

Iversen Wellness & Recovery Center

492 Rio Lindo Ave., Chico, CA 95926

Iversen Center: 530-879-3311; Northern Valley Talk Line: 1-855-582-5554



Closed
Monday May 24th
Center will be closed
and no Zoom groups
that day.



Iversen Center Schedule

The following groups will be offered in person at the Iversen Center.

The Iversen Center will be open **by appointment only**

for limited in-person services Monday thru Friday 10am to 3pm.

Call 530-879-3311 ahead of time to reserve your spot to attend a group or schedule an appointment with a peer assistant.

Mondays <i>Computer Lab 10:30am-1pm</i>	Tuesdays <i>Computer Lab 10:30am-1pm</i>	Wednesdays <i>Computer Lab 10:30am-1pm</i>	Thursdays <i>Computer Lab 10:30am-1pm</i>	Fridays <i>Computer Lab Closed</i>
10am Morning Meditation & Conversations	10am WRAP <i>(closed group after 5/11)</i>	10am Grief & Loss		10am Gratitude Group
11am Why Not Try?	11am Processing Group	11am Optimism & Positivity	11am 12-Steppin	11am Schizophrenia Support
12pm Members Meeting <i>(Celebrations with Raffle)</i>	12pm Anxiety Support	12pm Recovery Around the World	12pm Stress Awareness	12pm Dual Diagnosis Anonymous
1pm Wellness Videos	1pm Bipolar Support	1pm Schizophrenia Support	1pm Self-Care	1pm LGBTQIA+ Support
2pm Inner Child at Peace	2pm Creative Writing	2pm Arts & Crafts	2pm Boundary Builders	2pm Bingo
			2pm Healthy Living <i>(5/27 only)</i>	

Zoom Schedule

The following 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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9am Radical Self-Acceptance	9am Healthy Relationships	9am Living with Chronic Pain <i>(No Group 5/12)</i>	9am Healthy Body, Healthy Mind <i>(No Group 5/13)</i>	9am Sensory Processing <i>(No Group 5/14)</i>
12pm Members Meeting <i>(Celebrations with Raffle)</i>			3pm Movie & Book Club <i>(No Group 5/13)</i>	3pm Meditation <i>(No Group 5/14)</i>
3pm Processing Group	3pm 12-Steppin	Wellness Recovery Fair May 12th: 9am Passages 10am California Health Collaborative 2pm Brain Injury Coalition	Wellness Recovery Fair May 13th: 9am Chico Action Housing Team 10am Chico Vet Center 3pm Catalyst	Wellness Recovery Fair May 14th: 9am Northern Valley Talkline 2pm Community Whole Health Alliance

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Iversen Groups & Activities Descriptions

Iversen Center Groups Are Open to All 18 and Older.

12-steppin: 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.

Arts & Crafts: various projects are crafted each week. Come have fun and be creative! Supplies provided.

Bingo: play bingo with us! One regular game and one blackout round with prizes. Supplies provided.

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

Boundary Builders: come learn about boundaries, how to set them, and maintain them for self-empowerment.

Creative Writing: group focused on using our creative juices in writing. Prompts are given with time to write and share.

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

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 Body, Healthy Mind: members share their strategies & how taking charge of their physical health has helped their mental health.

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.

Inner Child at Peace: a fun and lighthearted group to embrace and foster our inner child.

LGBTQIA+ Support: a support group for those that identify as LGBTQIA+ and their allies.

Living with Chronic Pain: a WRAP-based approach to dealing with chronic pain getting in the way of everyday living.

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

Member's Meeting: announcements and discussion of Iversen center business and upcoming events. Includes a celebration of birthdays and anniversaries of members at the end of the month with a raffle being held for them on the first meeting of the following month.

Morning Meditation & Conversations: join us in a short morning meditation followed by good, light conversation.

Movie & Book Club: join this meeting to share, discuss, and recommend good movies or books!

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.

Recovery Around the World: learn and discuss how different cultures treat mental health and wellness

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.

Sensory Processing: support and education to deal with being highly sensitive, learn to calm sensory overload and make our world more manageable.

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

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.

Wrap: 8-week course to write a wellness recovery action plan with certified wrap facilitators. Closed group after 2 weeks.

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