



A Community of Caring People

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



March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12-Check In 1-Eating Healthy on a Budget 2-Leisure	2 12-Check In 1-Meditation w/ Mr. Lisi 2:30-NAMI	3 12-Check In 1-Self-Care 2-BINGO	4 Open 12-4 Leisure
5 CLOSED	6 12-Check In 1-Choices in Recovery 2-BINGO	7 12-Check In 1-Mercy Health 2-Creative Expression	8 12-Check In 1-Career Day 2-Leisure	9 12-Check In 1-Gambling 2:30-NAMI	10 12-Check In 1-Stress 2-BINGO	11 Open 12-4 Leisure
12 CLOSED	13 12-Check In 1- Positive Thinking 2-BINGO	14 12-Check in 1-Co-Occuring Disorders 2-Creative Expression	15 12-Check In 1-Addiction 2-Leisure	16 12-Check In 1-Physical Activity 2:30-NAMI	17 12-1 St. Patrick's Day Celebration 2-BINGO	18 Open 12-4 Leisure
19 CLOSED	20 12-Check In 1-Anger Management 2-BINGO	21 12-Check In 1-Managing Moods 2-Creative Expression	22 12-Check In 1- Gambling 2-Leisure	23 12-Check In 1-Personal Growth 2:30-NAMI	24 12-Check In 1-Spring Cleaning 2-BINGO	25 Open 12-4 Leisure
26 CLOSED	27 12-Check In 1-Managing Conflict 2-BINGO	28 12-Check In 1-Using Affirmations 2-Creative Expression	29 12-Check In 1- Tai Chi Warmups 2-Leisure	30 12-Check In 1-Addiction 2:30-NAMI	31 12-Check In 1-Member Connections 2-BINGO	

Upcoming Events

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

Career Day on Wednesday March 8th-Join Goodwill and Ohio Means Jobs to learn about job preparation and opportunities for employment!

Join us for a St. Patrick's Day Celebration on Friday, March 17th from 12-1!

