

Help Network of North East Ohio
 1344 Fifth Avenue
 Youngstown, Ohio
 330-746-7721 EXT. 410

JULY 2020 COMMUNITY CENTER



A Community of Caring People

Sun Mon Tue Wed Thu Fri Sat



5 Closed	6 12-1 Check In 1-2 Diabetes 2-4 Bingo	7 12-1 Check In 1-2 Anger Management 2-4 X-Box/Leisure	8 12-1 Check In 1-2 Hot Seat 2-2-4 Leisure/Crafts	9 12-1 Check In 1-2 Coping w/ Stress 2-4 Bingo	10 12-1 Check In 1-2 Meditation 2-4 X-Box/Leisure	11 Movie Day
12 Closed	13 12-1 Check In 1-2 Medication Compliance 2-4 Bingo	14 12-1 Check In 1-2 Addictions 2-4 X-Box/Leisure	15 12-1 Check In 1-2 Coping w/ Anxiety 2-4 Leisure/Crafts	16 12-1 Check In 1-2 Good Hygiene 2-4 Bingo	17 12-1 Check In 1-2 Meditation 2-4 X-Box/Leisure	18 Movie Day
19 Closed	20 12-1 Check In 1-2 Coping Skills 2-4 Bingo	21 23 12-1 Check In 1-2 Goal Setting 2-4 X-Box/Leisure	22 12-1 Check In 1-2 AOD 2-4 Leisure/Crafts	23 12-1 Check In 1-2 Sleep Habits 2-4 Bingo	24 12-1 Check In 1-2 Meditation 2-4 X-Box/Leisure	25 Movie Day
26 Closed	27 12-1 Check In 1-2 Affirmations 2-4 Bingo	28 12-1 Check In 1-2 Boundaries 2-4 X-Box/Leisure	29 12-1 Check In 1-2 Coping w/ Grief 2-4 Leisure/Crafts	30 12-1 Check In 1-2 Social Media 2-4 Bingo	31 12-1 Check In 1-2 Meditation 2-4 X-Box/Leisure	*DUE TO COVID-19 MUST CALL 1 WEEK PRIOR TO SCHEDULE 330-746-7721 ext