




McMinnville



2022

Mon	Tue	Wed	Thu	Fri
3 *11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving	4 11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	5 *11-12pm Vet Coffee 12-4pm Crafty Corner Open House	6 11-12pm Journaling 12-2pm Torn Paper Art 2-3pm DDA	7 *10-12pm All Volunteers 1-3pm CEU Training: Wk 1: Empathy Toward Opioid Addiction
10 *11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving	11 11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	12 *11-12pm Vet Coffee 12-4pm Crafty Corner Open House	13 11-12pm Journaling 12-2pm Cocoa Jars 2-3pm DDA	14 *10-12pm Volunteer Orientation 1-3pm CEU Training: Wk 2: Empathy Toward Opioid Addiction
17 Closed for the observance of Martin Luther King Day 	18 11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	19 *11-12pm Vet Coffee 12-4pm Crafty Corner Open House	20 11-12pm Journaling 12-2pm Playing Cards 2-3pm DDA	21 *10-12pm Trauma Informed 1-3 pm CEU Training: Wk 3: Empathy Toward Opioid Addiction
24 *11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving	25 11-12pm Self-Esteem 1-2pm 9 Dimensions 2-3pm DDA	26 *11-12pm Vet Coffee 12-4pm Crafty Corner Open House	27 11-12pm Journaling 12-2pm Movie 2-3pm DDA	28 *10-12 pm Facilitator Meeting 1-3pm CEU Training: Wk 4: Empathy Toward Opioid Addiction
31 *11-12pm Exploring Recovery 1-2 pm Trauma Healing 2-3pm Get Moving				

All groups are in person. Asterix (*) groups are also available in Zoom. To request Zoom for other groups, please call the Mac office. 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 for A Better Life Experience: w/Deb 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: w/ Keri Being your own permission giver can be an important part of recovery. Together we'll discover just how amazing we all are!

Get Moving: w/ Emil 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: w/Tracy Connect with others who are also healing from trauma in a supportive group setting.

Thursday Wellness Activity: w/Tracy
Join us for something fun each week!
January's activities are: Torn Paper Art, Cocoa Jar (Empowered Peer), Playing cards and a Movie (TBD)

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

**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: w/David Join us to practice different styles and strategies of journaling and share with peers in a safe place.

Crafty Corner: w/Jackie Come join our community craft room and create wellness. You can use the supplies you find in the room or bring your own hobbies. Connect with peers and be inspired!

9 Dimensions of Wellness: w/ Jake 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: w/Emil 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."