

DENVER & ONLINE

TRAUMA-INFORMED YOGA – DROP IN CLASS

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

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)

IMPROV JAM

FIRST SATURDAY OF EVERY MONTH
IN PERSON AT THE ART GYM
2:00PM TO 4:00PM



Free

CREATIVE WORKSHOPS

COLORADO ARTISTS IN RECOVERY

MORE INFO /REGISTER



WE STRIVE TO CREATE AN INCLUSIVE
RECOVERY COMMUNITY WHERE PEOPLE CAN
SAFELY EXPRESS THEMSELVES AND HEAL.