helpnetwork OF NORTHEAST OHIO

A Community of Caring People

September 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12-Check In 12:45-Self Advocacy 1:30-Mental Health Diagnoses 2-BINGO	2 12-Check In 12:45-Complacency in Recovery 1:30-Stages of Recovery 2-Bowling	3 12-Check In 12:45-Social Supports 1:30- Mental Health Jenga 2:30-NAMI	4 12-Check In 12:45-Mental Health Awareness 1:30-Getting a Diagnosis 2- Trivia	5 12-Check In 12:45-Tai Chi Warmups 1:30-Tai Chi Breathing 2-BINGO	6 CLOSED
7 CLOSED	8 12-Check In 1-MCTA Workforce 2-BINGO	9 12-Check In 12:45-Coping with Cravings 1:30-How Addiction Rewires the Brain 2-Darts	10 12-Check In 12:45-Coping Skills Clip Chat 1:30-Avoidng Getting Sick 2-Leisure	11 12-Check In 12:45- Self-Acceptance 1:30- Effective Decision-Making 2-Trivia	12 12-Check In 12:45-Friendships in Recovery 1:30-Social Skills 2-BINGO	13 CLOSED
14 CLOSED	15 12-Check In 1-Mercy Health 2-BINGO	16 12-Check In 12:45-Social Networks 1:30- Ecomaps 2-Bowling	17 12-Check In 12:45-Setting Goals 1:30- Goal Breakdown 2:30-NAMI	18 12-Check In 1- Sunrise Vista Hygiene BINGO & Snacks 2-Trivia	19 12-Check In 1-Meditation 2-Marathon BINGO	20 CLOSED
21 CLOSED	22 12-Check In 12:45-Conflict Resolution 1:30-Mental Health Password 2-BINGO	23 12-Check In 12:45-Boundaries 1:30- Personal Growth 2-Darts	24 12-Check In 12:45-Stages of Change 1:30-Resume Tips 2-Leisure	25 12-Check In 12:45-Grief and Loss 1:30-Activities of Daily Living 2-Trivia	26 12-Check In 12:45- Gratitude 1:30-Lifeline 2-BINGO	27 CLOSED
28 CLOSED	29 12-Check In 1-Community Safety Presentation 2-BINGO	30 12-Check In 12:45- CC Rules 1:30-Food and Mood 2-Bowling				

Upcoming Events:

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

Join us on the first and third Wednesdays of the month at 2:30 for NAMI meeting. This is a support group for individuals living with mental illness.

Join us on Monday, September 8th to talk to a representative of the MCTA Workforce/Ohio Means Jobs to learn about employment and education opportunities!

Join us on Monday September 15h for free health screenings from Mercy Health! These screenings include blood pressure, heart rate, and more!