



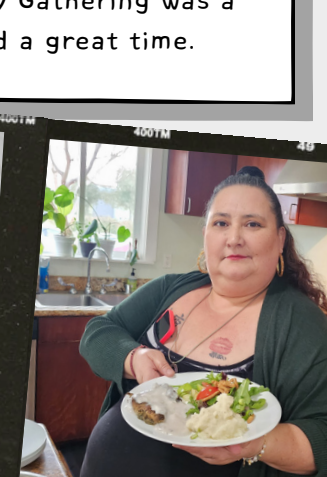
FEBRUARY NEWSLETTER

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

January marks the return to "the usual", the "norm" around here at the center, and yet it came and went without much of a fuss. It felt more of a month of change, or rather preparing for change as we begin working on projects coming towards the horizon. We at the center are feeling refreshed now that the holiday season is over and we got nothing but good things to come for participants.

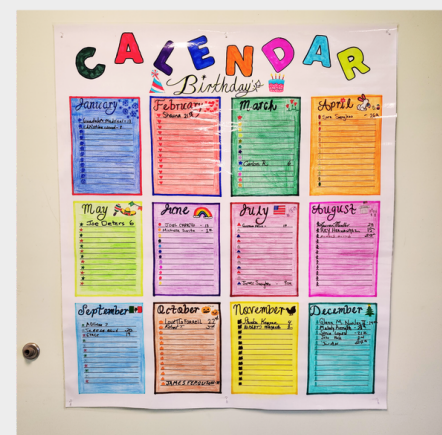
Our Monthly Gathering had returned last Friday as well, BINGO and all. While it is currently too rainy and wet to bring out the ol' grill, we opted for some delicious oven-baked lasagna with a side of fresh green salad this time around. This Monthly Gathering was a return to form for us and we hope everyone had a great time.



GROUPS/ACTIVITIES

While this isn't a group or activity, we would like to bring attention to a new addition to the classroom: the new Birthday Calendar! It was created and laminated by one of our regular participants, Michelle, along with the help of a few others. Huge thanks to them, and we encourage participants to ask to write their name and birthday on it! It'll make it much easier to find and celebrate all the birthdays during our Monthly Gatherings.

No new groups or activities to mention for the month of February. But as always, if you are interested in creating a group or want to facilitate one, you can pitch to one of our staff. We are open to all ideas, and you'll never know until you give it a shot and it doesn't hurt to ask!

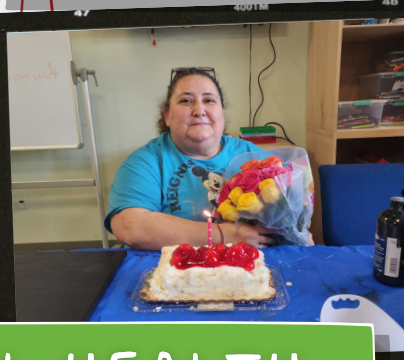
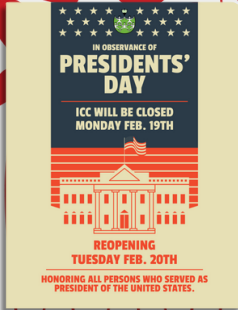
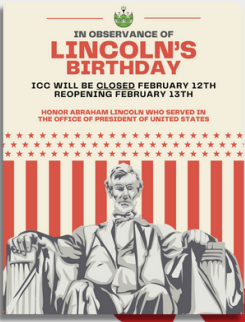


UPCOMING EVENTS

We have a few things being set up for the future, but for now this is what we have to expect with February. Our Monthly Gathering, which we do on the last Friday of the month, will be on the 23rd. We expect things to still look gloomy in terms of the weather, so anticipate a barbecue more towards the spring time, when the suns out and its not so darn cold outside!

We will be closed both Monday the 12th and Monday the 19th in observance of Abraham Lincoln's Birthday and Presidents' Day respectively. We will be reopening the following Tuesday, on each of those weeks.

Lastly, we are aiming to hire another Peer Mentor this month, so if you see a new face behind the desk in the coming weeks, make sure to give them a warm ICC welcome.



MENTAL HEALTH

Does time sometimes feel like it just flies by? Does it feel weird that January is already over? We know this feeling all too well, but here are some tips about our collective experiences with time. Years no longer seems to last forever as it did when we were kids, but that is because back then we were living each day to the fullest. Well, that is exactly what is needed to feel that way again. Living in the moment! How do you do that, you may ask? It can be as simple as being aware of what you are doing, whether it be doing chores around the house or on your commute to work. We tend to drift off into thought or listen to music when doing these mundane actions but instead of either, just acknowledge what you are doing. Observe each action with purpose or take a look at your surroundings and you may find yourself enjoying the small things.

FINAL THOUGHTS

One month down, eleven more to go! If you thought January went by fast, February will be over even faster, and because of Leap Year, we'll have an extra day as well. Spring will soon be upon us and we will have more development in the garden as well as more activities in the classroom. And maybe, just maybe, we'll be doing things outside of the center as well, hint hint.

Let's make February a great month everybody!

[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.

