


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

**February 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group 2:00 All Recovery	<b>2 Groundhog Day</b> 11:00 Double Trouble in Recovery
<b>3</b>	<b>4</b> 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>5</b> 11:00 Philosophy Circle 1:00 Mental Wellness Support Group	<b>6</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>7</b> 11:00 Art Group 1:00 Mental Wellness Support Group 3:00 Coping Skills Group	<b>8 12-5 Hair Cut Day</b> 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group	<b>9</b> 11:00 Double Trouble in Recovery 1:00 OT Sensory Group
<b>10</b>	<b>11</b> 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>12</b> 11:00 Philosophy Circle 1:00 Mental Wellness Support Group	<b>13</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>14 Valentine's Day</b> 1:00 Mental Wellness Support Group 3:00 Coping Skills Group	<b>15</b> 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group	<b>16</b> 11:00 Double Trouble in Recovery
<b>17</b>	<b>18 Presidents Day</b> 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>19</b> 11:00 Philosophy Circle 1:00 Mental Wellness Support Group	<b>20</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>21</b> 1:00 Poetry/Writer's Group 1:30 Spaghetti Dinner 3:00 Coping Skills Group	<b>22</b> 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group	<b>23</b> 11:00 Double Trouble in Recovery 2:00 All Recovery
<b>24</b>	<b>25</b> 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>26</b> 11:00 Philosophy Circle 1:00 Mental Wellness Support Group	<b>27</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>28</b> 11:00 Art Group 1:00 Mental wellness Support Group 3:00 Coping Skills Group	Notes: Harbor Hours: 11a-5p M-Sa  Pueblo: NAMI Thursday, 6:00 PM, 1 <sup>st</sup> Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info	