

Help Network's Community Center
 1344 5th Avenue
 Youngstown, Ohio 44504
 Mon-Fri 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 CLOSED |
| 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 CLOSED |
| 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 CLOSED |
| 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 CLOSED |

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!