



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

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12-Check In 1-Peer Support 2-Leisure	2 12-Check In 1-Physical Activity 2:30-NAMI	3 12-Check In 1-Relationships 2-BINGO	4 Open 12-4 Leisure
5 CLOSED	6 12-Check In 1-Anger Management 2-BINGO	7 12-Check In 1-Mercy Health 2-Creative Expression	8 12-Check In 1-Tai Chi Warmups 2-Leisure	9 12-Check In 1-Addiction 2:30-NAMI	10 12-Check In 1-Healthy Habits 2-BINGO	11 Open 12-4 Leisure
12 CLOSED	13 12-Check In 1-Self-Care 2-BINGO	14 12-Check In 1-Positive Thinking 2-Creative Expression	15 12-Check In 1-Game Day! 2-Leisure	16 12-Check In 1-Coping Skills 2:30-NAMI	17 12-Check In 1-Feelings 2-BINGO	18 Open 12-4 Leisure
19 CLOSED	20 12-Check In 1-Recovery 2-BINGO	21 12-Check In 1-Thanks, Members! Pie Celebration 2-Thanksgiving Paintings	22 12-Check In 1-Gratitude 2-Leisure	23 CLOSED Happy Thanksgiving!	24 12-Check In 1-Wellness 2-BINGO	25 Open 12-4 Leisure
26 CLOSED	27 12-Check In 1-Community Safety Presentation 2-BINGO	28 12-Check In 1-Mental Health Jenga 2-Creative Expression	29 12-Check In 1-Music Appreciation 2-Leisure	30 12-Check In 1-Stress 2:30-NAMI		

Upcoming Events

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

Come by and join us!

The Community Center will be **CLOSED** on Thursday, November 23rd for the Thanksgiving Holiday. We hope you have a happy Thanksgiving!

The Mobile Market and Pop-Up Library will be at Help Network Community Center on Tuesday, November 14th from 1-2pm.

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