



A Community of Caring People

April 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 12-Check In 12:45-Mental Health Jenga 1:30-Identifying Strengths 2:30-NAMI | 2 12-Check In 12:45-Rejuvenation 1:30-Food and Mood 2-Trivia | 3 12- Check In 12:45- Tai Chi Warmups 1:30- Tai Chi Breathing 2- BINGO | 4 CLOSED |
| 5 CLOSED | 6 12-Check In 1-Egg Hunt 2-BINGO | 7 12-Check In 12:45-Complacency in Recovery 1:30-Spring Craft 2-Darts | 8 12-Check In 12:45-Self-Care 1:30-What is a Substance Use Disorder? 2-Leisure | 9 12-Check In 12:45- Planting Spring Flowers 1:30-Ecomaps 2-Trivia | 10 12-Check In 12:45-Habit Forming 1:30-Anger Management 2- BINGO | 11 CLOSED |
| 12 CLOSED | 13 12-Check In 1-MCTA Workforce 2-BINGO | 14 12-Check In 12:45-Foundations for Growth 1:30-Mental Health Jeopardy 2-Bowling | 15 12-Check In 12:45-Spring Cleaning 1:30-Coping Skills 2:30-NAMI | 16 12-Check In 1-Sunrise Vista Hygiene BINGO & Snacks 2-Trivia | 17 12-Check In 1-Meditation 2-Marathon BINGO | 18 CLOSED |
| 19 CLOSED | 20 12-Check In 1-Mercy Health 2-BINGO | 21 12-Check In 12:45-Negative Automatic Thoughts 1:30-Self-Awareness 2-Darts | 22 12- Check In 12:45-Mindfulness 1:30-Affirmations 2-Leisure | 23 12-Check In 12:45-Resource Mapping 1:30-What is Stigma? 2-Trivia | 24 12-Check In 12:45-Boundaries 1:30-Self-Advocacy 2- BINGO | 25 CLOSED |
| 26 CLOSED | 27 12- Check In 12:45-Importance of Blood Pressure 1:30-Values 2-BINGO | 28 12- Check In 12:45-Accepting Change 1:30-Confidentiality 2-Bowling | 29 12- Check In 12:45-Cultural Diversity 1:30-Healthy Eating 2-Leisure | 30 12- Check In 12:45-Diversity Awareness 1:30-Hygiene 2-Trivia | | |

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, April 13th to connect with the MCTA workforce and learn about opportunities for education and employment!

Join us on Monday, April 20th 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, April 16th for Sunrise Vista hygiene bingo for the chance to win hygiene supplies!

Join us on Friday, April 17th for marathon bingo! This is an hour of bingo and the chance to win prizes!