



Salem Activities September 2022

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

Mon	Tue	Wed	Thu	Fri
			1 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	2 10-12 All Volunteer Meeting 1-3*CEU Training Chronic Illness and impact on Mental Health 3-5 TTRPG Group
5 Labor Day Project ABLE Closed	6 10:30-11:30 Parent Support Group 12-1 Yoga 2-3* Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Decorate Flower Vases	7 10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30*Salts and Suds	8 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	9 10-12 *Volunteer Orientation 12-4 Hands Across the Bridge: Pavilion at Riverfront Park – ABLE Closed 3-5 TTRPG Group
12 10 – 12 ABLE Gamers 12-1 Exploring Art 2-3*Wellness 101 3-4 ABLE Music Jams	13 10:30-11:30 Parent Support Group 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity T-Shirt Clothing Art (Please bring a T-Shirt)	14 10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30*Salts and Suds	15 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	16 10-12 *Trauma Informed Meeting 1-3* CEU Training Media – How Does it Impact Mental Health Stigma? 3-5 TTRPG Group
10 – 12 ABLE Gamers 12-1*Exploring Art 2-3*Wellness 101 3-4 ABLE Music Jams	20 10:30-11:30 Parent Support Group 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Hanging or Beaded Chime	21 10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30*Salts and Suds	22 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	23 10-10:30*Facilitator Meeting 1-3 * CEU Training Addiction 3-5 TTRPG Group
26 10 – 12 ABLE Gamers 12-1*Exploring Art 2-3*Wellness 101 3-4 ABLE Music Jams	27 10:30-11:30 Parent Support Group 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Halloween Decorations Decorate Group Room	28 10-11 Let's Talk 11-12* Veteran's Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30*Salts and Suds	29 11-12 Walk with ABLE 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	30 1-3 * CEU Training Addiction – Supporting Change 3-5 TTRPG Group

*= 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 above the calendar.

Calendar Activities Descriptions

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!

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."

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: Learn about joining Project ABLE as a volunteer.

TTRPG Group: Supports growth in social and emotional life skills, creative problem solving and collaboration. Sharing laughter and fun promotes empathy, compassion and trust with others through mutual goal solving.

New to Project ABLE?

Feel free to stop by our office for a Welcome to ABLE

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Please visit our website at www.projectable.org