



Salem Activities June 2022

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

Mon	Tue	Wed	Thu	Fri
		1 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30* Salts and Suds	2 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	3 10-12 *All Volunteer Meeting 1-3 *CEU Training Brene Brown Part 1: Atlas of the Heart 3:30 – 4:30* Parent Support Group
6 10 – 12 ABLE Gamers 12-1*Exploring Art 2-3 *Wellness 101 3-4 ABLE Music Jams	7 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Goblet Terrariums	8 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30* Salts and Suds	9 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	10 10-12 *New Volunteer Orientation 1-3 *CEU Training Brene Brown Part 2: Atlas of the Heart 3:30 – 4:30* Parent Support Group
13 10 – 12 ABLE Gamers 12-1*Exploring Art 2-3 *Wellness 101 3-4 ABLE Music Jams	14 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Rainbow Bird Feeders	15 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30* Salts and Suds	16 BEACH DAY 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	17 10-12 *Trauma Informed Meeting 1-3 *CEU Training Brene Brown Part 3: Atlas of the Heart 3:30- 4:30 *Parent Support Group
20 Project ABLE Closed Juneteenth	21 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Inspirational Magnets or Pins	22 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30* Salts and Suds	23 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	24 10-10:30* Facilitator Meeting 1-3 *CEU Training Brene Brown part 4: Atlas of the Heart 3:30 – 4:30* Parent Support Group
27 10 – 12 ABLE Gamers 12-1*Exploring Art 2-3 *Wellness 101 3-4 ABLE Music Jams	28 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Herb Garden	29 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30* Salts and Suds	30 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	

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

ABLE Music Jams: Come on in and share your favorite songs with us! Sing along, play a tambourine, or just hang out!

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!

Exploring Art: Art is everywhere around us. Join us as we explore various artists, their art, and their culture. Feel free to request an artist that interests you!

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

ABLE Gamers: Come join us for fun and a variety of board games. Learn about new board games and old ones alike.

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 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."

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.

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: Learn about joining Project ABLE as a volunteer.

New to Project ABLE?

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

(503)-363-3260

Please visit our website at www.projectable.org