

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



March

Monday 9am-4pm	Tuesday 9am-4pm	Wednesday 9am-4pm	Thursday 9am-4pm	Friday 9am-4pm	Saturday 10am-2pm
<p> Coffee Kick Off! Come enjoy some coffee and fun with friends. First Monday of the month starting at 9am.</p> <p> Pizza will be served the 1st and 3rd Mondays of the month after the Members Meeting.</p> <p> Our monthly food pantry is held on the 4th Tuesday, 11a-2p. Members only. Cal-Fresh will be onsite providing a healthy recipe you can create with the food pantry items.</p> <p> Join us after Karaoke/BINGO as we celebrate member birthdays/milestones/anniversaries and enjoy a sweet treat.</p>			<p>1) 9:15am Healthy Body, Healthy Mind 10am Radical Self-Acceptance 10am LGBTQIA2S+SUD Support Group 11am DDA 12pm Karaoke 12pm Arts & Crafts 1pm Grief & Loss 2pm Retro Video Games Group 3pm Games & Music</p>	<p>2) 10:15am Gratitude Group 11am Recovery from Dependency 12pm Music Group 1pm Games</p>	
<p>4) <i>Coffee Kick Off!!</i> 9:15am Radical Self-Acceptance 10am Spirituality in Addiction  10am Orientation  11am Advisory Team Meeting 11am Why Not Try? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>5) 9:15am Healthy Relationships 10am Meditation 11am Women's Group 12pm Boundaries 1pm Recovery from Trauma 2pm Processing Group 3pm Music Group</p>	<p>6) 9:15 Gratitude Group 10am Chair Yoga/Dance 10am PTSD Support 10am Farmers Market Stroll 11am Grief & Loss 11am Arts & Crafts 12pm Furbaby Focus 12pm Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness</p>	<p>7) 9:15am Processing Group 10am Bipolar Support 11am Recovery from Dependency 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Orientation 2pm Inner Child</p>	<p>8) 9:15am Healthy Body, Healthy Mind 10am Radical Self-Acceptance 11am Dual Diagnosis Anonymous 12pm BINGO 12pm Arts & Crafts 1pm Grief & Loss 2pm Retro Video Games Group 3pm Games & Music</p>	<p>9) 10:15am Gratitude Group 11am Recovery from Dependency 12pm Movie</p>
<p>11) 9:15am Radical Self-Acceptance 10am Spirituality in Addiction 10am Orientation 11am Advisory Team Meeting 11am Why Not Try? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>12) 9:15am Healthy Relationships 10am Meditation 11am Women's Group 12pm Boundaries 1pm Recovery from Trauma 2pm Processing Group 3pm Music Group</p>	<p>13) 9:15am Gratitude Group 10am Chair Yoga/Dance 10am PTSD Support 11am Grief & Loss 11am Arts & Crafts 12pm Furbaby Focus 12pm Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness <i>Center closes at 3pm</i></p>	<p>14) 9:15am Processing Group 10am Bipolar Support 11am Recovery from Dependency 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Orientation 2pm Inner Child</p>	<p>15) 9:15am Healthy Body, Healthy Mind 10am Radical Self-Acceptance 11am Dual Diagnosis Anonymous 12pm Karaoke 12pm Arts & Crafts 1pm Grief & Loss 2pm Retro Video Games Group 3pm Games & Music</p>	<p>16) 10:15am Gratitude Group 11am Recovery from Dependency 12pm Music Group 1pm Games</p>
<p>18) 9:15am Radical Self-Acceptance 10am Spirituality in Addiction 10am Orientation 11am Advisory Team Meeting 11am Why Not Try? 12pm Members Meeting 1pm Anxiety Support 2pm Movie </p>	<p>19) 9:15am Healthy Relationships 10am Meditation 11am Women's Group 12pm Boundaries 1pm Recovery from Trauma 2pm Processing Group 3pm Music Group</p>	<p>20) 9:15am Gratitude Group 10am Chair Yoga/Dance 10am PTSD Support 11am Grief & Loss 11am Arts & Crafts 12pm Furbaby Focus 12pm Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness</p>	<p>21) 9:15am Processing Group 10am Bipolar Support 11am Recovery from Dependency 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Orientation 2pm Inner Child</p>	<p>22) 9:15am Healthy Body, Healthy Mind 10am Radical Self-Acceptance 11am Dual Diagnosis Anonymous 12pm BINGO 12pm Arts & Crafts 1pm Grief & Loss 2pm Retro Video Games Group 3pm Games & Music </p>	<p>23) 10:15am Gratitude Group 11am Recovery from Dependency 12pm Movie</p>

<p>25) 9:15am Radical Self-Acceptance 10am Spirituality in Addiction 10am Orientation 11am Facilitator Meeting 11am Why Not Try? 12pm Members Meeting 1pm Anxiety Support 2pm Movie</p>	<p>26) 9:15am Healthy Relationships 10am Meditation 11am Women's Group 11am Cal Fresh Food Pantry Recipe Class 12pm Boundaries 1pm Recovery from Trauma 2pm Processing Group 3pm Music Group</p> 	<p>27) 9:15am Gratitude Group 10am Chair Yoga/Dance 10am PTSD Support 11am Grief & Loss 11am Arts & Crafts 12pm Furbaby Focus 12pm Facilitator Training 1pm Schizophrenia Support 2pm Stress Awareness</p> <p><i>Center closes at 3pm</i></p>	<p>28) 9:15am Processing Group 10am Bipolar Support 11am Recovery from Dependency 12pm Music Group 12pm Codependent No More 1pm Depression Support 1pm WRAP 2pm Orientation 2pm Inner Child</p>	<p>29) <i>Center Closed in observance of Good Friday</i></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.

- Advisory Team:** elected members review Iversen Center suggestions and upcoming events weekly.
- 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!
- Celebrations:** celebrate birthdays, anniversaries, and accomplishments of members with a raffle for them. Come join the fun!
- Chair Yoga/Dance:** 20 minute gentle stretching exercise followed by dancing. Both promote physical and mental health.
- Codependent No More:** learn how to identify codependent behaviors in personal relationships and how to break free from them.
- Depression Support:** education and support for those living with depression and their caretakers/givers.
- DDA (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:** learn what it takes to become a certified group facilitator and run a group here at the Iversen Center.
- 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.
- 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 strategies & how taking charge of physical health has helped mental health.
- Healthy Relationships:** explore values, expectations, and necessary skills to have better relationships.
- Inner Child:** explore your playful side through activities, games, and fun!
- Karaoke:** Sing your heart out and jam with us!
- 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.
- Processing Group:** 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.
- Radical Self-Acceptance:** develop compassion for yourself and love yourself exactly as you are.
- Recovery from Dependency:** a safe space to discuss recovery topics around dependency on substances, addiction, and compulsive behaviors.
- 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 Group:** 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.
- Spirituality in Addiction:** bring awareness to the relationship between one's practice of spirituality and our life challenges.
- Stress Awareness:** group to discuss factors that contribute to our stress and how to counteract them.
- 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