Video Games Group</p>	<p>18) 10:15am Gratitude Group 11am Addiction Recovery Support 12pm Music Group 1pm Games</p>
<p>20) <i>Center will be closed in observance of MLK Jr. Day</i></p>	<p>21) 9:15am Healthy Relationships 10am Meditation 10am Women's Group 11am Gardening with Cal Fresh 12pm Boundaries 1pm Recovery from Trauma 2pm Processing 3pm Book Club</p>	<p>22) 9:15am Gratitude 10am PTSD Support 11am Grief &amp; Loss 11am Arts &amp; Crafts 12pm Life Stuff 12pm Group Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness 2pm Orientation</p> <p><i>Center closes at 3pm</i></p>	<p>23) 9:15am Processing 10am Bipolar Support 11am Addiction Recovery Support 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Writing Group</p>	<p>24) 9:15am Healthy Body, Healthy Mind 10am Practicing Self-Acceptance 10am Furbaby Focus 11am Dual Diagnosis 12pm BINGO 12pm Ceramics with Breann 1pm Grief &amp; Loss 2pm Retro Video Games Group</p>	<p>25) 10:15am Gratitude Group 11am Addiction Recovery Support 12pm Movie</p>

<p>27) 9:15am Practicing Self-Acceptance 10am Addiction Recovery Support 10am Orientation 11am Why Not Do It? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>28) 9:15am Healthy Relationships 10am Meditation 10am Women's Group 11am Poetry Group 12pm Boundaries 1pm Recovery from Trauma 2pm Processing 3pm Book Club</p> 	<p>29) 9:15am Gratitude 10am PTSD Support 11am Grief &amp; Loss 11am Arts &amp; Crafts 12pm Life Stuff 12pm Group Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness 2pm Orientation</p>	<p>30) 9:15 Processing 10am Bipolar Support 11am Addiction Recovery Support 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Writing Group</p>	<p>31) 9:15am Healthy Body, Healthy Mind 10am Practicing Self-Acceptance 10am Furbaby Focus 11am Dual Diagnosis 12pm Karaoke 12pm Ceramics with Breann 1pm Grief &amp; Loss 2pm Retro Video Games Group</p> 	
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## Activities, Groups and Meetings

*All Iversen Groups are open to all 18 and older except for "Closed" Groups.  
No formal diagnosis needed to attend any group.*

- 2024 Diverse Minds Book Club:** join us as we review this year's newly published Diverse Minds Journal.
- Addiction Recovery Support:** find support and recovery for any addiction. All are welcome!
- Anxiety Support:** support group centered on education, processing, and coping with symptoms of anxiety.
- Arts & Crafts:** Come have fun and exercise your creative side! Supplies provided.
- BINGO:** Join us for a couple BINGO games and seize your opportunity to win some prizes!
- Bipolar Support:** support group for those who experience bipolar symptoms & extreme energy states.
- Boundaries:** learn how to establish and reinforce boundaries to create a healthier, happier you in your relationships.
- CalFresh Healthy Living:** discussions on health topics with cooking and nutrition tips to live a healthy life!
- Ceramics with Breann:** Come play with high fire clay and take home a finished piece at the end of the workshop. 4-8 week session.
- Codependent No More:** learn how to identify codependent behaviors and how to break free from them.
- Depression Support:** education and support for those living with depression and their caretakers/givers.
- Dual Diagnosis:** a group for people in recovery from substance abuse and mental illness.
- Facilitator Meeting:** closed group. Iversen facilitators check in with successes and challenges in their groups.
- Farmers Market Stroll:** walk to the Farmers Market together to learn shopping tips and receive help with Market Match applications.
- Furbaby Focus:** come join us in sharing stories and appreciation for our pets. You may NOT bring your pet to the center.
- Games:** We have a ton of games to choose from. Come play and make new friends.
- Gardening with CalFresh:** come learn about hydroponic gardening and get to plant and harvest the fruits, and veggies, of your labor.
- Gratitude:** learn to cultivate gratitude and share what you are grateful for!
- Grief & Loss:** support and comfort for the grief and loss in our lives of anything or anyone that was important to us.
- Group Facilitator Training:** learn what it takes to become a certified group facilitator and run a group here at the Iversen Center.
- Healthy Body, Healthy Mind:** members share strategies & how taking charge of physical health has helped mental health.
- Healthy Relationships:** explore values, expectations, and necessary skills to have better relationships.
- Karaoke:** Sing your heart out with and jam with us!
- Life Stuff:** a space for people to intentionally share their lives with others, grow together, and encourage each other.
- Meditation:** learn how to meditate and the many benefits it can add to your life
- Members Meeting:** announcements and discussion of Iversen center business and upcoming events.
- Movie:** Join us as we watch a movie in the lobby.
- Music Group:** Join us in the lobby and bring your musical talents as we sing songs, play instruments, and have a good time!.
- Orientation:** become a member! Details recovery, Iversen rules, and member expectations.
- Poetry Group:** we will read poetry, learn about different styles of poetry, and perhaps even write our own poems.
- Practicing Self-Acceptance:** develop compassion for yourself and love yourself exactly as you are.
- Processing:** a chance to talk about and process whatever is going on in your life.
- PTSD Support:** support group centered on education, processing, and coping with symptoms of PTSD.
- Recovery from Trauma:** Support group for those who have experienced sexual, physical, or emotional abuse. Share your experience, learn from others and focus on recovery no matter where you are in your healing process.
- Retro Video Games:** learn how video games can be a source of wellness, develop healthy habits, all while playing video games.
- Schizophrenia Support:** education and sharing for those experiencing symptoms of schizophrenia and their caretakers.
- Stress Awareness:** group to discuss factors that contribute to our stress and how to counteract them.
- Why Not Do It:** a positive start to the week celebrating participating in life and trying new things.
- Women's Group:** discussion and processing of concerns & issues women experience. Must identify as female to attend.
- WRAP (Wellness Recovery Action Plan):** structured group that helps you identify what makes you well, learn to use wellness tools to relieve difficult feelings and maintain wellness, and develop strategies for dealing with challenging times.
- Writing Group:** come pursue the art of writing. Work on writing poems, stories, letters, or follow our provided journal prompts.