

Iversen Wellness & Recovery Center

492 Rio Lindo Ave., Chico, CA 95926
Iversen Center: 530-879-3311; Med Clinic: 530-879-3974



**Closed for
Labor Day!
Monday, 9/7**



All groups will be offered remotely via Zoom which can be accessed thru a computer/smartphone or by dialing in by phone.

If you have a computer or smartphone, simply download the Zoom App (it's free)

If you have a phone, dial in at 408-638-0968 (you will not be eligible for video portion)

Meeting ID: 441-359-7014 Meeting Password: 8793311

If you have any questions/concerns or experiencing technical difficulties, please contact us at 530-879-3311 or email us at Iversen@nvcss.org

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
No Groups 9/7!!!	9am Healthy Relationships	10am 12-Step	9am Radical Self-Acceptance	10am 12-Step
10am 12-Step	10am Combating Depression	11am Schizophrenia Support	10am Healthy Living (Meeting on Sept. 10 th & 24 th)	11am Processing Group
11am Why Not Try?	11am Tobacco Awareness	12pm WRAP for Quarantine	11am Colorful Conversations	12pm Dual Diagnosis Anonymous
12pm Grief & Loss	12pm Anxiety Support	1pm Optimism & Positivity	12pm Stress Awareness	1pm Gratitude Group
1pm Wellness Videos	1pm Writing Activity	2pm Meditation	1pm Self-Care	2pm Games Group
2pm Processing Group	2pm Bipolar Support			
3pm Music Group				

Talk to a Peer! We are Here for You!

11am to 2pm Monday thru Friday

Call us at 530-879-3311 or

Video Chat via Zoom with Meeting ID: 482-729-8075 and Password: 8793311



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Sign up for the Iversen Center email list: iversen@nvcss.org



Groups & Activities Descriptions

Iversen Center Groups Are Open to All 18 and Older.

12-step: non-affiliated 12-step program for any addiction, all are welcome!

Anxiety Support: support group centered around education, processing, and coping with symptoms of anxiety.

Bipolar Support: support group for those who experience bipolar symptoms and their caretakers.

Colorful Conversations: join us for fun, light conversations while we work on coloring pages from home.

Combating Depression: a support group for those who experience symptoms of depression and how to combat it.

Dual Diagnosis Anonymous: A group for people in recovery from substance abuse and mental illness

Games Group: come join us in playing fun games!

Gratitude Group: 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.

Healthy Living: cooking demonstrations with discussions on health topics with cooking and nutrition tips to live a healthy life!

Healthy Relationships: explore values, expectations, and necessary skills to have better relationships.

Meditation: join us in a brief check-in and 15-20 minute meditation to promote wellness.

Music Group: join us in singing and playing along to good natured songs with Davy!

Optimism & Positivity: group centered around cultivating optimism and positivity to shape our lives.

Processing Group: a chance to talk about and process whatever is going on in your life.

Radical Self-acceptance: develop compassion for yourself and love yourself exactly as you are.

Schizophrenia Support: education and sharing for those experiencing symptoms of schizophrenia and their caretakers.

Self-Care: explore, discuss, and learn ways to practice self-care and maintain your wellness.

Stress Awareness: group to discuss factors that contribute to our stress and how to counteract them

Tobacco Awareness: education, tools, and support to help with nicotine addiction.

WRAP for Quarantine: create a Wellness Recovery Action Plan to help deal with the quarantine.

Wellness Videos: join us in watching and discussing a 15-30 minute video on various subjects of wellness and recovery.

Why Not Try?: a positive start to the week celebrating participating in life and trying new things.

Writing Activity: Themes or prompts are suggested to help start the writing process, with time for sharing.

Northern Valley TalkLine
11:30am-9:30pm Everyday
855-582-5554

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