

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



# June 2022

## COMMUNITY CENTER



A Community of Caring People

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>hey june</i>		<b>1</b> 12PM Check-In 1PM <b>HOT SEAT</b> 2:30 Leisure	<b>2</b> 12PM Check-In 1PM <b>Meditation/ Mr Lisi</b> 2:30 <b>NAMI!</b>	<b>3</b> 12PM Check-In 1PM <b>Smoking</b> 2PM <b>BINGO!</b> 3PM Zoom Meet	<b>4</b> Open 12-4 Leisure
<b>5</b> Closed	<b>6</b> 12PM Check-In 1PM <b>Time Management</b> 2PM <b>BINGO!</b>	<b>7</b> 12PM Check-In 1PM <b>Mercy Health</b> 2:30 <b>Journaling</b>	<b>8</b> 12PM Check-In 2PM <b>Ohio Means Jobs</b> 3PM Leisure	<b>9</b> 12PM Check-In 1PM <b>Favorite's Day</b> 2:30 <b>NAMI!</b>	<b>10</b> 12PM Check-In 1PM <b>Destressing</b> 2PM <b>BINGO!</b> 3PM Zoom Meet	<b>11</b> Open 12-4 Leisure
<b>12</b> Closed	<b>13</b> 12PM Check-In 1PM <b>Tai Chi Warmup</b> 2PM <b>BINGO!</b>	<b>14</b> 12PM Check-In 1PM <b>Community Involvement</b> 2:30 <b>Journaling</b>	<b>15</b> 12PM Check-In 1PM <b>Addictions</b> 2:30 Leisure	<b>16</b> 12pm Check-In 1PM <b>Peer Support 101</b> 2:30 <b>NAMI!</b>	<b>17</b> 12PM Check-In 1PM <b>Yoga</b> 2PM <b>BINGO!</b> 3PM Zoom Meet	<b>18</b> Open 12-4 Leisure
<b>19</b> <b>Father's Day</b> <b>JUNETEENTH</b>	<b>20</b> 12PM Check-In 1PM <b>Dr. SMITH</b> 2PM <b>BINGO!</b>	<b>21</b> 12PM Check-In 1PM <b>Eastern Gateway</b> 2:30 <b>Journaling</b>	<b>22</b> 12PM Check-In 1PM <b>Positive Reinforcements</b> 2:30 Leisure	<b>23</b> 12pm Check-In 1PM <b>Peer-led Group</b> 2:30 <b>NAMI!</b>	<b>24</b> 12PM Check-In 1PM <b>Panic Attacks</b> 2PM <b>BINGO!</b> 3PM Zoom Meet	<b>25</b> Open 12-4 Leisure
<b>26</b> Closed	<b>27</b> 12PM Check-In             1PM <b>True Healing</b> 2PM <b>BINGO!</b>	<b>28</b> 12PM Check-In 1PM <b>Communication Skills</b> 2:30 <b>Journaling</b>	<b>29</b> 12PM Check-In 1PM <b>Dual Diagnosis</b> 2:30 Leisure	<b>30</b> 12pm Check-In 1PM <b>Mental Health Fact Check</b> 2:30 <b>NAMI!</b>		

