

**Help Network of North East Ohio**  
**1344 Fifth Avenue**  
**Youngstown, Ohio**  
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# September 2022

## COMMUNITY CENTER



*A Community of Caring People*

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

				<b>1</b> <i>12pm Check-In</i> <i>1PM Meditation/</i> <i>Mr Lisi</i>	<b>2</b> <i>12PM Check-In</i> <i>1PM Hygiene</i> <i>2PM BINGO!</i> <i>3PM Zoom Meet</i>	<b>3</b> <i>Open 12-4</i> <i>Leisure</i> 
<b>4</b> <i>Closed</i> 	<b>5 LABOR DAY</b>  <i>Sorry,</i> <i>We are</i> <b>CLOSED</b>	<b>6</b> <i>12PM Check-In</i> <i>1PM Mercy Health</i> <i>2:30 PM Journaling</i>	<b>7</b> <i>12PM Check-In</i> <i>2PM Ohio Means Jobs</i> <i>3PM Leisure</i>	<b>8</b> <i>12PM Check-In</i> <i>1PM OCD</i> <i>2:30 PM NAMI!</i>	<b>9</b> <i>12PM Check-In</i> <i>1PM Sleep Habits</i> <i>2PM BINGO!</i>	<b>10</b> <i>Open 12-4</i> <i>Leisure</i> 
<b>11</b> <i>Closed</i> 	<b>12</b> <i>12PM Check-In</i> <i>1PM Budgeting</i> <i>2PM BINGO!</i>	<b>13</b> <i>12PM Check-In</i> <i>1PM Brightview</i> <i>2:30 PM Journaling</i>	<b>14</b> <i>12PM Check-In</i> <i>1PM Addictions</i> <i>2:30 Leisure</i>	<b>15</b> <i>12PM Check-In</i> <i>1PM Stress</i> <i>2:30PM Member's</i> <i>Choice</i>	<b>16</b> <i>12PM Check-In</i> <i>1PM Cleaning House</i> <i>2PM BINGO!</i> <i>3PM Zoom Meet</i>	<b>17</b> <i>Open 12-4</i> <i>Leisure</i> 
<b>18</b> <i>Closed</i> 	<b>19</b> <i>12PM Check-In</i> <i>1PM Choices in</i> <i>Recovery</i> <i>2PM BINGO!</i>	<b>20</b> <i>12PM Check-In</i> <i>1PM Boundaries</i> <i>2:30 PM Journaling</i>	<b>21</b> <i>12PM Check-In</i> <i>1PM Tai Chi Warm Up</i> <i>2:30 PM Leisure</i>	<b>22</b> <i>12pm Check-In</i> <i>1PM Healthy Diet</i> <i>2:30 PM NAMI!</i>	<b>23</b> <i>12PM Check-In</i> <i>1PM Self-Awareness</i> <i>2PM BINGO!</i> <i>3PM Zoom Meet</i>	<b>24</b> <i>Open 12-4</i> <i>Leisure</i> 
<b>25</b> <i>Closed</i> 	<b>26</b> <i>12PM Check-In</i> <i>1PM Home Etiquette</i> <i>2PM BINGO!</i>	<b>27</b> <i>12PM Check-In</i> <i>1PM Medications</i> <i>2:30 PM Journaling</i>	<b>28</b> <i>12PM Check-In</i> <i>1PM Anxiety</i> <i>2:30 PM Leisure</i>	<b>29</b> <i>12pm Check-In</i> <i>1PM Social Cues</i> <i>2:30 PM NAMI!</i>	<b>30</b> <i>12PM Check-In</i> <i>1PM Painting</i> <i>2PM BINGO!</i> <i>3PM Zoom Meet</i>	

