






# December 2019



Peer Resource and Recovery Center  
 509 Market Street  
 East Liverpool, Ohio 43920  
 330-385-7000  
[www.helpnetworkneo.org](http://www.helpnetworkneo.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>C L O S E D</b>	<p>2 10:30-11:00 Stretch bands            11:00- 12:00 SG Leadership            1:00- 2:30 Tree decorating            2:00- 3:00 SB or team building</p>	<p>3 10:30- 11:00 Zen Meditation            11:00-12:00 <b>Personal Values</b>            1:00-2:00 <b>Christmas ornament craft</b>            2:00- 3:00 SB or computers</p>	<p>4 10:30-11:30 SG- Check In            11:30- 12:00 Quote            12:30- 2:15 PRRC BINGO            2:15- 3:00 Holiday Trivia challenge or Music</p>	<p>5 <b>Closed for NAMI Christmas Party</b></p>	<p>6 10:30- 11:00- Music &amp; Motion            11:00 -12:00 Highs n Lows            1:00- 2:30 NAMI Connections or journaling            2:00-3:00 SB or Journaling</p>	<b>C L O S E D</b>
<b>8 C L O S E D</b>	<p>9 10:30-11:00 Current events            11:00-12:00 SG Relationships            1:00- 2:00- Holiday card making or Corn Hole            2:00- 3:00 Spirituality            2:30- 3:00 SB</p>	<p>10 10:30- 11:00 Mindful meditation            11:00- 12:00 <b>Staying sober in the holidays</b>            1:00 -2:00 <b>Meaningful traditions</b>            2:00- 2:45 Puzzles or music</p>	<p>11 10:30- 1:30 Lunch N fun "Surviving the Holidays" and Christmas craft with Maureen            1:30-2:30 Name that tune Holiday edition            2:30-3:00 SB or computers</p>	<p>12 10:30- 10:45 Shadow boxing            10:45- 11:00 WTD            11:00- 12:00- Home-made gift idea (crafts) or advertising tricks            1:00- 2:00 Minimizing stress            2:00- 3:00 SB or music</p>	<p>13 10:30- 11:00 Highs n Lows            11:00-12:00 Karaoke            1:00-2:30 NAMI Connections            2:00-3:00 SB or Xbox Kinetic</p>	<b>14 C L O S E D</b>
<b>15 C L O S E D</b>	<p>16 10:30-11:00 Stretch bands            11:00- 12:00 Ethics and boundaries for service providers            1:00-2:00 Renewed Hope            2:00-3:00- SB or Music</p>	<p>17 10:30-11:00 Deep breathing            11:00- 12:00 <b>Loneliness</b>            1:00 – 2:00 <b>Finding Joy</b>            2:00- 3:00 <b>Left, Right, Center</b></p>	<p>18 10:30- 11:00 WTD            11:00- 12:00 Cooking with Glo            1:00- 2:00 Intro to NAMI            2:00- 3:00 The value of volunteering or computers</p>	<p>19 10:30-11:15 Bowling            11:15--12:00 WTD            1:00-2:30 ART- Sip &amp; Paint (Christmas painting) sign up by 12-12            2:30-3:00 SB or creative journaling</p>	<p>20 <b>PRRC Holiday party</b>  <b>Must sign up by 12/6</b></p> 	<b>21 C L O S E D</b>
<b>22 C L O S E D</b>	<p>23 10:30- 12:30 Movie &amp; snacks            "A Christmas Carrol"            1:00- 2:00 SG Regrets            2:00 - 3:00 Pictionary or SB</p>	<p>24 <b>Closed for Christmas Eve</b></p> 	<p>25 <b>Closed for Christmas Day</b></p> 	<p>26 10:30-11:00 Quote            11:00- 12:00 Dealing with disappointment            1:00-2:00 Pictionary            2:00-2:45 Spoons or Music</p>	<p>27 10:30- 11:00 Highs n Lows            11:00- 12:00 Karaoke            1:00-2:30 NAMI Connections or puzzles            2:30- 3:00 SB or Corn hole</p>	<b>28 C L O S E D</b>
<b>29 C L O S E D</b>	<p>30 10:30- 11:00 Current events            11:00- 12:00 SG Spirituality            1:00-2:30 SPA day            2:30- 3:00 SB or puzzles</p>	<p>31 10:30- 10:45 Quote            11:00- 12:00 <b>Personal inventory</b>            1:00-2:00 <b>Recovery, first steps</b>            2:00- 3:00 <b>Journaling or SB</b></p>		<p>MS- Morning Stretch            WTD- Word of the day            SB- Skill building            SG- Small groups</p>	<p><b>Decembers theme: Recovery is driven by Hope!</b>  <b>Salem groups are listed in Red from 1-4</b></p>	<b>C L O S E D</b>



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