



# Recovery Solutions

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

## MONDAY

8:30 Socialization  
9:00 Goal Setting  
9:30 Exercise  
  
10:00 Cooking Class  
  
11:00 Lunch and Chores  
12:00 Anger Management  
1:00 Games  
2:00 Acudetox

## TUESDAY

8:30 Socialization  
9:00 Goal Setting  
9:30 Exercise  
10:00 Cooking Class  
  
11:00 Lunch and Chores  
12:00 Music and Emotions  
1:00 Karaoke  
2:00 Acudetox

## WEDNESDAY

8:30 Socialization  
9:00 Goal Setting  
9:30 Outing or Sewing  
10:00 Cooking Class  
  
11:00 Lunch and Chores  
12:00 Grief  
1:00 Games  
2:00 Acudetox

## THURSDAY

8:30 Socialization  
9:00 Goal Setting  
9:30 Exercise or Brain and Body or Sewing  
  
10:00 Cooking Class  
11:00 Lunch and Chores  
12:00 Wellness Group  
  
1:00 Karaoke

## FRIDAY

8:30 Socialization  
9:00 Goal Setting  
9:30 Art or Sewing  
  
10:00 Cooking Class  
11:00 Lunch and Chores  
12:00 Coping Skills  
1:00 Lavender LGBTQ  
2:00 Karaoke

**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

**Third Thursday OR Fourth Thursday: Outing Pottery  
Schedule Subject to Change**

## 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**