



McMinnville



2022

Mon	Tue	Wed	Thu	Fri
			1 11-12 pm Journaling 1-2 pm Board Games 2-3pm DDA	2 10-12 pm All Volunteer Meeting 1-3 pm CEU Training 4-6 pm Fantasy Role Play
5 Closed for the observance of Labor Day	6 11-1pm B.S.R.P. Role Play 1-2pm Lunch with ABLE 2-3pm The Healing Journey	7 9:30 -10 am Peer Yoga 11-12 pm Crafts 12-2pm Empowerment Clean up 2-3pm Physical Wellness	8 11-12 pm Journaling 1-2 pm Board Games 2-3pm DDA	9 10-12 pm Volunteer Orientation 12-5 pm Hands Across the Bridge (Meet at ABLE at 11 am for a ride)
12 9:30- 10 am Peer Yoga 11-12pm Exploring Recovery 1-2 pm Get Moving (Walking) 2-3pm Video Club	13 11-1pm B.S.R.P. Role Play 1- 2pm Lunch with ABLE 2-3pm The Healing Journey	14 9:30 -10 am Peer Yoga 11-12 pm Craft 12-2pm Empowerment Shopping 2-3pm Occupational Wellness	15 11-12 pm Journaling 1-2 pm Board Games 2-3pm DDA	16 10-12 pm Trauma Informed Meeting 1-3 pm CEU Training (Addiction) 4-6 pm Fantasy Role Play
19 9:30- 10 am Peer Yoga 11-12pm Exploring Recovery 1-2 pm Get Moving (Walking) 2-3pm Video Club	20 11-1pm B.S.R.P. Role Play 1- 2pm Lunch with ABLE 2-3pm The Healing Journey	21 9:30 -10 am Peer Yoga 11-12 pm Crafts 12-2pm Empowerment Music 2-3pm Spiritual Wellness	22 11-12 pm Journaling 1-2 pm Board Games 2-3pm DDA	23 10-12 pm Facilitator Meeting 1-3 pm CEU Training (Addiction Supporting Change) 4-6 pm Fantasy Role Play
26 9:30- 10 am Peer Yoga 11-12pm Exploring Recovery 1-2 pm Get Moving (Walking) 2-3pm Video Club	27 11-1pm B.S.R.P. Role Play 1- 2pm Lunch with ABLE 2-3pm The Healing Journey	28 9:30 -10 am Peer Yoga 11-12 pm Crafts 12-2pm Painting with Peers 2-3pm Social Wellness	29 11-12 pm Journaling 1-2 pm Board Games 2-3pm DDA	30 1-3 pm CEU Training (Homelessness) 4-6 pm Fantasy Role Play

All groups are in person. Friday groups are by appointment only
 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

Exploring Recovery: w/Deb Join us as we explore the 10 components of recovery; Self-Direction, Individualized and Person Centered, Strengths Based, Holistic, Non-linear, Peer Support, Empowerment, Respect, Responsibility and Hope!

Get Moving: w/ Tracy Meet at ABLE and take a walk with peers. Explore downtown McMinnville while we get the body moving!

Video Club: w/ Chris In this peer led activity we will explore interesting topics and discuss with peers current events happening around the world.

B.S.R.P. Role Play: w/Tracy Engage in Community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role play and be a part of the adventure!

The Healing Journey: w/Tracy Connect with others who are also healing from the past in a supportive group setting.

Peer Yoga: w/Olivia Explore different types of yoga led by peers. Modify moves to fit your needs or just come and breathe.

Calendar Event Descriptions

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: 

Saturday September 10th

12-3 pm

2250 NE McDaniel Ln

Peers in the Park: There will be free food including gluten free options. Bring a friend and enjoy the day with peers while playing games. There will be prizes and tables from peer organizations located in Yamhill County. Stop by every table to see what's available in our community!

Empowerment: w/ Tracy Empowering each other while we craft, shop, sing and paint

Crafts: w/Tracy Come do crafts with peer and express yourself as only you can. Show off what you make and encourage others to do the same!

9 Dimensions of Wellness: w/ Cordy A balanced life is a well lived life. Each week we will go over a dimension of wellness and decide our own path to fulfillment.

Journaling: w/David Join us to practice assorted styles and strategies of journaling in a safe space. Sharing is optional.

Board Games: w/Gwendolyn Come play cards and boardgames like we did when we were young in a friendly atmosphere.

Bringing snacks is optional

DDA: w/Emil Dual Diagnosis Anonymous Purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis.”

Fantasy Role Play: w/Cordy Supports growth in social and emotional life skills, creative problem solving and collaboration that promotes empathy, compassions and trust with others through community goal setting.

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