

Free Workshops



TRAUMA-INFORMED YOGA - DROP IN CLASS

EVERY MONDAY AND SATURDAY
IN PERSON AT FREE RECOVERY COMMUNITY - DENVER
MONDAY - 6:15PM TO 7:15PM SATURDAY 11:15AM TO 12:15PM

POETRY CLUB

JANUARY 22ND AND FEBRUARY 26TH
IN PERSON AT FREE RECOVERY COMMUNITY - DENVER
WEDNESDAY - 6:30PM TO 8:00PM

DRUM CIRCLE

THIRD WEDNESDAY OF EVERY MONTH
IN PERSON AT FREE RECOVERY COMMUNITY - DENVER
WEDNESDAY AT 8:30PM

OPEN STUDIO FOR CREATING & COMMUNITY

2ND AND 4TH SUNDAY OF EVERY MONTH
IN PERSON AT FREE RECOVERY COMMUNITY - DENVER
11:00AM TO 1:00PM

VIRTUAL OPEN STUDIO

EVERY SUNDAY
ON ZOOM
4:00PM TO 6:00PM (MST)

CREATIVE MEDITATION

LAST SATURDAY OF EVERY MONTH
ON ZOOM
10:00AM TO 11:00AM (MST)

www.ColoradoArtistsInRecovery.org

MORE INFO / TO REGISTER



Info@ColoradoArtistsInRecovery.org

All workshops are **FREE** for those in recovery!

