



A Community of Caring People

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

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12-Check In 1-Jim's Wellness Group 2-BINGO	2 12-Check In 1-Depression 2-Creative Expression	3 12-Check In 1-Mental Health Jenga 2-Leisure	4 <b>Sorry, we are CLOSED</b> Happy 4 <sup>th</sup> of July!	5 12-Check In 1-Tai Chi Warmups 2-BINGO	6 Open 12-4 Leisure
7 CLOSED	8 12-Check In 1-Jim's Wellness Group 2-BINGO	9 12-Check In 1-Recovery 2-Journaling <i>*Mobile Market 12-2*</i>	10 12-Check In 1-Planting Summer Flowers! 2-Leisure	11 12-Check In 1-Isaiah's Dance Group! 2:15-NAMI	12 12-2-All-American Picnic 1-Mercy Health	13 Open 12-4 Leisure
14 CLOSED	15 12-Check In 1-Jim's Wellness Group 2-BINGO	16 12-Check In 1-Anger Management 2-Creative Expression	17 12-Check In 1-Chair Stretching 2-Leisure	18 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	19 12-Check In 1-Goal Setting 2-Marathon BINGO	20 Open 12-4 Leisure
21 CLOSED	22 12-Check In 1-Community Safety Presentation 2-BINGO	23 12-Check In 1-Patience 2-Journaling	24 12-Check In 1-MCTA Workforce 2-Leisure	25 12-Check In 1-Bonus BINGO & Pizza! 2:15-NAMI	26 12-Check In 1-Substance Use Disorders 2-BINGO	27 <b>Sorry, we are CLOSED</b>
28 CLOSED	29 12-Check In 1-Self-Care 2-BINGO	30 12-Check In 1-Kindness 2-Creative Expression	31 12-Check In 1-Member's Choice 2-Leisure			

Upcoming Events:

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



On Thursday, July 11<sup>th</sup>, Isaiah will be facilitating his dance group!

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

On Friday, July 12<sup>th</sup>, we will be celebrating summer with our All-American Picnic!

Join us from 12-2pm for music, food, games, prizes, and an opportunity to celebrate summer!

Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, July 18<sup>th</sup>!

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

On Wednesday, July 24<sup>th</sup>, 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!

On Thursday, July 25<sup>th</sup>, Join us at 1pm for Bonus BINGO and pizza!

We'll be hosting an extra round of BINGO this month, and having pizza! We hope you can join us!