



A Community of Caring People

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

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12-Check In 1-Music Appreciation 2-Creative Expression/Leisure <i>*Mobile Market 12-2*</i>	2 12-Check In 1-Positive Thinking 2-Leisure/Movie	3 12-Check In 1-Strengths 2:15-NAMI	4 12-Check In 1-Thrive 10:10 Mental Health Presentation 2-BINGO	5 CLOSED
6 CLOSED	7 12-Check In 1-Tai Chi Warmups 2-BINGO	8 12-Check In 1-Anger Management 2-Journaling/Leisure	9 12-Check In 1-Mental Health Jenga 2-Leisure/Movie	10 12-Check In 1-World Mental Health Day 2:15-NAMI	11 12-Check In 1-Mercy Health 2-BINGO	12 CLOSED
13 CLOSED	14 12-Check In 1-MCTA Workforce 2-BINGO	15 12-Check In 1-Personal Growth 2-Creative Expression/Leisure	16 12-Check In 1-Tai Chi Breathing 2-Leisure/Movie	17 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	18 12-Check In 1- Thrive 10:10 Mental Health Presentation 2-Marathon BINGO	19 CLOSED
20 CLOSED	21 12-Check In 1-Substance Use Disorders 2-BINGO	22 12-Check In 1-Game Day! 2-Journaling/Leisure	23 12-Check In 1-Chair Stretching 2-Leisure/Movie	24 12-Check In 1-Healthier Eating and Cooking 2:15-NAMI	25 <b>12-2-Halloween Party!</b> 2-Spooky BINGO!	26 CLOSED
27 CLOSED	28 12-Check In 1- Community Safety Presentation 2-BINGO	29 12-Check In 1-Avoiding Getting Sick 2-Creative Expression/Leisure	30 12-Check In 1-Mental Health Diagnoses 2-Leisure/Movie	31 12-Check In 1-Halloween Coloring Contest! 2:15-NAMI		

Upcoming Events:

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



On Friday October 4<sup>th</sup> and Friday October 18<sup>th</sup>, Meghan from Thrive 10:10 will be here to talk about seasonal mental health topics.

Be sure to join us for these valuable and informative educational groups to support your recovery throughout the fall!

On Monday, October 14<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!

Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, October 17<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 Friday, October 25<sup>th</sup>, we'll be having our annual Halloween Party from 12-2pm!

Join us in your best Halloween costume for our costume contest, trick-or-treating, and more! We hope to see you there!