


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

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 1 st , Thursday, 6:00 PM, 1 st Presbyterian Church, 220 W. 10 th St. Call 719 315-4975 for latest NAMI Information					1 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group
2	3 Labor Day 12:00 Anxiety & Depression Support Group 2:00 Stress Management	4 10:00 Garden Group 11:00 Philosophy Circle 1:00 Mental wellness Support	5 10:00 Perinatal Support Group 1:00 Double Trouble in Recovery	6 1:00 Mental wellness Support Group 3:00 Coping Skills Group	7 11-12:00 Community Meeting 1:00 Open mic/Music Group	8 11:00 Double Trouble in Recovery
9	10 12:00 Anxiety & Depression Support Group 2:00 Stress Management	11 Patriot Day 10:00 Garden Group 11:00 Philosophy Circle 1:00 Mental wellness Support	12 10:00 Perinatal Support Group 1:00 Double Trouble in Recovery	13 1:00 Mental wellness Support Group 3:00 Coping Skills Group 12:30-5:30 Haircut day	14 11-11:30 Community Meeting 1:00 Open mic/Music Group	15 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group 2-3 Acupuncture Detox
16	17 12:00 Anxiety & Depression Support Group 2:00 Stress Management	18 10:00 Garden Group 11:00 Philosophy Circle 1:00 Mental wellness Support	19 10:00 Perinatal Support Group 12:00-1:00 Mindfulness 1:00 Double Trouble in Recovery	20 1:00 Mental wellness Support Group 3:00 Coping Skills Group	21 11-12:00 Community Meeting 1:00 Open mic/Music Group	22 Fall begins 11:00 Double Trouble in Recovery 12:30 Educational Movie day
23	24 12:00 Anxiety & Depression Support Group 2:00 Stress Management	25 10:00 Garden Group 11:00 Philosophy Circle 1:00 Mental wellness Support 2:00 Veterans Group	26 10:00 Perinatal Support Group 1:00 Double Trouble in Recovery	27 12:00 Poetry and Game day 1:00 Mental wellness Support Group 3:00 Coping Skills Group	28 11-12:00 Community Meeting 1:00 Open mic/Music Group	29 11:00 Double Trouble in Recovery
30 7:00 Movie night						