



September 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	September's Theme: Recovery is based on respect	1 10:30-11:00 Balloon bad mitten 11:00- 12:00 Learning styles 1:00- 2:00 Corn hole competition	2 10:30- 10:50 Fast fitness ML 11:00- 12:00-Respecting yourself and others 12:30-2:00 PRRC BINGO	3 10:30- 11:00 Guided meditation 11:00- 12:00 Entitlement 12:30- 2:00 PRRC BINGO	4 10:30-11:00 WTD 11:00-12:00 Karaoke or group discussion 12:30- 2:00 NAMI Connections	5 C L O S E D
6 C L O S E D	Closed due to Labor day holiday	8 10:30- 11:00 Mindful meditation 11:00- 12:00 Sleep hygiene 1:00 -2:00 Team building trivia	9 10:30- 11:00 Quote 11:00- 12:00 Conflict resolution- Role play 1:00- 2:00 Lets make a deal	10 10:30- 10:45 WTD 11:00- 12:00 Suicide awareness 1:00- 2:00 Crafts with Lee	11 10:30- 11:00 Dandelion 11:00-12:00 Coffee social ML quotes 12:30-2:00 NAMI Connections	12 C L O S E D
13 C L O S E D	14 10:30-11:00 Chair exercise 11:00- 12:00 Talents and abilities in recovery 1:00-2:00 Medication tips	15 10:30-11:00 Deep breathing 11:00- 12:00 Developing healthy habits 1:00 – 2:00 Peace and Hope	16 10:30- 1:30 Lunch N fun "Dealing with Diagnosis" with Georgia Smith 1:30- 2:00 Music by request	17 10:30-11:00 Relaxation techniques 11:00--12:00 Money Smart 1:00-2:00 Crafting with Lee	18 10:30- 11:10 Highs N Lows 11:00- 12:00 Karaoke or Group discussion 12:30- 2:00 NAMI Connections Or music	19 C L O S E D
20 C L O S E D	21 10:30- 11:00 Stretch bands 11:00- 12:00 Self compassion 1:00- 2:00 Jeopardy	22 10:30-10:45 Walk or quote 11:00-12:00 Relationship skills 1:00- 2:00 Organizing hacks	23 10:30-1:30 Lunch N Fun "Dealing with Diagnosis" with Karen Mercer 1:30- 2:00 Trivia	24 10:30-11:00 Stretch bands 11:00-12:00 DBT skills 1:00-2:00 Crafts with Lee Calming bottles	25 10:30- 11:10 Highs N Lows 11:10- 12:00 Coffee social group discussion 12:30- 2:00 NAMI Connections	26 C L O S E D
27 C L O S E D	28 10:30- 11:00 Fast fitness 11:00- 12:00 Emotions 1:00-2:30 Tie Dye	29 10:30-10:45 Relaxation techniques 11:00- 12:00 Getting unstuck 1:00-2:00 Group paint pour project	30 10:30- 11:00 WTD 11:00- 12:00 Cooking lesson 1:00- 2:00 Hygiene tips and tricks			C L O S E D