



# Cedar River Haven

A Recovery Community  
with an Entrepreneurial Spirit.

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# ABOUT US

Located far from negative influences, Cedar River Haven is situated on 53 beautiful, wooded acres, located along the picturesque Cedar River, in rural Muscatine County. We follow the Social Model of Recovery, utilizing 12 step immersion and trained staff (peer and clinical) as key agents of change and are currently in the process of applying for a NARR Level III Certification. Cedar River Haven residents interact in structured and unstructured ways, influencing attitudes, perceptions, and behaviors associated with substance use disorder. The length of stay for each women within the program may be different, depending on their individual needs and how quickly they progress through the phases, ranging from 3 months to 12 months.



**Cedar River Haven**



OUR GOAL:

To help women in recovery from substance use disorder learn a new way of life and embrace their potential by offering safe shelter, employment opportunities, community, and life skills.

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# A Hope-Filled Future

Having been involved with women in recovery for many years, I have witnessed so many incredible women working to overcome substance use disorders. Yet for many, the negative influences, lack of life skills, the struggle to find jobs, and other challenges have pulled them back into the life that was destroying them. The pressures are too great. These women need a safe place to start their recovery, a place where they can learn life skills; a haven of hope to start the healing process.

Prior to 2020, I was the creator and CEO for Bug Soother, Iowa's very own "scent of summer" natural bug spray, but for over 30 years it's been my dream to start a recovery community for women, and I knew it was time to turn that dream into a reality.

At Cedar River Haven we are proud to offer “A Hand Up, An Open Heart, and A Haven of Peace” for women in recovery by providing a safe place to live, a positive employment opportunity, and a community of women who are making (and have made) similar journeys. Cedar River Haven is a recovery community with an entrepreneurial spirit, giving our residents the opportunity to experience the joy of giving back to others while receiving the support they need to move toward a new and hope-filled future.



Freda Sojka,  
Founder







# Our Board of Directors

Left to Right: Chris Betsworth, Bobbie Wulf,  
Freda Sojka, Katherine Damisch, Kim Wallace.  
Pictured separately: Doug Buttikofer

We are thrilled to have such a qualified and compassionate group of individuals to help us make our dream of Cedar River Haven a reality. As we look to the future of this unique program, we know that we have the right group in place to steer us forward. Our board members come from a variety of backgrounds with specializations that will complement and inform the growth of our organization.





# Cedar River Haven's purpose is to address each of these supports:

## **Emotional Support-**

Demonstrations of empathy, caring, and concern among residents and staff in both formal and informal conversations and activities.

## **Informational Support-**

Through the sharing of health, wellness, education, employment, citizenship (e.g. driver's licenses), information between residents and staff, and leveraging opportunities to develop and enhance life skills of residents through daily communal living activities.

## **Instrumental Support-**

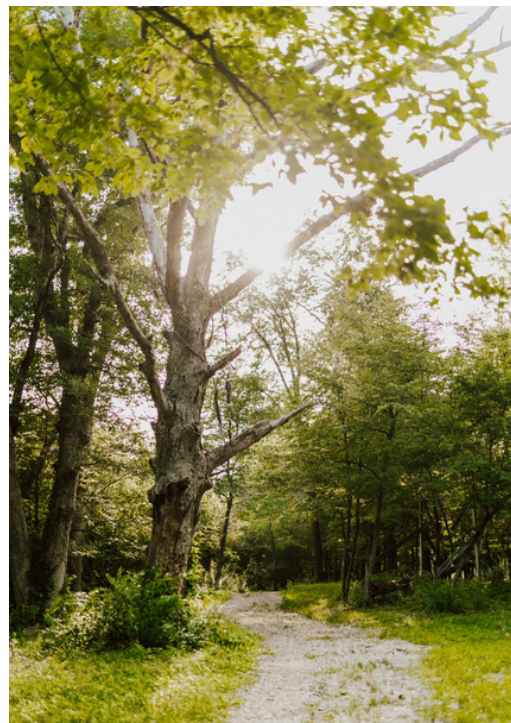
Through concrete assistance in accomplishing tasks, including stressful or unpleasant ones such as filling out applications and obtaining public benefits.

## **Affiliation Support-**

Through establishment of positive social connections with other residents and staff, and the community outside of the residence, including the recovery community







Cedar River Haven is located near Letts, Iowa on the Cedar River. There are so many benefits to having the women housed on this resort property.

- Access to trails & timber for walking, meditating & relaxing, along with incredible river views
- The women will have onsite access to physical education facilities, a basketball court, sand volleyball, horseshoes, tether ball and more. The fields and court are lit for cool evening play.
- New salt water pool (coming July 2022).
- The women will have the opportunity to participate in surrounding 12 step social activities as well as recreational activities with the other women.
- A kitchen where the residents will cook their meals, plus a state- of-the-art commercial kitchen for culinary courses next door.
- Private offices, wellness spaces, and a technology center.
- Salt water pool, coming in 2023.
- The women will gain valuable life, work, and interpersonal skills through culinary, housekeeping, hospitality and event management training.



# A NEW BUILDING FOR A NEW START





KITCHEN & COMMUNAL AREA FOR COMMUNITY-BUILDING





# CRAFTING/ART WORKSHOP WITH EXERCISE EQUIPMENT, MEETING/TRAINING ROOM, & PRIVATE OFFICE FOR COUNSELING & TELEHEALTH APPOINTMENTS





# 12 SEMI-PRIVATE BEDROOMS FOR 24 RESIDENTS, PLUS STUDIO FOR HOUSE MANAGER







With rolling hills, lush forest trails, and breathtaking views of the Cedar River, our 53 acre Cedar River Ranch is the perfect spot for a country-chic wedding, a family reunion, a guys trip or a girls weekend to reconnect with old friends, or just somewhere to steal away for a weekend cabin trip with family.

The Ranch hosts 5 family loft cabins that hold up to 8 guests, and 4 smaller, studio cabins with room for up to 6 guests each. These 9 cabins have full bathrooms, an open floor plan with beds, a living and dining area, and a kitchenette. Plus, our Cabin #7 boasts 2 bedrooms, a sleeper sofa, and a full kitchen and bath, comfortably sleeping up to 6 guests. The Chalet on the Hill can hold up to 4 guests and includes an open floor plan with bed, full kitchen, living/dining area, and bathroom.

Cedar River Ranch Resort & Events Center hosts catered and non-catered events onsite with access to both indoor and outdoor venue options, including weddings, reunions, and more!

Cedar River Ranch is proud to support Cedar River Haven through employment and training opportunities.







## Haven's Hope Thrift Store

An activity center of Cedar River Haven, Haven's Hope Thrift Store is a community-based thrift store located in Columbus Junction, IA, providing employment and funds to directly support Cedar River Haven. The store specializes in one-of-a-kind vintage items, gently used clothing, home goods, furniture, and other exceptional finds. Stop in to our boutique resale shop for a cup of coffee, some retail therapy, and shop for GOOD! We happily accept new and GENTLY USED donation items.







Based in SE Iowa, The Box Lunch food truck features delicious burgers, sandwiches, wraps, shakes, & more.

The Box Lunch also serves as a way for our Cedar River Haven residents to gain employable skills. The Box Lunch splits it's time between Cedar River Ranch, Haven's Hope Thrift Store, and local events.





# How You Can Support Cedar River Haven



Visit us at [facebook.com/cedarriverhaven](https://facebook.com/cedarriverhaven)  
Select "Donate" Button & donate directly to us!



We are always looking for volunteers! In search of a group service project or for other ways to support Cedar River Haven with your time? We have projects big and small and we could use your time and talents.

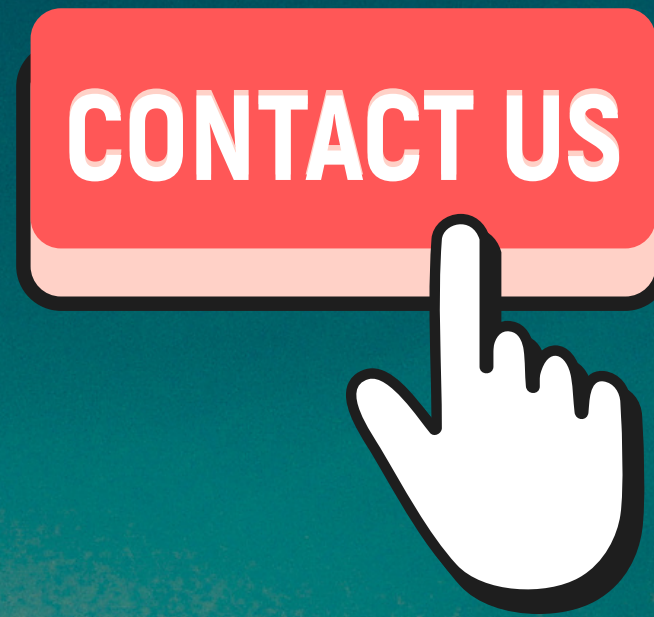


Visit [amazon.com/smile](https://amazon.com/smile), select Cedar River Haven as your charity, and shop! At no cost to you, Amazon donates 0.5% of your eligible purchase to Cedar River Haven!



Support Cedar River Haven by supporting our partner businesses. By staying at Cedar River Ranch, shopping at Haven's Hope Thrift Store, and eating at The Box Lunch food truck, you are supporting the programs that help train and fund Cedar River Haven.





We'd love to hear from you. Email us at [info@cedarriverhaven.org](mailto:info@cedarriverhaven.org) or call us at **319-726-2360** for more information about our program, to learn about the application process, to donate directly, or to volunteer through Cedar River Haven, Cedar River Ranch, Haven's Hope Thrift Store, and The Box Lunch food truck.



“My Recovery Must Come First  
So That Everything I Love  
Doesn't Have to Come Last.”



Cedar River Haven

