



Indian Valley Resource Center Community Newsletter

MAY Issue #9



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

May 10th 10am-12pm
 May 11th 10am—1pm
 (May 11th 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!



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

May 11th 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

COMMUNITY GARDEN IS HERE!

You may have noticed we have started our Hay-Bale Garden in the back of the IVRPD Community Center in Greenville. We have planted a variety of vegetable, herbs, and flowers.

It is our purpose & goal to provide fresh vegetables to those who are participating in the IV Food Pantry program and to involve as many as possible in the care and feeding of our Community Garden.

By volunteering to work in the garden for only 2-hours a month, IV Food Pantry recipients can receive part of the harvest. Volunteer work includes watering, weed eating, weeding, and keeping the garden area clean and beautiful.

What is **YOUR** area of expertise and how would **YOU** like to participate?

For more information, contact Lauri Rawlins-Betta @ 530.284.1560.

**VOLUNTEERS:
 COME ONE, COME ALL!!**



DOG FOOD COMES TO IVRC!

Plumas County PITS has partnered with PCIRC & IVRC to provide dog food for those in need of food for their pets.

Plumas County Pits is a 501(c)(3) non-profit organization, formed in 2012, to promote positive Pit Bull awareness and responsible ownership.

They serve Plumas County and the surrounding areas providing education, adoption, and resource services to the public.

To participate in this new program, contact Lauri at the IVRC office at 530.284.1560.



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

We all experience different levels of mental health throughout our lives. In fact, half of us will deal with some type of mental health challenge over the course of our lifetime. Unfortunately, sometimes these challenges can become more serious and require more attention. However, there is good news. Recovery is also common and we can all do something to help.

We all want support systems that can help us through challenges, like supportive relationships and safe living environments. Sometimes we have these support systems, and sometimes we don't. Many of us will also experience life challenges like unemployment, or relationship issues. Regardless of what situation you may find yourself in – in wellness or not – there is help available.

There are many types of mental health challenges. Here is a list of some: *anxiety, depression, attention deficit hyperactivity disorder (ADHD), autism, post-traumatic stress disorder (PTSD), schizophrenia, and bi-polar disorder. Some mental health challenges can lead people to do things that hurt their bodies, such as cutting or eating disorders like anorexia or bulimia.*

Only a mental health professional can say if someone has a mental illness. Everyone has good days and bad days. Just because someone has a bad day does not mean he or she have a mental illness.

Public health experts tell us that it is always better to prevent a problem from occurring rather than treating it after it has developed. Responding as soon as possible to a mental health challenge offers the best chance for recovery, just as it does for physical conditions like diabetes or breast cancer.

Mental health is an essential part of our overall well-being, and plays a big role in our ability to handle stress, work productively and contribute to our community. In other words, positive mental health gives us a solid foundation for a full and healthy life.

If you think you're going through a mental health challenge, it's important to ask for help so you don't have to be scared. Remember – you can get better. **Currently, it is possible to see a therapist in Greenville at the IVRPD Community Center as part of the PCIRC/IVRC Wellness Centers. Contact the IVRC for a referral to Plumas County Mental Health at 530.284.1560.**

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.*



A special shout-out to Trina Hall for donating garden tools and Plumas County Public Health for donating plants to the **IVRC COMMUNITY GARDEN!**

Crisis Line Volunteers Needed!

Want to give back to the community but don't know how? Plumas Crisis Intervention & Resource Center is looking for a dedicated person **like you** who can volunteer your time on our crisis line. Opportunities to help serve on our crisis line are 24 /7.

PCIRC will train you at no cost!!

Interested? Call today! Kasey: 530-993-1237 or Kathleen: 530-283-5515

Plumas Crisis Intervention & Resource Center (PCIRC) is a 501 (c) 3 non-profit organization serving Plumas and Sierra Counties since 1983.



Indian Valley Community Events

May CalFresh Enrollments @ IVRC
May Food Pantry Vouchers @ IVRC
May 7 Kid's Yoga
May 10 **Healthy Shopping Class-FREE**

May 11 **Healthy Shopping Class & FREE LUNCH**
May 14 Children's Faire-Quincy
May 29 Community Supper-Mill Street
MAY IS COMMUNITY GARDEN MONTH-Volunteer!

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

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