



Indian Valley Family Resource & Wellness Center Community Newsletter

November

Issue #15

IVRC THANKS LOCAL CHURCHES

Partnering with the local churches of Indian Valley, the IVRC accepted pasta, rice, and dry beans for their food shelves during the month of September.



Each month beginning in September and ending in February, the IVRC hosts drives and partners with various organizations within Indian Valley to help in collecting various items that are of need. **September** was **pasta, rice, & beans** drive.

During **October** we partnered with the IV Elementary students to collect **baking goods** such as flour, sugar, oil, spices, and eggs for the *Indian Valley YOUth Summit* teens who bake dessert breads for the Thanksgiving Baskets that are provided to members of the community.

During the month of **November**, we will collect

Thanksgiving foods stuffs for the Food Baskets that we put together for families in Indian Valley.

December is all about **Angel Trees** and this year, we are hoping to gather all the 'angel trees' in Indian Valley under one roof in order to better serve our clients.

January & February is all about **warm clothes!** We collect warm clothing during January and concentrate on gloves, hats, scarves, and socks during February.

We thank all of our partners that have helped in past months and years. We all know that it takes a community to make a community great and Indian Valley is a most generous is making their community a welcoming place in Plumas County.

So Thank You!

And remember, if you or your organization is interested in putting together a project to help the IVRC, contact Tamara or Lauri at 530.284.1560, and they'll make a plan with you.



Holiday Food Drive Oct-Nov 2016

Indian Valley Resource & Wellness Center is collecting food for our holiday food baskets. These baskets will go to community members in need. Here's how YOU can help...
Donate Thanksgiving foods until November 18th at the following location:

Accepting Non-Perishables
beginning October until
November 18th



Questions? Call Lauri at 530.284.1560

Sponsored by Plumas Crisis Intervention & Family Resource & Wellness Centers: 530.283.5515 for more info.

VOLUNTEERING? Tis The Season!



The IVRC is looking for volunteers to help with the *Thanksgiving Food Baskets* and the *Angel Tree* gifts.

Now is the time to sign-up so if you have any extra time that you would like to put to good use, we could use you!

Call Lauri or Tamara at **530.284.1560**, **Monday-Thursday, 9am to 2pm** and we'll use your talents!

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

NOVEMBER 2016
IVRC Food Shelf Collections
Thanksgiving Basket supplies.

Sign-Ups for Thanksgiving Baskets

DECEMBER 2016
Angel Tree Sign-Ups

JANUARY 2017 !!
Warm Clothing Drive

FEBRUARY 2017
Hat, Scarf, Gloves & Socks Drive

Do you or your organization have an IVRC fundraising idea?
Call Lauri @530.284.1560

SCHOOL-AGED CHILDREN FLU VACCINATION CLINICS

Flu forms can be downloaded at www.plumascounty.us/publichealth/fluinformation

Parents are asked to bring their student and completed Flu Form to one of the below clinics:



GREENVILLE SCHOOLS:
November 1st 4:00pm to 6:00pm
Greenville High School Library

It's Getting Closer!

No, really! Have you stopped by the old Car Quest building at 414 Main and peeked in the windows? Lots of building going on.



So why are we moving? The exciting news is that when we move, we'll have plenty of room to become YOUR One-Stop Resource Center!

Behavioral Health, Public Health, WIC, Business Career Network...they are all waiting and planning on having offices at the new IVRC building.

Situated between the Greenville Rancheria and the American Legion Bldg. where Senior Nutrition lunches are served, the new IVRC will be perfectly placed to be available for you.

Questions? Call Lauri or Tamara at 530.284.1560 to learn more about the new Resource Center.

Greenville Senior Nutrition Center
is now in its new home at the
American Legion Hall, 430 Main Str.



COMMUNITY LUNCHEON

**Meals are served daily,
Monday through Friday, at 12-noon.**

The Greenville site also offers Friday shopping and food pantry trips along with monthly Susanville trips. For more information, or to reserve your space for shopping/food pantry trips or meals, call **Debbie Housen at 530.284.6608**. *This site is also open for activities and gatherings from 9am to 1pm.*



Need help stretching your food budget?

You may qualify for **CalFresh**. To learn more, please stop by and see us at 209 Crescent Street, Greenville or call the office at 530.284.1560.

Drop-in Assistance Services include:

- *Application Help
- *Eligibility Prescreen
- *Appeals Assistance
- *Required Verifications
- *Interview Preparation
- *Helpful Materials
- *Questions Answered
- *Recertification Help

November is officially recognized by the California Legislature as Runaway and Homeless Youth Month

According to a report from the California Research Bureau, 200,000 youth and thousands of 18-24 year olds are homeless in California.

Many homeless youth face barriers and challenges in their lives, including chronic health conditions, criminalization and street victimization. Many are runaways.

Because being a parent or guardian isn't easy, The National Runaway Safeline has turned to youth and parents to get helpful tips on confronting the challenges of being a parent or guardian. These highlighted tips offer advice on how to handle certain situations between youth and parents or guardians, keeping communication channels open and keeping your child at home and not on the streets as a runaway.



- Your relationship with your child is always more important than an issue.
- Communication is key. Listening is a skill, so it is important to hear your children out before rendering judgment or an opinion.
- Tell your children that you will listen to them and talk with them no matter what the topic, worry, or concern and that nothing they do will make you stop loving them.
- Validate your teen's point of view. Sometimes kids just want to know that you hear what they say, even if you don't agree.
- Collaborate on rules. Your teen is more likely to comply with rules he or she helped set up.
- Teens are going to make mistakes. It's a part of the process of growing up. Let them know you will still be there when they stumble and fall.
- If your child tells you or shows signs of being bullied, don't ignore it and hope it goes away. Document it and contact your child's school.
- Tell your child that it's okay to get angry and to express it in a healthy way.
- Treat your child as you would like to be treated.

**IVRC offers Peer-to-Peer Counseling on these issues.
Get Information. Get help.
Call us today! 530.284.1560.**

Indian Valley Community Events

November 1 **Community Supper**
TUESDAY! United Methodist Social Hall-Pine St
20,000-Lives Mtg. 11:30am
Mineral Bldg. Quincy Fairgrounds

November 2 **Indian Valley Collaborative 10am**
Roundhouse Council-330 Bush St.

November 3 **WIC at IVRPD Comm. Center**

November 11 **Veteran's Day-OFFICES CLOSED**

November 17 **Community Wellness Talks 6:30**
Sacred Space 109 Ann St. (Hwy 89)

November 24 **THANKSGIVING! (Office Closed)**

For information on any event, call 530.284.1560.

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