



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

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Grand Re-Opening Oct 15th 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.				1 Mental Wellness 11-12 All Recovery 1-2	2 Community Meeting 11-12 Mental Wellness 2-3	3 DBT Skills 11-12 Depression Group 1-2
4	5 Anxiety Group 11-12	6 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	7 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	8 Mental Wellness 11-12 All Recovery 1-2 NAMI 6p	9 Community Meeting 11-12 Mental Wellness 2-3	10 DBT Skills 11-12 Depression Group 1-2
11	12 Anxiety Group 11-12	13 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	14 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	15 *Grand Re-Opening* Mental Wellness 11-12 All Recovery 1-2	16 Community Meeting 11-12 Mental Wellness 2-3	17 DBT Skills 11-12 Depression Group 1-2
18	19 Anxiety Group 11-12	20 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	21 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	22 Mental Wellness 11-12 All Recovery 1-2 NAMI 6p	23 Community Meeting 11-12 Mental Wellness 2-3	24 DBT Skills 11-12 Depression Group 1-2
25	26 Anxiety Group 11-12	27 Mindfulness 11-12 Philosophy 12-1 SMART Recovery 1-2	28 Cooking 11 Suboxone Support 1-2 C.O.P. @ Mineral Palace Park 5:30	29 Mental Wellness 11-12 All Recovery 1-2	30 Community Meeting 11-12 Mental Wellness 2-3	31 DBT Skills 11-12 Depression Group 1-2