



Salem Activities November 2022

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

Mon	Tue	Wed	Thu	Fri
	1 10:30-11:30 Parent Support Group 12-1 Yoga 1-2 Dance With ABE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Inspirational Bracelets	2 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30* Salts and Suds	3 11-12 Walk With ABE 12-1 *Chair Yoga 1-2* What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	4 10-12 *All Volunteer Meeting 1-3 *CEU Training Surviving the Holidays 3-5 TTRPG Group
7 10 – 12 ABE Gamers 12-1* Exploring Art 2-3 *Wellness 101 3-4 ABE Music Jams	8 10:30-11:30 Parent Support Group 12-1 Yoga 1-2 Dance With ABE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Healthy House, Happy Home	9 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30* Salts and Suds	10 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2* What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	11 Veteran's Day Project ABE Closed
14 10 – 12 ABE Gamers 12-1* Exploring Art 2-3 *Wellness 101 3-4 ABE Music Jams	15 10:30-11:30 Parent Support Group 12-1 Yoga 1-2 Dance With ABE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Clothing Exchange	16 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30* Salts and Suds	17 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2* What's Eating You? 2-3 *Self-Empowerment 3-4 Dual Diagnosis Anonymous	18 10-12 *Trauma Informed Meeting 12-3 Thanksgiving Dinner!
21 10 – 12 ABE Gamers 12-1* Exploring Art 2-3 *Wellness 101 3-4 ABE Music Jams	22 10:30-11:30 Parent Support Group 12-1 Yoga 1-2 Dance With ABE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make Your Own Puzzle	23 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30* Salts and Suds	24 Thanksgiving Project ABE Closed	25 ABE Closed
28 10 – 12 ABE Gamers 12-1* Exploring Art 2-3 *Wellness 101 3-4 ABE Music Jams	29 10:30-11:30 Parent Support Group 12-1 Yoga 1-2 Dance With ABE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make Your Own Greeting Cards	30 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions 3-4:30* Salts and Suds		

*= Available online and in person. To join us via zoom, go to <https://projectable.org/what-we-do/activities/> and click on the 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!

ABLE Gamers: Come join us for fun and a variety of board games. Learn about new board games and old ones alike.

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 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.

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.

LGBTQ Group:

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.

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.

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