





May 2022

Monday 9am-4pm	Tuesday 9am-4pm	Wednesday 9am-4pm	Thursday 9am-4pm	Friday 9am-4pm	Saturday 10am-2pm
<p>2) 9:15am Why Not Try? 10am 12 Step & Recovery 10am Orientation 11am Radical Self Acceptance 11am Furbaby Focus 12pm Members Meeting 1pm Drama Club 2:30-4pm Movie</p>	<p>3) 9:15am Healthy Relationships 10am Meditation 10am PTSD Support 11am Women's Group 12pm LGBTQIA+ Support 1pm Thriving with Trauma 1-3 Facilitators Training 3pm Boundary Builders</p>	<p>4) 9:15am Gratitude Group 10am Yoga 10:45am-1:30pm Center Closed 2pm Optimism and Positivity 3pm Arts and Crafts</p>	<p>5) 9:15am ZOOM Anxiety Support 10am Harnessing Emotions with Bipolar 11am 12 Step and Recovery 12pm Navigating Depression 1pm Spanish Processing 1pm Orientation 2pm Stress Awareness 3pm Wellness Works</p>	<p>6) 9:15am Healthy Body; Healthy Mind 10am Processing Group 10am Beading Bonanza 11am Dual Diagnosis Anonymous 12pm Bingo 1pm Grief and Loss 2pm Schizophrenia Support 3pm Games</p>	<p>7) Center Closed</p>
<p>9) 9:15am Why Not Try? 10am 12 Step & Recovery 10am Orientation 11am Radical Self Acceptance 11am Furbaby Focus 12pm Members Meeting 1pm Drama Club 2pm Cultural Explorations 2:30-4pm Movie</p>	<p>10) 9:15am Healthy Relationships 10am Meditation 10am PTSD Support 11am Women's Group 12pm LGBTQIA+ Support 1pm Thriving with Trauma 1-3pm Facilitators Training 2pm Processing Group 3pm Boundary Builders</p>	<p>11) Iversen Wellness & Recovery Fair 10am-2pm • Resource Booths • Free Barbeque • Arts and Crafts • Photo Booth • Free raffle & more!</p>	<p>12) 9:15am ZOOM Anxiety Support 10am Harnessing Emotions with Bipolar 11am 12 Step and Recovery 12pm Navigating Depression 1pm Spanish Processing 1pm Orientation 2pm Stress Awareness 3pm Wellness Works</p>	<p>13) 9:15am Healthy Body; Healthy Mind 10am Processing Group 10am Beading Bonanza 11am Dual Diagnosis Anonymous 12pm Karaoke 1pm Grief and Loss 2pm Schizophrenia Support 3pm Games</p>	<p>14) 10am Why Not Try? 11am Radical Self-acceptance 12pm Optimism and Positivity 1pm Games</p>
<p>16) 9:15am Why Not Try? 10am 12 Step & Recovery 10am Orientation 11am Radical Self Acceptance 11am Furbaby Focus 12pm Members Meeting 1pm Drama Club 2pm Cultural Explorations 2:30-4pm Movie</p>	<p>17) 9:15am Healthy Relationships 10am Meditation 10am PTSD Support 11am Women's Group 12pm LGBTQIA+ Support 1pm Thriving with Trauma 1-3pm Facilitators Training 2pm Processing Group 3pm Boundary Builders</p>	<p>18) 9:15am Gratitude Group 10am Yoga 11am Advisory Team 12pm Grief and Loss 1pm Schizophrenia Support 2pm Optimism and Positivity 3pm Arts and Crafts</p>	<p>19) 9:15am ZOOM Anxiety Support 10am Harnessing Emotions with Bipolar 11am 12 Step and Recovery 12pm Navigating Depression 1-3pm WRAP 1pm Orientation 2pm Stress Awareness 3pm Wellness Works</p>	<p>20) 9:15am Healthy Body; Healthy Mind 10am Processing Group 10am Beading Bonanza 11am Dual Diagnosis Anonymous 12pm Bingo 1pm Grief and Loss 2pm Schizophrenia Support 3pm Games</p>	<p>21) 10am Why Not Try? 11am Radical Self-acceptance 12pm Movie</p>
<p>23) 9:15am Why Not Try? 10am 12 Step & Recovery 10am Orientation 11am Radical Self Acceptance 11am Furbaby Focus 12pm Members Meeting</p>	<p>24) 9:15am Healthy Relationships 10am Meditation 10am PTSD Support 11am Women's Group 12pm LGBTQIA+ Support 1pm Thriving with Trauma</p>	<p>25) 9:15am Gratitude Group 10am Market Walk 10am Yoga 11am Facilitator Meeting 12pm Grief and Loss 1pm Schizophrenia Support 2pm Optimism and Positivity Closed at 3pm</p>	<p>26) 9:15am ZOOM Anxiety Support 10am Harnessing Emotions with Bipolar 10am-12pm NAMI Whitecards 11am 12 Step and Recovery 12pm Navigating Depression 1-3pm WRAP</p>	<p>27) 9:15am Healthy Body; Healthy Mind 10am Processing Group 11am Dual Diagnosis Anonymous 12pm Karaoke 1pm Grief and Loss 2pm Schizophrenia Support 3pm Games</p>	<p>28) 10am Why Not Try? 11am Radical Self-acceptance 12pm Optimism and Positivity 1pm Games</p>

1 pm Drama Club 2pm Cultural Expressions 1:20-4:00Movie	1-3pm Facilitators Training 2pm Processing Group 3pm Boundary Builders		1pm Orientation 2pm Stress Awareness 3pm Wellness		
30) Center Closed 	31)9:15am Healthy Relationships 10am Meditation 11am Women's Group 12pm LGBTQIA+ Support 1pm Thriving with Trauma 1-3pm Facilitators Training 2pm Processing Group 3pm Boundary Builders		<hr/> <p style="text-align: center;"><u>To Join Iversen Center Zoom Groups:</u></p> <p style="text-align: center;"><u>Download Zoom or call 1- 408-638-0968</u></p> <p style="text-align: center;"><u>Meeting ID: 441-359-7014</u> <u>Password: 8793311</u></p> <hr/>		

Activities, Groups and Meetings

*All Iversen Center Groups Are Open to all 18 and older Except for "Closed" Groups.
No formal diagnosis needed to attend any group.*

- 12-Step & Recover:** non-affiliated 12-step program for any addiction, all are welcome!
- Advisory Team:** elected members review Iversen Center suggestions and upcoming events weekly.
- Anxiety Support:** support group centered around education, processing, and coping with symptoms of anxiety.
- Beading Bonanza:** Arts & Crafts focused on using beads. Come have fun and be creative! Supplies provided.
- Boundary Builders:** come learn about boundaries, how to set them, and maintain them for self-empowerment.
- CalFresh Healthy Living:** discussions on health topics with cooking and nutrition tips to live a healthy life!
- Celebrations:** celebrate birthdays, anniversaries, and accomplishments of members with a raffle for them. Come join the fun!
- Cultural Explorations:** discuss identity through culture, diversity, food, and travel!
- Drama Club:** participate in hilarious improv, skits, and plays centered around Wellness and Recovery!
- Dual Diagnosis Anonymous:** 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.
- Facilitator Training:** 8-week course to become a Group Facilitator. Must attend ALL classes to graduate.
- Furbaby Focus:** come join us in sharing stories and appreciation for our pets. You may NOT bring your pet to the center.
- 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.
- Harnessing Emotions with Bipolar Disorder:** support group for those who experience bipolar symptoms & extreme energy states.
- 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.
- LGBTQIA+ Support:** a support group for those who identify as LGBTQIA+ and their allies.
- Market Walk:** walk to the Farmer's Market together to learn shopping tips and receive help with Market Match applications.
- 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.
- NAMI White Cards:** White cards are recognized by multiple agencies in Butte County, can contain a person's health information, doctor, and emergency contacts. Provided by National Alliance on Mental Illness.
- Navigating Depression:** a support group for those who experience depression and how to cope with it.
- Optimism and Positivity:** group centered around cultivating optimism and positivity to shape our lives.
- Orientation:** become a member! Details recovery, Iversen rules, and member expectations.
- Processing Group (English and Spanish):** a chance to talk about and process whatever is going on in your life.
- PTSD Support:** support group centered around education, processing, and coping with symptoms of PTSD.
- 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.
- Stress Awareness:** group to discuss factors that contribute to our stress and how to counteract them.
- Thriving with Trauma:** Support group for those who have experienced sexual, physical, or emotional abuse. Share your experience, learn from others, and thrive no matter where you are in your healing process.
- Wellness Works:** brush up on what's needed for work preparedness, job seeking, and other life skills
- Why Not Try?** 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:** 8-week course to write a wellness recovery action plan with certified wrap facilitators. Closed group after 2 weeks.
- Yoga:** gentle stretching exercise to promote both physical and mental health

Computer Lab at Iversen Center
Monday-Thursday 10:30am-1pm

Northern Valley TalkLine
4:30pm-9:30pm
Everyday

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