


Friendly Harbor Community Center
2713 North Grand Av, Pueblo, CO 81003
719-545-2564

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Friendly Harbor Community Center		1 11:00 Philosophy Circle 1:00 Mental wellness Support Group	2 11:00-12:45 Cooking grp (sign up) 1:00 Double Trouble in Recovery	3 1:00 Mental wellness Support Group 3:00 Coping Skills Group	4 11-12:00 Community Meeting 1:00 Open mic/Music Group	5 Cinco De Mayo 11:00 Double Trouble in Recovery 7:30 Poetry and Game night
6	7 1:00 Anxiety& Depression Support Group 3:00 Stress Management	8 11:00 Philosophy Circle 1:00 Mental wellness Support Group	9 11:00-12:45 Cooking grp (sign up) 1:00 Double Trouble in Recovery 5:30-7:00 Creative Arts Group	10 1:00 Mental wellness Support Group 3:00 Coping Skills Group	11 11-12:00 Community Meeting 1:00 Open mic/Music Group 12-6 Haircut day	12 Block Party at Union Depot Cosponsored by NAMI, Health Solutions and the Harbor See you there!
13 Mother's Day	14 1:00 Anxiety& Depression Support Group 3:00Stress Management 6:00 Family Support Group	15 11:00 Philosophy Circle 1:00 Mental wellness Support Group 6:00 Spaghetti Night (Donations Suggested)	16 11:00-12:45 Cooking grp (sign up) 1:00 Double Trouble in Recovery	17 1:00 Mental wellness Support Group 3:00 Coping Skills Group	18 11-11:30 Community Meeting 1:00 Open mic/Music Group	19 Armed Forces Day 11:00 Double Trouble in Recovery 2-3 Acu Detox
20 7:00 Movie night	21 1:00 Anxiety& Depression Support Group 3:00 Stress Management	22 11:00 Philosophy Circle 1:00 Mental wellness Support Group	23 11:00-12:45 Cooking grp (sign up) 1:00 Double Trouble in Recovery 5:30-7:00 Creative Arts Group	24 1:00 Mental wellness Support Group 3:00 Coping Skills Group	25 11-12:00 Community Meeting 1:00 Open mic/Music Group	26 11:00 Double Trouble in Recovery
27	28 Memorial Day 1:00 Anxiety& Depression Support Group 3:00Stress Management 6:00 Family Support Group	29 11:00 Philosophy Circle 1:00 Mental wellness Support Group 7:00 Educational Movie night	30 11:00-12:45 Cooking grp (sign up) 1:00 Double Trouble in Recovery	31 1:00 Mental wellness Support Group 3:00 Coping Skills Group	Notes: Harbor Hours: 11a-5p M-Sa (*Plus special events) Canon City: NAMI Connections peer support group, every Wed 5:30pm; at St. Thomas More Hospital. La Junta: NAMI Connections peer support group, Thursdays 12:00 noon at Peer 613, 613 Barnes Avenue. Pueblo: NAMI Community Education Program 1st, Thursday, 6:00 PM, Connection group every thursday 6:00 pm 1 st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info	