



A Community of Caring People

Help Network's Community Center
 1344 5th Avenue
 Youngstown, Ohio 44504
 Mon-Sat 12-4
 (330) 746-7721 ext. 410
In the event of a mental health crisis, call 988

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open 12-4 Leisure
2 CLOSED	3 12-Check In 1-Jim's Wellness Group 2-BINGO	4 12-Check In 1-Mental Health Jenga 2- Journaling	5 12-Check In 1-Peer Support 2-Leisure	6 12-Check In 1-Isaiah's Dance Group! 2:15-NAMI	7 12-Check In 1-Tai Chi Warmups 2-BINGO	8 Open 12-4 Leisure
9 CLOSED	10 12-Check In 1- Jim's Wellness Group 2-BINGO	11 12-Check In 1-MH Password! 2-Creative Expression	12 12-Check In 1-Managing Stress 2-Leisure	13 12-Check In 1-Oak St. Health Craft Day! 2:15-NAMI	14 12-Check In 1- Mercy Health 2-BINGO	15 Open 12-4 Leisure
16 CLOSED	17 12-Check In 1- Jim's Wellness Group 2-BINGO	18 12-Check In 1-Summer Paintings 2- Journaling	19 12-Check In 1-Music Share 2-Leisure	20 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	21 12-Check In 1-Coping with Anxiety 2-Marathon BINGO	22 Open 12-4 Leisure
23 CLOSED 30 CLOSED	24 12-Check In 1- Community Safety Presentation 2-BINGO	25 12-Check In 1-Communication Skills 2- Creative Expression	26 12-Check In 1- MCTA Workforce 2-Leisure	27 12-Check In 1-Healthier Eating and Cooking 2:15-NAMI	28 12-Check In 1-Substance Use Disorders 2- BINGO	29 Open 12-4 Leisure

<p>Upcoming Events:</p>	<p>On Mondays throughout June and July, Jim will be facilitating a wellness group focusing on each of the eight dimensions of wellness.</p> <p>Join us to learn more about each wellness dimension and find ways to incorporate wellness into your overall recovery!</p>	<p>Join us on Thursday, June 13th for Oak Street Health Craft Day!</p> <p>A guest presenter from Oak Street Health will facilitate a fun seasonal craft with our members. We hope you'll join us!</p>	<p>Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, June 20th!</p> <p>Join us for a fun afternoon of BINGO with a chance to win hygiene-themed prizes! Snacks will also be provided.</p>	<p>On Wednesday, June 26th, Laura from MCTA will be here to provide information on education and career opportunities, funding, and support.</p> <p>Stop by to learn more about resources, supports, and opportunities to join the workforce!</p>	<p>Join us on Thursday, June 27th for our Healthier Eating and Cooking Group!</p> <p>We'll make (and eat!) a healthy recipe and talk about ways to incorporate healthy foods into our diets.</p>
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