



# September 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September is Suicide Prevention Month</p>			<p>1</p> <p>10:30-11:00 Gut Check 11:00-12:00 Recognizing scams 1:00-2:00 Nature craft 2:10-3:00 Grocery store savings</p>	<p>2</p> <p>10:30- 11:00 Highs N lows 11:00-12:00 PRRC raceway 1:00- 2:00 Sequence or spoons 2:10-3:00 Name 5</p>
<p>5</p> <p><i>Closed for Labor Day</i></p>	<p>6</p> <p>10:30-10:45 Chair yoga 11:00-12:00 Social wellness 1:00- 2:00 Positive attitude 2:10-3:00 Charades</p>	<p>7</p> <p>10:30-11:00 WTD 11:00 to 12:00 Major depressive disorder 12:30-1:45 PRRC BINGO 2:10-3:00 Pictionary</p>	<p>8</p> <p>10:30-10:50 Meditation 11:00-12:00 Self Image 1:00-2:00 DBT skills 2:10-3:00 Group art project</p>	<p>9</p> <p>10:30-11:00 Suicide prevention 11:00-12:30 You Matter memorial activity 1:00-2:00 Potluck (sign up by 9/2) 2:10-3:00 Pop culture trivia</p>
<p>12</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Getting out of your Comfort zone 1:00-2:00 Suicidal ideation 2:10-3:00 Family Feud</p>	<p>13</p> <p>10:30-11:00 Mindfulness 11:00- 12:00 Hopes &amp; Dreams 1:00-2:00 Aroma therapy 2:10-3:00 Lets make a deal- Budgeting</p>	<p>14</p> <p>10:30-11:00 Clip chat 11:00- 12:00 Behavior chain analysis: Stress 1:00- 2:00 SPA Day 2:10-3:00 Name that tune</p>	<p>15</p> <p>10:30-11:00 Quote 11:00-12:00 Benefits of Journaling 1:00-1:45 DBT skills 2:00-3:00 Corn hole or music</p>	<p>16</p> <p>10:30-11:00 Highs N lows 11:00-12:00 Member lead Open discussion 12:45-2:00 BINGO 2:10-3:00 Spoons or Sequence</p>
<p>19</p> <p>10:30-11:00 Current events 11:00-12:00 Healthy Decision making 1:00-2:00 Help with Loneliness 2:10-3:00 Pictionary</p>	<p>20</p> <p><i>Closed for Fall harvest festival party</i></p>	<p>21</p> <p>10:30-1:30 Lunch N Fun "What is Recovery" The difference between Mental Health and addiction disorders with Maureen Waybright &amp; Glen Mc Millin</p>	<p>22</p> <p>10:30-11:00 WTD 11:00-12:00 Understanding others 1:00-2:00 Affirming peers 2:10- 3:00 Paint Pour</p>	<p>23</p> <p>10:30-11:00 2 little 2 much 11:00-12:00 Karaoke or open mic 1:00-2:30 Lets make a deal 2:30-3:00 Brain teasers</p>
<p>26</p> <p>10:30-11:00 Check In 11:00-12:00 Making the most of opportunities 1:00-2:45 Paint &amp; sip or games 2:45-3:00 music</p>	<p>27</p> <p>10:30-11:00 Meditation 11:00-12:00 Anger management skills 1:00-2:00 Calendar skills 2:10-3:00 Card making</p>	<p>28</p> <p>10:30-11:00 Yoga 11:00-12:00 Cooking Lesson 1:00-2:00 Impulsivity 2:00-3:00 Charades</p>	<p>29</p> <p>10:30-11:00 Meditation 11:00-12:00 Dealing with boredom 1:00-2:00 Accountability 2:00-3:00 Team building</p>	<p>30</p>



