



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

April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	2 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	3 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	4 11:00 Poetry/Writer's Group 1:00 Mental Wellness Support 2:00 Philosophy Group	5 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group 2:00 All Recovery	6 11:00 Double Trouble in Recovery 3:00 Labyrinth Group
7	8 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	9 1:00 Mental Wellness Support Group 2:00 Veteran's Support 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	10 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	11 1:00 Mental Wellness Support 2:00 Philosophy Group	12 HAIR CUT 1-5 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group 2:30 Skills for Trauma Survivors	13 11:00 Double Trouble in Recovery 1:00 OT Sensory Group 3:00 Labyrinth Group
14	15 FIELD TRIP 11-2 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	16 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	17 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	18 11:00 Poetry/Writer's Group 12:30 Spaghetti Luncheon 1:00 Mental Wellness Support 2:00 Philosophy Group	19 Good Friday 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group 2:00 All Recovery	20 11:00 Double Trouble in Recovery 12:00 Art Group 3:00 Labyrinth Group
21 Easter	22 Earth Day 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	23 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	24 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	25 1:00 Mental Wellness Support 2:00 Philosophy Group	26 Arbor Day 11:00 Community Meeting 12:00 Chair yoga 1:00 Music Group 2:30 Skills for Trauma Survivors	27 11:00 Double Trouble in Recovery 3:00 Labyrinth Group
28	29 11:00 Perinatal Support 12:00 Anxiety & Depression Support 2:00 Stress Management	30 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	Notes: Harbor Hours: 11a-5p M-Sa Pueblo: NAMI Thursday, 6:00 PM, 1st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info			