


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

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>New Year's Day</i> 11:00 Philosophy Circle 1:00 Mental wellness Support	2 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	3 1:00 Mental wellness Support Group 3:00 Coping Skills Group	4 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music/open Mic Grp	5 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group
6	7 11:00 Perinatal Support 12:00 Anxiety & Depression Support Group 2:00 Stress Management	8 11:00 Philosophy Circle 1:00 Mental wellness Support	9 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	10 1:00 Mental wellness Support Group 3:00 Coping Skills Group	11 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music/open Mic Grp 12:30-5:00 Hair cut day.	12 11:00 Double Trouble in Recovery
13	14 11:00 Perinatal Support 12:00 Anxiety & Depression Support Group 2:00 Stress Management	15 11:00 Philosophy Circle 1:00 Mental wellness Support 2:00 Veterans Group	16 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	17 1:00 Mental wellness Support Group 3:00 Coping Skills Group 12:00-1:00 Poetry 2pm Spaghetti Day	18 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music/open Mic Grp	19 11:00 Double Trouble in Recovery 1:00-3:00 Cleaning Group 2-3 Acupuncture Detox 11-3 Martin Luther King Annual Celebration (food to be served)
20	21 <i>Martin Luther King</i> 11:00 Perinatal Support 12:00 Anxiety & Depression Support Group 2:00 Stress Management	22 11:00 Philosophy Circle 1:00 Mental wellness Support	23 11:00-12:45 Cooking Group with Elizabeth and Stacey (sign up) 2:00 Double Trouble in Recovery	24 1:00 Mental wellness Support Group 3:00 Coping Skills Group	25 11-12:00 Community Meeting 12-1:00 Chair yoga 1:00 Music/Open Mic Grp	26 11:00 Double Trouble in Recovery 12:30 Movie day
27	28 11:00 Perinatal Support 12:00 Anxiety & Depression Support Group 2:00 Stress Management	29 11:00 Philosophy Circle 1:00 Mental wellness Support	30 11:00-12:45 Cooking Group (sign up) 2:00 Double Trouble in Recovery	31 1:00 Mental wellness Support Group 3:00 Coping Skills Group	Notes: Harbor Hours: 11a-5p M-Sa (*Plus special events) Canon City: NAMI Connections peer support group, every Wed 5:30pm; at St. Thomas More Hospital La Junta: NAMI Connections peer support group, Tuesdays 2:00pm at Peer 613, 613 Barnes Avenue. Pueblo: NAMI Thursday, 6:00 PM, 1 st Presbyterian Church, 220 W. 10th St. Call 719 315-4975 for NAMI info	