



A Community of Caring People

March 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 CLOSED	2 12-Check In 12:45-CC Rules 1:30-Decoration Day 2-BINGO	3 12-Check In 12:45-Recovery Principles 1:30-Resume Tips 2-Bowling	4 12-Check In 12:45-Affirmations 1:30-Interview Skills 2:30-NAMI	5 12-Check In 1-Dental Hygiene 2-Trivia	6 12- Check In 12:45- Tai Chi Warmups 1:30- What is a Job Coach? 2- BINGO	7 CLOSED
8 CLOSED	9 12-Check In 1-MCTA Workforce 2-BINGO	10 12-Check In 12:45-Boundaries 1:30-Anger Management 2-Darts	11 12-Check In 12:45-Trauma Disorders 1:30-Coping Skills 2-Leisure	12 12-Check In 12:45- In vs Out of My Control 1:30-Journaling 2-Trivia	13 12-Check In 12:45-Healthy Hobbies 1:30-Stress Disorders 2- BINGO	14 CLOSED
15 CLOSED	16 12-Check In 1-Mercy Health 2-BINGO	17 12-Check In 1-St. Patrick's Day Cupcakes 2-Bowling	18 12-Check In 12:45-Healthy Eating 1:30-Xbox Exercise 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-Personality Disorders 1:30-Managing Cravings 2-BINGO	24 12-Check In 12:45-Karaoke: Music and Mood 1:30-Spring Cleaning 2-Darts	25 12- Check In 12:45-Wellness Wheel 1:30-Substance Use Treatments 2-Leisure	26 12-Check In 12:45-Substance Use Scavenger Hunt 1:30-Handling Family Tension 2-Trivia	27 12-Check In 1-Meridian Gambling Presentation 2- BINGO	28 CLOSED
29 CLOSED	30 12- Check In 12:45-Self-Improvement 1:30-Routines 2-BINGO	31 12- Check In 12:45-Hygiene 1:30-Coping with Societal Changes 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, March 9th to connect with the MCTA workforce and learn about opportunities for education and employment!

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

Join us on Friday, March 27th to learn about gambling and the impact it can have!