

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

<b>December 2018</b>							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>Notes:</b> 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, 1<sup>st</sup> Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info</p>						<b>1</b> 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group	
<b>2</b>	<b>3</b> 11:00 Perinatal Support 12:00 Anxiety& Depression Support Group 2:00 Stress Management	<b>4</b> 11:00 Philosophy Circle 1:00 Mental wellness Support	<b>5</b> 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	<b>6</b> 1:00 Mental wellness Support Group 3:00 Coping Skills Group	<b>7</b> 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music Grp	<b>8</b> 11:00 Double Trouble in Recovery 1:00 Occupational Activity Group	
<b>9</b>	<b>10</b> 11:00 Perinatal Support 12:00 Anxiety& Depression Support Group 2:00 Stress Management	<b>11</b> 11:00 Philosophy Circle 1:00 Mental wellness Support	<b>12</b> 11:00 Cooking Cookies 1:00 Double Trouble in Recovery	<b>13</b> 1:00 Mental wellness Support Group 3:00 Coping Skills Group	<b>14</b> 11-12:00 Community Meeting 12-1:00 Chair yoga 12-5 Haircut day	<b>15</b> 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group 2-3 Acupuncture Detox	
<b>16</b> 12:00 Bah-Humbug! (An Anti-Christmas Party) See Flyer...	<b>17</b> 11:00 Perinatal Support 12:00 Anxiety& Depression Support Group 2:00 Stress Management	<b>18</b> 11:00 Philosophy Circle 1:00 Mental wellness 6:00 Spaghetti Night 2:00 Veterans Group	<b>19</b> 11:00 X-Mas Party 1:00 Double Trouble in Recovery	<b>20</b> 1:00 Mental wellness Support Group 3:00 Coping Skills Group 12:00-1:00 Poetry	<b>21</b> Winter Solstice 11-11:30 Community Meeting 12-1:00 Chair yoga 1:00 Music Grp	<b>22</b> 11:00 Double Trouble in Recovery 12:30 Movie day	
<b>23</b>	<b>24</b> Closed	<b>25</b> Christmas Closed Merry Christmas	<b>26</b> 11:00-12:45 Cooking Group 1:00 Double Trouble in Recovery	<b>27</b> 1:00 Mental wellness Support Group 3:00 Coping Skills Group	<b>28</b> 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music Grp	<b>29</b> 11:00 Double Trouble in Recovery	
<b>30</b>	<b>31</b> 11:00 Perinatal Support 12:00 Anxiety& Depression Support Group 2:00 Stress Management	<b>Sign up for the 19<sup>th</sup>'s X-mas party</b>					

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