



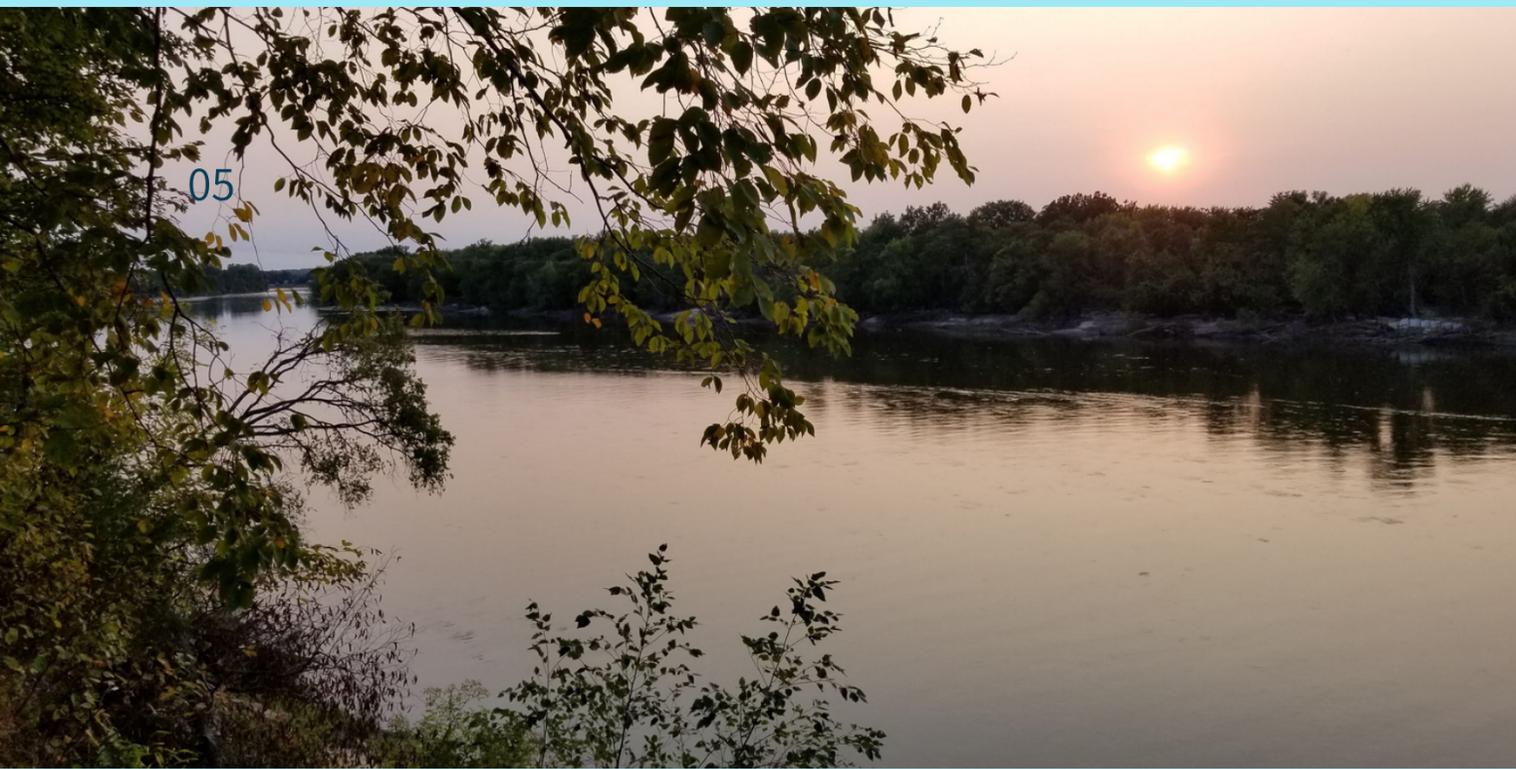
Cedar River Haven

A Recovery Community
with an Entrepreneurial Spirit.

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.

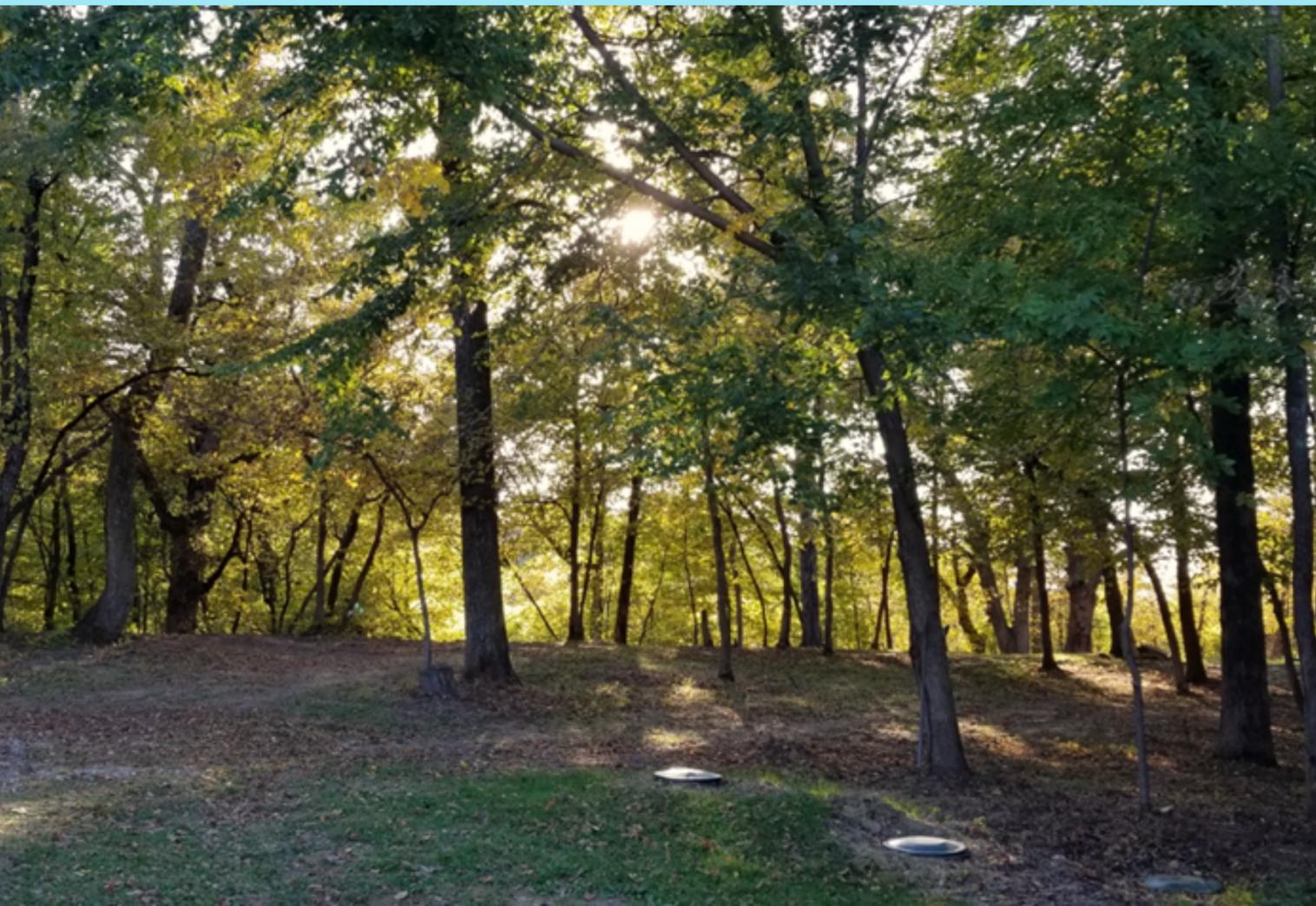




05

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

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 more. They need a safe place to start their recovery, a place where they can learn life skills; a haven of hope where they can start the healing process.

With all of this in mind, we made the exciting decision to start Cedar River Haven, a recovery community with an entrepreneurial spirit.

Cedar River Haven offers “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





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

Our Board of Directors

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.

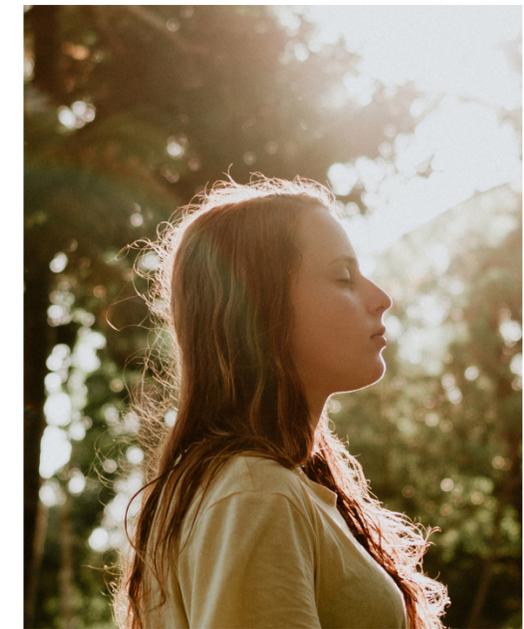
Instrumental Support-

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 in Letts, Iowa on our Cedar River Ranch Resort & Events Center property. 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.
- The women will gain valuable life, work, and interpersonal skills through culinary, housekeeping, hospitality and event management training.

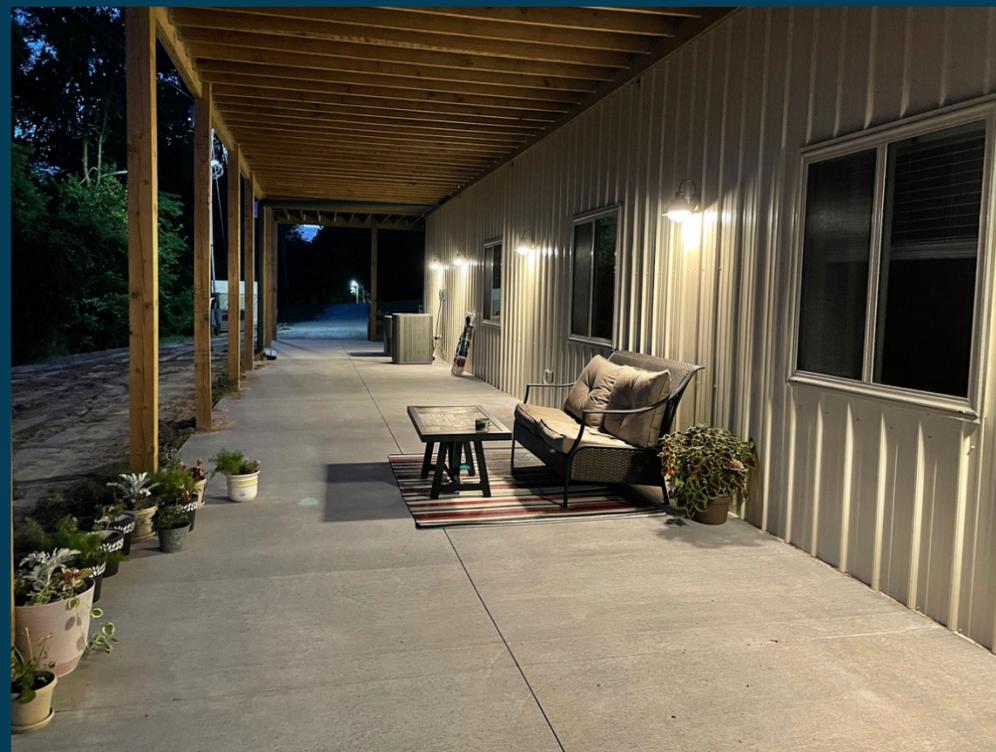
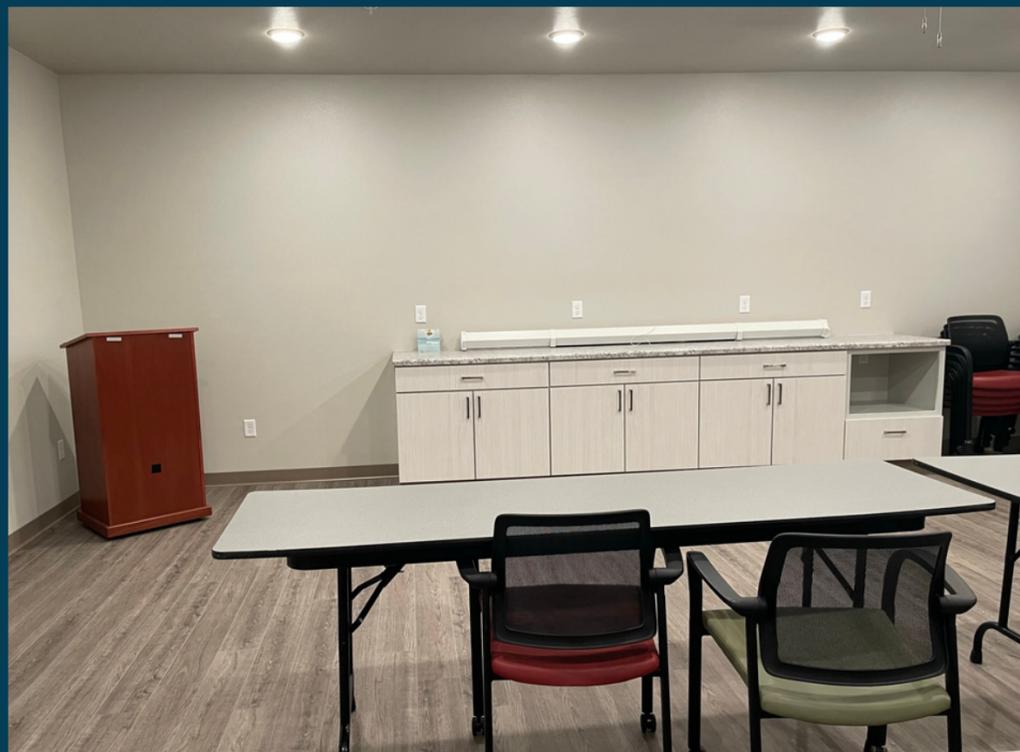
A NEW BUILDING FOR A NEW START



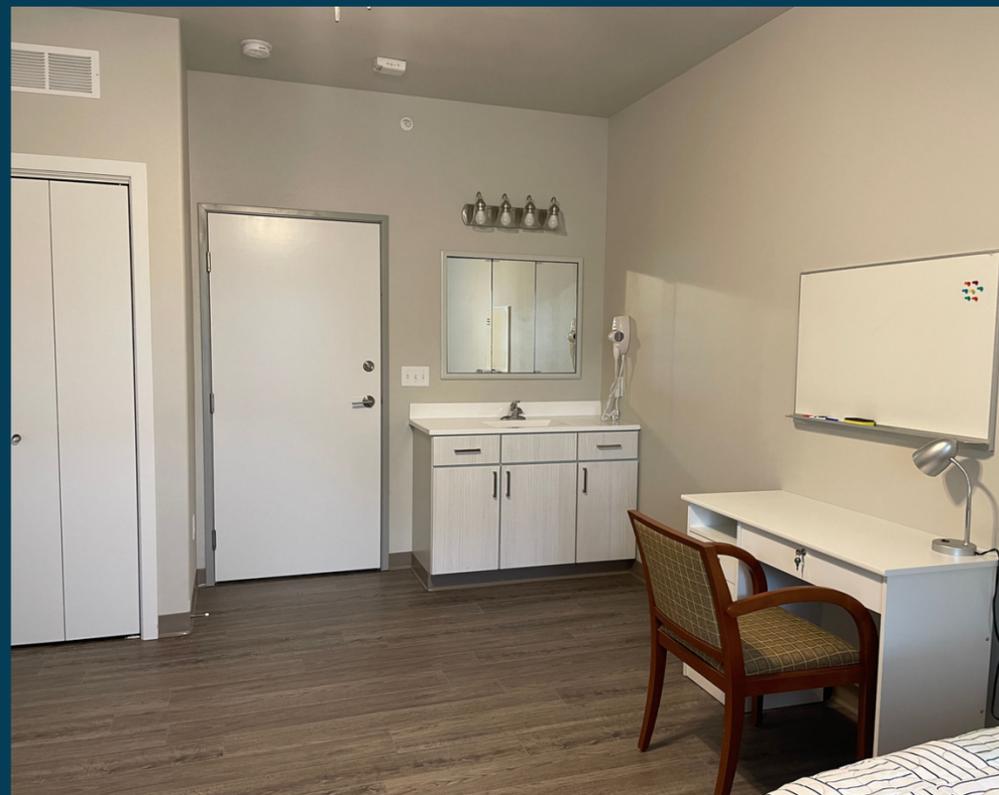
COMMUNAL AREAS FOR COMMUNITY-BUILDING



CRAFTING/ART WORKSHOP WITH EXERCISE EQUIPMENT,
MEETING/TRAINING ROOM, & PRIVATE OFFICE FOR COUNSELING &
TELEHEALTH APPOINTMENTS, BACK PATIO, FURTHER SEATING AREAS



12 SEMI-PRIVATE BEDROOMS FOR 24 RESIDENTS





With rolling hills, lush forest trails, and breathtaking views of the Cedar River, our 53 acre Cedar River Ranch Resort & Events Center 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 Resort & Events Center 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.





The Box Lunch



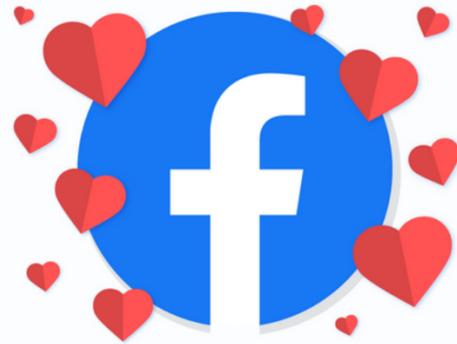
FOOD TRUCK

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
Select "Donate" Button & donate directly to us!



Visit 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!

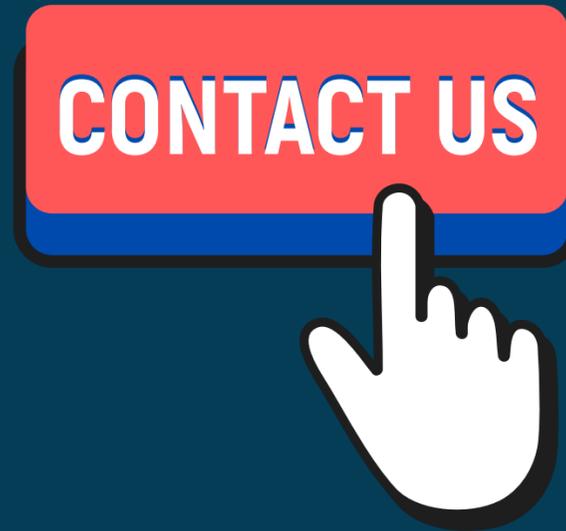
Visit amazon.com/smile, select "Amazon Charity Lists," & type in "Cedar River Haven" to shop our wish list.



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.



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.



Email us at info@cedarriverhaven.org to find out about more volunteer opportunities, to donate directly or to learn about our "Adopt a Room" Program, and more!



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



Cedar River Haven

