

December 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
28 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 2:30PM – 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
5 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 2:30PM – RELAPSE PREVENTION	6 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	7 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	8 9AM – COFFEE SOCIAL 11AM – TECH 101 12:30PM – DEC. BIRTHDAY BASH	9 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
12 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 2:30PM – RELAPSE PREVENTION	13 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	14 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS 12PM – Safe Haven Winter Wonderland Holiday Party	15 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	16 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS CLOSED @ 1:00PM
19 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT 2:30PM – RELAPSE PREVENTION	20 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	21 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	22 9AM – COFFEE SOCIAL 11AM – TECH 101	23 HOLIDAY - CLOSED
26 HOLIDAY - CLOSED	27 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	28 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	29 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	30 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS