



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

Monday	Tuesday	Wednesday	Thursday	Friday
Goals 8:30 AM	Goals 8:30 AM	Goals 8:30 AM	Goals 8:30 AM	Goals 8:30 AM
Mental Motivation 8:40 AM	Communication Skills 8:40 AM	Baking 8:40 AM	Healthy Habits 8:40 AM	Art/Sewing 8:40 AM
Exercise 9:15 AM	Exercise 9:15 AM	Outing 9:15 AM	Exercise 9:15 AM	Mental Motivation 9:15 AM
Anger Mgmt. 10:30 AM	Music & Emotions 10:30 AM	Grief 10:30 AM	Wellness 10:30 AM	Coping Skills 10:30 AM
Check-in 11:00	Check-in 11:00 AM	Check-in 11:00 AM	Check-in 11:00 AM	Check-in 11:00AM
Cooking 11:30	Cooking 11:30 AM	Cooking 11:30 AM	Cooking 11:30 AM	Cooking 11:30 AM
Games-1:00 PM	Acudetox 1:00 PM	Sewing 1:00 PM	Karaoke 1:00 PM	Activity Therapy 1:00 PM
Acudetox 2:00 PM	Games 2:00 PM	Acudetox 2:00 PM	Games 2:00 PM	Karaoke 2:00 PM

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

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

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

**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