



# September 2021

Help Network of Northeast Ohio

| Monday                                    | Tuesday  | Wednesday | Thursday   | Friday                             |
|---|--|-----------|--|------------------------------------|
| September's theme:<br>Living with purpose |  | 1         | 2<br>2:00-3:00 Inspiration<br>through interests<br>2:45-3:00 Break<br>3:00-4:00 Giving back<br>(Volunteer<br>opportunities)              | 3                                  |
| 6   | 7<br>1:00-2:00 Nutrition<br>with OSU<br>2:30- 3:00 break & walk<br>3:00- 4:00 Wellness<br>wheel                | 8         | 9<br>2:00-2:45 Suicide<br>awareness- memorial<br>2:45-3:00 Break<br>3:00-4:00 Wheel of<br>personal knowledge                             | 10                                 |
| 13  | 14<br>1:00-2:00 Finding your<br>purpose<br>2:00-2:20 Break<br>2:20-3:00 Check in<br>3:00-4:00 Jeopardy         | 15        | 16<br>2:00-3:00 Open gym<br>2:45-3:00 Break<br>3:00-4:00 Highs N lows  | 17                                 |
| 20  | 21<br>1:00-2:00 Prioritizing<br>2:00- 2:20 Break<br>2:20-3:00 WTD<br>3:00-4:00 Boundaries                      | 22        | 23<br>2:00-3:15 Pizza Plus<br>"Exploring your<br>potential: The workforce<br>& college with Jennifer<br>Strunk<br>3:30-4:00 Pizza social | 24                                 |
| 27  | 28<br>1:00- 2:00 Building self<br>confidence<br>2:00-2:30- Break & walk<br>2:30-3:00- Quote<br>3:00-4:00 BINGO | 29        | 30<br>2:00-3:00- Talents &<br>hobbies in recovery<br>3:00- 4:00 Community<br>resources   | <i>Suicide<br/>awareness month</i> |



