



August 2020

Peer Resource and Recovery Center
 785 E State Street
 Salem, Ohio 44460
 330-385-7000
www.helpnetworkneo.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------|-----|--|-----|--|--|----------------------------------|
| C L O S E D | 3 | 4 1:00- 2:00 Reducing depression symptoms 2:00-2:30 Coffee & snacks 2:30- 3:00 Quote 3:00- 4:00 Bird housecraft | 5 | 6 2:00- 2:30 My Journey 2:30- 2:45 break 3:00- Get to know you game | 7 | 8 C L O S E D |
| 9 C L O S E D | 10 | 11 1:00- 1:30 Quote 1:30-2:30 Juicing for health 2:30- 2:45 break & snack 3:00- 4:00 Personal coping skills list | 12 | 13 2:00 -2:45 Finding strengths 2:45-3:00 break 3:00-3:15 Competition announcements 3:15- 4:00 -Autism awareness | 14 | 15 C L O S E D |
| 16 C L O S E D | 17 | 18 1:00 2:00 Types of therapy 2:00- 2:30 Snack break 2:30- 3:30 Jeopardy 3:30- 4:00 Quote | 19 | 20 2:00-2:45 Check In 2:45-3:00 Break 3:00- 4:00 Open Gym Basketball or Bad mitten | 21 | 22 C L O S E D |
| 23 C L O S E D | 24 | 25 1:00- 2:00 Calming techniques (Lemonade) 2:30-3:00 3:00- 4:00 BINGO | 26 | 27 2:00- 3:15 Pizza Plus topic "Self -acceptance & Self Esteem 3:15- 4:00 Pizza break | 28 | 29 C L O S E D |
| 30 C L O S E D | 31 | | | Due to Coronavirus we are limited to the number of people we can have in a group. Please call ahead to schedule for in person services. Thank you! | Tuesday group open from 1-4 Open to anyone 18 years and older (call to schedule) Thursday young adults from 2-4 ages 18-29 Call to schedule 330- 385-7000 | C L O S E D |