



March 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
C L O S E D	2 10:30-11:00 Stretch bands 11:00- 12:00 SG Dandelion 1:00- 2:30 Learning styles 2:00- 3:00 SB or team building	3 10:30- 11:00 Zen Meditation 11:00-12:00 Mind, Body & Spirit 1:00-2:00 Help in hobbies 2:00- 3:00 SB or computers	4 10:30-11:30 SG- Check In 11:30- 12:00 Quote 12:30- 2:15 PRRC BINGO 2:15- 3:00 Music by request	5 10:30-10:45 MS member lead 10:45- 11:30 Thankful Thursday 11:30- 12:00 Quote 1:00-2:00 Pot of gold- craft 2:00- 3:00 Puzzles or SB	6 10:30- 11:00- Corn hole 11:00 -12:00 Highs n Lows 1:00- 2:30 NAMI Connections or journaling 2:00-3:00 SB or Trivia	7 C L O S E D
8 C L O S E D	9 10:30-11:00 Current events 11:00-12:00 SG Boundaries 1:00- 2:00 SG- Habits 2:30- 3:00 SB or music	10 10:30- 11:00 Mindful meditation 11:00- 12:00 Identifying Toxic relationships 1:00 -2:00 Craft banner 2:00- 2:45 Puzzles or music	11 10:30- 1:30 Lunch N fun "Building and earning trust" With Georgia Smith 1:30- 2:30- Team building Spoons or Pictionary 2:30-3:00 SB or computers	12 10:30- 11:00 Music speaks 11:00- 12:00 Mentors & mentoring 1:00- 2:00 Jewelry making craft 2:00- 3:00 SB or music	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	14 C L O S E D
15 C L O S E D	16 10:30-11:00 Stretch bands 11:00- 12:00 SG- Personality types 1:00-2:00 St Patrick's day craft (Hat) 2:00-3:00- SB or Music	17 10:30-11:00 Deep breathing 11:00- 12:00 Dealing with emotions 1:00- 2:00The price is right budgeting 2:00- 3:00 SB or 1 on 1	18 10:30- 11:00 WTD 11:00- 12:00 Help Network resources 1:00- 2:00HN - Jeopardy 2:00- 3:00 Journaling or SB	19 Closed for Saint Patrick's Day party	20 10:30- 11:15 Highs N lows 11:15-12:00 Coffee social ML group discussion 1:00- 2:30 NAMI Connections or journaling 2:30- 3:00 Music or SB	21 C L O S E D
22 C L O S E D	23 10:30- 11:00 Chair hockey 11:00-12:00 SG – Building friendships 1:00- 2:00 Spirituality sharing 2:00 - 3:00 Pictionary or SB	24 10:30- 12:30 Movie & Snacks " Mrs. Doubtfire " 1:00- 2:00 Family ties 2:00- 3:00 SB or puzzles	25 10:30-11:00 Quote 11:00- 12:00 Cooking with Glo (lunch provided) 1:00-2:00 Paint & sip (lemonade) 2:00- 3:00 Cards or music	26 10:30-11:00 Walk or MS 11:00- 12:00 OCD 101 1:00-2:00 Go fly a kite 2:00-2:45 Art or SB	27 10:30- 11:10 Highs n Lows 11:10- 12:00 Karaoke 1:00-2:30 NAMI Connections or puzzles 2:30- 3:00 SB or Corn hole	28 C L O S E D
29 C L O S E D	30 10:30- 11:00 MS chair 11:00- 12:00 SG- Calming techniques 1:00-2:30 SPA day 2:30- 3:00 SB or puzzles	31 10:30- 11:00 Quote 11:00- 12:00 Calendar skills 1:00-2:00Spirituality sharing 2:00- 3:00 Journaling prompt		MS- Morning Stretch WTD- Word of the day SB- Skill building SG- Small groups	March's theme: Recovery Is Holistic	C L O S E D



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