

**Help Network of North East Ohio**  
**1344 Fifth Avenue**  
**Youngstown, Ohio**  
**330-746-7721 EXT. 410**

# October 2019

## COMMUNITY CENTER



*A Community of Caring People*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12pm Check-In Group 1-2pm <b>HIV 101</b> 2:30-3:30pm <b>Darts!</b>	2 12pm Check-In Group 1-2pm <b>Self Efficacy</b> 2:30-3:30pm <b>NAMI</b>	3 12pm Check-In Group 1- 2pm <b>Hot Seat</b> 2:30-3:30pm Member's Choice	4 12pm Check-In Group 1-2pm <b>Arts &amp; Crafts</b>  2:30-3:30 <b>BINGO !</b>	5 <b>Movie Day</b> 12- 4pm
6 <i>Closed</i>	7 12pm Check-In Group 1-2pm <b>Self-Care</b> 2:30-3:30 <b>BINGO !</b>	8 12pm Check in Group 1-2pm <b>Greif/Loss</b>  2:30-3:30pm <b>Darts!</b>	9 12pm Check in Group 1-2pm <b>Depression</b>  2:30-3:30pm <b>NAMI</b>	10 12pm Check-In Group 1-2pm <b>Coping Skills</b> 2:30-3:30pm Member's Choice	11 12pm Check-In Group 1-2pm <b>Addictions</b>  2:30-3:30 <b>BINGO !</b>	12 <b>Movie Day</b> 12- 4pm
13 <i>Closed</i>	14 12pm Check-In Group 1-2pm <b>Advocating for Self</b>  2:30-3:30 <b>BINGO !</b>	15 12pm Stretches/ Check in Group 1-2pm <b>HIV Screening</b>  2:30-3:30pm <b>Darts!</b>	16 12pm Check-In Group 1-2pm <b>Ohio Means Jobs !</b> 2:30-3:30pm <b>NAMI</b>	17 12pm Check-In Group 1-2pm <b>Meditation Class!</b> 2:30-3:30pm Member's Choice	18 12pm Check-In Group 1-2pm <b>Anger Management</b> 2:30-3:30 <b>BINGO !</b>	19 <b>Movie Day &amp; Therapy Dogs</b> <b>12-4PM</b>
20 <i>Closed</i>	21 12pm Check-In Group 1-2pm <b>Peer Support 101</b> 2:30-3:30 <b>BINGO !</b>	22 12pm Check in Group 1-2pm <b>AOD</b> 2:30-3:30pm <b>Darts!</b>	23 12pm Check-In Group 1-2pm <b>Budgeting Skills</b> 2:30-3:30pm <b>NAMI</b>	24 12pm Check-In Group 1-2pm <b>Coloring Contest</b> 2:30-3:30pm Member's	25 12pm Check-In Group 1-2pm <b>Anxiety</b> 2:30-3:30 <b>BINGO !</b>	26 <b>Movie Day</b> 12- 4pm <b>Chef Ray</b>
27 <i>Closed</i>	28 12pm Check-In Group 1-2pm <b>Recovery</b>  2:30-330 <b>BINGO !</b>	29 12pm Check-In Group 1-2pm <b>Affirmations</b> 2:30-3:30pm <b>Darts!</b>	30 12pm Check-In Group 1-2pm <b>First Aid</b> 2:30-3:30pm <b>NAMI</b>	31 12pm Check-In 1-2pm <b>Halloween Gathering</b> 2:30-3:30pm Member's Choice		

