



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

September 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 *Soft Re-opening Day* Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	2 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	3 Mental Wellness 11-12 All Recovery 1-2	4 Community Meeting City Park 11-12 Mental Wellness 2-3	5 DBT Skills 11-12 Depression Group 1-2
6	7 Anxiety Group 11-12	8 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	9 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	10 Mental Wellness 11-12 All Recovery 1-2	11 Community Meeting City Park 11-12 Mental Wellness 2-3	12 DBT Skills 11-12 Depression Group 1-2
13	14 Anxiety Group 11-12	15 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	16 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	17 Mental Wellness 11-12 All Recovery 1-2	18 Community Meeting 11-12 Mental Wellness 2-3	19 DBT Skills 11-12 Depression Group 1-2
20	21 Anxiety Group 11-12	22 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	23 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	24 Mental Wellness 11-12 All Recovery 1-2	25 Community Meeting 11-12 Mental Wellness 2-3	26 DBT Skills 11-12 Depression Group 1-2
27	28 Anxiety Group 11-12	29 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	30 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	Notes: Harbor Hours 10a-3p M-Sa (Friday 12:30-3) Circle of Parents: Wednesday's 5:30p at Mineral Palace Park NAMI Pueblo connections meetings will resume at the 1st Presbyterian Church Thursday August 20th from 6 to 7:30. We will meet at the church every 1st, 3rd and 5th Thursday at this time and at the Friendly Harbor the 2nd and 4th Thursdays each month going forward. Call 719-315-4975 for NAMI info		