



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

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Anxiety Group 11:30-12:30	3 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom. Head to our website for link.) SMART Recovery 1-2	4 Game Day via Zoom 10 Suboxone Support 1-2 DTR Group 2-3 C.O.P. Location: First Presbyterian Church @5:30pm	5 Mental Wellness 11-12 (Available through Zoom. Head to our website for link.) All Recovery 1-2 NAMI 6-7:30	6 Community Meeting 11-12 Mental Wellness 2-3	7 DBT Skills 11-12 Depression Group 1-2
8	9 Anxiety Group 11:30-12:30	10 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom. Head to our website for link.) SMART Recovery 1-2	11 Game Day via Zoom 10 Suboxone Support 1-2 DTR Group 2-3 C.O.P. Location: First Presbyterian Church @5:30pm	12 Mental Wellness 11-12 (Available through Zoom. Head to our website for link.) All Recovery 1-2 NAMI 6-7:30	13 Community Meeting 11-12 Mental Wellness 2-3	14 DBT Skills 11-12 Depression Group 1-2
15	16 Anxiety Group 11:30-12:30	17 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom. Head to our website for link.) SMART Recovery 1-2	18 Game Day via Zoom 10 Suboxone Support 1-2 DTR Group 2-3 C.O.P. Location: First Presbyterian Church @5:30pm	19 Spaghetti Night 1 Mental Wellness 11-12 (Available through Zoom. Head to our website for link.) All Recovery 1-2 NAMI 6-7:30 Brain Injury Support Via: Zoom (info below)	20 Community Meeting 11-12 Mental Wellness 2-3	21 DBT Skills 11-12 Depression Group 1-2
22	23 Anxiety Group 11:30-12:30	24 Mindfulness 11-12 Philosophy 12-1 (Available through Zoom. Head to our website for link.) SMART Recovery 1-2	25 Game Day via Zoom 10 Suboxone Support 1-2 DTR Group 2-3 C.O.P. Location: First Presbyterian Church @5:30pm	26 THANKSGIVING *CLOSED* (Ask or contact NAMI / Brain Injury Support Groups to see if they will be available.)	27 Community Meeting 11-12 Mental Wellness 2-3	28 DBT Skills 11-12 Depression Group 1-2
29	30 Anxiety Group 11:30-12:30	<p>Notes: Harbor Hours 11a-4p M-Sa (Friday 12:30-4)</p> <p>Spaghetti Night: 3rd Thursday at 1 p.m.</p> <p>Circle of Parents: Wednesday's 5:30p at First Presbyterian Church 220 W. 10th Street, Pueblo, CO 81003 For more information call Dominique: 714-548-9867</p> <p>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.</p> <p>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</p> <p>Virtual Game Day via Zoom Meeting ID: 859 5650 7162 Passcode: 291573v</p>				