



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

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open 12-4 Leisure
2 CLOSED	3 12-Check In 1-Anger Management 2-BINGO	4 Sorry, we are CLOSED Happy 4 th of July!	5 12-Check In 1-Tai Chi Warmups 2-Leisure	6 12-Check In 1-Gambling 2:30-NAMI	7 12-2-All-American Picnic 2-BINGO	8 Open 12-4 Leisure
9 CLOSED	10 12-Check In 1-Emotions 2-BINGO	11 12-Check in 1- Mercy Health 2-Creative Expression	12 12-Check In 1-Communication Skills 2-Leisure	13 12-Check In 1-Addiction 2:30-NAMI	14 12-Check In 1-Goal Setting 2-BINGO	15 Open 12-4 Leisure
16 CLOSED	17 12-Check In 1-Depression 2-BINGO	18 12-Check In 1-Sleep Hygiene 2-Creative Expression	19 12-Check In 1-Music Appreciation 2-Leisure	20 12-Check In 1-Physical Activity 2:30-NAMI	21 12-Check In 1-Strengths 1-2-BINGO	22 Open 12-4 Leisure
23 CLOSED	24 12-Check In 1-Stages of Change 2-BINGO	25 12-Check In 1- Janssen Community Presentation 2-Creative Expression	26 12-Check In 1-Peer Support 2-Leisure	27 12-Check In 1-Personal Growth 2:30-NAMI	28 12-Check In 1-Positive Thinking 2-BINGO	29
30 CLOSED	31 12-Check In 1-Anxiety 2-BINGO					29

<h2>Upcoming Events</h2>	<p>NEW CLUBHOUSE is here at the Center 9am-1pm M-F Come by and join us!</p>	<p>Join us for our All-American Picnic on Friday July 7th from 12-2 pm!</p>	
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