



July 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	July's Theme: Recovery is supported by addressing trauma	MS- Morning stretch WTD- Word of the Day SB- Skill building ML- Member led	1 10:30- 10:50 Fast fitness ML 11:00- 12:00-Conflict resolution- Role play 12:30-2:00 PRRC BINGO 2:00-3:00 VG Erica	2 10:30- 11:00 Walk or MS 11:00- 12:00 Service projects 12:30- 2:00 PRRC BINGO 2:30- 3:00 VG Karen	3 Closed due to Holiday	4 C L O S E D
5 C L O S E D	6 10:30-11:00 Current events 11:00-12:00 Types of therapy 1:00- 2:00 Family Feud 2:00- 3:00 VG Alex	7 10:30- 11:00 Quote 11:00- 12:00 Aptitude test 1:00 -2:00 Team building trivia 2:00- 3:00 VG Beth	8 10:30- 11:00 Quote 11:00- 12:00 Trauma informed 1:00- 2:00 Lets make a deal 2:00-3:00 VG Erica	9 10:30- 10:45 WTD 10:45- 11:45 Around town outing or journaling 1:00- 2:00 Butterfly craft 2:00- 3:00 VG Karen	10 10:30- 11:00 Dandelion 11:00-12:00 Lemonade social 12:30-2:00 NAMI Connections Video posted	11 C L O S E D
12 C L O S E D	13 10:30-11:00 Chair exercise 11:00- 12:00 Passive aggressive? 1:00-2:00 SG- check In 2:00-3:00- VG- Alex	14 10:30-11:00 Deep breathing 11:00- 12:00 Building trust 1:00 – 2:00 Outdoor safety tips 2:00- 3:00 VG Beth	15 (PRRC at Firestone) 10:30- 1:30 Lunch N fun "Rest, Relaxation and Recreation" with Bob Dunn At Firestone park	16 10:30-11:00 Relaxation techniques 11:00--12:00 Assertiveness 1:00-2:00 window painting 2:00-3:00 VG Karen	17 10:30- 11:10 Highs n lows 11:00- 12:00 Karaoke or Group discussion 12:30- 2:00 NAMI Connections Video posted	18 C L O S E D
19 C L O S E D	20 10:30- 11:00 Stretch bands 11:00- 12:00 Bi- Polar 1 & 2 1:00- 2:00 MH Jeopardy 2:00- 3:00 VG- Alex	21 10:30-10:45 WTD 10:45-11:00 Quote 11:00- 12:00 Spirituality 1:00- 2:00 Nutrition for energy 2:00-3:00 VG Beth	22 10:30-11:00 Fast fitness ML 11:00- 12:00 Cooking lesson 1:00-2:30 Hygiene helpers Or Sports talk 2:00-3:00 VG stress management	23 10:30-11:00 Stretch bands 11:00-12 Protecting your identity 1:00-2:00 Sea crafts 2:00-3:00 VG- Coping skills	24 10:30- 11:10 Highs N Lows 11:10- 12:00 Lemonade social Corn hole competition 12:30- 2:00 NAMI Connections Video posted	25 C L O S E D
26 C L O S E D	27 10:30- 11:00 Fast fitness 11:00- 12:00 Emotions 1:00-2:30 corn hole competition 2:00- 3:00 VG- Check in	28 10:30-10:45 relaxation techniques 11:00- 12:00 Friendships 1:00-2:00 Mood changers 2:00-3:00 VG Hope	29 10:30- 11:00 MS bad mitten 11:00- 12:00 DBT skills 1:00- 2:00 SG- Reducing stress 2:00- 3:00 VG- Peace	30 10:30-11:00- Walk 11:00- 12:00 Copying skills for Anxiety 12:00- 1:00 Pot luck 1:00- 2:00 Window decorations 2:00- 3:00 VG frustrations	31 10:30- 11:10 Dandelion 11:00-12:00 Root Beer floats & group discussion 12:30-2:00 NAMI Connections Video posted	C L O S E D