



McMinnville

August



2021

Mon	Tue	Wed	Thu	Fri
2 10-11am Just Chillin 11-12pm Get Moving *12-1pm Peer Paths to Employment 1-2pm Exploring Recovery	3 10-11am Yoga 11-12pm Self-Esteem 12-1pm 9 Dimensions of Wellness 1-2pm Trauma Healing & Recovery 3pm-4pm DDA	4 *10-11am Lets Talk *11-12pm Vet coffee 12pm-2pm Crafty Corner	5 *10-11am What's eating you *11-12pm Journaling *1-2pm Peer Guided Meditation *2-3pm LGBTQIA+ 3-4pm DDA	6 *10-12pm All Volunteer Meeting 12am-1pm Lunch *1-3pm CEU Training
9 10-11am Just Chillin 11-12pm Get Moving *12-1pm Peer Paths to Employment 1-2pm Exploring Recovery	10 10-11am Yoga 11-12pm Self-Esteem 12-1pm 9 Dimensions of Wellness 1-2pm Trauma Healing & Recovery 3pm-4pm DDA	11 *10-11am Lets Talk *11-12pm Vet coffee 12pm-2pm Crafty Corner	12 *10-11am What's eating you *11-12pm Journaling *1-2pm Peer Guided Meditation *2-3pm LGBTQIA+ 3-4pm DDA	13 *10-12pm Volunteer Orientation *1-3pm CEU Training
16 10-11am Just Chillin 11-12pm Get Moving *12-1pm Peer Paths to Employment 1-2pm Exploring Recovery	17 10-11am Yoga 11-12pm Self-Esteem 12-1pm 9 Dimensions of Wellness 1-2pm Trauma Healing & Recovery 3pm-4pm DDA	18 <p style="text-align: center;">Special Day!</p> *11-12pm Vet coffee 11-4pm Bar-B-Que with ABE!	19 *10-11am What's eating you *11-12pm Journaling *1-2pm Peer Guided Meditation *2-3pm LGBTQIA+ 3-4pm DDA	20 *10-12pm All Volunteer Meeting 12am-1pm Lunch *1-3pm CEU Training
23 10-11am Just Chillin 11-12pm Get Moving *12-1pm Peer Paths to Employment 1-2pm Exploring Recovery	24 10-11am Yoga 11-12pm Self-Esteem 12-1pm 9 Dimensions of Wellness 1-2pm Trauma Healing & Recovery 3pm-4pm DDA	25 *10-11am Lets Talk *11-12pm Vet coffee 12pm-2pm Crafty Corner	26 *10-11am What's eating you *11-12pm Journaling *1-2pm Peer Guided Meditation *2-3pm LGBTQIA+ 3-4pm DDA	27 *10-12pm Facilitator Meeting *1-3pm CEU Training
30 10-11am Just Chillin 11-12pm Get Moving *12-1pm Peer Paths to Employment 1-2pm Exploring Recovery	31 10-11am Yoga 11-12pm Self-Esteem 12-1pm 9 Dimensions of Wellness 1-2pm Trauma Healing & Recovery 3pm-4pm DDA	*To join via zoom, go to https://projectable.org/what-we-do/activities/ Click on the BLUE bar below the calendar.		



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Find us on the web at: www.projectable.org

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Calendar Event Descriptions

Exploring Recovery Join us as we explore the 10 components of recovery. This will be a revolving 10-week activity, each week focused on 1 of the components of recovery.

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

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.

Peer Guided Meditation: Take time for yourself! In this peer led activity we will meditate, learn breathing techniques, and set goals for wellness.

LGBTQIA+: In this peer led activity we will set goals, find support, make a difference, and be a part of a loving wonderful community.

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

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

Just Chillin': This will be a social hour to get to know us, see who we are and what we do, and make connections. There will be games and prizes (for in person attendants).

OHP and Marketplace Assist: Call to schedule an appointment with Tracy

Volunteer Meeting: The first and third Friday of each month.

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

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

Interested in volunteering? Stop by and check
out our volunteering opportunities!

McMinnville Campus

640 NE 3rd St

McMinnville, OR

Covid schedule:

Journaling: Join us to practice different styles and strategies of journaling and share with peers in a safe place.

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*

9 Dimensions of Wellness: This peer led activity will focus on how we approach life. We can write our own narrative. Come join us as we explore each of the 9 dimensions of wellness.

DDA: Dual Diagnosis Anonymous – Each "DDA group has one primary purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis."

Volunteer Orientation: Find out how you can become a Project ABLE volunteer. **Get Moving:** This activity inspires us to move our bodies in any way we can from dancing to walking around town while we cheer each other on!

Yoga: All fitness levels welcome!