



Sun	Mon	Tue	Wed	Thu	Fri	Sat
C L O S E D	MS- Morning Stretch WTD- Word of the day SB- Skill building SG- Small Groups DT- Double Trouble	1 10:30- 10:45 Deep breathing 10:45-11:00 Quote 11:00- 12:00 10 ways to relax 1:00- 2:00 How to deal with harassment 2:00- 3:00 SB or 1 on 1	2 10:30- 10:45 Shadow boxing 11:00- 12:00 SG- Effective ways to deal with drama 12:30- 2:15 PRRC BINGO 2:15- 3:00 Successful planning	3 10:30-11:00 Walk 11:00- 12:00 Culture in the Valley 1:00-2:00 Scarecrow craft or sports talk 2:00- 3:00 Brain teasers or SB	4 <i>Closed due to staff training day!</i>	5 C L O S E D
6 C L O S E D	7 10:30-11:00-Bowling 11:00- 12:00- SG- Motivation 1:00- 2:00 Team building 1:00- 2:00 Double Trouble 2:00- 2:30 puzzles or journaling 2:30- 3:00 SB or Computers	8 10:30- 11:00 Guided Meditation 11:00 -12:00 "Treat yourself" 1:00- 2:00 Mood changers 2:30- 3:00 SB or puzzles	9 10:30-11:30 Fear Factor interviews 11:30- 12:00 Challenge 1 1:00-2:00 Challenge 2 2:00- 3:00 Awards & recognition	10 10:30- 11:00 FC- Stretch bands 11:00- 12:00- Fall safety tips 1:00- 2:00- Price is right- Budgeting 2:00- 3:00 SB or Journaling	11 10:30-11:15 Highs n Lows 11:15- 12:00 Coffee social 1:00- 2:30 NAMI Connections 2:00-3:00 Xbox kinetic Jersey day! Wear your favorite sports team every Friday	12 C L O S E D
13 C L O S E D	14 10:30-11:30 SG check in 11:30-12:00 SG- Rules 1:00- 2:00 Double Trouble 1:00-2:30 SPA Day 2:00-3:00 Corn hole competition or SB	15 10:30- 12:15 Movie & snacks Movie: "Coco" 1:00- 2:00 Different ways of dealing with grief Pictionary or journaling 2:00- 3:00 SB	16 10:30-11:30 SG positive affirmations 11:00 -12:00 Cooking with Glo 1:00-2:30 Healing from troubled childhood 2:30-3:00 SB or 1 on 1	17 10:30-10:45 Walk 10:45-11:00 WTD 11:00-12:00 Building trust 1:00-2:30 Jewelry making 2:30-3:00 SB or music	18 10:30- 11:00 Highs N Lows 11:00-12:00 Karaoke 1:00-2:00 NAMI Connections or journaling 2:30- 3:00 SB or computers Jersey day!	19 C L O S E D
20 C L O S E D	21 10:30- 11:00 Current events 11:00- 12:00 Understanding phobias 1:00- 2:00 Scary thinking? 1:00-2:00 Double Trouble 2:00-2:45 SB -math	22 10:30-11:00 Deep Breathing 11:00-12:00 Unmasked "knowing the true you" 1:30-2:30- Sequence or recovery mask craft 2:30- 3:00 SB or computers	23 10:30-1:30 Lunch & Fun Coping skills with Bob Dunn (call to sign up) 1:30-2:30- Pictionary or puzzles 2:30- 3:00 SB or 1 on 1	24 10:30-10:45 Fear factor Interviews 10:45-11:00 Challenges 1 11:00-11:30 Challenge 2 1:00-2:00 Halloween painting scene 2:00-3:00 SB reading	25 10:30- 11:00- Highs n Lows 11:00- 12:00 Karaoke or journaling 1:00-2:30 NAMI Connections 2:30- 3:00 SB or Corn hole Jersey Day !	26 C L O S E D
27 C L O S E D	28 10:30-11:00 WTD 11:00- 12:00 SG- Conflict resolution 1:00- 2:00 Double Trouble 1:00- 2:30 SPA Day or sports talk 2:30- 3:00 SB or puzzles	29 10:30- 10:45 Getting grounded 10:45- 11:45 Tips to help memory 1:00- 2:00 Brain teasers BINGO (Salem only) 2:00- 3:00- SB or music by request	30 10:30-11:00 Registration Halloween party <i>(sign up by October 23rd)</i> <i>food, fun, music and games</i>	31 10:30- 11:00 Walk or WTD 11:00- 12:00 Aroma Therapy 1:00- 2:00 Fear of failure 2:00- 3:00 Fall lantern crafts	October theme: "Fear is not a factor for you" 	31 C L O S E D



October 2019

Peer Resource and Recovery Center
509 Market Street
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Please Note: The East Liverpool topics highlighted in purple are the same those offered in Salem locations starting at 1PM