

Iversen Wellness & Recovery Center and Med Clinic
Activities, Groups and Meetings including the Computer Lab

MEMBERS MEETING: WEEKLY MEETING FOR THE IVERSEN CENTER MEMBERS (OPEN TO ANY AND ALL INDIVIDUALS WHO EXPERIENCE THE DAILY CHALLENGES OF LIVING WITH A MENTAL ILLNESS) TO DISCUSS THE DAY-TO-DAY OPERATIONS AND HAPPENINGS AT THE CENTER, ESPECIALLY IN THE UPCOMING WEEK.

COFFEE SOCIAL: A RELAXED ENVIRONMENT, WITH REFRESHMENTS PROVIDED, FOR MEMBERS TO MEET AND SOCIALIZE AFTER MEMBER'S MEETING.

CELEBRATIONS! ON THE LAST FRIDAY OF EACH MONTH, AT 12:00PM, WE WILL ENJOY A CELEBRATION CIRCLE, CALL OUT THE CELEBRATIONS THAT HAVE BEEN WRITTEN ON THE WHITE BOARD FOR THE MONTH (BIRTHDAYS, ANNIVERSARIES, LIFE EVENTS, ETC.) AND THEN SING HAPPY BIRTHDAY, BEFORE ENJOYING CAKE (OR OTHER SWEET) TOGETHER. AFTER THE CAKE, WE WILL PLAY BINGO FOR PRIZES!!

Advisory Team Meeting: Team meets every Monday before the Member's Meeting at 11:00am. Everyone is welcome.

Arts & Crafts & Patti's Painting Group: Different arts and crafts projects are completed each week. The purpose of the group is to have fun and enjoy each other! The Friday Art Group does not do any Crafts.

Bipolar Support Group: To provide support for people with Bipolar diagnoses.

Boundaries Group: This recent Group will help greatly with learning how to set & keep personal boundaries in your life.

'Classic Movie': Occasionally, a 'classic' movie will be shown for your enjoyment. 'Bring-Your-Own' Snack to enjoy or share!!

Dual Recovery Group: A 12-step group for people in recovery from drugs & alcohol who also live with Mental Health challenges.

Facilitator's Meeting: This group is primarily for the facilitators of Groups here at the Iversen Center to help build skills and create an atmosphere to share in any issues related to Group dynamics. This is a **CLOSED** group.

Finding Your Inner Child: This recent Group will allow you to play as an adult child and do projects for your sense of fun and peace.

Goals Group: At a loss are about having GOALS for your Recovery? Come to this Group find out ways to get & achieve new Goals.

Gratitude Group: Learn & practice all the ways you can spread gratitude around your community and within yourself.

Group Facilitators Class: After graduating from this interesting 8-week course, you will be a Facilitator for life to run Groups.

Grief & Loss Group: This group, as its name implies, deals with Grief & Loss in our lives. It can be about anything, such as losing a pet, a family member or friend or something important in our lives.

Improv Acting Class: This new and inventive class will help participants learn off-the-cuff acting techniques while having fun.

Iversen Orientation Class: To introduce brand-new Members to the Iversen Center and its policies & rules and Groups.

Living with Chronic Pain: This group explores different ways of dealing with pain, such as meditation, yoga, thi chi, relaxation.

Karaoke Singing Fun: A monthly Karaoke activity will be held & everyone can try out their singing for fun!!

Meditation Activity: Practice your inner Zen with this group that is serene and calm.

Men's Group: This group provides a forum in which to discuss & process various topics that specifically concern men.

Movie Matinee: Twice a month, a 'current' box-office 'hit' movie is shown for your enjoyment. Enjoy the movie & popcorn!!

Multicultural Group: This new Group will discuss ways for people of different cultures to understand each other and get along better.

Music Group: This is like a jam session with various instruments. Bring your own and join in!

Open MIC Session with Davy: A do-your-own-thing to Music-themed activity.

OUTsiders Group: This Group provides a community of support for LGBTQ+ Identifying people who may also be living with Mental Health challenges.

Processing Group: Talking about your concerns and achievements and working out ways to understand yourself and others.

Qi Gong: An ancient Chinese moving Meditation. Gentle and flowing. Calming and motivating.

Radical Self Acceptance: Learning to be positive with one's self and thinking about the past in positive terms is presented in the Group.

Recovery Movies: Each week, a 'recovery-oriented' movie will be shown on a DVD for your education & interest.

Schizophrenia Support: This group is for our folks that may have this disorder and want extra support.

Sewing for Fun: An activity to learn sewing skills, innovative knitting & even crocheting, with interesting projects. Sewing machines available. For both men and women. Please be "on time" to be able to use a sewing machine.

Sing Along with Nancy: A pleasant & fun gathering to sing memorable songs from the past. Guitar accompaniment.

SNAP-Ed: Healthy Living activities centered around personal health, including food and exercise. Also special themes are possible.

Tobacco Awareness Group: Thinking about stopping, this new group will provide many answers & guidance.

Why Not Try?: A positive start to the week with good affirmations & discussing positive things in life. Very popular!!

Women's Group: For Women ONLY. Discussion of concerns & issues aimed toward Women. Support for you.

WRAP Classes: 8-week classes to write a 'Wellness Recovery Action Plan' with a trained WRAP Facilitator.

WRAP Support: This group is for you if you've already taken the regular class and need more support and explanations.

Writing Activity: This scheduled activity allows people the opportunity to create stories based on an easy theme each week and share with the other participants.

Yoga Activity: Enjoy exercise and relaxing movement with Yoga Class.

Iversen Wellness & Recovery Center and Med Clinic

November 2017



Upcoming Events in November

- ◆ **November and Thanksgiving go hand-in-hand. It is a great time for enjoying the Holiday season.**
- ◆ **There is a new WRAP Class starting November 8th at 2:00pm.**
- ◆ **Take note: the Art Classes on Tuesdays are changing their times to 1:30pm.**
- ◆ **The "DIVERSE MINDS NORTH STATE JOURNAL" is having a Release Celebration on Thursday, November 9th from 1:00 until 3:00. It will be at the Veteran's Memorial Hall next door at 554 Rio Lindo Ave. Come to enjoy the ceremony and support our fine writers.**
- ◆ **The Iversen Center is hosting a non-affiliated Twelve-Step group daily. Monday through Friday at 9:15am and Saturdays at 11:15am.**
- ◆ **Finally- On Tuesdays at 10:00am, at brand-new group is starting. It is called Qi Gong—an ancient Chinese moving meditation. You will get a lot out of it!!**



Northern Valley
Catholic Social Service



WELLNESS • RECOVERY • RESILIENCE



Iversen Wellness & Recovery Center and Med Clinic



Butte County Crisis Line
 24 hours a day/ 7 days a week
(800) 334-6622

Northern Valley Talk Line
 4:30—9:30pm Daily
(855) 582-5554

November 2017



Mon	Tue	Wed	Thu	Fri	Sat
492 Rio Lindo, Chico, CA 95926 Monday—Friday: open 9am—4:30pm Saturday: open 11am—3pm <i>IVERSEN'S eMail address is: Iversen@nvcss.org</i>		1 10:00 Yoga Session 11:00 Processing Group 12:00 Karaoke 2:00 Anxiety Group 3:00 Writing Activity	2 10:00 Schizophrenia Support 10:00 Goals Group 11:00 Facilitator's Mtg (closed grp) 12:00 Women's Group 1:00 Tobacco Awareness Group 2:00 Sewing Circle 3:00 Finding Your Inner Child	3 10:00 Boundaries Group 11:00 Men's Group 1:00 Bipolar Support Group 1-3pm Group Facilitator Training 2:00 Dual Recovery Anonymous 2:00 Holiday WRAP (open) 3:00 Radical Self Acceptance	4 12:00 OUTsiders 12:30 Recovery Movie
6 10:15 Why Not Try? 11:00 Advisory Team Mtg 12:00 Member's Meeting & Social 1:00 Iversen Orientation 1:00 Improv Acting 3:00 Multicultural Group	7 10:00 Qi Gong 11:00 Grief & Loss Group 1:00 Meditation 1:30 Painting with Patty 2:00 Music Group	8 10:00 NO Yoga Session 11:00 Processing Group 12:00 Movie 2:00 Anxiety Group 2:00 WRAP Group (open) 3:00 Writing Activity	9 10:00 Schizophrenia Support 10:00 Goals Group 11:00 Facilitator's Mtg (closed grp) 12:00 Women's Group 1-3 Diverse Minds North State Journal Release Celebration	10 Closed for Veteran's Day 	11 Closed for Bldg. Maintenance 
13 10:15 Why Not Try? 11:00 Advisory Team Mtg 12:00 Member's Meeting & Social 1:00 Iversen Orientation 1:00 Improv Acting 3:00 Living with Chronic Pain	14 10:00 Qi Gong 11:00 Grief & Loss Group 1:00 Meditation 1:30 Arts and Crafts 2:00 Music Group	15 10:00 NO Yoga Session 11:00 Processing Group 12:00 Karaoke 2:00 Anxiety Group 2:00 WRAP Group (open) 3:00 Writing Activity	16 10:00 Schizophrenia Support 10:00 Goals Group 11:00 Facilitator's Mtg (closed grp) 12:00 Women's Group 1:00 Tobacco Awareness Group 1:00 Sing Along with Nancy 2:00 Sewing Circle 3:00 Finding Your Inner Child	17 10:00 Boundaries Group 11:00 Men's Group 12:00 Celebrations Ceremony 1:00 Bipolar Support Group 1-3pm Group Facilitator Training 2:00 Dual Recovery Anonymous 2:00 Holiday WRAP (open) 3:00 Radical Self Acceptance	18 12:00 OUTsiders 12:30 Recovery Movie
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Wellness & Recovery Center Phone Line: 879-3311—Med Clinic Phone Line: 879-3974