helpnetwork OF NORTHEAST OHIO

A Community of Caring People

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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***

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed	2 12- Check In 12:45- Patience 1:30-Autonomy 2- Bingo	3 12- Check In 1-Recovery In Action 2-Bowling	4 12-Check In 12:45-Healthy Hobbies 1:30-Areas of Wellness 2:30- NAMI	5 12- Check In 12:45-Stages of Grief 1:30-Nutrition 2- Trivia	6 12- Check In 12:45- What is a Job Coach? 1:30-Boundaries 2- Bingo	7 Closed
8 Closed	9 12-check In 1-MCTA Workforce 2-Bingo	10 12- Check In 1-Recovery In Action 2- Darts	11 12- Check In 12:45-Staying Warm in Cool Weather 1:30-Values 2-Leisure	12 12- Check In 12:45-Mood Disorders 1:30-Xbox Exercise 2- Trivia	13 12- Check In 12:45- Healthy Relationships 1:30-Positivity 2- Community Resource Bingo	14 Closed
15 Closed	16 12- Check In 1-Mercy Health 2- Bingo	17 12- Check In 1-Recovery In Action 2- Bowling	18 12- Check In 12:45-Changing Perspective 1:30-Journaling 2:30- NAMI	19 12- Check In 1-Sunrise Vista Hygiene Bingo and Snacks 2-Trivia	20 12- Check In 1-Meditation 2- Marathon Bingo	21 Closed
22 Closed	23 12- Check In 1-Thanksgiving Pies 2- Bingo	24 12- Check In 1-Recovery In Action 2- Darts	25 12- Check In 12:45-Gratitude 1:30-What is a Case Manager 2-Leisure	26 Sorry, we are closed! Happy Thanksgiving!	27 12- Check In 12:45- Creating a Budget 1:30-Accountability 2- Bingo	28 Closed
29 Closed	30 12- Check In 12:45-Dual Diagnoses 1:30-Comorbidities 2- Bingo					

Action in Recovery is an eight-week group that focuses on the stages of change and how they correlate to the recovery journey.

NAMI is a support group held at the community center for individuals living with mental illness.

Community Resource Bingo is four games of bingo with the chance to win prizes. This special bingo encourages discussion about community resources among members.

MCTA Workforce will be at the community center to assist individuals with getting connected to employment and educational opportunities.

Sunrise Vista comes to the center and facilitates bingo with the chance to win hygiene prizes. Snacks are provided.

Marathon bingo is an hour of bingo with the chance to win prizes.

Mercy Health will be at the community center to conduct free health screenings, often including heart rate, blood pressure, and an explanation of how these factors impact one's physical health.

Join us on Monday, November 23rd for a slice of pie to celebrate Thanksgiving at 1pm!

We will be closed on Thanksgiving Day, Thursday, November 26th