



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*

# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 12-Check In 1-What is Recovery? 2-BINGO	3 12-Check In 1-Healthy Hobbies 2-Creative Expression	4 12-Check In 1-Self-Care 2-Leisure	5 12-Check In 1-Getting Better Sleep 2:15-NAMI	6 12-Check In 1-Tai Chi Warmups 2-BINGO	7 CLOSED
8 CLOSED	9 12-Check In 1-Anxiety 2-BINGO	10 12-Check In 1-World Suicide Prevention Day 2-Journaling	11 12-Check In 1-Mental Health Jenga 2-Leisure	12 12-Check In 1-Self-Esteem 2:15-NAMI	13 12-Check In 1-Mercy Health 2-BINGO <i>*Pop-Up Boutique 1-3pm*</i>	14 CLOSED
15 CLOSED	16 12-Check In 1-Painting Affirmation Rocks! 2-BINGO	17 12-Check In 1-Coloring Meditation 2-Creative Expression	18 12-Check In 1-Coping with Pain 2-Leisure	19 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	20 12-Check In 1-CC Scavenger Hunt! 2-Marathon BINGO	21 CLOSED
22 CLOSED	23 12-Check In 1-Community Safety Presentation 2-BINGO	24 12-Check In 1-Fall Paintings 2-Journaling	25 12-Check In 1-MCTA Workforce 2-Leisure	26 12-Check In 1-Healthier Eating and Cooking 2:15-NAMI	27 12-Check In 1-Substance Use Disorders 2-BINGO	28 CLOSED
29 CLOSED	30 12-Check In 1-Coping Skills 2-BINGO					

Upcoming Events:

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



Ruth's Pop-Up Boutique by Thrive 10:10 will be at the Community Center on Friday, September 13th from 1-3pm.

The Boutique provides feminine hygiene products as well as other hygiene and related products free of charge to anyone who stops by!

On Monday, September 16<sup>th</sup>, we'll be painting affirmation rocks!

Join us to get crafty and paint a rock with an affirmation that supports your recovery!

Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, September 19th!

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

On Wednesday, September 25th, 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!