



McMinnville



April

2023

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">3</p> <p>9-11am Community Connection 11-12pm Recovery 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner</p>	<p style="text-align: right;">4</p> <p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:15pm 12 min. Mindfulness 2-3pm Wellness (Emotional) 3-4pm Harm Reduction Works</p>	<p style="text-align: right;">5</p> <p>9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-3pm Empowerment Goals 3-4pm Life Changes</p>	<p style="text-align: right;">6</p> <p>9-11am Community Connection 11-12 pm Journaling 12-12:15pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA</p>	<p style="text-align: right;">7</p> <p>9-10am Community Connection Zoom Meetings Below 10-12pm PSS/Volunteer Meeting 1-3pm CEU Training</p>
<p style="text-align: right;">10</p> <p>9-11am Community Connection 11-12pm Recovery 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner</p>	<p style="text-align: right;">11</p> <p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:15pm 12 min. Mindfulness 2-3pm Wellness (Emotional) 3-4pm Harm Reduction Works</p>	<p style="text-align: right;">12</p> <p>9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-3pm Empowerment Skills 3-4pm Life Changes</p>	<p style="text-align: right;">13</p> <p>9-11am Community Connection 11-12 pm Journaling 12-12:15pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA</p>	<p style="text-align: right;">14</p> <p>9-11am Community Connection Zoom Meetings Below 1-3pm CEU Training</p>
<p style="text-align: right;">17</p> <div style="display: flex; align-items: center;"> <div> <p>Special Day Spring Cleaning 9 am- 4 pm</p> </div> </div>	<p style="text-align: right;">18</p> <p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:15pm 12 min. Mindfulness 2-3pm Wellness (Emotional) 3-4pm Harm Reduction Works</p>	<p style="text-align: right;">19</p> <p>9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-3pm Empowerment Music 3-4pm Life Changes</p>	<p style="text-align: right;">20</p> <p>9-11am Community Connection 11-12 pm Journaling 12-12:15pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA</p>	<p style="text-align: right;">21</p> <p>9-10am Community Connection Zoom Meetings Below 10-12pm PSS/Volunteer Meeting 1-3pm CEU Training</p>
<p style="text-align: right;">24</p> <p>9-11am Community Connection 11-12pm Recovery 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner</p>	<p style="text-align: right;">25</p> <p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:15pm 12 min. Mindfulness 2-3pm Wellness (Emotional) 3-4pm Harm Reduction Works</p>	<p style="text-align: right;">26</p> <p>9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-3pm Empowerment Painting 3-4pm Life Changes</p>	<p style="text-align: right;">27</p> <p>9-11am Community Connection 11-12 pm Journaling 12-12:15pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA</p>	<p style="text-align: right;">28</p> <p>9-11am Community Connection Zoom Meetings Below 1-3pm CEU Training</p>

Mac Campus activities are in person. When the Mac building is closed, groups will be via Zoom following the Salem Campus calendar. To log into zoom, go to: projectable.org and select the Salem events button.

Project ABLE, Inc.
640 NE 3rd ST
Phone: 503-474-5509
9am-4pm Monday-Thursday
9am-1pm Friday

Community Connection: w/ Tracy Come in, drink coffee and talk about issues affecting our community while connecting with peers. This Activity last for two hours.

Life Changes: w/Deb Every stage of life comes with its own set of changes and challenges. In this peer led activity we will cover a wide range of skills to handle what life throws our way.

Get Moving: w/Tracy

Meet at ABLE and move your body with peers as we walk, do yoga, or dance. The choice is yours!

Coping Skills: w/Olivia 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.

Crafty Corner: w/ Jackie Bring in your own craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

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!

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:

Spring Cleaning: April 17th 9am-4pm

We are spring cleaning the whole building and would love to give you opportunity to volunteer to help. Please bring food to eat if you are planning to stay for the whole day.

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

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.

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!

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

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!

Journaling: w/Emily 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.”

