

Safe Haven Wellness & Recovery Center
124 E. Webster Street – Colusa, CA 95932
(530) 458 – 0799

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Due to limited space, please call us to RSVP for a group. If you are interested in leading a weekly or monthly group at Safe Haven, then call us to plan and schedule your group. Thank you!</i>					1 ARTS/CRAFTS GROUP 10AM 1PM – SENIOR CONNECTION	2 CLOSED
3 CLOSED	4 CLOSED – HOLIDAY	5 9AM – SETTING THE TONE 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	6 9AM – SETTING THE TONE 11:30AM – WELLNESS & RECOVERY SUPPORT	7 9AM – SETTING THE TONE 11:30AM – ANIMAL FACTS (member led)	8 10AM – ARTS & CRAFTS	9 CLOSED
10 CLOSED	11 9AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	12 9AM – SETTING THE TONE 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS 12:30PM – JULY BIRTHDAYS	13 9AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA	14 9AM – SETTING THE TONE 10AM – CULTURAL EXPLORATION	15 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION	16 CLOSED
17 CLOSED	18 9AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT	19 9AM – SETTING THE TONE 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	20 9AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT	21 9AM – SETTING THE TONE 11:30AM – ANIMAL FACTS (member led)	22 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION	23 CLOSED
24 CLOSED	25 9AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	26 9AM – SETTING THE TONE 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	27 9AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA	28 9AM – SETTING THE TONE 10AM – CULTURAL EXPLORATION	29 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION	30 CLOSED
1:00PM – 4:00PM Daily activities of puzzles, board games, word searches, and more!						