






McMinnville



November



2021

Mon	Tue	Wed	Thu	Fri
<p>¹</p> <p>*11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving</p>	<p>²</p> <p>*11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA</p>	<p>³</p> <p>*11-12pm Vet Coffee 1-3pm Crafty Corner</p>	<p>⁴</p> <p>*11-12pm Journaling 12-2pm Canasta (cards) 2-3pm DDA</p>	<p>⁵</p> <p>*10-12pm All Volunteers *1-3pm CEU Training</p>
<p>⁸</p> <p>*11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving</p>	<p>⁹</p> <p>*11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA</p>	<p>¹⁰</p> <p>*11-12pm Vet Coffee 1-3pm Crafty Corner</p>	<p>¹¹</p> <p>:::Closed::: </p>	<p>¹²</p> <p>*10-12pm Facilitators *1-3pm CEU Training</p>
<p>¹⁵</p> <p>*11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving</p>	<p>¹⁶</p> <p>*11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA</p>	<p>¹⁷</p> <p>*11-12pm Vet Coffee 1-3pm Crafty Corner</p>	<p>¹⁸</p> <p>*11-12pm Journaling 12-2pm Wreaths 2-3pm DDA</p>	<p>¹⁹</p> <p>*10-12pm Trauma Informed *1-3pm CEU Training</p>
<p>²²</p> <p>*11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving</p>	<p>²³</p> <p>*11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA</p>	<p>²⁴</p> <p>:::Special Day::: *11-12pm Vet Coffee 1-3pm Cooking Party Zoom Only</p>	<p>²⁵</p> <p>:::Closed::: </p>	<p>²⁵</p> <p>:::Closed::: </p>
<p>²⁹</p> <p>*11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving</p>	<p>³⁰</p> <p>*11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA</p>			

All group are in person *Hybrid groups are in person and via zoom.

During inclement weather all groups will be via Zoom

To log into zoom, go to:

projectable.org/what-we-do/activities

Project ABLE, Inc.

640 NE 3rd ST

Phone: 503-474-5509

9am-4pm Monday through Friday



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!

Get Moving: Whether an easy stroll around Mac, lifting weights, shooting hoops or table tennis 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 November are: Canasta (learn to play this exciting group game of cards), Wreaths (using different foliage)

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 excluding holidays

***SPECIAL DAY!*:**

Make your favorite dish or that special something for this time of year. Project ABLE will be on Zoom for this event. Invite your friends and watch people make delicious happen! 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: Be surrounded by peers for two hours of crafting! Bring your own project to work on or rummage through the Expression Room for something fun to craft.

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."

Have Art Supplies to Donate? Call the front desk and ask for Jackie.