



McMinnville



December

2022

Mon	Tue	Wed	Thu	Fri	
			1 11-12 pm Journaling 1-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	2 10-12 pm All Volunteer Meeting 1-3 pm CEU Training 4-6 pm Fantasy Role Play	
5 Closed for Staff Training	6 Closed for Staff Training	7 10 -11 am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Craft 2-3pm Peer Support in Recovery	8 11-12 pm Journaling 12-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	9 10-12 pm Volunteer Orientation 1-3 pm CEU Training 4-6 pm Fantasy Role Play	10 Saturday Holiday Bazaar 10am-2pm
12 10 -11 am Peer Yoga 11-12pm Occupational Wellness 1-2 pm Get Moving 2-3pm Coping Skills	13 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	14 10 -11 am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Shopping 2-3pm Empowerment in Recovery	15 11-12 pm Journaling 12-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	16 10-12 pm Trauma Informed Meeting 1-3 pm CEU Training 4-6 pm Fantasy Role Play	
19 10 -11 am Peer Yoga 11-12pm Spiritual Wellness 1-2 pm Get Moving 2-3pm Coping Skills	20 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	21 10 -11 am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Music 2-3pm Respect in Recovery	22 11-12 pm Journaling 12-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	23 10-12 pm Facilitator Meeting Closed For the Observance of Christmas	
26 Closed For the Observance of Christmas	27 11-1pm B.S.R.P. Role Play 1-2pm ABLE Potluck 2-3pm The Healing Journey 3-4pm Harm Reduction Works	28 10 -11 am Peer Yoga 11-12 pm Small Steps 12-2pm Empowerment Painting 2-3pm Responsibility in Recovery	29 11-12 pm Journaling 12-2 pm Cards & Board Games 2-3pm DDA 3-4 pm Just Chillin'	30 1-3 pm CEU Training 4-6 pm Fantasy Role Play	

All groups are walk-in and in person. Friday groups are by appointment only.
 During inclement weather please call ahead to see if groups are staffed
 To log into zoom, go to: projectable.org/what-we-do/activities

Project ABLÉ, 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: 🎄

Holiday Bazaar: Saturday Dec. 10th 10 am- 2 pm here at Project ABLE. Tables are free to members and a \$10 Dollar donation for all others. Sell your merch and come have fun with us. If you have any questions, you can call (503) 474-5509 and ask for Tracy! Pre-register for space.

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!

9 Dimensions of Wellness: w/ Tracy 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 plying game that supports growth in social and emotional life skills, creative problem solving and collaboration. The group promotes empathy, compassion and trust with others through community goal setting.