

# McMinnville



# June

# 2019

Mon	Tue	Wed	Thu	Fri
3 10:00-11:00 Exploring Recovery for A Better Life Experience 11:30-12:30 Self-Empowerment	4 <b>Volunteer meeting 9-10</b> 10:00 G-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 HOPE	5 <b>Facilitator meeting 9-10</b> 10:30-11:30 Yoga 12:00-1:00 Just Chillin'	6 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars	7 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner
10 10:00-11:00 Exploring Recovery for A Better Life Experience 11:30-12:30 Self-Empowerment	11 10:00 G-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 HOPE	12 <b>FOCUS GROUP 12-2</b> 10:30-11:30 Yoga 12:00-1:00 Just Chillin'	13 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars	14 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](http://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. June will be focused on “Person-Centered”

**Self-Empowerment:** Being your own permission giver 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.

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

***OHP Assist:** every 3<sup>rd</sup> Wednesday, support will be available for anyone that would like to apply for OHP. From 1-5pm*

***Volunteer Meeting:** The first and third 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 groups and activities are FREE and open to everyone.**

**New to Project ABLE? Stop by our office for a Welcome to ABLE**

McMinnville Campus  
117 NE 5<sup>th</sup> 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, talent, or want to share something that makes you happy, let us know. *All supplies provided*

**H.O.P.E. (Hold On, Possibilities Exist!):** This peer led activity is focused on daily success. Our topic for the month of June will be “Finding Recovery”. This will be a community based activity hour, where we explore what recovery means to each of us, how we find it, and how we hold on to hope. There will be a different meeting place each week...stop in and check the board to see what’s on the agenda!

**Focus Group: June 12<sup>th</sup>, from 12-2pm.**

*This is an opportunity for all to come and share with us what you would like from our groups and activities. We will be having snacks too!!*