



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

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12-Check In 1-Mercy Health 2-Creative Expression	2 12-Check In 1-Self-Care 2-Leisure	3 12-Check In 1-Music Appreciation 2:30-NAMI	4 12-Check In 1-Wellness 2-BINGO	5 Open 12-4 Leisure
6 CLOSED	7 12-Check In 1-Urge Surfing 2-BINGO	8 12-Check In 1-Cleaning House 2-Creative Expression	9 12-Check In 1-Tai Chi Warmups 2-Leisure	10 12-Check In 1-Addiction 2:30-NAMI	11 12-Check In 1-Healthy Habits 2-BINGO	12 Open 12-4 Leisure
13 CLOSED	14 12-Check In 1-Grief 2-BINGO	15 12-Check In 1-Mental Health Jenga 2-Creative Expression	16 12-Check In 1-Healthy Relationships 2-Leisure	17 12-Check In 1-Physical Activity 2:30-NAMI	18 12-Check In 1-Getting Acquainted 2-BINGO	19 Open 12-4 Leisure
20 CLOSED	21 12-Check In 1-Coping skills 2-BINGO	22 12-Check In 1-Stress 2-Creative Expression	23 12-Check In 1-Personal Hygiene 2-Leisure	24 12-Check In 1-Peer Support 2:30-NAMI	25 12-3-LUAU PARTY!	26 Open 12-4 Leisure
27 CLOSED	28 12-Check In 1-Food and Moods 2-BINGO	29 12-Check In 1-Member's Choice 2-Creative Expression	30 12-Check In 1-Music Appreciation 2-Leisure	31 12-Check In 1-Gambling 2:30-NAMI		

## Upcoming Events

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

Join us for our Luau Party on Friday, August 25<sup>th</sup> from 12-3pm.



Don't forget to stay hydrated and keep cool in warmer temperatures.

