

October 2022



Help Network NEO **Open Mon-Sat 12-4pm**
Community Center
 1344 5th Ave Cell (330) 301-1898
 Youngstown, Oh 44504 Office (330) 746-7721 ext.410



A Community of Caring People

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open 12-4 Leisure
2 Closed	3 12pm Check In 1pm S.A.D. 2pm BINGO	4 12pm Check In 1pm Mercy Health 2pm Journaling	5 12pm Check In 1pm Tai Chi 230 Leisure	6 12pm Check In 1pm Meditation 230 NAMI	7 Fall Café Event @ 12:00pm 2pm BINGO	8 Open 12-4 Leisure
9 Closed	10 12pm Check In 1pm Boundaries 2pm BINGO	11 12pm Check In 1pm Pumpkin Paintings 2pm Journaling	12 12pm Check In 1pm Organization Skills 230 Leisure	13 12pm Check In 1pm Meditation 230 NAMI	14 12pm Check In 1pm Anger Management 2pm BINGO	15 Open 12-4 Leisure
16 Closed	17 12pm Check In 1pm Recovery Choices 2pm BINGO	18 12pm Check In 1pm Toxic Relationships 2pm Journaling	19 12pm Check In 1pm Addictions 230 Leisure	20 12pm Check In 1pm Meditation 230 NAMI	21 12pm Check In 1pm Recreational Activities & Meds 2pm BINGO	22 Open 12-4 Leisure
23 Closed	24 12pm Check In 1pm Ask the Doc 2pm BINGO	25 12pm Check In 1pm Conflict Resolution 2pm Journaling	26 12pm Check In 1pm Its ok to say "NO" 230 Leisure	27 12pm Check In 1pm Meditation 230 NAMI	28 12pm Check In 1pm Social Cues 2pm BINGO	29 Open 12-4 Leisure
30 Closed	31 Halloween Trick-or-Treat @12pm Costume Contest					

October EVENTS 2022

October 7th
 Community
 Center
 Fall Café Event
 @12:15
 Enjoy fall
 beverages & cakes

October 8th
 NAMI Walk
 Mahoning Valley
 Mental Health
 Matters
 Austintown Park
 10-2pm

October 11th
 Pumpkin canvas
 paintings to help
 welcome in Fall
 2022

October 31st
 Come celebrate
 Halloween w/us
 and Trick-or-Treat
 Wear your
 costumes!

*Domestic
 Violence
 Awareness
 Month