


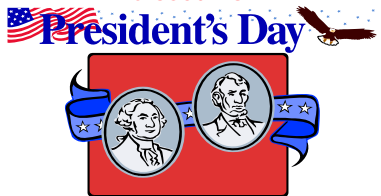
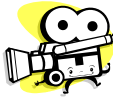




**Delta New Beginnings Recovery Center**  
**107 West 11<sup>th</sup> Street**  
**Delta, CO 81416**  
**970-874-0346**  
**Contact Jim or Tabitha**



**Hours of Operation:**  
 Monday – Thursday  
 10:00 AM – 3:00 PM  
**CLOSED FRIDAYS**

Monday (Jim/Gwen)	Tuesday (Tabitha/Deb)	Wednesday (Jim/Barb)	Thursday (Tabitha/Deb)
<b>1</b> 10:00-11:00 Support Group 11:00-12:00 Art with Gwen 12:00-12:30 Lunch 12:30-1:00 Stress Management 1:00-1:45 Anger Management 2:00-3:00 Creative Writing	<b>2</b> 10:00-11:00 Support Group 11:00-11:15 Exercise (Mindy) 11:15-12:00 Current Events (Joe) 12:00-12:30 Lunch 12:30-1:00 Relaxation 1:00-1:45 Worry Control 2:00-3:00 Arts & Crafts	<b>3</b> 10:00-11:00 Support Group 11:00-12:00 Chicken Soup (Joe) 12:00-12:30 Lunch 12:30-1:00 Stress Management <b>1:00 – 2:00 Origami by Seon</b> 2:00 – 3:00 Fun and Games	<b>4</b> <b>Special Outing</b> <b>Grand Junction Mesa Mall</b> <b>Van Leaving Delta at 9:15</b> 
<b>8</b> 10:00-11:00 Support Group 11:00-11:45 Social Anxiety 12:00-12:30 Lunch 12:30-1:00 Stress Management 1:00-1:45 Coping Skills (Gwen) 2:00-3:00 Creative Writing	<b>9</b> 10:00-11:00 Support Group 11:00-11:15 Exercise (Mindy) 11:15-12:00 Current Events (Joe) <b>12:00-3:00 February Birthday Celebration</b> 	<b>10</b> 10:00-11:00 Support Group 11:00-11:45 Computer Skills 12:00-12:30 Lunch 12:30-1:00 Stress Management 1:00-2:00 Emotions Anonymous 2:00 – 3:00 Pet Therapy	<b>11</b> 10:00-11:00 Support Group, 11:00-11:30 Pathways <b>11:30-3:00 Valentines Party in Montrose</b> 
<b>15</b> <b>Closed For President's Day</b> 	<b>16</b> 10:00-11:00 Support Group 11:00-11:15 Exercise (Mindy) 11:15-12:00 Current Events (Joe) 12:00-12:30 Nutrition 12:30-1:00 Relaxation 1:00-2:00 Worry Control 2:00-3:00 Arts & Crafts	<b>17</b> 10:00-11:00 Support Group 11:00-12:00 Chicken Soup (Joe) 12:00-12:30 Lunch 12:30-1:00 Stress Management 1:00-1:45 Anger Management 2:00-3:00 Fun and Games	<b>18</b> 10:00-11:00 Support Group 11:00-11:15 Weight Loss 11:15-12:00 WRAP 12:00-12:30 Lunch 12:30-1:00 Stress Management <b>1:00-3:00 Popcorn and a Movie</b> 
<b>22</b> 10:00-11:00 Support Group 11:00-11:45 Coping Skills (Gwen) 12:00-12:45 Lunch <b>1:00-3:00 Bowling Outing</b> 	<b>23</b> 10:00-11:00 Support Group 11:00-11:15 Exercise (Mindy) 11:15-12:00 Current Events (Joe) 12:00-12:45 Nutrition 1:00-1:30 Relaxation <b>1:30-3:00 Client Rights Guest Speaker Carol Jean</b>	<b>24</b> 10:00-11:00 Support Group 11:00-11:45 Computer Skills 12:00-12:30 Lunch 12:30-1:00 Stress Management 1:00 -2:00 Emotions Anonymous 2:30 – 3:00 Pet Therapy	<b>25</b> 10:00-11:00 Support Group 11:00-11:15 Weight Loss 11:15-12:00 Pathways 12:00-12:30 Nutrition 12:30-1:00 Stress Management <b>1:00-3:00 Consumer Council Meeting</b> 

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**Into each life some rain must fall. Henry Wadsworth Longfellow (February 27, 1807 – March 24, 1882)**