

Indian Valley Resource Center Community Newsletter

APRIL 2016 Issue #8

YOUR COMMUNITY GARDEN

Spring has sprung, and so have the Community Garden workers and volunteers...into action!

On April 2nd, bales of hay were moved into place for planting our Community Garden. During the month of April we will be gathering starter plants of tomatoes, beans, various vegetables and herbs.

WE ARE LOOKING FOR VOLUNTEERS! If you love gardening, want to learn something new, or share your expertise, this is an excellent opportunity for you to get involved!

Call Lauri at 530.284.1560 or email her at LRawlinsBetta.IVRC@gmail.com.

HAPPY GARDENING!



Come learn how to shop and prepare nutritious food on a budget!

April 12th 10am-12pm
April 13th 10am—1pm
(April 13th includes lunch)

Join Plumas County Public Health Agency

and the Indian Valley Resource Center for a two-day course that will teach you how to shop smart on a budget!

April 12th from 10-12pm: Learn the basics of nutrition, what whole foods are, and how to read food labels.

April 13th from 10am-1pm: Join us for a guided grocery store tour where we put nutrition education and food label reading into action followed by a cooking demonstration and a free, healthy, lunch!

THIS IS A FREE CLASS!

To reserve your spot, contact Lauri Rawlins-Betta @ 530.284.1560 or email her at LRawlinsBetta.IVRC@gmail.com

March winds

And April showers

Bring forth May flowers!



WHAT'S ON THE HORIZON FOR INDIAN VALLEY & IVRC?

MAY 2016

Let's Plant A Garden!

Call to participate!

JUNE 2016

Community Garden Work

Volunteers work in the Community Garden.

JULY 2016

Community Garden Talks

Learn more about Hay Bale Gardening

August 2016

Kids' Fest

Evergreen's Kids' Fest at GHS...August 5th.

Interested in volunteering at the IVRC or have a fundraising idea?

Call Lauri @530.284.1560

Do YOU Know The Signs of Suicide

Every day in California, there are friends, family and co-workers who struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs may be subtle, they are there. By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference...the power to save a life!

Pain isn't always obvious. Learn to recognize the warning signs of suicide, know how to start a conversation and find where to turn for help.

Some warning signs to look for:

- * Talking about wanting to die or suicide
- * Feeling hopeless, desperate, trapper
- * Giving away possessions
- * Changes in sleep, mood changes
- * No sense of purpose
- * Anger, Anxiety or agitation
- * Increased drug/alcohol use
- * Putting affairs in order
- * Reckless behavior


If YOU are concerned about someone, reach out and ask:

"Are You Thinking About Suicide?"

If you think the person is suicidal, take it seriously. **DON'T LEAVE THEM ALONE.**

Call the Plumas County Crisis Line: 530.283.4333 (toll free: 1.877.332.2754). You can also call the National Suicide Prevention Lifeline at 1.800.273.8255 (TALK). To learn more, visit SuicidelsPreventable.org.





CASA ORIENTATION TRAINING
APRIL 13, 2016

Join Chris Crawford, **CASA** Coordinator, at the PCIRC Office in Quincy (591 W. Main Street) at 5:30pm for the **Court Appointed Special Advocate (CASA)** training. CASA volunteers are critical in Plumas county, advocating for children within the court system who have no one else to be there for them. Class lasts one hour.

For more information, call Chris at 530.283.5515.

THE SIMPLE LIFE

Missing Somebody?	Call
Wanna Meet Up?	Invite
Wanna Be Understood?	Explain
Have Questions?	Ask
Don't Like Something	Say it Nicely
Like Something?	Declare It
Want Something?	Ask For It
Stressed?	Let It Go
Love Someone	Say It / Show It

Make YOUR life Simpler!

24/7 Dad[®] is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. A new group is forming in Greenville. To participate call 530.284.1560. **Facilitated by Scott Cash, National Fatherhood Initiative.**



Indian Valley Community Events

- | | |
|---|--|
| <p>April CalFresh Enrollments @ IVRC</p> <p>April Food Pantry Vouchers @ IVRC</p> <p>April 5 Job Fair - FCR Gym 2-4pm</p> <p>April 7 WIC @ IVRPD Community Center 9am</p> <p>April 9 Kids & Yoga - IVRPD-Greenville 10am</p> <p>April 12 Smart Shopping Class 10am</p> <p>April 13 Smart Shopping Class 10am</p> | <p>April 13 CASA Volunteer Training 5:30pm</p> <p>April 21 Tribal Belly Dance 6pm</p> <p>April 25 Community Supper-Greenville Methodist Parish Hall 5:30pm</p> <p>April 30 Spring Shindig (IVRPD Annual Fundraiser) IVRPD Comm. Center 6pm</p> |
|---|--|

For information on any of these events, call 530.284.1560 (M-Th, 9am - 2pm)

Indian Valley Resource Center—A PCIRC Wellness Center-Greenville, California
 209 Crescent Street / P.O. Box 686, Greenville, CA 95947
 530.284.1560-ph / 530.284.1676-fx LRawlinsBetta.IVRC@gmail.com