



A Community of Caring People

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

## June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12-Check In 1-Meditation w/ Mr. Lisi 2:30-NAMI	2 12-Check In 1-Letting Go of Negativity 2-BINGO	3 Open 12-4 Leisure
4 CLOSED	5 12-Check In 1-Anger Management 2-BINGO	6 12-Check In 1-Mercy Health 2-Creative Expression	7 12-Check In 1-Music Appreciation 2-Leisure	8 12-Check In 1-Self-Care 2:30-NAMI	9 12-Check In 1-Looking at the Positives 2-BINGO	10 Open 12-4 Leisure
11 CLOSED	12 12-Check In 1-Physical Fitness Edu 2-BINGO	13 12-Check in 1-Asking for Help 2-Creative Expression	14 12-Check In 1-Relaxation for Wellness 2-Leisure	15 12-Check In 1-Addiction 2:30-NAMI	16 12-Check In 1-Getting Acquainted 2-BINGO	17 Open 12-4 Leisure
18 CLOSED	19 12-Check In 1-Social Anxiety 2-BINGO	20 12-Check In 1-Personal Growth 2-Summer Paintings	21 12-Check In 1-Tai Chi Warmups 2-Leisure	22 12-Check In 1-Peer Support 2:30-NAMI	23 12-Check In 1-Positive Thinking 2-BINGO	24 Open 12-4 Leisure
25 CLOSED	26 12-Check In 1-Healthy Choices with Alcohol 2-BINGO	27 12-Check In 1-Mental Health Jenga 2-Creative Expression	28 12-Check In 1-Physical Activity 2-Leisure	29 12-Check In 1-Coping Skills 2:30-NAMI	30 12-Check In 1-Communication Skills 2-BINGO	

### Upcoming Events

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