

January 2023



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
2 HOLIDAY - CLOSED	3 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	4 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	5 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	6 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
9 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 2:30PM – RELAPSE PREVENTION	10 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	11 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS 2PM – Safe Haven Leadership Meeting	12 9AM – COFFEE SOCIAL 10AM – CULTURAL EXPLORATION 11AM – TECH 101 12:30PM – Jan. Birthday Bash	13 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
16 HOLIDAY - CLOSED	17 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	18 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	19 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	20 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
23 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 2:30PM – RELAPSE PREVENTION	24 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	25 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	26 9AM – COFFEE SOCIAL 10AM – CULTURAL EXPLORATION 11AM – TECH 101	27 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
30 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT 2:30PM – RELAPSE PREVENTION	31 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	1 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	2 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	3 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS