


Friendly Harbor Community Center
2713 N. Grand, Pueblo, Colorado
719 545-2564

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Friendly Harbor Community Center	2 10:00 Perinatal Support Group 12:00 Anxiety & Depression 2:00 Stress Management	3 10:00 Garden Grp 11:00 Philosophy Circle 1:00 Mental wellness Support Group	4 <i>Indep. Day</i> 11:00-12:45 Cooking Group (sign up) 1:00 Double Trouble in Recovery	5 1:00 Mental wellness Support Group 3:00 Coping Skills Group	6 11-12:00 Community Meeting 1:00 Open mic/Music Group 12-6 Haircut day	7 11:00 Double Trouble in Recovery
8	9 10:00 Perinatal Support Group 12:00 Anxiety & Depression 2:00 Stress Management	10 10:00 Garden Grp 11:00 Philosophy Circle 1:00 Mental wellness 6:00 Spaghetti Night (Donations Suggested)	11 11:00-12:45 Cooking Group (sign up) 1:00 Double Trouble in Recovery	12 1:00 Mental wellness Support Group 3:00 Coping Skills Group	13 11-12:00 Community Meeting 1:00 Open mic/Music Group	14 11:00 Double Trouble in Recovery 12:00 BBQ (Donations Suggested)
15	16 10:00 Perinatal Support Group 12:00 Anxiety & Depression 2:00 Stress Management	17 10:00 Garden Grp 11:00 Philosophy Circle 1:00 Mental wellness Support	18 11:00-12:45 Cooking Group (sign up) 1:00 Double Trouble in Recovery	19 1:00 Mental wellness Support Group 3:00 Poetry and Game day	20 11-11:30 Community Meeting 1:00 Open mic/Music Group	21 11:00 Double Trouble in Recovery 2-3 Acu Detox 7:30 Movie night
22	23 10:00 Perinatal Support Group 12:00 Anxiety & Depression 2:00 Stress Management	24 10:00 Garden Grp 11:00 Philosophy Circle 1:00 Mental wellness Support	25 11:00-12:45 Cooking Group (sign up) 1:00 Double Trouble in Recovery	26 1:00 Mental wellness Support Group 3:00 Coping Skills Group	27 11-12:00 Community Meeting 1:00 Open mic/Music Group	28 11:00 Double Trouble in Recovery 12:30 Educational Movie day
29	30 10:00 Perinatal Support Group 12:00 Anxiety & Depression 2:00 Stress Management	31 10:00 Garden Grp 11:00 Philosophy Circle 1:00 Mental wellness Support 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, Tuesdays 2:00pm at Peer 613, 613 Barnes Avenue. Pueblo: NAMI Community Education Program 1st, Thursday, 6:00 PM, 1st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info			