

DECEMBER NEWSLETTER

Innovations Community Center is a peer-staffed mental health program that supports the wellness and recovery of individuals from underserved communities. The Center promotes collaborative relationships between recipients of mental health services and mental health and wellness practitioners throughout Napa County.

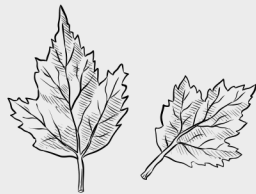
LAST MONTH'S HIGHLIGHTS

November seemed to have just come and went with how fast it flew by, thanks in part to all the wonderful holidays we celebrated.

November started off with our Day of the Dead event on the 3rd, and we had a much larger group than we anticipated which was fantastic! Everyone had a full traditional meal with chicken, pork, beans, rice, tortillas and tostadas, as well as hot coco and sweet bread being served by the coffee. Folks were well fed, that's for sure.

We also had a lot of people participate in our Altar voting contest, choosing between shrines made by community partners Mentis and NCRS, the winner of which being the altar made by ICC participants! They got to take home a beautifully made gift basket by ICC staff. Big thanks to those who participated and attended.

Lastly, our Thanksgiving Luncheon was a big success this year! We had the honor of hosting a staggering 30 or so guests all at once here at the center, and the fact that we were able to have everyone seated and served a plate is such a feat. We could not have done it alone either, we had amazing volunteers help with food, service, and cleanup. We truly came together as a community to make it possible and we are so happy with how it turned out.



NEW GROUPS/ACTIVITIES

December will be looking similar to our last month in terms of the same groups and activities. However, we would still like to highlight our most recent additions to our roster.

Karaoke with James S. has been a surprise hit with a lot of our participants, their voices even being heard throughout the center building! We believe this activity is enjoyed so much because we have an amazing facilitator and an experience singer as well to boot. We are happy to have it in our center.

Talkin' About Tech with Carlos has also begun to spread its wings, with many participants having their queries heard and solved. We'll soon be having a more structured focus, with lessons being taught to the group, but for now, participants are free to ask for help in this casual space on all things technology.

Thanksgiving



UPCOMING EVENTS

Coming in the month of December, there aren't any large events happening this time around as we wind down from 2023. That is not to say there isn't anything new coming over the horizon, but December will be a very "chill" end to our year.

Lastly, ICC will be closed the following week, from Monday the 25th all the way through the new year Monday the 1st of January. We will be reopening on Tuesday the 2nd, ready to start the new year with lots of new groups, activities, and so much more that we can't wait to share with you.

2023 was a big year for us, the amount of participants, new and old, that have come through the center has been phenomenal, record high numbers we haven't seen since pre-pandemic. New friends, new volunteers, and new experiences were had here at ICC and we thank those who came along for the ride.



MENTAL HEALTH NEWS

Even though we think of holidays as a time for joy, love, and togetherness, that is not always true for some people. In a recent survey, it was found that in the US as much as 70% of individuals report varying degrees of loneliness and sadness during the holidays. It would be great for us to consider this fact as we go further into the holiday season.

Let's plan to be extra kind, give a little more, hug a little tighter, embrace others a little longer and smile at people you pass by. A kind word or gesture towards someone you know or a total stranger could make all the difference in their day.

Last but not least check-in with yourself daily, take short walks and deep breathes. Ask yourself "what do I need to do to take care of myself today? Then do that thing that is needed for yourself. Be kind to yourself and others, it will go a long way.

FINAL THOUGHTS

As 2023 comes to a close, we would like to express our gratitude once again to the community, our staff, volunteers, friends, and everyone else who made this year possible. This community center is to serve just that: the community. And this year saw a lot of new changes as well, and through it all, you all have stuck with us and for that we are forever grateful.

We will continue to serve everyone in the community, striving to be a beacon of health and wellness into 2024 and beyond. We all here at ICC wish you a safe and merry holiday season, and a very happy new years!

Subscribe to our Newsletter Here



INNOVATIONS COMMUNITY CENTER

3281 Solano Ave Napa, CA • (707) 259-8692

Mon - Fri 8:00am - 2:00pm
Or by appt.

