



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

<b>May 2019</b>						
<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Notes: Harbor Hours: 11a-5p M-Sa</b>  <b>Pueblo NAMI Thursdays 6:00 PM</b> 1 <sup>st</sup> Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info			<b>1</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>2</b> 1:00 Mental Wellness Support 2:00 Philosophy Group	<b>3</b> 11:00 Community Meeting 1:00 Music Group 2:00 All Recovery	<b>4</b> 11:00 Double Trouble in Recovery 3:00 Labyrinth Group
<b>5</b> Cinco De Mayo	<b>6</b> 11:00-12:30 SMART Recovery 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>7</b> 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	<b>8</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>9</b> 1:00 Mental Wellness Support 2:00 Philosophy Group	<b>10</b> 11:00 Community Meeting 1:00 Music Group 2:30 Skills for Trauma Survivors	<b>11</b> CLOSED  BLOCK PARTY AT UNION DEPOT
<b>12</b> Mother's Day	<b>13</b> 11:00-12:30 SMART Recovery 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>14</b> 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	<b>15</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>16</b> 1:00 Mental Wellness Support 2:00 Philosophy Group	<b>17 HAIR CUT 1-5</b> 11:00 Community Meeting 1:00 Music Group 2:00 All Recovery	<b>18</b> 11:00 Double Trouble in Recovery 12:00 Art Group 3:00 Labyrinth Group
<b>19</b>	<b>20</b> 11:00-12:30 SMART Recovery 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>21 FIELD TRIP</b> 1:00 Mental Wellness Support Group 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	<b>22</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>23</b> 1:00 Mental Wellness Support 2:00 Spaghetti Luncheon	<b>24</b> 11:00 Community Meeting 1:00 Music Group 2:30 Skills for Trauma Survivors	<b>25</b> 11:00 Double Trouble in Recovery 3:00 Labyrinth Group
<b>26</b>	<b>27 Memorial Day</b> 11:00-12:30 SMART Recovery 12:00 Anxiety & Depression Support 2:00 Stress Management	<b>28</b> 1:00 Mental Wellness Support Group 2:00 Living with PTSD 3:00 Coping Skills Group 6:00 NAMI Peer to Peer	<b>29</b> 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	<b>30</b> 1:00 Mental Wellness Support 2:00 Philosophy Group	<b>31</b> 11:00 Community Meeting 1:00 Music Group 2:00 All Recovery	