

**April Recovery Solutions Group  
Calendar 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Easter Party</b>	2 Goals Group 9:15am Exercise group 9:30am Music and Emotion 12:00pm Communication Skills 1:00pm	3 Sewing 8:00 am Goals Group 9:15 am Community Reintegration Library outing 9:30 am Coping with Anxiety 1:00pm	4 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	5 Goals Group 9:15 am Art 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Karaoke 1:00pm	6
7	8 Goals Group 9:15 am Exercise 9:30 am Anger Management 12:00pm Games 1:00pm	9 Goals Group 9:15am Exercise group 9:30am Baking 12:00pm Member Meeting 1:00pm	10 Sewing 8:00 am Goals Group 9:15 am 9:30 am Community Reintegration Bowling outing Seeking Safety 1:00pm	11 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	12 Goals Group 9:15 am Bingo 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Karaoke 1:00pm	13
14	15 Goals Group 9:15 am Exercise 9:30 am Anger Management 12:00pm Games 1:00pm	16 Goals Group 9:15am Exercise group 9:30am Music and Emotion 12:00pm Communication Skills 1:00pm	17 Sewing 8:00 am Goals Group 9:15 am Community Reintegration Library outing 9:30 am Coping with Depression 1:00 pm	18 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	19 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	20
21	22 Goals Group 9:15 am Exercise 9:30 am Anger Management 12:00pm Games 1:00pm	23 Goals Group 9:15am Exercise group 9:30am Baking 12:00pm Meditation 1:00pm	24 Sewing 8:00 am Goals Group 9:15 am 9:30 am Community Reintegration Members Choice outing Seeking Safety 1:00pm	25 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	26 Goals Group 9:15 am Fun Friday's Movie Day 9:45 am Karaoke 1:00pm	27
28	29 Goals Group 9:15 am Exercise 9:30 am Anger Management 12:00pm Games 1:00pm	30 Goals Group 9:15am Exercise group 9:30am Music and Emotion 12:00pm Budgeting 1:00pm		<b>Groups on Schedule subject to change</b>	<b>Recovery Solutions</b> 2003 E 4 <sup>th</sup> Street Pueblo, Co 81001 719-544-6373 Open Mon-Fri 8am-5pm	



