



Help Network's Community Center
 1344 5th Avenue
 Youngstown, Ohio 44504
 Mon-Sat 12-4
 (330) 301-1898
 (330) 746-7721 ext. 410



December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12-Check In 1-Meditation w/ Mr. Lisi 2:30-NAMI	2 12-Check In 1-Gift Ideas on a Budget 2-BINGO	3 Open 12-4 Leisure
4 CLOSED	5 12-Check In 1-Stress 2-BINGO	6 12-Check In 1-Mercy Health 2-Making Holiday Cards	7 12-Check In 1-Seasonal Affective Disorder 2-Leisure	8 12-Check In 1-Addiction 2:30-NAMI	9 12-Check In 1-Healthy Holiday Choices 2-BINGO	10 Open 12-4 Leisure
11 CLOSED	12 12-Check In 1-Choices in Recovery 2-BINGO	13 12-Check In 1-Communication 2-Creative Expression	14 12-Check In 1-Ohio Means Jobs 2-Leisure	15 12-Check In 1-Physical Activity 2:30-NAMI	16 HOLIDAY CELEBRATION! 12-3pm	17 Open 12-4 Leisure
18 CLOSED	19 12-Check In 1-Self- Advocacy 2-BINGO	20 12-Check In 1-Gratitude 2-Holiday Paintings	21 12-Check In 1-Relationships 2-Leisure	22 12-Check In 1-Addiction 2:30-NAMI	23 12-Check In 1-Recovery Goals 2-BINGO	24 Sorry, we are CLOSED
25 	26 Sorry, we are CLOSED	27 12-Check In 1-Social Cues 2-Creative Expression	28 12-Check In 1-Tai Chi Warmups 2-Leisure	29 12-Check In 1-Organization 2:30-NAMI	30 12-Check In 1-New Year, New Me! 2-BINGO	31 Open 12-4 Leisure

Upcoming Events



NEW CLUBHOUSE
 is here at the
 Center
 9am-1pm M-F
 Come by and
 join us!



Dec. 16th 12-3
 Join us for our
 Holiday
 celebration!
 -Activities
 -Prizes
 -Food
 -Music
 And so much
 more!

Dec. 25th

 Christmas Day

Dec. 26th
 Sorry, we are
 CLOSED.
 Happy Holidays

Dec. 31st
 New Year's
 Eve
 Yes, we are
 OPEN!

