



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

## October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 12-Check In 1-Affirmations 2-BINGO	3 12-Check In 1- Mercy Health 2-Creative Expression	4 12-Check In 1-Meditation 2-Leisure	5 12-Check In 1-Addiction 2:30-NAMI	6 12-Check In 1-Emotions 2-BINGO	7 Open 12-4 Leisure
8 CLOSED	9 12-Check In 1-Managing Moods 2-BINGO	10 12-Check In 1-Relaxation 2-Creative Expression	11 12-Check In 1-Coping Skills 2-Leisure	12 12-Check In 1-Music Appreciation 2:30-NAMI	13 12-Check In 1-Find Someone Who... 2-BINGO	14 Open 12-4 Leisure
15 CLOSED	16 12-Check In 1-Tai Chi Warmups 2-BINGO	17 12-Check In 1-Member's Choice 2-Creative Expression	18 12-Check In 1-Assertive Communication 2-Leisure	19 12-Check In 1-Personal Growth 2:30-NAMI	20 12-Check In 1-Forgiveness 2-BINGO	21 Open 12-4 Leisure
22 CLOSED	23 12-Check In 1-Community Safety Presentation 2-BINGO	24 12-Check In 1-Mental Health Jenga 2-Creative Expression	25 12-Check In 1-Depression 2-Leisure	26 12-Check In 1-Strengths 2:30-NAMI	27 12-Check In 12-2-Halloween Party! 2-Halloween BINGO!	28 Open 12-4 Leisure
29 CLOSED	30 12-Check In 1-Halloween Coloring Contest! 2-BINGO	31 12-Check In 1-Physical Activity 2-Creative Expression				

### Upcoming Events

**NEW CLUBHOUSE** is here at the Center 9am-1pm M-F.

Come by and join us!

The annual Community Center Halloween Party will be held on Friday, October 27<sup>th</sup>, from 12-2 pm.

There will be trick or treating, food, games, and prizes. There will also be a costume contest!

The Mobile Market and Pop-Up Library will be at Help Network Community Center on Friday, October 13th from 11:30am-12:30pm.

Be sure to bring your ID to receive a \$25 grocery voucher for the Mobile Market.

Ruth's Pop-Up Boutique by Thrive 10:10 will be at the Community Center on Monday, October 16<sup>th</sup> from 2-3pm.

The Boutique provides feminine hygiene products as well as other hygiene and related products free of charge.