



WELLNESS • RECOVERY • RESILIENCE

The Iversen Wellness and Recovery Center Presents:

WRAP For Parents



A family event featuring Wellness Recovery Action Plan - a workshop supporting parents who experience mental health and other life challenges!

8 Week Class
Wednesdays

5:30 PM—7 PM

Sept 19th - Nov 7th,
2018

Free!



**For more information, or to
RSVP, call (530) 879-3311**

The Iversen Center
492 Rio Lindo Avenue
Chico, CA 95926

WRAP can lend support to every area of our lives: this workshop will focus on how it can support our parenting.

Learn to access your wellness tools and respond to triggers and early warning signs in a way that helps keep you in control!

Dinner and Child Care will be provided.



Northern Valley
Catholic Social Service

The Iversen Wellness & Recovery Center offers an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. Members share their ideas to create a setting that is peer-led and agency supported. The Iversen Center 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. Realizing one’s full potential and having a strong sense of hope allows us to realize our dreams.

The Iversen Center is a program of Northern Valley Catholic Social Service, and is supported by Butte County Department of Behavioral Health and MHSA funding.