




July 2022

509 Market St. East Liverpool OH.43920, 330-385-7000

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>July: Freedom in recovery</p>			<p>1</p> <p>10:30-11:00 2 little 2 much 11:00-12:00 Lemonade social Group discussion 1:00- 2:00 Ladder ball or golf 2:10-3:00 Music by request</p>
<p>4</p> <p>Closed for 4th of July holiday</p>	<p>5</p> <p>10:30-10:45 Walk 11:00-12:00 Journaling benefits for mood 1:00- 2:00 Budgeting- 2:00-2:45 Brain teasers</p>	<p>6</p> <p>10:30-11:00 Quote 11:00 to 12:00 Bipolar 1 12:30-1:45 PRRC BINGO 2:10-3:00 Pictionary</p>	<p>7</p> <p>10:30-10:50 Stretch bands 11:00-12:00 Behavior addiction 1:00-2:00 Self sabotage 2:10-3:00 Charades or cards</p>	<p>8</p> <p>10:30-10:45 Walk or MS 11:00-12:30 Karaoke 1:00-2:00 Highs N lows 2:10-3:00 Noodle hockey or games</p>
<p>11</p> <p>10:30-11:00 Clip chat 11:00-12:00 Decision making 1:00-2:30 Paint N sip (sign up by 7/5) 2:30-3:00 Uno or journaling</p>	<p>12</p> <p>10:30-11:00 Meditation 11:00-12:00 Focus & concentration 1:00-2:00 Summer fun budgeting 2:10-3:00 Spoons or puzzles</p>	<p>13</p> <p>10:30-11:00 Check In 11:00-12:00 Bipolar 2 1:00-2:00 SPA Day 2:10-3:00 Prize wheel</p>	<p>14</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Cyclothymic disorder 1:00-1:50 DBT skills 2:00-3:00 Price is right</p>	<p>15</p> <p>10:30-11:00 Highs N lows 11:00-12:00 Lemonade social Group discussion 12:45-1:45 BINGO 2:00-3:00 Family feud</p>
<p>18</p> <p>10:30-11:00 Current events 11:00-12:00 Agoraphobia 1:00-2:00 Open Art 2:10-3:00 Music trivia</p>	<p>19</p> <p>10:30-11:00 Meditation 11:00-12:00 Self determination 1:00-2:00 Group art project 2:10-3:00 Name 5</p>	<p>20</p> <p>10:30-1:30 Lunch N Fun "Healing from your past" with Georgia Smith 1:00-2:00 Takeaways 2:15-3:00 Spoons</p>	<p>21</p> <p>10:30-11:00 WTD 11:00-12:00 Supporting others 1:00-2:00 Family Feud 2:10- 3:00 Inspiration boards or music</p>	<p>22</p> <p>10:30-11:00 WTD 11:00-12:00 Karaoke or open mic 12:30-1:45 BINGO 2:30-3:00 cards or trivia</p>
<p>25</p> <p>10:30-11:00 WTD 11:00-12:00 Stopping Self harm 1:00-2:00 SPA Day 2:45-3:00 Scene it</p>	<p>26</p> <p>Closed for Staff Training Day</p>	<p>27</p> <p>10:30-11:00 Clip chat 11:00-12:00 Cooking Lesson 1:00-2:00 Triggers 2:00-3:00 Charades</p>	<p>28</p> <p>10:30-11:00 Walk 11:00-12:00 Signs of grooming 1:00-2:00 Panic attacks 2:10-3:00 Group art project or journaling</p>	<p>29</p> <p>10:30-11:00 Check in 11:00-12:00 Focus group survey 12:30-1:30 Summer smoothies & music 1:30-3:00 Uno or golf</p>

