



McMinnville

April

2019

Mon	Tue	Wed	Thu	Fri
1 10:00-11:00 Exploring Recovery for A Better Life Experience 12:30-1:30 Self-esteem	2 <u>9:00-10:00 Volunteer Meeting</u> 10:00-11:00 Get Moving with ABLE 11:00-12:00 Healthy Living 2:00pm COPE	3 <u>9:30-10:30 Facilitator Meeting</u> 10:30-11:30 Yoga 11:45-12:15 EO-Wellness Workshop 12:30-1:30 Just Chillin'	4 10:00-11:00 Get Moving with ABLE 11:00-12:00 Journaling and Calendars	5 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner
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Find us on the web at: www.projectable.org

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Calendar Event Descriptions

Exploring Recovery for A Better Life Experience Join us as we explore the 10 components of recovery. April will be focused on Empowerment.

Self-Esteem: Having positive self-esteem can be an important part of recovery. Together we'll discover just how amazing we all are!

Get Moving w/ABLE: Whether an easy stroll around Mac, or dancing around to some music at PA, we'll all "get moving" together. Come join the fun!

Healthy Living: We will explore multiple facets of healthful living, including cooking, shopping, exercising, etc.

Yoga: Enjoy a stress-reducing, restorative class with a supportive, experienced instructor. All levels are welcome.

Essential Oils Wellness Workshop: Join us while we explore mindfulness tools with essential oils (provided). Every Wednesday following Yoga!

Just Chillin': This will be a social hour to get to know us, see who we are and what we do, and make connections.

Volunteer Meeting: The first Tuesday of each month. Looking forward to seeing all Mac volunteers there!

Journaling and Calendars: Join us to practice journaling and share calendar making and keeping skills.

All Classes and workshops are FREE and open to everyone.

New to Project ABLE? Stop by our office for a Welcome to ABLE. See Calendar for dates and times.

McMinnville Campus
117 NE 5th St, Suite C
McMinnville, OR
M-F 10:00 am – 3:00 pm

Trauma Healing and Recovery Group: You are not alone. Connect with others recovering from trauma in a supportive group setting.

Crafty Corner: Join us as we get artsy-craftsy! Something new each week! If you have an amazing skill you'd like to share, please let us know! *All supplies provided*

COPE (Connecting Over Painful Experiences): Group support with individuals engaged in healing from painful experiences.