

April 2024

509 Market St. East Liverpool OH.43920, 330-385-7000

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30-11:00 Current Events 11:00-12:00 Letting Go of Labels 1:00-2:00 Stopping the Blame Game 2:00-3:00 Trivia crack	10:30-11:00 Relaxation techniques 11:00-12:00 Increasing Community Supports 1:00-2:00 Journaling Prompt or puzzles 2:10-3:00 Family Feud	10:30-10:50 Member-led Announcements & Recognition 11:00-12:00 NAMI Principles of Support 1:00-2:00 PRRC BINGO 2:00-3:00 Charades	10:30-11:00 Mindfulness-Outdoors 11:00-12:00 Exploring Community Resources 1:00-2:00 Budgeting 2:10-3:00 Music by request	10:30- 11:00 Highs N lows 11:00-12:00 Open Mic or Karaoke 1:00-2:00 Corn Hole Competition 2:00-3:00 Sequence or Pictionary
8	9	10	11	12
10:30-11:00 Meditation 11:00-12:00 Accepting Diagnosis 1:00-2:00 Forgiveness 2:00-3:00 Team Building	10:30-10:45 WTD- Complacency 11:00-12:00 Relapse prevention 1:00-2:00 Action steps 2:00-3:00 Jeopardy or Spoons	10:30-11:00 Clip Chat 11:00-12:00 Bipolar Disorder 101 1:00-2:00 Improving Self-Awareness 2:10-3:00 Head Bands	10:30-10:50 Walk or Quote 11:00-12:00 Conflict Management 1:00-2:00 Open Paint Craft 2:10-3:00 Conversation Starters	10:30-11:00 Ice Breakers 11:00-12:00 Team Building Competition 1:00-2:00 Work Ordered Day & Floats 2:00-3:00 Music by Request or Cards
15	16	17	18	19
10:30-11:00 Clip chat 11:00-12:00 Sensitivity & Awareness 1:00-2:00 Gratitude group 2:00-3:00 Brain teasers	<p><i>Closed for Spring Fling party</i></p> 	10:30-1:30 Lunch N Fun "Managing Emotions" with Bob Dunn 1:30-2:00 Personal Mantra 2:10-3:00 Name That Tune or puzzles	10:30-11:00 Question Jenga 11:00-12:00 Anger Management 1:00-2:00 Brain Teasers 2:00-3:00 Corn Hole or Music	10:30-11:00 Highs-N-Lows 11:00-12:00 Member-Led Open Discussion 1:00-2:00 BINGO 2:10-3:00 Sequence or Uno
22	23	24	25	26
10:30-11:00 Mindset Monday 11:00-12:00 Aha Moments 1:00-2:00 Paint N Sip Spring Scenery 2:10-3:00 Jeopardy	10:30-11:00 Body scan 11:00-12:00 When to Call the Doctors 1:00-2:00 Men's group or Women's 2:10-3:00 Family Feud	10:30-11:00 WTD 11:00-12:00 Cooking with Glo 1:00-2:00 Addiction vs. Recovery Mindset 2:15-3:00 Name 5	10:30-11:00 Walk or Fast Fitness 11:00-12:00 Symptom Wheel 1:00-2:00 Spring crafts 2:10- 3:00 Scene it	10:30-11:00 2 Little, 2 Much 11:00-12:00 Karaoke or Open Mic 1:00-2:30 Team Trivia or Cards 2:30-3:00 Brain Teasers
29	30	April is Child Abuse Prevention Month		
10:30-11:00 Quote 11:00-12:00 Comparisons 1:00-2:00 Hot seat 2:00-3:00 Pictionary	10:30-12:00 Movie & snacks "The Upside" 1:00-1:30 Check In 1:30-2:30 Jeopardy 2:30-3:00 Trivia Crack			

