AUGUST 2022



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

OPEN: Mon. – Fri. 9AM – 4PM			(530) 458 – 0799			
Monday	Tuesday	Wednesday		Thursday	Friday	
1	2		3	4		5
9AM – COFFEE SOCIAL 9:30AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	9AM – COFFEE SOCIAL	9AM – COFFEE SOCIAL 9:30AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT		9AM – COFFEE SOCIAL	9AM – COFFEE SOCIAL	
	9:30AM – SETTING THE TONE			9:30AM – SETTING THE TONE	10AM – ARTS & CRAFTS	
	10:30AM – TEAM BUILDING			11:30AM – ANIMAL FACTS (member led)	1PM – SENIOR CONNECTION	
	11:30AM – HEALTHY HABITS			Triere (member lea)	CONTRACTION	
8	9		10	11		12
9AM – COFFEE SOCIAL 9:30AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	9AM – COFFEE SOCIAL	9:30AM – SETTING THE TONE	9AM – COFFEE SOCIAL	9AM – COFFEE SOCIAL		
	9:30AM – SETTING THE TONE		9:30AM – SETTING THE TONE	10AM – ARTS & CRAFTS		
	10:30AM – TEAM BUILDING	11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA		10AM – CULTURAL EXPLORATION	1PM – SENIOR CONNECTION	
	11:30AM – HEALTHY HABITS				CONNECTION	
		2PM – S.H. LEADERSHIP MEET	ING			
15	16		17	18		19
9AM – COFFEE SOCIAL 9:30AM – LOVING MOVEMENTS 10AM – LIFES	9AM – COFFEE SOCIAL	9AM – COFFEE SOC	IAL	9AM – COFFEE	9AM – COFFEE	
	9:30AM – SETTING THE TONE	9:30AM – SETTING THE TONE 11:00AM – WELLNESS RECOVERY SUPPORT	ГНЕ	SOCIAL 9:30AM – SETTING	SOCIAL 10AM – ARTS &	
	10:30AM – TEAM BUILDING 11:30AM – HEALTHY			THE TONE 11:30AM – ANIMAL	CRAFTS 1PM – SENIOR	
JOURNEY		REGOVERY GOLF OR		FACTS (member led)	CONNECTION	
11AM – MONEY MANAGEMENT	HABITS					
22	23		24	25		26
9AM – COFFEE SOCIAL 9:30AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	9AM – COFFEE SOCIAL	9AM – COFFEE SOC	IAL	9AM – COFFEE	9AM – COFFEE	
	9:30AM – SETTING THE TONE	9:30AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA		9:30AM – SETTING THE TONE 10AM – CULTURAL EXPLORATION	SOCIAL 10AM – ARTS &	
	10:30AM – TEAM BUILDING				CRAFTS 1PM – SENIOR	
	11:30AM – HEALTHY HABITS				CONNECTION	
9AM – COFFEE SOCIAL 9:30AM – LOVING MOVEMENTS 10AM – LIFES JOURNEY	30		31	1		2
	9AM – COFFEE SOCIAL	9AM – COFFEE SOC		9AM – COFFEE SOCIAL	9AM – COFFEE SOCIAL	
	9:30AM – SETTING THE TONE	9:30AM – SETTING THE TONE 11:00AM – WELLNESS & RECOVERY SUPPORT		9:30AM – SETTING	10AM – ARTS &	
	10:30AM – TEAM BUILDING			THE TONE	CRAFTS 1PM – SENIOR	
	11:30AM – HEALTHY HABITS				CONNECTION	
	<u> </u>			<u> </u>		