

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

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:00 Anxiety & Depression Support Group 2:00 Stress Management	2 11:00 Philosophy Circle 1:00 Mental wellness Support	3 11:00 Perinatal Support Group 1:00 Double Trouble in Recovery Closed at 2:00 for training	4 Closed Due to training	5 11-12 Community mtg. Mural/Street art 12-2 Chair yoga 3-4 Changing of the leaves 2:00-6:00 (sign up)	6 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group
7	8 <i>Columbus Day</i> 12:00 Anxiety & Depression Support Group 2:00 Stress Management	9 11:00 Philosophy Circle 1:00 Mental wellness Support	10 11:00 Perinatal Support Group 1:00 Double Trouble in Recovery	11 Closed Till 5:00 pm Open House 5:00-7:30 pm	12 11-12:00 Community Meeting 1:00 Open mic/Music Group Chair yoga 3-4	13 11:00 Double Trouble in Recovery
14	15 12:00 Anxiety & Depression Support Group 2:00 Stress Management	16 11:00 Philosophy Circle 1:00 Mental wellness Support Abstract Art Workshop w/ Joe Adamich 5:00-7:00	17 11:00 Perinatal Support Group 1:00 Double Trouble in Recovery	18 1:00 Mental wellness Support Group 3:00 Coping Skills Group 12:30-5:30 Haircut day	19 11-11:30 Community Meeting 1:00 Open mic/Music Group Chair yoga 3-4	20 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group 2-3 Acupuncture Detox
21	22 12:00 Anxiety & Depression Support Group 2:00 Stress Management	23 11:00 Philosophy Circle 1:00 Mental wellness Support 2:00 Veterans Group	24 11:00 Perinatal Support Group 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	25 12:00 Poetry and Game day 1:00 Mental wellness Support Group 3-5 Managing in Recovery talk	26 11-12:00 Community Meeting 1:00 Open mic/Music Group Chair yoga 3-4	27 11:00 Double Trouble in Recovery 12:30 Educational Movie day
28 5:30 Movie night	29 12:00 Anxiety & Depression Support Group 2:00 Stress Management	30 11:00 Philosophy Circle 1:00 Mental wellness Support	31 <i>Halloween</i> 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	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		