

Indian Valley Family Resource & Wellness Center Community Newsletter

September

Issue #13



Join us to learn how the
CA Mental Health Services Act (MHSA)
benefits our community.
Share your ideas on how we can make
Mental Health Services even better!
Dinner will be provided.

- WHO:** YOU and all community residents (MHSA Stakeholders) and Plumas County Department of Behavioral Health Staff
- WHEN:** Tuesday, October 4, 2016: 5:30p.m. - 7:30p.m.
- WHERE:** Greenville Town Hall
120 Bidwell Road, Greenville, California
- WHY:** Plumas County Behavioral Health would like your feedback and input on the Plumas County MHSA Annual Update: what we're getting right & how we can improve access, service, & program that benefit the community.

R.S.V.P.: FOR DINNER,
please RSVP to Aimee Heaney
@ 530.283.6307 by Sept. 29, 2016.



Need A Job? Here's 4-Steps To Get You Going

If you're searching for a new job, you're not alone. Seventy-one percent of workers are workers who are either actively looking or interested in finding a new position. For many, the process of finding new work can be tedious at best and soul-deadening at worst.

Here are some steps you can take to accelerate your job search.

#1: Time your search right. Some seasons are more favorable for job searchers than others. If you need work right away, you don't have the luxury of waiting to look, though. The big months for hiring are January, February and late September/October.

#2: Let people know you're looking! If you're only looking for jobs online, you're missing out. Forty-one percent of people surveyed by staffing company, Manpower reported that networking was the key to landing their latest job. Many open positions are never posted

online.

#3: Show employers what you've done. You know that 'goals & objectives' statement at the top of your resume? Skip it, say experts. Your goal is obvious-you want a job! Instead, use a summary statement that focuses on your past accomplishments.

#4: VOLUNTEER!

Dedicating some of your time to helping others could make it much easier to find a job, according to a 2015 study published in the Journal of Career Assessment. The study found that those who volunteered were more likely to have a job after 6-months than those who didn't.



Need at job?

Contact the Business & Career Network of
Plumas County at 530.283.1606.
They will help with resumes & interviews!

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

SEPTEMBER 2016
IVRC Food Shelf Collections
beginning with Pasta, Rice & Beans

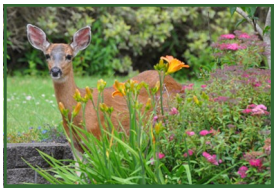
OCTOBER 2016
IVRC Food Shelf Collections
Baking Supplies for dessert breads for Thanksgiving Boxes.

NOVEMBER 2016
IVRC Food Shelf Collections
Thanksgiving Basket supplies.

Sign-Ups for Thanksgiving Baskets

DECEMBER 2016
Angel Tree Sign-Ups

Interested in volunteering at the IVRC or have a fundraising idea?
Call Lauri @530.284.1560



**What Happened With The
Community Garden...
And Will We Have One Again?
In a couple of words...
DEER & YES!.**

That and the fact that our volunteers didn't volunteer very regularly. So the Community Garden for 2016 didn't produce what we hoped it would.

But we're NOT giving up! We've made plans to inconvenience the deer and we're working on better plans for getting volunteers to participate.

If you are interested in being part of the planning committee for 2017, please call Lauri @ 530.284.1560 for more information on how you can be involved.

**NEW PCIRC RESOURCE & WELLNESS CENTER
IN CHESTER!**

PCIRC is excited with the news that the Chester Family Resource & Wellness Center is now open Tuesdays and Wednesdays from 9am to 2pm...IN CHESTER!

Charla Rush is in the office to help with services provided at each of the PCIRC offices from help with CalFresh applications for food stamps or medical, to connecting with Behavioral Health and Alcohol & Drug programs. Showers & laundry facilities will soon also be available.

Next time you are in Chester, stop by and say hello and see what PCIRC has been busy doing!



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. There's a group here in Greenville!

To participate call 530.284.1560.
Facilitated by Scott Cash, National Fatherhood Initiative.



Indian Valley Food Pantry

The Indian Valley Food Pantry is open **Fridays at 10am to 12-noon** and on the first and third Friday of each month there is distribution of commodities and fresh produce from 3pm to 4pm.



In order to access the IV Food Pantry, clients are asked to complete a food intake form at the **IVRC** and they will be given a food voucher for the month. **Call 530.284.1560.**

PROGRAM ORIENTATION



Court Appointed Special Advocates are specially trained volunteers who are appointed by a judge to advocate for an abused, neglected or abandoned child.

**Find out how you can make a
difference in the life of a child.**

Thursday Sept. 22nd, 2016 5:30pm-6:30pm

591 Main Street Quincy

For more information:

Call 530.283.2227 or 530.283.5515

PlumasCasa@pcirc.com

A program of Plumas Crisis Intervention & Resource Center



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

Indian Valley Community Events

- September 1** WIC at IVRPD Comm. Center
- September 7** **Indian Valley Collaborative**
Roundhouse Council-330 Bush Street
- September 17** **Great Sierra River Clean-Up**
Sierra Institute - 9am 530.284.1022

- September 22** **CASA Training-Quincy**
591 W. Main Street (530.283.5515)
- September 26** **Community Supper**
United Methodist Social Hall-Pine St
- September 29** **MHSA Dinner RSVP** 530.283.6307

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