



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

December 2020

Su	Mon	Tue	Wed	Thu	Fri	Sa
		1 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom.)	2 Game Day via Zoom 10 C.O.P. 5:30 @ First Presbyterian Church	3 Mental Wellness 11-12 (Available via Zoom.) NAMI 6-7:30	4 Community Meeting 11-12 (Call our warm-line for meeting information.)	5
6	7	8 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom.)	9 Game Day via Zoom 10 C.O.P. 5:30 @ First Presbyterian Church	10 Mental Wellness 11-12 (Available via Zoom.) NAMI 6-7:30	11 Community Meeting 11-12 (Call our warm-line for meeting information.)	12
13	14	15 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom.)	16 Game Day via Zoom 10 C.O.P. 5:30 @ First Presbyterian Church	17 Mental Wellness 11-12 (Available via Zoom.) NAMI 6-7:30	18 Community Meeting 11-12 (Call our warm-line for meeting information.)	19
20	21	22 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom.)	23 Game Day via Zoom 10 C.O.P. 5:30 @ First Presbyterian Church	24 Closed Christmas Eve	25 Closed Christmas Day <i>Merry Christmas</i>	26
27	28	29 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom.)	30 Game Day via Zoom 10 C.O.P. 5:30 @ First Presbyterian Church	31 Closed New Years Eve		

Notes: The house is currently closed due to COVID. Groups will continue to meet outside as weather permits. We are available on the warm-line from 8 AM to 8 PM, Monday through Saturday (719) 621- 7815.

Circle of Parents: Wednesday's 5:30 PM at First Presbyterian Church 220 W. 10th Street, Pueblo, CO 81003 For more information call Dominique at 714-548-9867.

NAMI Pueblo connections meetings: 1st Presbyterian Church 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.

Brain Injury Support Group: 3rd Thursday of each month via Zoom: Meeting ID: 843 8953 5302 Passcode: 126532. For more information call 719-387-7093. BI hosts a Virtual Game Day via Zoom on Wednesdays Meeting ID: 859 5650 7162 Passcode: 291573v.

The following groups have been put on hold due to COVID: Monday's Anxiety, Tuesday's SMART Recovery, Wednesday's Cooking, DRT, Suboxone Support, Thursday's All Recovery, Friday's Mental Wellness, and our Spaghetti Night.