



# February 2020

Peer Resource and Recovery Center  
 509 Market Street  
 East Liverpool, Ohio 43920  
 330-385-7000  
 www.helpnetworkneo.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>C L O S E D</b>	<p>MS- Morning Stretch            WTD- Word of the day            SB- Skill building            SG- Small Groups            ML- Member lead</p>	<p><b>February theme: Recovery occurs via many pathways</b></p>				<b>1 C L O S E D</b>
<b>2 C L O S E D</b>	<p>310:30-11:00 MS chair exercises            11:00- 12:00- How to find the right counselor            1:00- 2:00 Organizing 101            2:30- 3:00 SB or Computers</p>	<p><b>4</b> 10:30- 11:00 Meditation exercises            11:00 -12:00 <b>Social wellness</b>            1:00- 2:00 <b>Valentine craft</b>            2:00- 3:00- Creative Journaling Sharing</p>	<p><b>5</b> 10:30-11:30 SG- Pathways to recovery            11:30- 11:45 Break            11:45 -12:00 Announcements            12:30-2:00 PRRC BINGO            2:00- 3:00 Puzzles</p>	<p><b>6</b> 10:30- 11:00 MS- Stretch bands            11:00- 12:00- Regulating mood/emotion            1:00- 2:00- Paint pour picture frames            2:00- 3:00 SB or Journaling</p>	<p><b>7</b> 10:30-11:15 Dandelion story            11:15- 12:00 Karaoke            1:00- 2:30 NAMI Connections or puzzles            2:30-3:00 SB or Xbox-Kinetics</p>	<b>8 C L O S E D</b>
<b>9 C L O S E D</b>	<p><b>10</b> 10:30-11:30 SG - Resistance            11:30-12:00 Fast fitness            1:00-2:00 Left, Right, Center            2:00-3:00 Corn hole competition or SB</p>	<p><b>11</b> 10:30- 11:00 WTD            11:00- 12:00 <b>Nutritional path</b>            1:00- 2:00 <b>Culture counts</b>            2:00- 3:00 Family Feud or Sequence</p>	<p><b>12</b> 10:30-1:30 Lunch n Fun with Maureen "Kindness counts"            1:30-2:30 Team trivia challenge or Puzzles            2:30-3:00 SB or computers</p>	<p><b>13</b> 10:30-10:45 Shadow boxing            10:45-11:00 WTD            1:00-2:00 Loving behaviors            1:00-2:30 Card making            2:30-3:00 SB or creative journaling</p>	<p><b>14</b> 10:30- 11:15 Chair hockey            11:15- 12:00 Sweet treat taste testing &amp; ML group            1:00-2:30 NAMI Connections            2:30- 3:00 SB or Music</p>	<b>15 C L O S E D</b>
<b>16 C L O S E D</b>	<p><b>17</b> 10:30- 11:30 SG- Check In- Emotional awareness            11:30- 12:00 WTD            1:00- 2:00 Pictionary            2:00-2:45 SB - goals</p>	<p><b>18</b> 10:30-11:00 Quote            11:00-12:00 <b>Anger distortions</b>            1:30-2:30- <b>Calming tips</b>            2:30- 3:00 SB computers</p>	<p><b>19</b> 10:30-11:30 SG-Positive Peer Feedback            11:30-12:00- Quote            1:00-2:00 Peer Support path            2:30- 3:00 SB or computers</p>	<p><b>20</b> 10:30-11:00 Thankful Thursday            10:45-11:00 WTD            11:00-12:00 Giving back- Volunteer path activity            1:00-2:00 Clinical pathway            2:00-3:00 SB reading</p>	<p><b>21</b> 10:30- 11:15 Highs n Lows            11:00- 12:00 Karaoke or ML small group            1:00-2:30 NAMI Connections            2:00- 3:00 SB or bowling</p>	<b>22 C L O S E D</b>
<b>23 C L O S E D</b>	<p><b>24</b> 10:30-11:15 Mind set Monday            11:15-12:00- Current events            1:00- 2:30 SPA Day            2:30- 3:00 SB or Music</p>	<p><b>25</b> 10:30- 10:45 Zen meditation            10:45-11:00 Break            11:00- 12:00- <b>Self medicating BINGO (Salem only)</b>            1:00- 2:30 Brain teasers</p>	<p><b>26</b> 10:30-11:00 Announcements            11:00-12:00 Cooking with Glo            1:00- 2:00 The price is right            Budgeting            2:00-3:00 SB or computers</p>	<p><b>27</b> 10:30- 11:00 Community resources            11:00- 12:00 DBT skills            1:00- 2:00 Spiritual path (sharing)            2:00- 3:00 Creative Journaling            Or SB</p>	<p><b>28</b> 10:30- 11:00 Walk  <b>11:00-1:30 PRRC Bowling outing (must sign up by 2-7)</b>            1:30- 2:30 Highs N lows            2:30- 3:00 Clean up</p>	<b>29 C L O S E D</b>



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**Please Note: The East Liverpool topics highlighted in Red are the same as those offered in Salem location starting at 1PM**