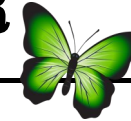





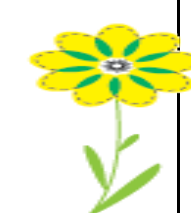



Help Network NEO
 1344 Fifth Avenue
 Youngstown, Ohio
 330-746-7721 Ext. 410

May 2022

COMMUNITY CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed 	2 12pm Check-in 1pm BINGO! 2pm Healthy Recipe	3 12pm Check-in 1pm Mercy Health 2:30 Journaling	4 12pm Check-in 1pm Substance Use 2:30pm Leisure	5 12pm Check-In 1pm OSU Nutrition 2:30pm NAMI	6 12pm Check-In 1pm Humor Helps 2pm Bingo!	7 Open/Leisure 12-4pm Mother's Day
8 Closed	9 12pm Check-in 1pm BINGO! 2:30pm Create an Email Day	10 12pm Check-in 1pm Affirmations 2:30pm Journaling	11 12pm Check-In 130pm Ohio Means Jobs 2pm Meditation w/ <i>Mr. Lisi</i>	12 12pm Check-In 1pm OSU Nutrition 2:30pm NAMI	13 12pm Check-In 1pm Anxiety 2pm Bingo! 3pm Zoom Meet	14 Open/Leisure 12-4pm
15 Closed	16 12pm Check -in 1pm BINGO! 2:30pm Balancing Stress	17 12pm Check-in 1pm Journaling 2:30pm Eastern Gate-way	18 12pm Check-In 1pm AOD 2:30pm Leisure	19 12pm Check-In 1pm OSU Nutrition 2:30pm NAMI	20 12pm Check-In 1pm Yoga 2pm Bingo! 3pm Zoom Meet	21 Open/Leisure 12-4pm
22 Closed 	23 12pm Check-In 1pm BINGO! 2:30pm Personal Hygiene	24 12pm Check-in 1pm SMART Goals 2:30pm Journaling	25 12pm Check-in 1pm Addictions 2:30pm Leisure	26 12pm Check-In 1pm MCMHRB Luncheon 2:30pm- NAMI	27 12pm Check-In 1pm Positivity 2pm Bingo! 3pm Zoom Meet	28 Open/Leisure 12-4pm 
29 Closed	30 12pm Check-In 1pm BINGO! 2:30pm Self-Improvement Happy Memorial Day	31 12pm Check-in 1pm Communications 2:30pm Journaling				

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