



McMinnville



November

2022

Mon	Tue	Wed	Thu	Fri
	1 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	2 10 -11am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Craft 2-3pm Self-Direction in Recovery	3 11-12 pm Journaling 1-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	4 10-12 pm All Volunteer Meeting 1-3 pm CEU Training 4-6 pm Fantasy Role Play
7 10 -11 am Peer Yoga 11-12pm Stages of Change 1-2 pm Get Moving 2-3pm Coping Skills	8 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	9 10 -11am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Shopping 2-3pm Strengths-Based Recovery	10 11-12 pm Journaling 1-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	11 Closed for the Observance of Veteran's Day
14 10 -11 am Peer Yoga 11-12pm Environmental Wellness 1-2 pm Get Moving 2-3pm Coping Skills	15 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	16 10 -11 am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Music 2-3pm Person Centered Recovery	17 9:00am Pancake Breakfast 🥞 11-12 pm Journaling 1-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	18 10-12 pm Trauma Informed Meeting 1-3 pm CEU Training 4-6 pm Fantasy Role Play
21 10 -11 am Peer Yoga 11-12pm Intellectual Wellness 1-2 pm Get Moving 2-3pm Coping Skills	22 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	23 10 -11am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Painting 2-3pm Holistic Recovery	24 Closed for the Observance of Thanksgiving	25 Closed for the Observance of Thanksgiving
28 10 -11 am Peer Yoga 11-12pm Physical Wellness 1-2 pm Get Moving 2-3pm Coping Skills	29 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	30 10 -11am Peer Yoga 11-12 pm Small Steps 12-2pm Empowered Peer 2-3pm Non-Linear Recovery		

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/Tracy 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 move your body with peers. Please consult your doctor before engaging in any exercise.

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 create a character that saves the universe while exploring recovery methods!

Coping Skills: w Tracy This peer led activity involves learning methods to deal with stressful situations. We will support one another in having action plans, being flexible and persistent in solving problems.

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

Harm Reduction Works: w/ Tiffany Explore wellness, your relationship with habits and or substances, in a safe, non-judgmental space. Let us walk together and support each other on this journey!

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: 🥞

Pancake Breakfast: Come eat a free pancake breakfast at Project ABLE. Pancakes, eggs, and bacon along with coffee and juice. Wearing P. J's is optional. Start the day off with all your peers!

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

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

Small Steps: w/Tracy This peer led activity is a workshop for reducing anxiety symptoms. Everything we want out of life is on the other side of anxiety!

Wellness Groups: w/ Deb A balanced life is a well lived life. Each week we will go over one of the dimensions of wellness and decide our own path to fulfillment.

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

Cards & Board Games: w/Gwendolyn Come play cards and boardgames in a friendly and supportive 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.”

Just Chillin’: w/Josh A place to meet peers and talk about whatever comes to mind. Learn about what goes on at ABLE, be supported and just chill.

Fantasy Role Play: w/Cordy Is a tabletop role play game that supports growth in social and emotional life skills, creative problem solving and collaboration. Together we will promote empathy, compassion, and trust with others through community goal setting.