



# RecoverySolutions

● 2003 E 4th St Pueblo CO 81001 ● (719) 544 – 6373 ● MONDAY – FRIDAY ● 8:30 AM – 5:00 PM ●

## MONDAY

8:30 Socialization  
9:00 Movement/Stretching  
Sewing 1<sup>st</sup> Hour  
9:30 Communications  
Yoga  
10:15 Member Meeting  
10:30 Cooking Class  
Self-confidence  
Sewing 2<sup>nd</sup> Hour  
11:45 Meditation  
12:00 Lunch and Chores  
2:00 S.T.A.R.  
3:00 Self Confidence

## TUESDAY

8:30 Socialization  
9:00 Movement/Stretching  
Sewing 1<sup>st</sup> Hour  
Art Class  
9:30 Mindfulness  
Zumba  
10:15 Member Meeting  
10:30 Coping Skills  
Cooking  
Sewing 2<sup>nd</sup> Hour  
11:45 Meditation  
12:00 Lunch and Chores  
2:00 E.P.I.C.  
3:15 Mindfulness

## WEDNESDAY

8:30 Socialization  
9:00 Movement/Stretching  
Sewing 1<sup>st</sup> Hour  
9:30 Nutrition  
Mosaics  
Cooking Class  
10:30 Journaling  
Sewing 2<sup>nd</sup> Hour  
11:45 Meditation  
12:00 Lunch and Chores  
2:00 Narcotics Anonymous  
3:00 Healthy Living

## THURSDAY

8:30 Socialization  
9:00 Movement/Stretching  
9:30 Communications  
Sewing 1<sup>st</sup> Hour  
Art Class  
Yoga  
10:15 Member Meeting  
10:30 Sewing 2<sup>nd</sup> Hour  
Baking Class  
Coping Skills  
11:45 Meditation  
12:00 Lunch and Chores  
2:00 C.R.A.F.T  
3:00 Kids Arts & Crafts  
4:00 Family Game Night

## FRIDAY

8:30 Socialization  
9:00 Movement/Stretching  
9:30 Mindfulness  
Zumba  
Sewing 1<sup>st</sup> Hour  
Movie  
10:30 Sewing 2<sup>nd</sup> Hour  
Cooking Class  
12:00 Lunch and Chores  
1:00 S.M.A.R.T  
2:15 Healthy Living  
3:00 Lavender Connection  
4:30 Quick Crafting

**Fun, support, education, resources, and friendship**

**Free lunch served daily if you arrive by 10 A.M.**

**Staffed by Peer Specialists, run by Members**

## IMPORTANT DATES

01/20, 02/17, 03/16 : Bingo  
Third Friday **OR** Following Tuesday : Outing  
February 28th : Closed

Updated 1/15/20

## IN A CRISIS?

1310 Chinook Ln: 24/7 Crisis Living Room  
(719) 545 – 2746: 24/7 Emergency Crisis Services line  
(844) 493 – 8255: Colorado Crisis Services  
Text HOME to 38255: Colorado Crisis Text line  
(800) 273 – 8255: National Suicide Prevention Lifeline

### **ART**

Work on art projects with other group members to share your recovery and for fun and relaxation.

### **COMMUNICATIONS**

Learn effective communication skills for any situation through roleplaying with other members.

### **COMPUTER ROOM**

Computers available for use throughout the day.

### **C.R.A.F.T.**

CRAFT is a skills-based program for families with loved ones struggling with addiction.

### **E.P.I.C.**

My Recovery is EPIC is a life-skills curriculum for those in recovery from substance use focusing on health, home, purpose, and community.

### **MEMBER MEETING**

An Evening check in with peers and each other, review rules, schedules, and readdress daily goals.

### **MINDFULNESS**

Find inner peace through mindfulness games and activities, and learning skills for self-regulation.

### **MOVIE**

Watch movie chosen by members from Netflix and DVD collection, with popcorn!

### **COPING SKILLS**

Learn to deal with day to day anxiety, depression, and other mental health issues.

### **COOKING CLASS**

Limited class size: Learn how to make a balanced meal with basic skills needed to cook almost anything.

### **LAVENDAR CONNECTION**

Growing as a community for LGBTQ and Allies. Open Format group to discuss events, news, and trending topics.



**RecoverySolutions**

**A Program of Health Solutions**

**2003 E 4th St Pueblo CO 81001**

**(719) 544 – 6373**

**MONDAY – FRIDAY**

**8:30 AM – 1:30 PM**

## **FUN**

**OUTINGS**

**SUPPORT**

**EDUCATION**

**PARTIES**

**RESOURCES**

**FRIENDSHIP**

**GROUPS**

**FREE LUNCH**

### **OUTINGS**

2 outings are planned a month and you can attend 1 (Must have attended Recovery Solutions 8 times in the last 6 months)

### **QUIET ROOM**

Need a minute? Quiet room available during regular hours to relax and de-stress.

### **SELF CONFIDENCE**

Practice techniques to build self-esteem, positive self-talk, and develop a good attitude toward yourself.

### **SEWING**

Learn to sew, mend, and alter. (By appointment)

### **YOGA**

Combine physical exercises, mental meditation, and breathing techniques to strengthen your muscles and relieve stress.

### **ZUMBA**

Dance and sing while exercising to fun music with an experienced instructor.

### **S.T.A.R**

A support group for victims of assault and trauma.

### **HEALTHY LIVING**

Lessons on living a healthy, full, and productive in your new life style choices.

### **KIDS CRAFT TIME**

Small Do-it-Yourself crafts set in the room during C.R.A.F.T. for kids 3-10 years of age. **MUST HAVE A FAMILY MEMBER ATTENDING C.R.A.F.T.**

### **NUTRITION**

Basic skills class to learn and work on good eating habits, learn healthy cooking, and keeping a log.

### **QUICK CRAFT**

A fun supportive craft time for our LGBTQ peers. Learn to make and alter clothing for events and everyday living.