









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

May 2021

COMMUNITY CENTER



A Community of Caring People

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Closed</i>
2 <i>Closed</i> 	3 12PM <i>Check-In</i> 1PM <i>Healthy Relationships</i> 2:30 BINGO!	4 12PM <i>Check-in</i> 1PM <i>Anxiety</i> 2:30 <i>Leisure</i>	5 12PM <i>Check-in</i> 1PM <i>Coping Skills</i> 2:30 <i>Leisure</i>	6 12PM <i>Check-In</i> 1PM <i>Personal Safety</i> 2:30 BINGO!	7 12PM <i>Check-In</i> 1PM <i>Meditation</i> 2:30 <i>Leisure</i>	8 <i>Closed</i> 
9 <i>Closed</i> 	10 12PM <i>Check-In</i> 1PM <i>Emotional Intelligence</i> 2:30 BINGO!	11 12PM <i>Check-in</i> 1PM <i>AOD</i> 2:30 <i>Leisure</i>	12 12PM <i>Check-In</i> 1PM <i>Depressed Mood</i> 2:30 <i>Leisure</i>	13 12PM <i>Check-In</i> 1PM <i>Social Self-Care</i> 2:30 BINGO!	14 12PM <i>Check-In</i> 1PM <i>Meditation</i> 2:30 <i>Leisure</i>	15 <i>Closed</i> 
16 <i>Closed</i> 	17 12PM <i>Check-In</i> 1PM <i>Personal Growth</i> 2:30 BINGO!	18 12PM <i>Check-in</i> 1PM <i>Coloring Contest</i> 2:30 <i>Leisure</i>	19 12PM <i>Check-In</i> 1PM <i>Stress Relief</i> 2:30 <i>Leisure</i>	20 12pm <i>Check-In</i> 1PM <i>Physical Self-Care</i> 2:30 BINGO!	21 12PM <i>Check-In</i> 1PM <i>Meditation</i> 2:30 <i>Leisure</i>	22 <i>Closed</i> 
23 Memorial Day 	24 12PM <i>Check-In</i> 1PM <i>Personal Growth Review</i> 2:30 BINGO!	25 12PM <i>Check-in</i> 1PM <i>Resolving Conflict</i> 2:30 <i>Leisure</i>	26 12PM <i>Check-in</i> 1PM <i>Relaxation Day</i> 2:30 <i>Leisure</i>	27 12pm <i>Check-In</i> 1PM <i>Emotional Self-Care</i> 2:30 BINGO!	28 12PM <i>Check-In</i> 1PM <i>Meditation</i> 2:30 <i>Leisure</i>	29 <i>Closed</i>
30 <i>Closed</i> 	31 MEMORIAL DAY 12PM <i>Check-In</i> 1PM <i>Open Topic</i> 2:30 BINGO!	