

# FREE WRAP CLASS

## OPEN TO THE COMMUNITY

The Iversen Center is offering a free mental health recovery including Wellness Recovery Action Plan (WRAP) Class for people who experience mental health challenges and for those who care about them.

## Wellness Recovery Action Plan (WRAP)

This FREE Seven week workshop starts Monday, September 25th from 5:30-6:30 PM.

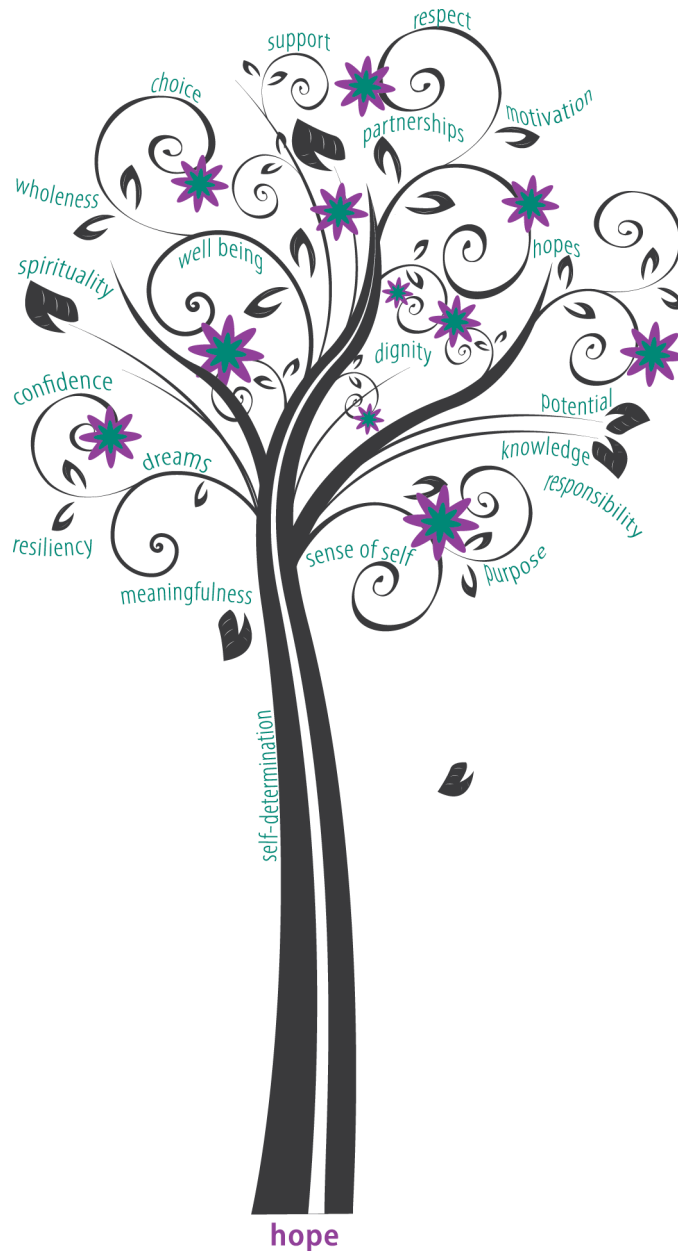
This class is being offered to the general public, as we believe that everyone should be able to experience the benefits of WRAP! Membership at the Iversen Center is not required to register or attend.

The Iversen Wellness & Recovery Center is a program of Northern Valley Catholic Social Service, Inc. that offers an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. It is a "stigma-free" environment offering activities, groups, and social support opportunities.

The Iversen Center promotes and encourages tolerance, acceptance, and growth within its members that reflects respect for diversity and differences. All services (with the exception of Med Clinic) are FREE and open to members of the public 18 and over.

The Iversen Center is supported by Butte County Department of Behavioral Health and MHSa funding.

## HOPE .. SUPPORT .. RESPECT



**What:** Wellness Recovery Action Plan (WRAP) Class

**Where:** The Iversen Wellness & Recovery Center  
492 Rio Lindo Ave  
Chico CA 95926

**When:** Mondays 5:30-6:30 PM  
September 25th through  
November 13th, 2017

**Why:** Because you deserve it!

Call for more information or to reserve your spot:

**(530) 879-3311**