

NOVEMBER 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

October was a spooky month for us here at ICC in more ways than one. At the start of the month, we embarked to Yountville to do outreach at the Senior Health Fair. It was our first year going out there and we were glad we did, the turnout was greater than expected and we were able to spread the word about our center to them.

Our Day of the Dead altars went up the Monday. We also held a special art class themed around Day of the Dead, hosted by Alma Perez from Mentis. Alma has been facilitating different sessions at ICC and she already had a huge impact on our small community.

And lastly, our Halloween event went amazing! We had lots of fun, food, and frights during the event, packed to the brim with participants here at the center all at once. Suffice to say, we had our hands busy at all times but we still had a blast and we are very thankful for those who came out to celebrate Halloween with us, and congratulations to those that one a prize.



NEW GROUPS/ACTIVITIES

This November we will be having two new activities added to our ever-rotating selection of groups here at ICC. The first group being an often requested Karaoke Group, hosted by one of our participants, James S. He has facilitated a Just Dance Class in the past but now wants to shake things up with a Karaoke Group- 1st Thursday of the month. If singing along to songs seems fun to you, don't miss your chance!

Our second newest group is one that seemed to have grown organically; a Technology Class hosted by our newest peer-mentor, Carlos. His goal is to provide a much needed to service to those seeking help using their phones, tablets, computers, or any other appropriate electronic device. This group will be held every 2nd and 4th Monday of each month. The first 30min of the session will be held for Drop-in Hours (1:1 support). The last 30min will be used as a guided group lesson on a topic chosen by participants.

We hope these groups will bring you lots of fun and insight for you.

UPCOMING EVENTS

Looking forward into November, we have our Day of the Dead Event first and foremost on the 3rd. Participants will be encouraged to vote on their favorite Altar and the winner will be decided the day of the event. Winner gets a Gift Basket full of self-care items along with a Certificate. We will have traditional food donated by local vendors, traditional bread, and an activity based on the origins of Day of the Dead facilitated by Alma Perez from Mentis.

Soon after, we will be in observance of Veterans day, Friday the 10th. Honoring those who served and continue to do so, or in other words, we will be closed that Friday.

The following week, you can expect to see some of our staff at the Napa County Library for Paint day, Friday the 17th. They will be facilitating an arts & crafts activity, creating "Ojo de Dios" with yarn and sticks while also discussing mental health topics and resources.

Lastly, we will be having Thanksgiving here at ICC on Wednesday, November 22nd! It'll be a time to be thankful for all the things we hold dearly in our lives. There will be a full Thanksgiving meal provided to our participants who make it part of their day to come here each week. In addition, ICC will be closed during Thanksgiving (23th-24th).

JOIN NAPA COUNTY
MENTAL HEALTH &
INNOVATIONS
COMMUNITY CENTER

FRIDAY, NOVEMBER 17

2 - 4 p.m.

ART ACTIVITIES



Ojo de dios



Cornucopia

SUPPLIES WILL BE PROVIDED!



Napa County Library EST. 1916
80 Coombs St., Napa, CA | www.napalibrary.org



CELEBRATE WITH US
DAY OF THE DEAD
NOVEMBER 3RD
9:00AM - 12:30PM
COME HONOR THOSE WHO HAVE PASSED AWAY AND TO REMEMBER THE IMPORTANCE OF FAMILY, COMMUNITY, & TRADITION. EVERYONE IS WELCOME TO JOIN IN ON THE FESTIVITIES. LEARN ABOUT THIS BEAUTIFUL MEXICAN TRADITION THROUGH ALTARS, AUTHENTIC FOOD, MUSIC, ART AND MORE!
SHRINE SHOWCASE BY COMMUNITY AGENCIES
VOTE FOR THE BEST ONE!
OCT. 30TH-NOV. 3RD
INNOVATIONS COMMUNITY CENTER
3281 Solano Ave Napa, CA • (707) 259-8692
Mon - Fri 8:00am - 2:00pm
Or by appt.

Giving thanks to everyone and everything we cherish in our lives, ICC invites you.
JOIN US FOR OUR
THANKS GIVING
Luncheon
NOVEMBER 22, 2023
9:00AM - 11:30AM
Please call the center at (707) 259-8692 to RSVP by 11/17/23
INNOVATIONS COMMUNITY CENTER
3281 Solano Ave Napa, CA • (707) 259-8692
Mon - Fri 8:00am - 2:00pm
Or by appt.

MENTAL HEALTH NEWS

There are 3 recent topics within our community concerning mental health that we would like to bring attention to.

First, Napa County Library now has embedded staff to provide services for local community members. You can refer to their website for additional information and services.

There is also a new emergency line for mental health related crises. Anyone from anywhere can dial 988 and reach a suicide prevention worker 24 hours a day, seven days a week. It is much shorter and more importantly much easier to remember this number, and its very much handy to keep with you.

Lastly, Ole Health will be extending their services to the Solano County area. You can see if they serve your area on their website We hope this was informative for those seeking news on mental health.

FINAL THOUGHTS

We hope you enjoyed looking back at our past highlights from October, and have something to look forward to this month as well.

“Take the attitude of a student, never be too big to ask questions, never know too much to learn something new.”

—Augustine Og Mandino

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