




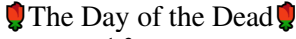
McMinnville



October



2021

Mon	Tue	Wed	Thu	Fri
				1 *10-12pm All Volunteer Meeting *1-3pm CEU Training (Veteran Resources)
4 *11-12pm Exploring Recovery 12-1pm Get Moving 1-2 pm Trauma Healing	5 *11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	6 *11-12pm Vet Coffee 12-2pm Crafty Corner	7 *11-12pm Journaling 12-2pm Pumpkin Craft 2-3pm DDA	8 *10-12pm Volunteer Orientation *1-3pm CEU Training (Boundaries)
11 Columbus Day :::Closed:::	12 *11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	13 *11-12pm Vet Coffee 12-2pm Crafty Corner	14 *11-12pm Journaling 12-2pm Abstract Art 2-3pm DDA	15 *10-12pm Trauma Informed Meeting *1-3pm CEU Training (Emergency Response)
18 *11-12pm Exploring Recovery 12-1pm Get Moving 1-2pm Trauma Healing	19 *11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	20 *11-12pm Vet Coffee 12-2pm Crafty Corner	21 *11-12pm Journaling 12-2pm Calming Jars 2-3pm DDA	22 *10-12pm Facilitator Meeting *12-3pm CEU Training (WRAP)
25 *11-12pm Exploring Recovery 12-1pm Get Moving 1-2pm Trauma Healing	26 *11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	27 *11-12pm Vet Coffee 12-2pm Crafty Corner	28 *11-12pm Journaling 12-2pm Making Clay 2-3pm DDA	29  Halloween Party Costume Contest Crafting with an observance of  The Day of the Dead 1-3pm

*Hybrid – in person and via zoom.
To log into zoom, go to:
projectable.org/what-we-do/activities

Project ABLÉ, Inc.
640 NE 3rd ST
Phone: 503-474-5509
9am-4pm Monday through Friday



Calendar Event Descriptions

Exploring Recovery for A Better Life Experience 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!

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

Trauma Healing: Connect with others who are also healing from trauma in a supportive group setting.

Thursday Wellness Activity: Join us for something fun each week! Activities for October are: Pumpkin Craft, Abstract Art (with different mediums), Calming Jars and Making Clay (Learn the recipe and sculpt)!

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

Volunteer Meeting: the first and third Friday of the month.

Volunteer Orientation: The second Friday of the month.

CEU Trainings: Every Friday

***SPECIAL DAY!*: October 29th: Halloween Party with an observance for The Day of the Dead. There will be a costume contest and a craft to learn how to make tissue paper flowers. All supplies provided for the craft.**

Come join the fun!!!

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

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* *The last Friday of the month will be Painting with Peers, focusing on exploring a variety of methods of painting.

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 it's message of hope and recovery to those who still suffer from the effects of Dual Diagnosis."