



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

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day 11:00-12:30 SMART Recovery 1:00 Anx. & Dep. Support 2:00 Mental Wellness Support 7:00 Circle of Parents	3 1:00 Stress Management 3:00 Coping Skills Group	4 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	5 1:00 Mental Wellness Support 2:00 Philosophy Group	6 11:00 Community Meeting 1:00 Channeling Positive Vibes	7 11:00 Double Trouble in Recovery 2:30 Labyrinth Group
8	9 11:00-12:30 SMART Recovery 1:00 Anx. & Dep. Support 2:00 Mental Wellness Support 7:00 Circle of Parents	10 1:00 Stress Management 3:00 Coping Skills Group	11 Patriot Day FIELD TRIP 1 PM 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	12 1:00 Mental Wellness Support 2:00 Philosophy Group	13 11:00 Community Meeting 1:00 Channeling Positive Vibes 2:00 Music Group	14 11:00 Double Trouble in Recovery 1:00 All Recovery 2:30 Labyrinth Group
15	16 11:00-12:30 SMART Recovery 1:00 Anx. & Dep. Support 2:00 Mental Wellness Support 7:00 Circle of Parents	17 1:00 Stress Management 3:00 Coping Skills Group	18 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	19 12:00 Spaghetti Lunch 1:00 Mental Wellness Support 2:00 Philosophy Group	20 FIELD TRIP Chile Fest! 3 PM 11:00 Community Meeting 1:00 Channeling Positive Vibes	21 11:00 Double Trouble in Recovery 12:00 Art Group 2:30 Labyrinth Group
22	23 Fall begins 11:00-12:30 SMART Recovery 1:00 Anx. & Dep. Support 2:00 Mental Wellness Support 7:00 Circle of Parents	24 11:30 Living with PTSD 1:00 Stress Management 3:00 Coping Skills Group	25 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	26 1:00 Mental Wellness Support 2:00 Philosophy Group	27 HAIR CUT 1-5 11:00 Community Meeting 1:00 Channeling Positive Vibes 2:00 Music Group	28 BBQ 11-1 1:00 All Recovery 2:30 Labyrinth Group
29	30 11:00-12:30 SMART Recovery 1:00 Anx. & Dep. Support 2:00 Mental Wellness Support 7:00 Circle of Parents	Notes: Harbor Hours: 11a-5p M-Sa Pueblo NAMI Thursdays 6:00 PM 1 st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info *SIGN UP FOR THE FIELD TRIPS AT THE FRONT DESK*				