

# November 2022



Help Network NEO Open Mon-Sat 12-4pm  
 Community Center  
 1344 5<sup>th</sup> 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 12pm Check In 1pm Mercy Health 2pm Creative Expression	2 12pm Check In 1pm Goodwill 2pm Leisure	3 12pm Check In 1pm Meditation w/Mr. Lisi 2:30pm NAMI	4 12pm Check In 1pm Support Systems 2pm BINGO	5 Open 12-4 Leisure
6	7 12pm Check In 1pm Recovery Goals 2pm BINGO	8 12pm Check In 1pm Anxiety 2pm Creative Expression	9 12pm Check In 1pm Ohio Means Jobs 2pm Leisure	10 12pm Check In 1pm Addiction 2:30pm NAMI	11 12pm Check In 1pm Beliefs About Meds 2pm BINGO	12 Open 12-4 Leisure
13	14 12pm Check In 1pm Stress 2pm BINGO	15 12pm Check In 1pm Holiday Coping 2pm Creative Expression	16 12pm Check In 1pm SMART Goals 2pm Leisure	17 12pm Check In 1pm Signs of Addiction 2:30pm NAMI	18 12pm Check In 1pm Turkey Paintings 2pm BINGO	19 Open 12-4 Leisure
20	21 12pm Check In 1pm Choices in Recovery 2pm BINGO	22 12pm Thanks, Members! Pumpkin Pie Celebration	23 12pm Check In 1pm Tai Chi Warmups 2pm Leisure	24 Sorry, we are closed 	25 12pm Check In 1pm Holiday Budgeting 2pm BINGO	26 Open 12-4 Leisure
27	28 12pm Check In 1pm Self-Advocacy 2pm BINGO	29 12pm Check In 1pm Depression 2pm Creative Expression	30 12pm Check In 1pm Addictions 2pm Leisure			

## November EVENTS 2022

**CLUBHOUSE**  
 Opening Nov. 7th  
 M-F 9am-1pm  
 Complimentary  
 Membership in  
 November  
 Lunch Included

**November 11<sup>th</sup>**  
 Happy  
 Veterans  
 Day

**November 22<sup>nd</sup>**  
 We are so thankful  
 for our members!  
 Let's celebrate one  
 another over some  
 pumpkin pie!

**November 24<sup>th</sup>**  
 Happy Thanksgiving  
 Don't forget to  
 Gobble til' you Wobble!  
 - Sorry, we are closed.