



# 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 1:00-2:00 Respecting boundaries 2:00-2:15 snack break 2:15-3:00 Positive affirmations 3:00-4:00 Pinch pots	2	3 2:00-3:00 Anxiety disorders 3:00-3:15 Break 3:15-4:00 Music breakdown	4	5 C L O S E D
6 C L O S E D	7	8 1:00- 2:00 Suicide awareness 2:15- 2:30 Snack break 2:15-3:00 Quote 3:00-4:00 Moving on	9	10 2:00-2:45 Suicide awareness 2:45-3:00 Break 3:00- 4:00 Improv	11	12 C L O S E D
13 C L O S E D	14	15 1:00- 2:15 Having balance 2:15-2:30 Snack break 2:30-4:00 Confidence boosters	16	17 2:00- 3:00 Pizza plus topic "Self-awareness- Keeping it real 3:15-4:00 Pizza break & competition winner announced	18	19 C L O S E D
20 C L O S E D	21	22 1:00- 2:00 Anger issues 2:00-2:15 Snack break 2:15- 3:30 Relaxation technique	23	24 2:00- 2:45 EA check In 2:45-3:00 Break 3:00- 4:00 Open gym	25	26 C L O S E D
27 C L O S E D	28	29 1:00-2:00 Peaceful thinking 2:00-2:15 Break 2:15-3:00 WTD 3:00- 4:00 PRRC BINGO	30		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