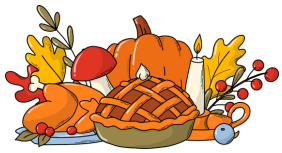
helpnetwork OF NORTHEAST OHIO

Peer Resource & Recovery Center

# November 2026

509 Market St. East Liverpool, OH 43920

330-385-7000



| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| 2<br>10:30-11:00 Morning Journal Prompt<br>11:00-12:00 Coping w/ Overstimulation<br>1:00-2:00 Budgeting Group<br>2:00-3:00 Uno | 3<br>10:30-11:00 Fit Club<br>11:00-12:00 Managing Stress<br>1:00-2:00 Work Ordered Day<br>2:00-3:00 Brain Teasers | 4<br>10:30-11:00: Mood Check In<br>11:00-12:00: Music by Request<br>1:00-2:00 Recovery in Action<br>2:00-3:00: 2 Truths & A Lie | 5<br>10:30-11:00 Fit Club<br>11:00-12:00 Dealing w/ Toxic Realtionships<br>1:00-2:00 What's Your Personality Style?<br>2:00-3:00 Symptom Wheel | 6<br>10:30-11:00 Coping Skills Circle<br>11:00-12:00 Cellphone Addiction<br>1:00-2:00 BINGO<br>2:00-3:00 Trivia |
| 9<br>10:30-11:00 Highs & Lows<br>11:00-12:00 How Gossip Affects the Group<br>1:00-2:00 Creativity in Recovery<br>2:00-3:00 MH Myths vs Facts | 10<br>10:30-11:00 Fit Club<br>11:00-12:00 Healthy Assertiveness<br>1:00-2:00 Life Skills Activity<br>2:00-3:00 Cards | 11<br>10:30-11:00 Meditation<br>11:00-12:00: Distraction Skills<br>1:00-2:00 Recovery in Action<br>2:00-3:00 Would you Rather | 12<br>10:30-11:00: Fit Club<br>11:00-12:00: Self Compassion<br>1:00-2:00: Team Building Project<br>2:00-3:00: Conversation Starters | 13<br>10:30-11:00: WTD<br>11:00-12:00: Legal Doesnt Mean Safe: Dangers of Legal Substances<br>1:00-2:00: Karaoke<br>2:00-3:00: Pictionary |
| 16<br>10:30-11:00 Quotes<br>11:00-12:00 Me vs. Them<br>1:00-2:00 Clear Space, Clear Mind: Decluttering<br>2:00-3:00 Headbands | 17<br>10:30-11:00 Fit Club<br>11:00-12:00 20 Years: A Members Journey<br>1:00-2:00 Healing Through Art<br>2:00-3:00 Trivia Crack | 18<br>10:30-1:30 Lunch n Fun: “How Addiction Rewires the Brain” w/ Mark Stillion<br>1:30-2:00: Takeaways<br>2:00-3:00 Family Feud | 19<br>10:30-11:00 Fit Club<br>11:00-12:00 Cooking Lesson<br>1:00-2:00 Dealing w/ Narcsissim<br>2:00-3:00 Worst Case Scenario | 20<br>10:30-11:00 2 Little, 2 Much<br>11:00-12:00 Music for Mood<br>1:00-2:00 Recovery in Action<br>2:00-3:00 Name 5 |
| 23<br>10:30-12:00 Recovery Movie & Snacks<br>1:00-2:00 Gratitiude Group<br>2:00-3:00 This, That, & Everything | 24<br>10:30-11:00 Symptom Check In<br>11:00-2:00 Paint n Sip<br>2:00-3:00 Emotion Charades | 25<br>10:30-11:00 Icebreakers<br>11:00-12:00 BINGO<br>1:00-2:00 Recovery in Action<br>2:00-3:00 Thanksgiving Trivia | 26<br>**Closed for Thanksgiving!**<br> | 27<br>**Closed for Holiday!**<br> |
| 30<br>10:30-11:00 Mental Health Jenga<br>11:00-12:00 Recovery Journal Prompts<br>1:00-2:00 Creative Coping<br>2:00-3:00 Riddles | | | | |

ANNOUNCEMENTS/REMINDERS:

*Recovery in Action: Join us for an 8 week group series focusing on the Stages of Change in Recovery!

Check out our Facebook Page by scanning the QR Code: