




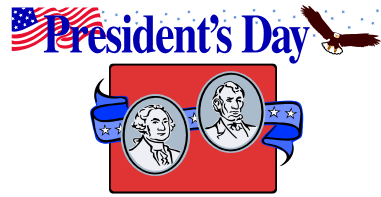




OPEN ARMS EMPOWERMENT CENTER
510 South Second Street
Montrose, CO 81401
970-252-1423
Contact Jim or Tabitha



Hours of Operation:

Monday – Thursday
 10:00 AM – 3:00 PM

CLOSED FRIDAYS

Monday (Tabitha)	Tuesday (Jim)	Wednesday (Tabitha)	Thursday (Jim)
<p>1</p> <p>10:00-11:00 Current Events 11:00-11:45 Stress Management Guest Speaker Betsy Coos 12:00-1:00 Nutrition 1:00-1:45 Worry Control 2:00-3:00 Library Outing</p>	<p>2</p> <p>10:00-10:45 Dealing with Depression 11:00-11:45 Self Confidence 12:00-1:00 Cooking Class 1:00-1:45 Computer Class 2:00-2:45 Culture Class</p>	<p>3</p> <p>10:00-11:00 Amazing Glaze</p> <p>12:00-1:00 Nutrition 1:00-2:00 Arts and Crafts 2:00-3:00 Creative Writing (Terri)</p> 	<p>4</p> <p>Special Outing Grand Junction Mesa Mall Van Leaving Montrose at 8:30</p> 
<p>8</p> <p>10:00-11:00 Current Events 11:00-11:45 Goal Setting 12:00-1:00 Closed 1:00-3:00 Advisory Council Meeting</p> 	<p>9</p> <p>10:00-10:45 Anger Management 11:00-11:45 Social Anxiety 12:00-1:00 Cooking Class 1:00-1:30 Exercise (Walking) 1:30-3:00 Games</p>	<p>10</p> <p>10:00-10:45 Life Strategies 11:00-11:45 How you feel 12:00-1:00 Nutrition 1:00-2:00 Arts and Crafts 2:00-3:00 Creative Writing (Terri)</p>	<p>11</p> <p>10:00-10:45 Life Management 11:00-12:00 Party Preparation 12:00-3:00 Valentines Party in Montrose</p> 
<p>15</p> <p>Closed For President's Day</p> 	<p>16</p> <p>10:00-10:45 Dealing with Depression 11:00-11:45 Self Confidence 12:00-1:00 Cooking Class 1:00-3:00 Bowling Outing</p> 	<p>17</p> <p>10:00-10:45 Worry Control 11:00-11:45 Pathways 12:00-1:00 Nutrition 1:00-3:00 Consumer Council Meeting</p> 	<p>18</p> <p>10:00-11:00 Music Appreciation 11:00-11:45 Money Management 12:00-1:00 Lunch Outing (Bring your own money) 1:00-2:00 Creative Coping 2:00-3:00 Boundaries</p> 
<p>22</p> <p>10:00-11:00 Current Events 11:00-11:45 Goal Setting 12:00-1:00 Nutrition Class 1:00-1:45 How do you Feel 2:00-3:00 Library Outing</p>	<p>23</p> <p>10:00-10:45 Anger Management 11:00-11:45 Social Anxiety 12:00-1:00 Cooking Class 1:00-1:30 Exercise 1:30-3:00 Games</p>	<p>24</p> <p>10:00-10:45 Life Strategies 11:00-11:45 Arts and Crafts 12:00-1:00 Nutrition Class 1:00-1:30 Creative Writing (Terri) 1:30-3:00 Client Rights Guest Speaker Carol Jean</p>	<p>25</p> <p>10:00-10:45 Life Management 11:00-11:45 Dealing with Depression 12:00-3:00 February Birthdays</p> 

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Into each life some rain must fall. Henry Wadsworth Longfellow (February 27, 1807 – March 24, 1882)