



Circle of Friends

Wellness and Recovery Center

June 2023 Newsletter



May 25, 2023

Happy Juneteenth! Also called Emancipation Day, Freedom Day, Jubilee Day or Black Independence Day, it is the federal holiday commemorating the end of slavery in the United States, observed annually on June 19th.

May was a great month for making connections and enjoying nature. We were able to go on an adventure to Big Bend for our Spring Colors Tour and saw some beautiful flowers and lots of lush green landscapes. We also enjoyed a Cinco de Mayo celebration with friends as well as a celebration of our 15 year anniversary. What a fun month May was!

Coming in June we have another fun and educational outing planned with a trip to Fort Crook Museum. We will also be attending our first Mosquito Serenade of the season. Mosquito Serenade is a free concert at the Anderson River Park every Wednesday

throughout the summer. We will be going to see Journey's Edge, a Journey cover band and local favorite.

We are also very happy to begin a Wellness Recovery Action Plan (WRAP) Seminar I in June. The WRAP groups will be held on Tuesdays and Thursdays from 2-4pm, please see the attached flyer for more information. We will also be having an Intro to WRAP group on June 16th for anyone who would like to learn more about WRAP.

Starting on June 19th Suzanne will be teaching an exercise class at the Pool on Mondays. We will provide pool passes for day use to Circle of Friends participants. Burney residents who get water from the Burney Water District can get passes at the pool.

We will be closed on June 12th to attend the Lived Experience Advocacy Diversity (LEAD) Peer Statewide Conference.

Everyone is invited to join us on Friday June 30th for a 4th of July potluck before the long holiday weekend!

See you all, very soon!



Dates to Remember:

- ❖ Wednesdays –Circle of Friends Recovery Group
- ❖ Mondays – Swimming
- ❖ Tuesdays and Thursdays– WRAP Seminar I
- ❖ June 2nd – BINGO!
- ❖ June 9th – Fort Crook Museum and Picnic
- ❖ June 12th – Closed for Training
- ❖ June 8th – Steering Committee Meeting
- ❖ June 19th – Juneteenth
- ❖ June 21st – First Day of Summer!!!
- ❖ June 28th – Mosquito Serenade – Journey’s Edge
- ❖ June 30th – 4th of July Potluck

Need extra support when the center is closed? Call the Northern Valley Talk Line: 1-855-582-5554 from 11:30a-9:30p

In need of transportation to a medical appointment? Call Partnership at: 1-866-828-2303

