



McMinnville

 June

2022

Mon	Tue	Wed	Thu	Fri
		1	2	3
		11-12 pm Peer Yoga 12-2pm Craft 2-3pm Stages of Change	11-12 pm Journaling 12-2 pm Cards & Boardgames 2-3pm DDA	*10-12pm All Volunteer Meeting *1-3pm CEU Training Brene Brown Atlas of the Heart Part 1
6	7	8	9	10
11-12pm Exploring Recovery 12-2 pm Free Expression 2-4pm Get Moving@ Planet Fitness (Meet at ABLE)	11-2pm Tabletop Role Play 2-3pm Trauma & Healing	11-12 pm Peer Yoga 12-2pm Neighborhood Clean Up 2-3pm Environmental Wellness	11-12 pm Journaling 12-2 pm Cards & Boardgames 2-3pm DDA	10-12am Mac Pac Training 1-3pm CEU Training Brene Brown Atlas of the Heart Part 2
13	14	15	16	17
11-12pm Exploring Recovery 12-2 pm ABLE Music Jams 2-4pm Get Moving@ Planet Fitness (Meet at ABLE)	11-2pm Tabletop Role Play 2-3pm Trauma & Healing	11-12 pm Peer Yoga 12-2pm Community Shopping 2-3pm Intellectual Wellness	Beach Trip 9-4 pm	10-12am Greg Trotter Meeting 1-3pm CEU Brene Brown Atlas of the Heart Part 3
20	21	22	23	24
Closed for the Observance of Juneteeth	11-2pm Tabletop Role Play 2-3pm Trauma & Healing	11-12 pm Peer Yoga 12-2pm Painting with Peers 2-3pm Physical Wellness	11-12 pm Journaling 12-2 pm Cards & Boardgames 2-3pm DDA	10-12am Facilitator Meeting 1-3pm CEU Training Brene Brown Atlas of the Heart Part 4
27	28	29	30	
11-12pm Exploring Recovery 12-2 pm ABLE Music Jams 2-4pm Get Moving@ Planet Fitness (Meet at ABLE)	11-2pm Tabletop Role Play 2-3pm Trauma & Healing	11-12 pm Peer Yoga 12-2pm Bring a Friend Potluck 2-3pm Occupational Wellness	11-12 pm Journaling 12-2 pm Cards & Boardgames 2-3pm DDA	

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: 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.

Trauma Healing: w/Tracy Connect with others who are also healing from trauma in a supportive group setting.

Get Moving: w/ Tracy Meet at ABLE and carpool to Planet Fitness. Please sign up for this event and inquire about cost. Donations are greatly appreciated.

Tabletop Role Play: w/James This activity supports growth in social and emotion life skills, creative problem solving and collaboration.

Peer Yoga: w/Tracy This activity, is led by peers and follows Yoga sessions online. Modify moves to fit your needs or just come and breathe.

Free Expression w/Tracy Bring your own craft or use supplies from the expressions room. Express yourself creatively and be supported by the community

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: ★

Beach Trip: Attendees must preregister for this activity. We are carpooling with peers so if you have a car available to help transport, please let Tracy or Gwendolyn know. Carpool will be leaving at 9:30 am. Please prepare appropriately for the weather. Project ABLE will provide food. Those with food allergies, may need to make other arrangements at participant's expense. Any Questions? Please call 503-474-5509

ABLE Music Jams: W/ Tracy Bring an instrument and/or sing along with peers. Rhythm makers will be available in the building. If music is your jam this is the place for you!

Self-Empowerment: w/ Tracy Together we will engage with the community and learn life skills to build ourselves up! Activities include shopping, city clean-up, crafting and painting and more!

Dimensions of Wellness: w/ Tracy 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 dimensions of wellness.

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

Cards & Board Games: w/Gwendolyn Come play games with peers in a friendly atmosphere. Bringing personal snacks is optional. Let go and live!

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.”

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