

Key

Notice some groups are available both online and in person



Activity available in person at specified location (Mac or Salem)
Activity is eligible for CEU's for Peer Support Specialists.



Activity is available online from the Blue Button on ProjectAble.org



Activity is available online from the Yellow Button on ProjectAble.org

Time	Mon	Tue	Wed	Thu	Fri
Earlier					
10 A.M.	Self Empowerment w/Carol		All Volunteer Meeting 1st and 3rd Wednesdays only	What's Eating You? w/ Carol	Veteran's Coffee w/RJ In Person MAC only, ZOOM elsewhere
11 A.M.	Get Moving with ABLE w/ Tracy (Mac)	Just Chillin' w/ Tracy	Veteran's Coffee w/ Hollalina	Journaling w/ Tracy (Mac)	Exploring Recovery w/ Tracy (Mac)
12 P.M.	Peer Paths to Employment w/ Kyla	Yoga w/JoAnn	Mastering Aging w/ Deb	Chair Yoga w/ JoAnn	Building Blocks to Recovery (Gardening) w/ABLE
1 P.M.	Wellness 101 w/ Deb	H.O.P.E. w/ Kayla	Crafty Corner w/ Tracy	Mindfulness w/ Arnie	LGBTQ+ w/ Arnie
2 P.M.	Wellness 101 w/ Julie (Salem)	Trauma Healing & Recovery w/ Julie (Salem)	Voices & Visions w/ Aaron (Salem)	Self Empowerment w/Carol (Salem)	Trauma Healing & Recovery w/Arnie (Salem)
Later	3 PM ABLE Music w/ Julie (in Person Salem) 3 PM Community Garden (Mac)		4 P.M. Lets Talk w/ Carol 3 P.M. DDA w/ Emil	3 P.M. Community Garden w/ Tracy (Outside Only)	3 P.M. DDA w/ Emil (In person Only) 3 P.M. Community Garden (Outside Only)

***Self-Direction *Person-Centered *Empowerment *Holistic *Non-Linear *Strengths-Based *Peer Support *Respect *Responsibility *Hope**

Salem Campus

McMinnville Campus

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Due to COVID-19. all groups on ZOOM unless noted hybrid or in person

Groups Descriptions

Self-Empowerment: Positive self-esteem can be an important aspect of recovery. Together we'll discover how amazing we all are! Give it a try.

ABLE Music Jams: Come on in and join us for a fun musical experience! No experience necessary, we have a box of small instruments to play, and all we need is your smile and participation!

Wellness 101: Learn about the 8 dimensions and put them into practice!

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.

Mindfulness: Mindfulness is something we learn in this Peer group, we will explore ways to be more aware of our surroundings, be mindful of our inner journey in recovery and live life to its fullest. Come join us for a wide range of activities that redirect our thought patterns to live in the moment.

Mastering Aging: In this supportive and educational group, you will be asked to think seriously about what growing older means to you. Your preconceptions will be challenged and we hope you will be motivated to positively overcome the mental hurdles related to aging. We will talk about the basics of age mastery and the six dimensions of aging. If you struggle with "growing up" this group is for you!

Crafty Corner: Work on your Creative Wellness in this fun group!

Just Chillin': 'Curious about what goes on at Project Able? Stop in, ask questions and check us out! This Peer activity gives you an opportunity to meet with your peer, get connected to a peer if you don't have one... or just hang out and play a game or two with like-minded people. Whether you're in the building or on zoom, we love the idea of Just Chillin' with you.

Building Blocks to Recovery: an interactive Group where we discuss the 10 Components of Recovery.

Journaling: We have a tendency to keep things bottled up inside of us. Come and explore ways to get what's inside out!

H.O.P.E: Hold on, Possibilities exist. This peer led activity is focused on creating hope in our lives and creating the best version of ourselves.

Exploring Recovery: We explore the 10 components of recovery which also sets the theme for the month.

Yoga: Experience a stress-reducing, restorative class with a supportive, experienced instructor. Beginners are welcome.

Chair Yoga: A gentle yoga class designed specifically for those with mobility issues and/or physical challenges.

Get Moving w/ABLE: Outdoor or indoor light moving activity or dancing to get you out of your seat and moving for a healthier you.

What's Eating You?: Gather together with others to discuss what nutrition does for our recovery.

Let's Talk: This is a group centered on social situations. Talking about skills to use and ways to communicate in these situations.

LGBTQ+: Support Group and finding resources

Trauma Healing & Recovery: Connect with others recovering from trauma in a supportive group setting.

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

Veterans Coffee: Enjoy coffee with other veterans who understand what you're going through, they've been there too.

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