












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

JANUARY 2022

COMMUNITY CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Closed 	3 12pm Check-In 1pm Goal Setting 2:30 BINGO!	4 12pm Check-in 1pm Depression 2:30 Leisure	5 12pm Check-in 1pm Bullying 2:30 Leisure	6 12pm Check-In 1pm Vince Lisi Meditation/ BINGO! 2:30 NAMI	7 12pm Check-In 1pm Meditation 2:30 Leisure	1 Closed <i>New Year's Day</i> 
9 Closed	10 12pm Check-in 1pm Strength Based 2:30 BINGO!	11 12pm Check-in 1pm Dealing w/ Anxiety 2:30 Leisure	 12 12pm Check-In 1pm Ohio Means Jobs 2:30 Leisure	13 12pm Check-In 1pm BINGO! 2:30 NAMI	14 12pm Check-In 1pm Meditation 2:30 Leisure	15 Open 
16 Closed 	17 12pm Check-In 1pm Dr. Smith 2:30 BINGO!	18 12pm Check-in 1pm HOT SEAT! 2:30 Leisure	 19 12pm Check-In 1pm Deal Breakers 2:30 Leisure	20 12pm Check-In 1pm BINGO! 2:30 NAMI	21 12pm Check-In 1pm Meditation 2:30 Leisure	22 Open
23 Closed	 24 12pm Check-In 1pm Self-Esteem 2:30 BINGO!	25 12pm Check-in 1pm Emotion Check 2:30 Leisure	26 12pm Check-in 1pm Addiction 2:30 Leisure	27 12pm Check-In 1pm BINGO! 2:30- NAMI	 28 12pm Check-In 1pm Meditation 2:30 Leisure	29 Open 
30 Closed 	31 12pm Check-In 1pm Dr. Smith 2:30 BINGO!	 <p><i>Happy New Year 2022</i></p>				

