



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

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12-Check In 1-Game Day! 2:15-NAMI	2 12-Check In 1-Tai Chi Warmups 2-BINGO	3 Open 12-4 Leisure
4 CLOSED	5 12-Check In 1-Jim's Wellness Group 2-BINGO	6 12-Check In 1-Talking to Your Doctor 2-Journaling	7 12-Check In 1-Friendship 2-Leisure	8 12-Check In 1-Isaiah's Dance Group 2:15-NAMI	9 12-Check In 1-Mercy Health 2-BINGO	10 Open 12-4 Leisure
11 CLOSED	12 12-Check In 1- Jim's Wellness Group 2-BINGO	13 12-Check In 1-Personal Hygiene 2-Creative Expression	14 12-Check In 1-Mental Health Jenga 2-Leisure	15 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	16 12-Check In 1-Relapse Prevention for Mental Health 2-Marathon BINGO	17 Open 12-4 Leisure
18 CLOSED	19 12-Check In 1-Community Resources and Supports 2-BINGO	20 12-Check In 1-Positive Thinking 2-Journaling <i>*Mobile Market 12-2pm*</i>	21 12-Check In 1-Chair Stretching 2-Leisure	22 12-Check In 1-Healthier Eating and Cooking 2:15-NAMI	23 12-3-Luau Party!	24 Open 12-4 Leisure
25 CLOSED	26 12-Check In 1- Community Safety Presentation 2-BINGO	27 12-Check In 1-Coping Skills 2-Creative Expression	28 12-Check In 1- MCTA Workforce 2-Leisure	29 12-Check In 1-Stress 2:15-NAMI	30 12-Check In 1-Substance Use Disorders 2-BINGO	31 Open 12-4 Leisure

Upcoming Events:

We're on Facebook! Scan the QR code below to visit our page!



On Thursday, August 8th, Isaiah will be facilitating his dance group!

Join us at 1pm to learn some dance moves, dance to fun music, and get some exercise!

Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, August 15th!

Join us for a fun afternoon of BINGO with a chance to win hygiene-themed prizes! Snacks will also be provided.

Join us for our annual Luau Party on Friday, August 23rd!

We'll be having food, games, prizes, music, and more! We hope you'll join us!

On Wednesday, August 28th, Laura from MCTA will be here to provide information on education and career opportunities, funding, and support.

Stop by to learn more about resources, supports, and opportunities to join the workforce!