



Help Network of Northeast Ohio

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>September's theme: Living with purpose</i></p>		1	2	3
		10:30-11:00 Quote 11:00- 12:00 Sensitivity & awareness 12:30- 1:45 PRRC BINGO 2:00-3:00 Family Feud	10:30-10:45 Guided meditation 11:00-12:00 DBT skills 1:00-2:00 Member led craft 2:15-3:00 Name 5 or UNO	10:30-12:00 PRRC Race way competition 12:30- 2:00 NAMI Connections 2:00-3:00 Puzzles or sequence Jersey day!
6	7	8	9	10
<p>Closed for Labor Day holiday</p>	10:30-11:00 Current events 11:00-12:00 Sticking to your goals 1:00- 2:00 Price is right budgeting 2:10-3:00 Brain teasers	10:30-11:00 Stretch-bands 11:00-12:00 Finding Personal Purpose 1:00-2:00 Clip chat 2:10- 3:00 Inspiration boards or Journaling	10:30-11:00 WTD 11:00-12:00 Social skills 101 1:00-2:00 Social Skills Jeopardy 3:00 Music by request	10:30-11:30 World Suicide Prevention Day 11:30-12:00 1:00-2:00 Corn hole Competition, & golf Jersey Day!!
13	14	15	16	17
10:30-11:00 Clip chat 11:00-12:00 Importance of daily routine 1:00-2:00-Jeopardy 2:10-3:00 SPA Day!	10:30-11:00 Deep breathing 11:00- 12:00 Disclosure 1:00-2:30 Group Art Project or puzzles 2:30-3:00 Music	10:30-1:30 Lunch N Fun "Creative outlets in Recovery" with Georgia 1:30-2:00 Takeaways 2:10-3:00 Trivia crack	10:30-11:00 Relaxation techniques 11:00-12:00 Planning ahead 1:00-2:00 Sand art 2:10-3:00 Journaling	10:30-11:00 Clip chat 11:00-12:00 Karaoke or group discussion 12:30-2:00 NAMI Connections 2:10- 3:00 Sports talk Jersey Day!!
20	21	22	23	24
10:30-11:00 Walk or MS 11:00-12:00 Mind body connection 1:00-2:00 Scene It (team building) 2:10- 3:00 Basic needs	10:30-12:30 Movie & snacks "Simon Birch" 1:00-2:00 Purpose 2:00-3:00 sequence or puzzles	10:30-11:00 WTD 11:00-12:00 My Journey (speaker) 1:00-2:00 Personal values 2:15-3:00 Game of chance or music	10:30-11:00 Guided meditation 11:00-12:00 Enabling 1:00-2:00 Lets make a deal 2:10-3:00 Wellness wheel	10:30-11:10 Highs N lows 11:00-12:00 UNITY group 1:00-2:00 PRRC BINGO 2:00-3:00 KARAOKE Jersey day
27	28	29	30	
10:30-11:00 Current events 11:00-12:00 Dealing with Judgement 1:00-2:30 SPA Day! 2:30-3:00 Aroma therapy	10:30-11:00 Stretch bands 11:00-12:00 Imposter syndrome 1:00-2:30 Group art project or brain teasers	10:30-11:00 WTD 11:00- 12:00 Cooking with Glo 1:00- 2:00 Over coming insecurities 2:10- 3:00 Confidence boosters	10:30-11:00 WTD 11:00-12:00 Boundary management 1:00-2:00 DBT skills 2:10-3:00 Uno or spoons	

