

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






# October 2020

## COMMUNITY CENTER



A Community of Caring People

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

				<b>1</b> 12PM Check-In 1PM effects of caffeine 2:30 <b>BINGO!</b>	<b>2</b> 12PM Check-In 1PM Meditation 2:30 Leisure	<b>3</b> 
				<b>4</b> Closed	<b>5</b> 12PM Check-In 1PM Staying Positive 2:30 <b>BINGO!</b>	<b>6</b> 12PM Check-in 1PM Seasonal Affective Disorder 2:30 Leisure
<b>11</b> Closed	<b>12</b> 12PM Check-In 1PM Anger Mgmt.	<b>13</b> 12PM Check-in 1PM Mindful Eating 2:30 Leisure	<b>14</b> 12PM Check-In 1PM Favorite's Day 2:30 Leisure	<b>15</b> 12PM Check-In 1PM Safe Sex 2:30 <b>BINGO!</b>	<b>16</b> 12PM Check-In 1PM Meditation 2:30 Leisure	<b>17</b> 
<b>18</b> Closed	<b>19</b> 12PM Check-In 1PM Deal Breakers 2:30- <b>BINGO!</b>	<b>20</b> 12PM Check-in 1PM Asthma 2:30 Leisure	<b>21</b> 12PM Check-In 1PM Depression 2:30 Leisure	<b>22</b> 12pm Check-In 1PM effects of caffeine 2:30 <b>BINGO!</b>	<b>23</b> 12PM Check-In 1PM Mediation 2:30 Leisure	<b>24</b> 
<b>25</b> Closed	<b>26</b> 12PM Check-In 1PM Boundaries 2:30 <b>BINGO!</b>	<b>27</b> 12PM Check-In 1PM Arthritis 2:30 Leisure	<b>28</b> 12PM Check-In 1PM Relaxation 2:30 Leisure	<b>29</b> 12pm Check-In 1PM Effects of smoking 2:30 <b>BINGO!</b>	<b>30</b> 12pm Check-In 1PM Meditation 2:30 Leisure	<b>31</b> 