



# Salts and Suds

Individuals struggling with addiction gather together to learn skills that have proven to result in a clean and sober lifestyle. Instruction and facilitation provided by two individuals that share over 50 years in recovery. They have both certainly "been there, done that."

PROJECT ABLE, 1599 STATE ST. SALEM, OR.  
LOCATED IN THE TRAINING ROOM 1607 STATE ST.  
TUESDAYS 10:00AM TO 11:30AM

Project ABLE provides Peer Support services and wellness activities for individuals 18+ who are struggling with mental health, addiction and/or co-occurring issues.



**Recovery IS Possible**

**Empowerment**

**Friendship and Mutual Support**

**Online Groups**

## PROJECT ABLE

Come see us today and join us online at

1599 State St. NE

Salem, OR. 97301

Office: 503-363-3260

[www.ProjectABLE.org](http://www.ProjectABLE.org)