



March 2024

STANS Wellness and Recovery Center

Northern Valley-
TALKLINE
Peer-to-Peer Support
1-855-582-5554
7 days a week
4:30pm—9:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	2
3	4 10am-11am Let's Go 11am-12pm Coping with Loss	5 CalFresh 11am-12pm 	6 10am-11am Drumming 11am-12pm Game Day	7 10am - 11am Discovery Group 11am - 12pm Arts & Crafts	8 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	9
10 	11 10am-11am Let's Go 11am-12pm Coping with Loss	12 10am - 12pm Movie Day	13 10am-11am Drumming 11am-12pm Game Day	14 10am - 11am Discovery Group 11am - 12pm Arts & Crafts	15 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	16
17 St. Patrick's Day	18 10am-11am Let's Go 11am-12pm Coping with Loss	19 CalFresh 11am-12pm 	20 10am-11am Drumming 11am-12pm Game Day	21 10am - 12pm Members Meeting	22 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	23
24 	25 10am-11am Let's Go 11am-12pm Coping with Loss	26 10am - 12pm Movie Day	27 10am-11am Drumming 11am-12pm Game Day	28 10am - 11am Discovery Group 11am - 12pm Arts & Crafts	29 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	30

1900 Walnut St. Bldg. J, Red Bluff, CA 96080

(530) 691-2966

Mon.-Fri. 8:00am-5:00pm