

JUN2024 RECOVERY SOLUTIONS GROUP CALENDAR

SUN MON TUE WED THU FRI SAT

01

02

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Recovery Solutions
2003 E 4th Street
Pueblo, Co 81001
719-544-6373
Open Mon-Fri
8am-5pm

Goals Group 9:15 am
Exercise 9:30 am
Anger Management 12:00pm
Games 1:00pm

Goals Group 9:15am
Exercise group 9:30am
Baking 12:00pm
Member Meeting 1:00pm

Sewing 8:00 am
Goals Group 9:15 am
Community Reintegration
Library outing 9:30 am
Coping with Anxiety 1:00pm

Goals Group 9:15am
Brain and Body 9:45am
Wellness group 12:00pm
Lavender Connection (LGBTQ+) 1:30-2:30pm

Goals Group 9:15 am
Art 9:30 am
Fresh Friday's Wellness / Cooking group 10:15am
Karaoke 1:00pm

09

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Groups on
Schedule subject
to change
<https://www.health.solutions/recovery/solutions/>

Goals Group 9:15 am
Exercise 9:30 am
Anger Management 12:00pm
Games 1:00pm

Goals Group 9:15am
Exercise group 9:30am
Music and Emotion 12:00pm
Communication Skills 1:00pm

Sewing 8:00 am
Goals Group 9:15 am
9:30 am
Community Reintegration
Members Choice outing
Seeking Safety 1:00pm

Goals Group 9:15am
Brain and Body 9:45am
Wellness group 12:00pm
Lavender Connection (LGBTQ+) 1:30-2:30pm

Goals Group 9:15 am
Art 9:30 am
Fresh Friday's Wellness / Cooking group 10:15am
Karaoke 1:00pm

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Goals Group 9:15 am
Exercise 9:30 am
Anger Management 12:00pm
Games 1:00pm

Goals Group 9:15am
Exercise group 9:30am
Baking 12:00pm
Member Music and Emotion 1:00pm

Sewing 8:00 am
Goals Group 9:15 am
Community Reintegration
Library outing 9:30
Coping with Depression 1:00pm

Goals Group 9:15am
Brain and Body 9:45am
Wellness group 12:00pm
Lavender Connection (LGBTQ+) 1:30-2:30pm

Goals Group 9:15 am
Coloring Contest 9:30 am
Fresh Friday's Wellness / Cooking group 10:15am
Ice Cream Social 11:30am
Karaoke 1:00pm

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Goals Group 9:15 am
Exercise 9:30 am
Anger Management 12:00pm
Games 1:00pm

Goals Group 9:15am
Exercise group 9:30am
Music and Emotion 12:00pm
Communication Skills 1:00pm

Sewing 8:00 am
Goals Group 9:15 am
9:30 am
Community Reintegration
Members Choice outing
Coping with Anxiety 1:00pm

Goals Group 9:15am
Brain and Body 9:45am
Wellness group 12:00pm
Lavender Connection (LGBTQ+) 1:30-2:30pm

Goals Group 9:15 am
Fun Friday's Movie Day 9:45 am
Karaoke 1:00pm

30
