



# July 2020

Peer Resource and Recovery Center  
 785 E State St.  
 Salem, Ohio 44460  
 330-385-7000  
[www.helpnetworkneo.org](http://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	2 2:00-3:00 Personality disorders 3:00-3:15 Break 3:15-4:00 Music breakdown	3	4 C L O S E D
5 C L O S E D	6	7 1:00- 2:00 Avoiding drama 2:00- 2:15 Refreshment break 2:15-3:00 Quote ML 3:00-4:00 Summer Fun	8	9 2:00-2:45 Finding motivation 2:45-3:00 Break 3:00- 4:00 2 little 2 much	10	11 C L O S E D
12 C L O S E D	13	14 1:00- 2:15 Building trust 2:15-2:30 Refreshment break 2:30-4:00 Summer canvas painting	15	16 2:00-2:45 Check in 2:45-3:00 break 3:00- 4:00 Open gym	17	18 C L O S E D
19 C L O S E D	20	21 1:00- 2:00 SMART goals 2:00-2:15 Snack break 2:15- 3:15 Trivia challenge 3:15-4:00 Quote	22	23 2:00- 3:15 Pizza plus topic Pros & Cons of social media 3:15-4:00 Pizza break	24	25 C L O S E D
26 C L O S E D	27	28 1:00-2:00 Communication 2:00-2:15 Break 2:15- 3:00 WTD 3:00- 4:00 Name that tune	29	30 2:00-3:00 Help for social anxiety 3:00-3:15 Break 3:15-4:00 Group art project	31	C L O S E D