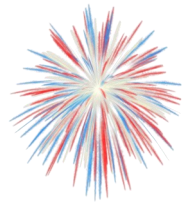


Help Network of North East Ohio
1344 Fifth Avenue
Youngstown, Ohio
330-746-7721 EXT. 410



July 2022

COMMUNITY CENTER



A Community of Caring People

Sun Mon Tue Wed Thu Fri Sat

					1 12PM <i>Check-In</i> 1PM <i>Boundaries</i> 2PM BINGO! 3PM <i>Zoom Meet</i>	2 <i>Open 12-4</i> <i>Leisure</i>
3 <i>Closed</i>	4 CLOSED	5 12PM <i>Check-In</i> 1PM <i>Mercy Health</i> 2:30 PM <i>Journaling</i>	6 12PM <i>Check-In</i> 2PM Ohio Means Jobs 3PM <i>Leisure</i>	7 12PM <i>Check-In</i> 1PM <i>Meditation/</i> Mr. Lisi 2:30 PM NAMI!	8 12PM <i>Check-In</i> 1PM <i>Healthy</i> <i>Relationships</i> 2PM BINGO!	9 <i>Sorry,</i> <i>We are</i> CLOSED
10 <i>Closed</i>	11 12PM <i>Check-In</i> 1PM <i>Tai Chi Warmup</i> 2PM BINGO! 	12 12PM <i>Check-In</i> 1PM <i>Mandalas</i> 2:30 PM <i>Journaling</i>	13 12PM <i>Check-In</i> 1PM <i>Addictions</i> 2:30 <i>Leisure</i> 	14 12pm <i>Check-In</i> 1PM <i>To-Do Lists</i> 2:30 PM NAMI!	15 12PM <i>Check-In</i> 1PM <i>Yoga</i> 2PM BINGO! 3PM <i>Zoom Meet</i>	16 <i>Open 12-4</i> <i>Leisure</i>
17 <i>Closed</i>	18 12PM <i>Check-In</i> 1PM <i>Alcohol &</i> <i>Mental Health</i> 2PM BINGO! 	19 12PM <i>Check-In</i> 1PM Eastern Gateway 2:30 PM <i>Journaling</i>	20 12PM <i>Check-In</i> 1PM <i>Social Cues</i> 2:30 <i>Leisure</i>	21 12pm <i>Check-In</i> 1PM <i>Coping Skills</i> 2:30 PM NAMI!	22 12PM <i>Check-In</i> 1PM <i>Coloring Contest</i> 2PM BINGO! 3PM <i>Zoom Meet</i>	23 <i>Open 12-4</i> <i>Leisure</i>
24 <i>Closed</i> 	25 12PM <i>Check-In</i> 1PM <i>Social Skills</i> 2PM BINGO!	26 <i>Sorry,</i> <i>We are</i> CLOSED	27 12PM <i>Check-In</i> 1PM <i>Dual Diagnosis</i> 2:30 PM <i>Leisure</i> 	28 12pm <i>Check-In</i> 1PM <i>Life Skills</i> 2:30 PM NAMI!	29 12PM <i>Check-In</i> 1PM <i>Staying Active</i> <i>w/ Pain</i> 2PM BINGO! 3PM <i>Zoom Meet</i>	30 <i>Open 12-4</i> <i>Leisure</i>
<i>Closed</i> 31						

