

November 2022



OPEN: Mon. – Fri. 9AM – 4PM

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

Monday	Tuesday	Wednesday	Thursday	Friday
31 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY	1 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	2 9AM – COFFEE SOCIAL 11:30AM – MODIFIED YOGA	3 9AM – COFFEE SOCIAL	4 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
7 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led)	8 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	9 9AM – COFFEE SOCIAL 11:30AM – MODIFIED YOGA 2PM – S.H. LEADERSHIP MEETING	10 9AM – COFFEE SOCIAL 10AM – CULTURAL EXPLORATION 11AM – TECH 101 12:30PM – NOV. BIRTHDAY BASH	11 HOLIDAY - CLOSED
14 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 1PM – RELAPSE PREVENTION	15 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	16 9AM – COFFEE SOCIAL 11:30AM – MODIFIED YOGA	17 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	18 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
21 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT 1PM – RELAPSE PREVENTION	22 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	23 9AM – COFFEE SOCIAL 11:30AM – MODIFIED YOGA	24 HOLIDAY - CLOSED	25 HOLIDAY - CLOSED
28 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 1PM – RELAPSE PREVENTION	29 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	30 9AM – COFFEE SOCIAL 11:30AM – MODIFIED YOGA	1 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	2 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS