

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

November 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 1st, Thursday, 6:00 PM, 1st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info			1 1:00 Mental wellness Support Group 3:00 Coping Skills Group	2 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Open mic/Music Group	3 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group
4 Daylight Saving Time Ends	5 11:00 Perinatal Support Group 12:00 Anxiety & Depression Support Group 2:00 Stress Management	6 Election Day 11:00 Philosophy Circle 1:00 Mental wellness Support	7 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	8 1:00 Mental wellness Support Group 3:00 Coping Skills Group 12-5 Haircut day	9 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Open mic/Music Group	10 11:00 Double Trouble in Recovery
11 Veterans Day	12 11:00 Perinatal Support Group 12:00 Anxiety & Depression Support Group 2:00 Stress Management	13 11:00 Philosophy Circle 1:00 Mental wellness Support 6:00 Spaghetti Night (Donations Suggested)	14 9:00-4:00 Cooking Group	15 1:00 Mental wellness Support Group 3:00 Coping Skills Group	16 11-11:30 Community Meeting 12-1:00 Chair yoga 1:00 Open mic/Music Group	17 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group 2-3 Acupuncture Detox
18 Game Day Party Broncos vs Chargers 2:00 Food and Prizes	19 11:00 Perinatal Support Group 12:00 Anxiety & Depression Support Group 2:00 Art Group	20 11:00 Philosophy Circle 1:00 Mental wellness Support 2:00 Veterans Group	21 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	22 Thanksgiving Day <div style="text-align: center;">Closed Happy Turkey Day</div>	23 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Open mic/Music Group	24 11:00 Double Trouble in Recovery 12:30! Movie day
25	26 11:00 Perinatal Support Group 12:00 Anxiety & Depression Support Group 2:00 Stress Management	27 11:00 Philosophy Circle 1:00 Mental wellness Support	28 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	29 12:00-1:00 Poetry 1:00 Mental wellness Support Group 3:00 Coping Skills Group	30 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Open mic/Music Group	