

February 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
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
6 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – ANIMAL FACTS (member led) 2:30PM – RELAPSE PREVENTION	7 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	8 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS 1PM – CULTURAL EXPLORATION 2:30PM – Safe Haven Leadership Meeting	9 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT 11AM – TECH 101 12:30PM – Feb. Birthday Bash	10 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
13 HOLIDAY - CLOSED	14 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	15 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS	16 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT	17 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
20 HOLIDAY - CLOSED	21 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	22 9AM – COFFEE SOCIAL 11:30AM – DAILY AFFIRMATIONS 1PM – CULTURAL EXPLORATION	23 9AM – COFFEE SOCIAL 10:00AM – WELLNESS & RECOVERY SUPPORT 11AM – TECH 101	24 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS
27 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT 2:30PM – RELAPSE PREVENTION	28 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