



August 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	3 10:30-11:00 Current events 11:00- 12:00 Signs of a healthy relationship 1:00- 2:00 Corn hole competition	4 10:30-11:00 Quote ML 11:00-12:00 Dealing with Bi-polar, yourself or others 1:00-2:00 "Scene it"	5 10:30- 11:00 Fast fitness 11:00-12:00 Respect for self & others 12:45- 2:00 PRRC BINGO	6 10:30- 11:00 Meditation 11:00-12:00 Positive thinking 12:45-2:00 PRRC BINGO	7 10:30-11:00 Dandelions 11:00-12:00 Karaoke & refreshments 12:30-2:00 NAMI connections	8 C L O S E D
9 C L O S E D	10 10:30-11:00 Yoga 11:00- 12:00 How to connect with people 1:00- 2:00 Jeopardy	11 10:30- 11:00 Walk or MS 11:00 -12:00 Coping skills for depression 1:00- 2:00- Technology & Peer Support	12 10:30-11:00 Fast fitness 11:00-12:00 The difference, between: presentations, groups and counseling 1:00-2:00 Let make a deal	13 10:30-11:00 WTD 11:00-12:30 Tie dye shirts with Lee 1:00- 2:00 Productive ways to deal with anger	14 10:30-11:00 Highs n lows 11:00-12:00 Karaoke or group discussion 12:30-2:00 NAMI Connections	15 C L O S E D
16 C L O S E D	17 10:30-10:50 WTD 11:00- 12:00 Taking responsibility 1:00-2:00 OCD	18 10:30-11:00 Deep breathing 11:00- 12:00 Family support 1:00- 2:00 Trivia Challenge	19 10:30-1:30 Lunch N fun "Mood for Food" With Bob Dunn (must sign up by 8/12) 1:30-2:00 Trivia challenge	20 10:30-10:50 WTD 11:00-12:00 Protecting your identity (Wood Forest bank) 1:00-2:00 Bird house craft	21 10:30- 11:00 Highs N Lows 11:00-12:00 Lemonade Social, group discussion 12:30-2:00 NAMI Connections	22 C L O S E D
23 C L O S E D	24 10:30- 11:30 Stretch bands 11:00-12:00 Cooking lesson 1:00- 2:00 "Scene it"	25 10:30-11:00 Deep Breathing 11:00-12:00 Spiritual resources 1:30-2:30- Pictionary	26 10:30-1:30 Lunch & Fun "Mood for Food" with Maureen & Erica (must sign up by 8/19) 1:30- 2:00 music by request	27 10:30-10:45 Walk 10:45-11:00 WTD 11:00-12:00 False guilt part 2 1:00-2:00 Art & crafts with Lee	28 10:30- 11:00 Highs n Lows 11:00- 12:00 Karaoke or journaling 12:30-2:00 NAMI Connections	29 C L O S E D
30 C L O S E D	31 10:30-11:00 Current events 11:00- 12:00 Self Love 1:00- 2:00 Hygiene tips			<i>August Theme: Recovery involves individual, family and community strengths and responsibility</i>		C L O S E D