



# Salem Activities January 2022

**Project ABLE**  
1599 State St NE  
Salem, OR 97301  
503-363-3260

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>11-12 Women's Veterans Group 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams</p>	<p>4</p> <p>10-11:30 Salts and Suds 12-1 Yoga 2-3 *Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>5</p> <p>10-11 Let's Talk 11-12* Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices &amp; Visions 3-4 Parenting Group</p>	<p>6</p> <p>10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+</p>	<p>7</p> <p>10-12 *All Volunteer Meeting 1-3 * CEU Training Opioids with Michelle part 1</p>
<p>10</p> <p>11-12 Women's Veterans Group 12-1 *Peer Paths to Employment 2-3*Wellness 101 3-4 ABLE Music Jams</p>	<p>11</p> <p>10-11:30 Salts and Suds 12-1 Yoga 2-3* Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>12</p> <p>10-11 *Let's Talk 11-12 * Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices &amp; Visions 3-4 Parenting Group</p>	<p>13</p> <p>10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+</p>	<p>14</p> <p>10-12 *Volunteer Orientation 1-3* CEU Training Opioids with Julie part 2</p>
<p>17</p> <p><b>Project ABLE Closed Martin Luther King Jr. Day</b></p>	<p>18</p> <p>10-11:30 Salts and Suds 12-1 Yoga 2-3 *Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>19</p> <p>10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices &amp; Visions 3-4 Parenting Group</p>	<p>20</p> <p>10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+</p>	<p>21</p> <p>10-12 *Trauma Informed Meeting 1-3 *CEU Training Opioids with Michelle part 3</p>
<p>24</p> <p>11-12 Women's Veterans Group 12-1*Peer Paths to Employment 2-3* Wellness 101 3-4 ABLE Music Jams</p>	<p>25</p> <p>10-11:30 Salts and Suds 12-1 Yoga 2-3 *Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>26</p> <p>10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices &amp; Visions 3-4 Parenting Group</p>	<p>27</p> <p>10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+</p>	<p>28</p> <p>10-10:30*Facilitator Meeting 1-3 * CEU Training Opioids with Michelle part 4</p>
<p>31</p> <p>11-12 Women's Veterans Group 12-1*Peer Paths to Employment 2-3* Wellness 101 3-4 ABLE Music Jams</p>				

\*= Available online and in person. To join us via zoom, go to <https://projectable.org/what-we-do/activities/> and click on the dark blue bar below the calendar.

## Calendar Activities Descriptions

**ABLE Music Jams:** If you play an instrument or sing, come jam with other music lovers just for fun. Bring any instrument you like.

**Aging Mastery:** 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 learn about the basics of age mastery and the six dimensions of aging. If you struggle with "growing up" this group is for you!

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

**LGBTQ+:** We come to gather to find resources in the community and support each other on our journey in life.

**Parent Support Group:** A Trauma Informed Parent Educator and Life Skills Coach will offer insight on topics such as: "Are you struggling with how to balance parenting with self-care?" or a co-parent attempting to regain custody of your children?"; "How has COVID impacted

your parenting?"; and many more. Topics chosen based on the needs and requests of the individuals in attendance.

**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."

**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.

**All Volunteer Meeting:** If you volunteer with Project ABLE, please attend. Get the latest info so you can stay informed and up-to-date.

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

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

**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.

**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.

**Guided Meditation:** Provides a focal point and gentle instructions to support connection and letting go of self-judgment.

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

**Trauma Informed Volunteer Meeting:** In this meeting for Volunteers, various trauma informed topics are discussed.

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

**Volunteer Orientation:** Find out how you can become a Project ABLE volunteer.

### New to Project ABLE?

Feel free to stop by our office for a Welcome to ABLE  
1599 State St. NE, Salem, OR 97301

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Please visit our website at [www.projectable.org](http://www.projectable.org)