



A Community of Caring People

February 2026

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	2 12-Check In 12:45-Self-Reflection 1:30-Forgiveness 2-BINGO	3 12-Check In 12:45-Empathy 1:30-Social Connections 2-Bowling	4 12-Check In 12:45-Addiction Risk Factors 1:30-Problem Solving 2:30-NAMI	5 12-Check In 12:45-Accountability 1:30-Impulsivity 2-Trivia	6 12- Check In 12:45- Tai Chi Warmups 1:30- Tai Chi Breathing 2- BINGO	7 CLOSED
8 CLOSED	9 12-Check In 1-MCTA Workforce 2-BINGO	10 12-Check In 12:45-Time Management 1:30-Conflict Management 2-Darts	11 12-Check In 12:45-Short vs Long Term Goals 1:30-Defense Mechanisms 2-Leisure	12 12-Check In 12:45- Building Life Skills 1:30-Emotional Regulation 2-Trivia	13 12-Check In 1-Valentine's Day Cupcakes 2- BINGO	14 CLOSED
15 CLOSED	16 12-Check In 1-Mercy Health 2-BINGO	17 12-Check In 12:45-Self-Actualization 1:30-Life Experiences 2-Bowling	18 12-Check In 12:45-Vision Boards 1:30-Developing Confidence 2:30-NAMI	19 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2-Trivia	20 12-Check In 1-Meditation 2-Marathon BINGO	21 CLOSED
22 CLOSED	23 12-Check In 12:45-Communication Styles 1:30-Healthy Relationships 2-BINGO	24 12-Check In 12:45-Self-Care 1:30-Building Trust 2-Darts	25 12- Check In 12:45-Stages of Grief 1:30-Resentments 2-Leisure	26 12-Check In 12:45-Sleep Hygiene 1:30-Physical Activity 2-Trivia	27 12-Check In 12:45-Values 1:30-Finding Strengths 2- BINGO	28 CLOSED

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, February 9th to connect with the MCTA workforce and learn about opportunities for education and employment!

Join us on Monday, February 16th for free health screenings provided by Mercy Health! These often include blood pressure, heart rate, and an explanation of their importance.

Join us on Thursday, February 19th for Sunrise Vista hygiene bingo for the chance to win hygiene supplies!

