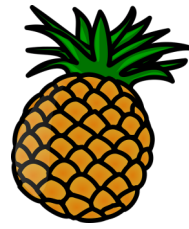







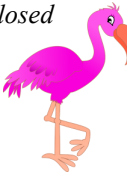
Help Network of North East Ohio
1344 Fifth Avenue
Youngstown, Ohio
(p)330-746-7721 ext. 410
(c) 330-301-1898



August 2022

COMMUNITY CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12PM Check-In 1PM Depression 2PM BINGO!	2 12PM Check-In 1PM Favorites Day 2:30 PM <i>Journaling</i>	3 12PM Check-In 1PM Signs of SUD 2:30 <i>Leisure</i>	4 12pm Check-In 1PM Wellness Day 2:30 PM NAMI!	5 12PM Check-In 1PM MH Bingo 2PM BINGO! 3PM <i>Zoom Meet</i>	6 <i>Open 12-4</i> <i>Leisure</i>
7 <i>Closed</i> 	8 12PM Check-In 1PM Tai Chi Group 2PM BINGO!	9 12PM Check-In 1PM Mercy Health 2:30 PM <i>Journaling</i>	10 12PM Check-In 2PM Ohio Means Jobs 3PM <i>Leisure</i>	11 12PM Check-In 1PM Meditation/ Mr Lisi 2:30 PM NAMI!	12 12PM Check-In 1PM MH Stigma 2PM BINGO!	13 <i>Open 12-4</i> <i>Leisure</i>
14 <i>Closed</i> 	15 12PM Check-In 1PM Stressors +/- 2PM BINGO!	16 12PM Check-In 1PM Hot Seat 2:30 PM <i>Journaling</i>	17 12PM Check-In 1PM Addictions 2:30 <i>Leisure</i>	18 12PM Check-In 1PM Social Cues 2:30PM Member's Choice	19 12PM Check-In 1PM MH Fact vs Myth 2PM BINGO! 3PM <i>Zoom Meet</i>	20 <i>Open 12-4</i> <i>Leisure</i> 
21 <i>Closed</i> 	22 12PM Check-In 1PM Positive Vibes 2PM BINGO!	23 12PM Check-In 1PM 2 Truths 1 Lie 2:30 PM <i>Journaling</i>	24 <i>Community Center</i> <i>Presents</i> ANNUAL SUMMER LAUA 2022	25 12pm Check-In 1PM Affirmations 2:30 PM NAMI!	26 12PM Check-In 1PM Grief 2PM BINGO! 3PM <i>Zoom Meet</i>	27 <i>Sorry,</i> <i>We are</i> CLOSED
28 <i>Closed</i> 	29 12PM Check-In 1PM Perspective 2PM BINGO!	30 12PM Check-In 1PM Friendship 2:30 PM <i>Journaling</i>	31 12PM Check-In 1PM Dual Diagnosis 2:30 PM <i>Leisure</i>	