



McMinnville

March



2020

Mon	Tue	Wed	Thu	Fri
2 10-11: Exploring Recovery* 11-12: Self-Empowerment* 12-1: Lunch with Tracy 1- 2: Voices& Visions* 2- 3: Healthy Living*	3 Volunteer Meeting 6-8pm 10-11: Get Moving w/ABLE 11-12: Relaxation Techniques 12-1: Lunch with Tracy 1-2: H.O.P.E.*	4 Facilitator Meeting 9-10am 10-11: Veterans Coffee 11-12: You-tube YOGA 12-1: Lunch with Tracy 1-2: Voices & Visions* 2-3: Just Chillin' 3-4: My Wellness Life*	5 10-11: Get Moving w/ABLE 11-12: Journaling 12-1: Lunch with Tracy 1-3: Mindful Painting*	6 10-11: You Tube YOGA 11-12: Trauma Healing* 12:30-1:30: Crafty Corner 1:30-2:30: Book Club 2:30-3:30: Peer Paths to Employment w/Kyla*
9 10-11: Exploring Recovery* 11-12: Self-Empowerment* 12-1: Lunch with Tracy 1- 2: Voices& Visions* 2- 3: Healthy Living*	10 10-11: Get Moving w/ABLE 11-12: Relaxation Techniques 12-1: Lunch with Tracy 1-2: H.O.P.E.*	11 10-11: Veterans Coffee 11-12: You-tube YOGA 12-1: Lunch with Tracy 1-2: Voices & Visions* 2-3: Just Chillin' 3-4: My Wellness Life*	12 10-11: Get Moving w/ABLE 11-12: Journaling 12-1: Lunch with Tracy 1-3: Mindful Painting*	13 10-11: You Tube YOGA 11-12: Trauma Healing* 12:30-1:30: Crafty Corner 1:30-2:30: Book Club 2:30-3:30: Peer Paths to Employment w/Kyla*
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Find us on the web at: www.projectable.org

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Exploring Recovery for A Better Life Experience

Join us as we explore the 10 components of recovery. February will be focused on “Self-Direction”!

Self-Empowerment: Being your own permission giver can be an important part of recovery. Together we’ll discover just how amazing we all are!

Voices & Visions: Individuals experiencing voices and visions come together to provide mutual support.

Relaxation Techniques: This peer led activity focuses on relieving everyday stresses that accompany mental health issues and chronic disease.

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.

H.O.P.E. (Hold On, Possibilities Exist!):

This peer led activity is focused on daily success.

Veterans Coffee: Come and enjoy a “Cup of Joe” with other individuals who have served, that support those who have served and/or are related to service members.

My Wellness Life: Learn a complete “Tool Set” for Recovery from a variety of mental health challenges.

Calendar Event Descriptions

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.

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

Facilitator Meeting: *The first Wednesday of every month. If you are a facilitator, or are interested in facilitating, join us as we put the calendar of topics and events together*

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

Mindful Painting: An experience that will open your mind to express creativity without worrying about the results. Learn to trust yourself as the expert of your own journey

Lunch with Tracy: Bring your lunch and share some good company with Tracy.

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*

Book Club: If you love to read, this is a group for you! Come and check it out!

Peer Paths to Employment: Why go through a job search alone? Networking with your peers can land you the job you want. Share useful resources, discover what’s available, and keep each other motivated.

**CEU approved activity*

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

McMinnville Campus
640 NE 3rd St
McMinnville, OR
M-F 9:00 am – 5:00 pm