



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

## March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 11:00 SMART Recovery 1:00 Mindfulness and meditation 2:00 Anx. & Dep. Support 3:00 Mental Wellness	<b>3</b> 10:00 Circle of Parents 11:30 SMART Recovery 1:00 Stress Management 3:00 Coping Skills Group	<b>4</b> 11:00-12:45 Cooking Group (sign up) 1:00 Yarn Craft Class-Crochet/Knit 2:00 Double Trouble in Recovery	<b>5</b> 1:00 Mental Wellness 2:00 Philosophy Group	<b>6</b> 11:00 Community Meeting 1:00 Mental Wellness	<b>7</b> 11:00 Double Trouble in Recovery 1:00 Art Group! 2:30 Labyrinth Group
<b>8</b>	<b>9</b> 11:00 SMART Recovery 1:00 Mindfulness and meditation 2:00 Anx. & Dep. Support 3:00 Mental Wellness	<b>10</b> 10:00 Circle of Parents 11:30 SMART Recovery 1:00 Stress Management 3:00 Coping Skills Group	<b>11</b> 11:00-12:45 Cooking Group (sign up) 1:00 Yarn Craft Class-Crochet/Knit 2:00 Double Trouble in Recovery	<b>12</b> 1:00 Mental Wellness 2:00 Philosophy Group	<b>13</b> 11:00 Community Meeting 1:00 Mental Wellness	<b>14</b> 11:00 Double Trouble in Recovery 12:00 – 2:00 MOVIE! 2:30 Labyrinth Group
<b>15</b>	<b>16</b> 11:00 SMART Recovery 1:00 Mindfulness and meditation 2:00 Anx. & Dep. Support 3:00 Mental Wellness	<b>17</b> 10:00 Circle of Parents 11:30 SMART Recovery 1:00 Stress Management 3:00 Coping Skills Group	<b>18</b> 11:00-12:45 Cooking Group (sign up) 1:00 Yarn Craft Class-Crochet/Knit 2:00 Double Trouble in Recovery	<b>19</b> 1:30 Spaghetti Lunch 1:00 Mental Wellness 2:00 Philosophy Group 3:00 Pueblo Brain Injury LLC Support Group	<b>20 HAIRCUTS 1-3</b> 11:00 Community Meeting 1:00 Mental Wellness	<b>21</b> 11:00 Double Trouble in Recovery 1:00 Art Group! 2:30 Labyrinth Group
<b>22</b>	<b>23</b> 11:00 SMART Recovery 1:00 Mindfulness and meditation 2:00 Anx. & Dep. Support 3:00 Mental Wellness	<b>24</b> 10:00 Circle of Parents 11:30 SMART Recovery 1:00 Stress Management 3:00 Coping Skills Group	<b>25</b> 11:00-12:45 Cooking Group (sign up) 1:00 Yarn Craft Class-Crochet/Knit 2:00 Double Trouble in Recovery	<b>26</b> 1:00 Mental Wellness 2:00 Philosophy Group	<b>27</b> 11:00 Community Meeting 1:00 Mental Wellness	<b>28</b> 11:00 Double Trouble in Recovery 2:30 Labyrinth Group
<b>29</b>	<b>30</b> 11:00 SMART Recovery 1:00 Mindfulness and meditation 2:00 Anx. & Dep. Support 3:00 Mental Wellness	<b>31</b> 10:00 Circle of Parents 11:30 SMART Recovery 1:00 Stress Management 3:00 Coping Skills Group	<b>Notes: Harbor Hours: 11a–5p M-Sa</b>  <b>Pueblo NAMI Thursdays 6:00 PM</b> <b>1<sup>st</sup> Presbyterian Church, 220 W. 10th</b> <b>Call 719 315-4975 for NAMI info</b>			